

Mango

Reflective Journal

ID:25185750

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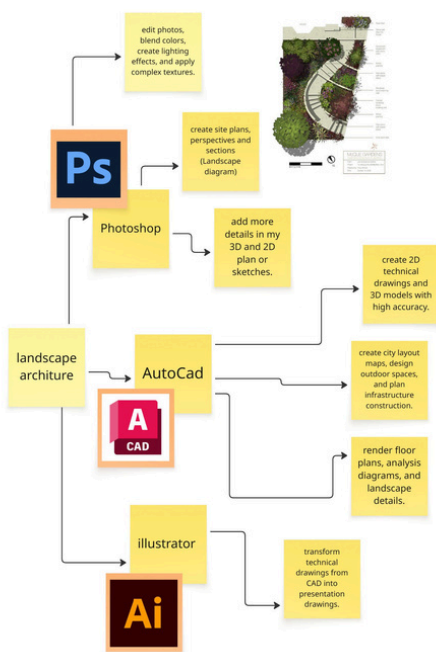
Week 10



Week 1

This week has mostly been dedicated to introducing the different modules. I had hoped to make many new classmates, especially those from Vietnam, but there was nobody. I understood that because most Vietnamese students do not choose major arts programs when they go abroad for studies. I felt so excited about this semester that I can overcome this semester smoothly, because I overcame last semester pretty well.

I have started predicting a huge workload for the coming weeks of school. I hope I can manage my time better and get through this. Plus, I also hope that I can develop more skills this semester, especially digital skills. This is to support my preparation for my BA course in the future.



I was quite excited to be able to choose which software I could learn in the digital workshop during the first week. This would help me develop better skills for my major. I chose AutoCAD, Photoshop, and Illustrator as my priorities. But this semester, I want to learn Photoshop and Illustrator first because I had studied Photoshop last semester and I want to level up this and also learn a new software of Adobe so they can support each other in my actual projects.



I drew a portrait of myself in anime style, I really love anime in Art102. I drew my everyday outfit, like a sweater and headphones, clearly showing that I'm an introvert. I'm thinking about bringing a suitcase to class later because I have quite a lot of stationery to bring, and my flat is very different from the university. Besides, my shoulder is giving me an SOS signal during the first week because I always bring a ton of stuff to school.



One of the challenges for international students is balancing academics and household chores. I had to cook for an entire week on weekends because I figured I would not have time for it once the workload increased. I started to enjoy cooking. It helped me relieve stress quite well, but cleaning up afterward was incredibly annoying.

I hope I can maintain a healthy lifestyle this semester to run deadlines smoothly the entire semester so everything can go as I want. Because I got sick many times last semester causing my productivity to decrease, I could not go along with the plan I had set. This made me really disappointed because I could be more hard working.



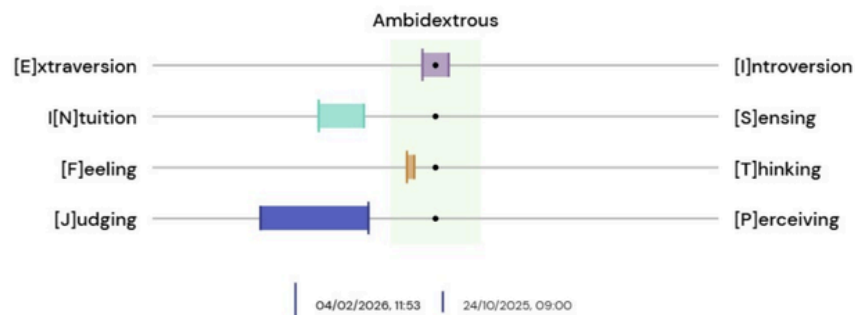
Week 2

I have a small presentation to give at the beginning of the week, and it was making me quite nervous. I could not stay calm during presentations. This is a weakness I need to overcome because I have a lot of presentations to do at the end of the semester, and I do not want this to become a fatal flaw.



