Erika Vanderhoff

CSS 340

Assignment 6.2

25/6/22

# Style Guide

H1: PT Sans Narrow – Bold 700 (Used for page title)

H2: PT Sans Narrow – Regular 400 (Use for heading and subheading of paragraph)

Body: Josefin Sans – Light 300 (use for body of paragraph)

Colors:

* H1: #767F69 
* H2: #A5B392 
* Body: #9C9C9C  or #545454  or #636363 
* Buttons: #D6E8BE 
* Bulleted list Bullets: #A5B392 

# Wireframes:

Text, letter, whiteboard

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Description automatically generated with medium confidence

# Interview:

1. Favorite activity: “I don’t know, I guess coloring while listening to music. That or driving.”
2. Most important thing: “My faith in Jesus and my family.”
3. Favorite weather: “The transition times. Fall to winter, winter to spring, spring to summer, summer to fall. Those are my favorite times of the year.”
4. Favorite part of Washington: “The nature and the scenery.”
5. Where do you see yourself in the next 10 years: “Hopefully married with kids and a lot of pets.”
6. What you say is your best trait: “I would say my empathy.”
7. Favorite thing to do on a sunny day: “Going on a walk on a trail.”
8. What do you think is the coolest thing about you: “I don’t know, I guess that I’m relatable? I can be relatable. That attracts people, I can easily start a conversation on just one thing we have in common. This is based on what other people say about me.”
9. What struggles have you faced in your life: “I had diamondblackfan anemia when I was six months old, and I currently struggle with cyclical vomiting.”
10. What do you do currently: “I work as a vet assistant.n”

# 250 words on inspiration document:

Favorite music: anything emotional.

Lindsey Stirling: Her music is very melodic, and she can compose music in any genre. A slow ballad, a rock song, a cinematic soundtrack, classical, pop, contemporary. She can write music in any genre.

One Republic: Their songs are mainly based off of very deep and meaningful stuff, they’re fun and catchy but they all have a deeper meaning.

NF: He’s very inspirational. His songs are about his life and about overcoming suffering. He inspires hundreds of people. He connects with people on a deep level.

Alec Benjamin: He’s a storyteller. He tells stories through his songs.

Arisa uses music to do distract herself from negative thoughts and help her focus on her tasks. Music therapy is a psychologically recognized method of improving mental health and one’s overall mood.

“What are the benefits of music therapy?

Music therapy can improve a person’s physical and psychological health in a number of ways, including but not limited to:

• Reducing [stress](https://www.psychologytoday.com/us/basics/stress) and anxiety

• Lowering blood pressure

• Managing both acute and [chronic pain](https://www.psychologytoday.com/us/basics/chronic-pain)

• Increasing joy and awe

• Boosting one’s mood

• Improving [memory](https://www.psychologytoday.com/us/basics/memory)

• Helping with movement and coordination

• Facing difficult thoughts

• Regulating emotions

• Treating mental health conditions, from anxiety and depression to [ADHD](https://www.psychologytoday.com/us/basics/adhd) and [PTSD](https://www.psychologytoday.com/us/basics/post-traumatic-stress-disorder)”

A vet assistant involves helping the vet technicians and the vets with promoting smooth operations and handling animals. Their duties involve helping out with surgeries, laundry, cleaning, pet care, medical records, and preparing prescriptions.

Johanna Basford is Arisa’s favorite adult coloring book creator. She’s created 16 intricate adult coloring books. She is probably one of the most popular coloring book illustrators.

# 250 words short bio

Arisa was born on May 10th, 2000. She came into the world at 5 lb. and 1 oz and dropped to 4lb 10 oz shortly after birth. She has struggled with a variety of health conditions including diamondblackfan anemia at six months old, and cyclical vomiting syndrome from six years old to the present. She likes to use her painful experiences to connect and sympathize with others facing similar struggles. She also holds her faith as the most important thing in her life and loves encouraging others to look to Jesus in all their ups and downs. She has three younger siblings, a sister and two brothers. She loves animals and currently has two cats. Her love of animals has led her to pursue a career with animals. She is currently working as a vet assistant and really enjoys her position. Her dream is to someday work with animals to help people with disabilities or study animal behavior to help pet owners. Although the professional life is very appealing to her, she ultimately would love to find a husband and start a family. In her past time, she enjoys coloring, hiking, movies, piano, and spending time with family and friends. She loves the state of Washington, specifically the Puget sound area, due to its natural green landscape. The mountains, rivers, lakes, ocean, and hilly terrain are all things she loves about Washington. Another thing she loves about the Puget sound area is that it has four seasons. Her favorite parts of the year are the transition periods between seasons.

# Hobbies:

A picture containing table, person, indoor

Description automatically generatedA person and a cat

Description automatically generated with medium confidenceA picture containing outdoor, tree, ground, plant

Description automatically generated

# Embellishments:

# A picture containing person, laying Description automatically generatedA person and person holding a baby Description automatically generated

# A person lying in a hospital bed Description automatically generated with medium confidence

# Portrait:

# A person wearing a hat Description automatically generated with low confidence