

Course Title: Studio Independent Study: Experiments in Mindful Art Making

Term: Fall A 2018

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Course Description

This independent study will focus on exploring mindfulness as an art form, experimenting with mindfulness as an art making method, and researching contemporary artists using mindfulness in their work. Activities will include readings on contemporary mindfulness based artists, written reflections, sketchbook exercises, and projects resulting in a body of 2D drawings and paintings.

Course Objectives

- To explore mindfulness in art, it's historical context, and contemporary artists working through a lens of mindfulness.
- To experiment with integrating personal mindfulness practices with art making through sketchbook exercises that will inform and enhance bodies of work.
- To develop 2D art works resulting from mindfulness based methods or processes.
- To critically reflect on and write about the process of art making.
- To practice documenting and communicating art making processes and products in an online blog.

Materials and Learning Resources

Readings and other Materials

Readings and artworks will be posted via links on Mary's blog found on her personal website. Drawing and painting materials will be used for sketchbook exercises and projects.

Technical Requirements

We will utilize cell phones and/or Big Blue Button for synchronous (real-time) meetings. Mary's professional website will be utilized to post all course work including weekly written reflections, documentation of sketchbook exercises, project proposals, in progress art works, documentation of final works, and artist statements.

[Mary's Professional Website](#)

[Mary's Blog](#)

Learning Activities

Weekly Readings/Artist Studies and Written Reflections

Each week readings and artist research will be done on a topic related to mindfulness in art by reading and viewing artist websites, interviews, and videos. Written reflections of 400-600 words will be posted on the blog.

Sketchbook Exercises

Mindfulness sketchbook exercises will be researched and completed in the indicated weeks. These exercises will inform and contribute to the midterm and final projects. Sketchbook exercises will be documented on the blog in the form of photographs and videos.

Projects

The midterm and final projects will be a series of 2D drawn or painted works. These projects will be developed and created through a project proposal, feedback from instructor, creation of the art pieces, documentation including photos and videos, and written artist statements.

Course Schedule and Content

Week 1

Mindfulness in Art: Historical and Contemporary Context

- Week Readings 1– History and Contemporary Mindfulness in Art
 - <https://www.nytimes.com/2015/04/19/magazine/the-muddied-meaning-of-mindfulness.html>
 - <http://time.com/1556/the-mindful-revolution/>
 - <http://www.artcorelearning.org/studio-habits-of-mind/>
 - Review past UF thesis: Art and mindfulness: teaching self-exploration through creative expression / by Jamey Kahl Lennane (pdf attached) Take a look at the resources to see if there is anything useful to you.
- Week 1 Written Reflection
- Sketchbook Exercise 1 – Time Observation

Week 2

One Breath, One Mark

- Week 2 Readings – One Breath, One Mark Artists
 - [John Franzen](#)
 - [Theresa Antonellis](#)
 - [Sam Winston](#)
- Week 2 Written Reflection
- Sketchbook Exercise 2 – One breath, one mark timed meditations

Week 3

The Zen of Seeing, Part 1

- Week 3 Readings – [The Zen of Seeing, by Frederick Frank](#)
 - Pages 1-58
- Week 3 Written Reflection on reading
- Week 3 Watch – The Artist is Present (2012) Marina Abramović
- Week 3 Written Reflection on film
- Sketchbook Exercise 3 – The Zen of Seeing

- Midterm Project Proposal

Week 4

The Zen of Seeing, Part 2

- Week 4 Readings – [The Zen of Seeing, by Frederick Frank](#)
 - Pages 59 - 103
- Week 4 Written Reflection
- Complete Watching film / Written Reflection as necessary
- Midterm Project In-Progress Documentation and Reflection

Week 5

Midterm Project Submission and Final Project Proposal

- Midterm Project and Artist Statement Submission
- Final Project Proposal
- Sketchbook Exercise 4 – Different Ways to See

Week 6

Mindful Movement in Art Making

- Week 6 Readings – Mindful Movement in Art Making
 - [Heather Hansen](#)
- Week 6 Written Reflection
- Sketchbook Exercise 5 – Mindful Movement

Week 7

Final Project In-Progress Updates

- Week 7 Video: Pico Iyer The Art of Stillness:
<https://www.youtube.com/watch?v=aUBawr1hUwo>
- Another Reading / Video TBD
- Week 7 Written Reflection
- Final Project In-Progress Documentation and Reflection
- Sketchbook Exercise 6 – Call and Response

Week 8

Final Project Submission

- Final Project Presentation
- Final Project and Artist Statement Submission
- Course Reflection

Grading Policy

Weekly Readings and Written Reflections <ul style="list-style-type: none">• Week 1 Reflection• Week 2 Reflection• Week 3 Reflection• Week 4 Reflection• Week 5 Reflection• Week 6 Reflection• Week 7 Reflection	30%
Sketchbook Exercises <ul style="list-style-type: none">• Sketchbook Exercise 1• Sketchbook Exercise 2• Sketchbook Exercise 3• Sketchbook Exercise 4• Sketchbook Exercise 5• Sketchbook Exercise 6	30%
Projects <ul style="list-style-type: none">• Mid-term Project<ul style="list-style-type: none">○ Project Proposal○ Artist Statement○ Project Submission• Final Project<ul style="list-style-type: none">○ Project Proposal○ Artist Statement○ Project Submission	40%