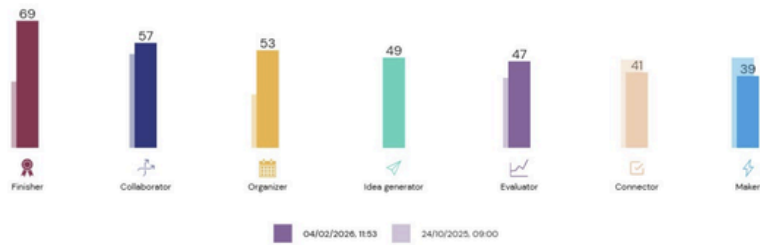
The ENFJ is an enthusiastic, personable and responsive individual with a strong focus on relationships and interaction. Striving to find harmony they strongly believe in people, sometimes to a fault. The ENFJ is warm and altruistic, full of charisma and can get people to follow their lead. They are natural, easy communicators who will stand up for what they believe in. Reliable and organized they have a desire to deliver, but without losing sight of the needs of others.

Artisans	Guardians
ISFP – Artist	ESTJ – Guardian
ESTP – Doer	ISTJ – Inspector
ESFP – Performer	ESFJ – Provider
ISTP – Mechanic	ISFJ – Nurturer
Idealists	Rationals
ENFJ – Giver	ENTJ – Executive
INFJ – Protector	INTJ – Scientist
ENFP – Inspirer	ENTP – Visionary
INFP – Idealist	INTP – Thinker



I did an MBTI test, and I really like doing these tests because they help me understand myself better. I was not surprised that the test showed I am an ENFJ because I am quite sure I am an INFJ, but because I am a sociable introvert, the tests often confuse my personality with that of an extrovert. Based on the test, I am an ENFJ (Giving Person) personality type, always enthusiastic, sincere, and possessing a strong ability to connect with those around me. I see myself as a methodical worker, always prioritizing work ethics and organization in all tasks.

I also reassessed myself based on this test and my tutor's feedback from the previous semester. Both said I am a perfectionist, and I agree with that. I am quite demanding of myself in my studies and I generally do not accept mistakes. For me, I think being a perfectionist is good but Bhavik said it is not good. I think he meant that I should show my mistakes more and fix them, so that I can learn and develop myself.



Finisher – First preference

The Finisher pays a high level of attention to detail. While a focus on small items might be irritating at the start of a project, the orderly approach to work that you bring as a Finisher becomes increasingly important as the work progresses.

The Finisher pays a high level of attention to detail. While a focus on small items might be irritating at the start of a project, the orderly approach to work that you bring as a Finisher becomes increasingly important as the work progresses. As a Finisher:

- You are able to accomplish tasks well and on time
- Communicate the importance of meeting deadlines
- Identify even the smallest of mistakes as the team strives to meet high standards.

The Finisher spreads discipline, conscientiousness and persistence to other members in their quest for perfection. If you take on the role of the Finisher, be aware not to get lost in the detail. In a team, this could lower morale if you are as perceived as being overly critical of the quality of other members' contribution or efforts.

Collaborator – Second preference

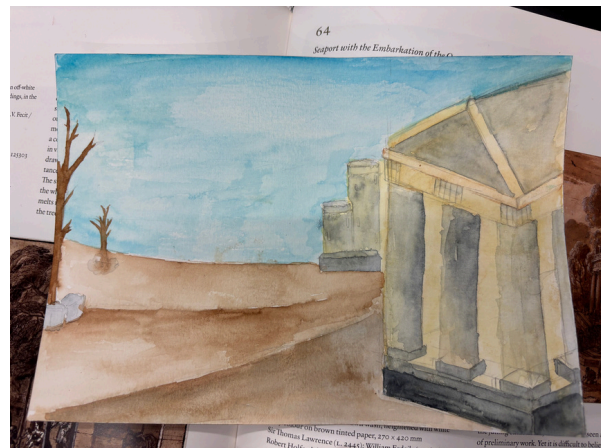
Organizers have the ability to foresee and map how ideas and plans will work out in practice.

Organizers have the ability to foresee and map how ideas and plans will work out in practice. As an Organizer you take pride in:

- Designing rules, plans and procedures for implementation
- Organizing people to work effectively together
- Focusing on developing a thorough and systematic approach to help the team achieve tangible goals

You are grounded and can influence others to be pragmatic and focused. If you take on an organizing role in your team, be mindful to make sure you also see the bigger picture so you do not become too inflexible and bound by rules.

My work style is my role as a Finisher, which makes me extremely attentive to small details, ensuring everything meets the highest standards and is always completed on time. However, I am also aware of areas for improvement to develop more comprehensively. In stressful situations, I tend to become overly perfectionistic, nitpicking, or sometimes overly concerned with getting approval from others.



This week I started doing artist responses for artist Claude Lorrain, which took me two days of experimentation and responses. While the results were not perfect, it helped me gain more experience using acrylics and watercolors. I volunteered to be the first to present for my artist research project, but I was still quite nervous and my voice was not clear. there were many parts I could not explain even though I understood what I was doing. I hope to improve this semester.

Week 3

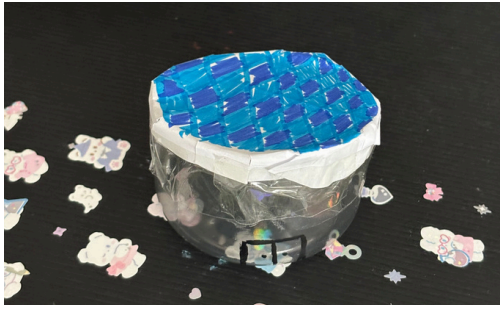
I have a new classmate from Hong Kong. She arrived last week, but we did not talk much until this week. However, we have started to become closer this week because our countries are quite close and we share many cultural similarities. She and I both enjoy listening to K-pop. This made me felt a little bit excited that we can share more about each other.



I do not know why I was the only one in this week's ILS1ART class. Maybe everyone else is starting to get sick because of the unpredictable weather in the UK. I started carrying a suitcase to classes because art students have so much to carry. Plus, my shoulders hurt a lot after carrying all that stuff for the first two weeks.

I started talking about being stressed because the workload was quite large. It got bigger when I started working on it. I tried to do everything, but it just kept multiplying as I worked.

Bhavik, my classmates and I had an interesting conversation about each other's backgrounds before studying art. For me, I had absolutely no artistic background. I was the only one in my family who studied art. I found it quite challenging, but I also enjoyed it, like becoming completely independent. If I had not had the opportunity to study abroad and pursue my passion, I would have studied something I thought would be lucrative in Vietnam. While waiting for my visa, I applied to the Vietnam Aviation Academy to study Logistics because Vietnam is a strong importer and exporter of goods. After a week of studying, I received my visa and had the opportunity to study art as I wished. Furthermore, studying art in Vietnam is quite difficult because architecture universities require professional drawing skills and passing a drawing test. This is quite challenging for Vietnamese students because drawing is not taught in the high school curriculum and has to be learned outside of school, resulting in a large amount of knowledge and insufficient time. Yizhen, a student from Hong Kong, had a similar experience to mine when she studied art in Hong Kong.

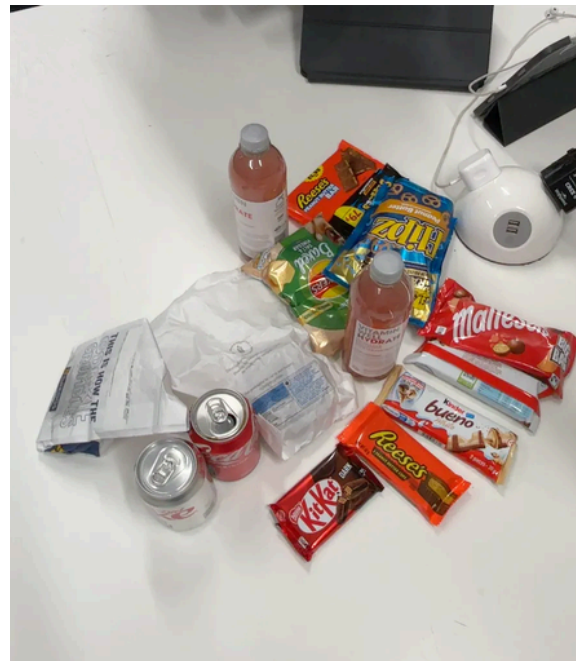


I was practicing making models with paper and plastic. I did not really like using plastic because it's difficult to control the shape of the cut parts, and other colors do not stick completely to it.

I and my classmates had a 20-minute group project on making paper models based on a theme. We randomly chose travel. Speaking of themes, I'm still undecided about what my own theme will be. I'm considering landscape/environment, recovering, and parks or tourist areas.

This week I have been having trouble choosing my theme. I have so many options, and initially I thought I should go with a recovering and traumatic theme, but it is proving more difficult than I expected. Since I have already planned for a public park as the final outcome, developing that theme is proving quite challenging.

Janice, Yizhen, and I studied together in the library. We bought and brought lots of snacks and sweets. I felt like I ate a lot of sugar whenever I was stressed. I know this is not good for my health, but it was too hard to deny it. We studied together, but sometimes we would stop studying and chat quite a bit. Yizhen is very talkative and easily distracted by topics she likes. Most of the conversations were fun, but I felt less productive because I worked slower than expected.



This week I also started working on action plans for personal development. It is important for the ILSART module and I do it for my personal development report.



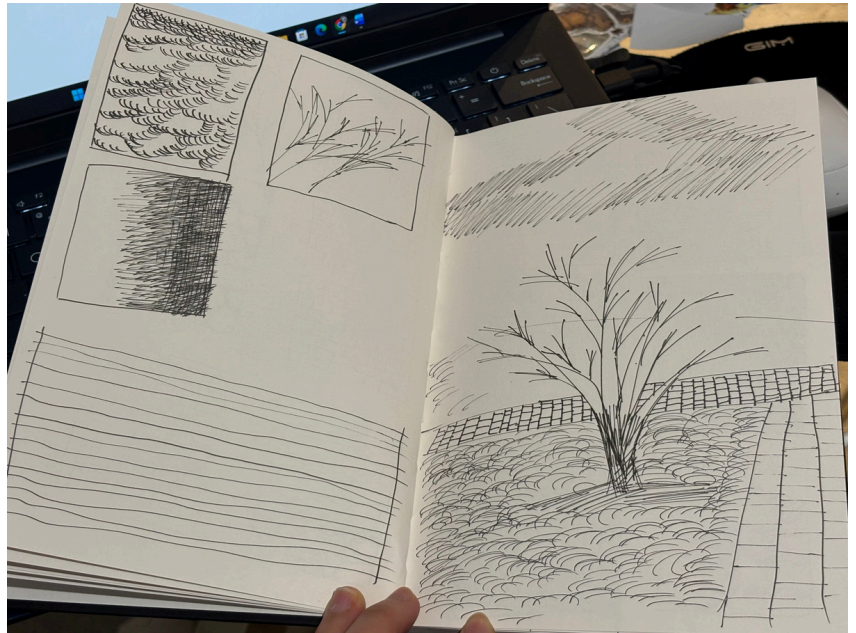
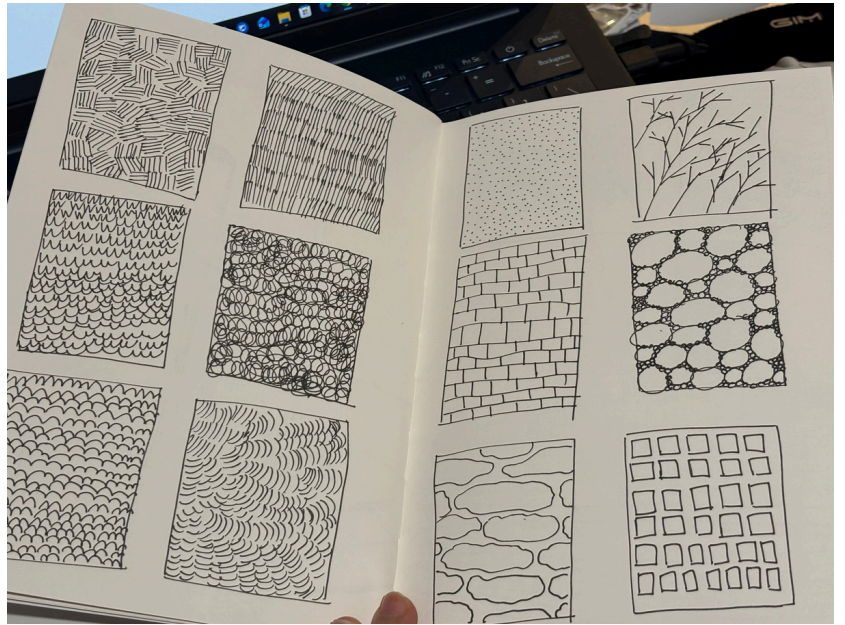
I also learned to use Photoshop for my class assignments. Here, I created a digital collage for the cafe outside the parkside building. It was a small project that Ezel and I worked on together in the Art Workshop. I can use Pattern Overlay or Clipping Mask to embed real texture images into architectural forms. Instead of just using solid colour blocks, applying materials gives elevation or perspective drawings more depth and emotion. Although it was not perfect, it has improved my skills in using Photoshop tools.

This week I celebrated Lunar New Year with Janice Yizhen and Ezel at Yizhen's house. Yizhen's house feels like a convenience store; she has so much. On the other hand, this week I have felt my workload increasing. I have stayed up several nights but still could not finish everything. I am still practicing my drawing and Photoshop skills, and each practice session takes up a lot of my time. This is causing me to postpone other things.



Week 5

I continued practicing my quick sketching skills, this time drawing more different textures than before. Keeping doing these drawing exercises to train my strokes has been quite effective for me; although there has not been a dramatic improvement, I feel more familiar with this style. This drawing practice is also a good stress reliever because the mid-semester workload is extremely heavy, and I feel stressed for days.



I've received quite a lot of feedback this week and last week, mostly positive. I need to improve a lot of things, especially critical analysis. Some things have become more demanding after the feedback. I feel like I'm losing energy and motivation to work.

I worked incredibly hard during weeks 4 and 5, so on the weekend of week 5 I rewarded myself with a long sleep. I think I slept about 20 hours a day. I wish I had more time to sleep. Sometimes I feel like lack of sleep makes my communication skills messy, I cannot explain what I want as I can do normally.

I booked a meeting with Bhavik about what I could do to improve my work-life balance, as I felt I was maintaining an unhealthy lifestyle. After that meeting, I started using Google Calendar again to plan what I needed to do and allocate time for rest. It was quite helpful because I could see what I had accomplished and what I had not. It made me feel less stressed when everything was planned out.

This week, I arranged to visit Yizhen's house with Ezel and Janice to work on a project together. We had a long conversation, sharing our study experiences. In particular, we gave Yizhen some helpful advice, as this was her first semester at this college. On the way to Yizhen's house, I took pictures of some parks in Birmingham that I could use as design inspiration for my final outcome. It was a beautiful day, sunny and warm.



I plan to take a trip to London to photograph various parks for reference, and at the same time, to pick up my flatmate when she returns to the UK. This supports my primary research for ART101 and ART102. I started enjoying research because I felt really happy after reading research helping me to explore new concepts, philosophies and artist's work. I can broaden my knowledge through doing research.

Week 6

Week 7

This week is the deadline of Assessment A for ILSART module, I feel really relieved because 60% of the module is submitted. However, I also feel so worried because I still have many works to do in this semester. Everything really went in the rushing mode today, I had to make sure that everything was okay before I submit them, I was worried that I kept breaking my finger "crack crack". I usually make this when I am worried or nervous. I did not sleep really well these days. I kept staying up whole night to do the work, then I put myself into exhausted mode like burnout. This causes that I will not be able to do anything in the next few days. My vietnamese friend was worried about my health more than I did, I actually thought that I maintain an unhealthy lifestyle.

This week, I booked a train ticket to London on Saturday as I had planned before. I took many photos on this trip. This was my first time in London, I was quite excited that I could see more architecture styles in another city. I went to Victoria & Albert museum, Hyde park, National Gallery and Jubilee Garden. This supports my primary research a lot and broadens my perspective in art. This was a really long trip, most of the time I walked in London. I did take the bus and tube but walking helps me to view the atmosphere and environment in London more easily. Unbelievable, I walked 17 km on this trip after going home, my leg hurt so badly that I could not walk or do anything, then I went to sleep immediately after I got home.



The V&A museum has an antique feel dating back to the 1600s-1900s, so I could not find many suitable sources for my research. It has a more modern feel, but I was inspired by these designs for the fountain in my park. I think a park should have a fountain (something I forgot during the development and design process) to help dissipate heat in the hot season and create a focal point in the space.

I took a short walk in Hyde Park. It does not have anything particularly special, but it was too big to explore completely, so I mostly took pictures of the trees to use as research for the types of trees I should use in my own park. However, depending on the climate of my chosen location(France), I will not be selecting all of them. Hyde Park has a diverse range of trees, including many old ones. At night, there are few lights in the park, making it feel a little scary to walk through, but during the day it's very beautiful thanks to the diverse colors of the trees. Hyde Park is quite cool even though I went on a sunny day, I didn't feel hot, partly because London wasn't too hot at the time. The ample shade from the large old trees is a plus in my eyes, as I like parks with plenty of shade.

I really liked the time I spent in the National Gallery, I saw many artworks of many artists including both people I know and people I do not know. I broaden my perspective in art style a lot, and develop my critical analysis in many artwork that I can compare and evaluate them together.



Jubilee Garden was a direct primary research for the landscape studio I chose in ART101 research. In reality, Jubilee has many windbreak hills with gently undulating terrain, a green highlight in the heart of London. What I really like is the children's playground; the wooden components blend seamlessly with the garden's natural surroundings. I think the garden would look even better if it were larger, as it appears quite small compared to the surrounding buildings on the map.

Week 8

This week, I was totally tired all the time. I kept pushing myself so hard to do everything because it is about to meet the deadline of ART101 and Art102. I still have not finished all of the research tasks to move to design sheets or making models. The reason is I was doing the research so deeply and it took time to understand everything, then I did not have enough time to do other things.

In the ILSART module, we had discussions about communication, important for both academic and real-life experience. It supports the presentations which we have to do for ILSART and Art101 & ART102. I am extremely nervous because I am not good at presentation but I want to improve it, because an art student is faced with presentation all the time such as defending projects, introducing themes, etc. Additionally, I have social anxiety when I do a presentation. This made me keep speaking in a shaken voice, short of breath, my heart beating fast and it acted like a panic attack. I do not know since I have this but I think it is because I am afraid of making mistakes.

I skipped the digital workshop this week to start doing the models because this is too late to keep delaying it. However, I did not do much on Monday because more tasks happened when I did the research. I think I could not survive this semester because in my opinion I chose a difficult thing out of my comfort zone a lot for my final outcome. Bhavik kept saying that I will be fine but I am not definitely fine.

The experiment with making a model of foam is so bad that after cutting and shaping, I use adhesive spray to glue them together because I thought that adhesive spray could dry fast. But it made the foam melt badly causing me to redo everything again. Plus, when I first shape the foam the cut is not clean much, it touches my perfectionism characters badly. These problems cause time waste and make me hate the material so much that I do not want to reuse it for my projects in the future.



The weather this week was really good, sunny and bright. This puts me in a better mood because I have not seen much sunny days in England since I came here. However, I have really sensitive eyes because the sun is too bright, making my eyes hurt.



I was so sleepy that sometimes I could not open my eyes.



Mango
Wanna
Sleep!! zzz

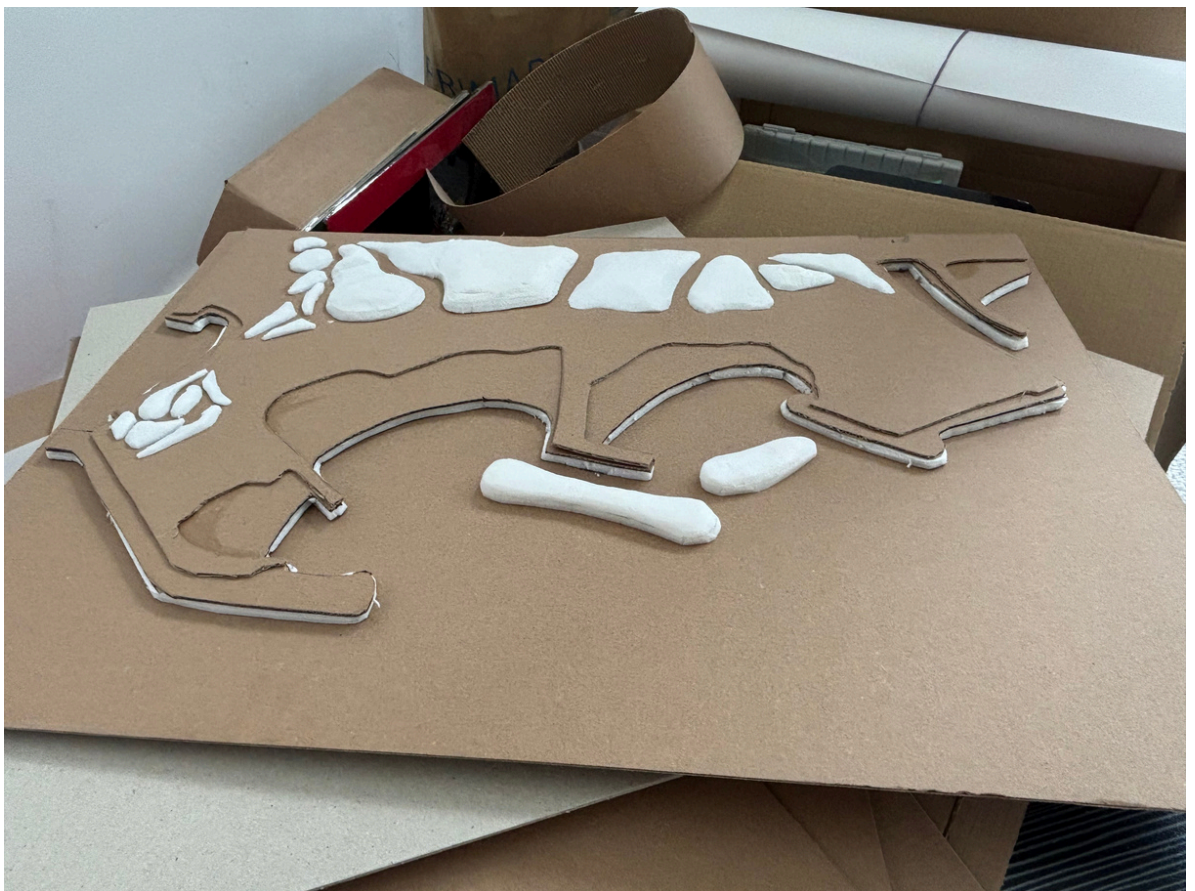


Week 9

I did a small presentation in the ILSART module this week. It was really bad because I forgot about it and I finished the preparation in just 3 hours. I could foresee that I would not do the presentation well and I was right about it.

This week was really bad because I got sick in an important week which I am not allowed to be sick. I think it is because of the way I push myself too harshly causing burnout. I could not get out of my bed for 2-3 days then my flatmate had to take care of me. I was really disappointed in myself a lot, because this week I have many tasks. To stay positive, I started watching self-help videos on tiktok, and I remember one sentence "You are not lazy, you just do not have enough dopamine". I would like to say that it helps me a lot in motivating myself because before that I was crying badly.

I made many wishes that I had the power that I could control the time and make it pause, so I could finish everything in just 1 day. In week 1, I said to myself that I can overcome this semester smoothly but in this week, I think I was wrong. Nothing went smoothly.



I just finished 1 in 3 models for my final outcome. I was a little bit confident about my making models skill that I think I can finish it in 1 week but It took more time than I expected.

