

Mind, Body, Spirit Process Book V1

Jordan Bressman

Initial brainstorm

Since I wasn't sure where exactly to start with this project, I found a long list of descriptive words and used that to help with thinking about words that I would use to describe myself in general.

Adaptable, ambitious, considerate, courteous, diligent, exuberant, frank, rotating door, playful, happy, hiding, scared, people pleaser, open-minded



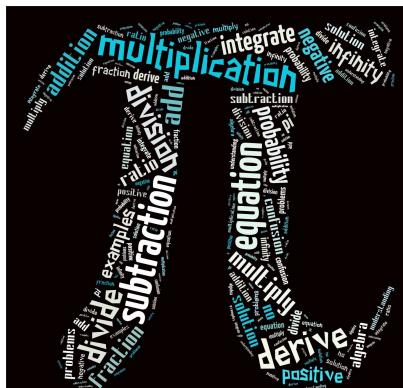
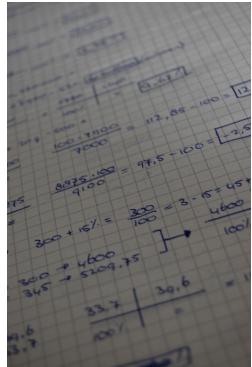
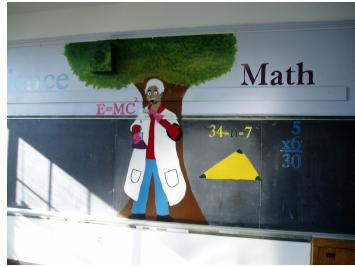
Mind

Mind

After picking out words from the first list that I made, I started brainstorming various other words that I thought could be related to “mind” that would describe me.

I think of myself as smart which I typically associate with school and in particular math. Along this thought process, I thought of words that related to “math” and “smart.”

Smart, gifted, math-numbers, Pythagorean theorem, logical?, quick and easy understanding of concepts, sometimes slow-3 times/tries,



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A handwritten math worksheet. At the top, it says "Combine like terms." and "Write each expression without using parentheses." Below are five numbered problems involving algebraic expressions:

1. $(x+7)^2$
2. $(x+7)(x+7)$
3. $x^2 + 7x + 7x + 49$
4. $x^2 + 14x + 49$
5. $(x-8)^2$

The student has worked out the answers to the first two problems:

$$\begin{aligned} 1. (x+7)^2 &= x^2 + 14x + 49 \\ 2. (x+7)(x+7) &= (x+7)(x+7) \end{aligned}$$
$$\begin{aligned} 3. x^2 + 7x + 7x + 49 &= x^2 + 14x + 49 \\ 4. (x-8)^2 &= x^2 - 16x + 64 \end{aligned}$$

Mind cont.

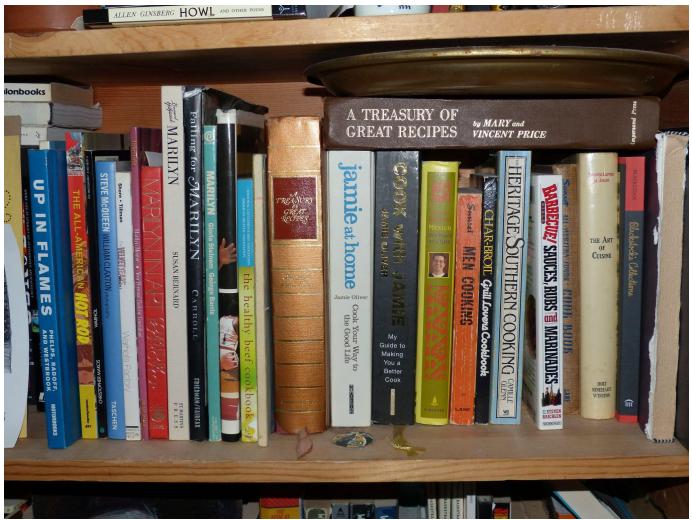
I also had recently learned about discourse communities and multiple literacies in another class causing me to think about visual literacy(knowledgeable about most anything to do with visual art in general) and digital literacy(knowledgeable in the use of technology, ie. computers, phones,etc.).

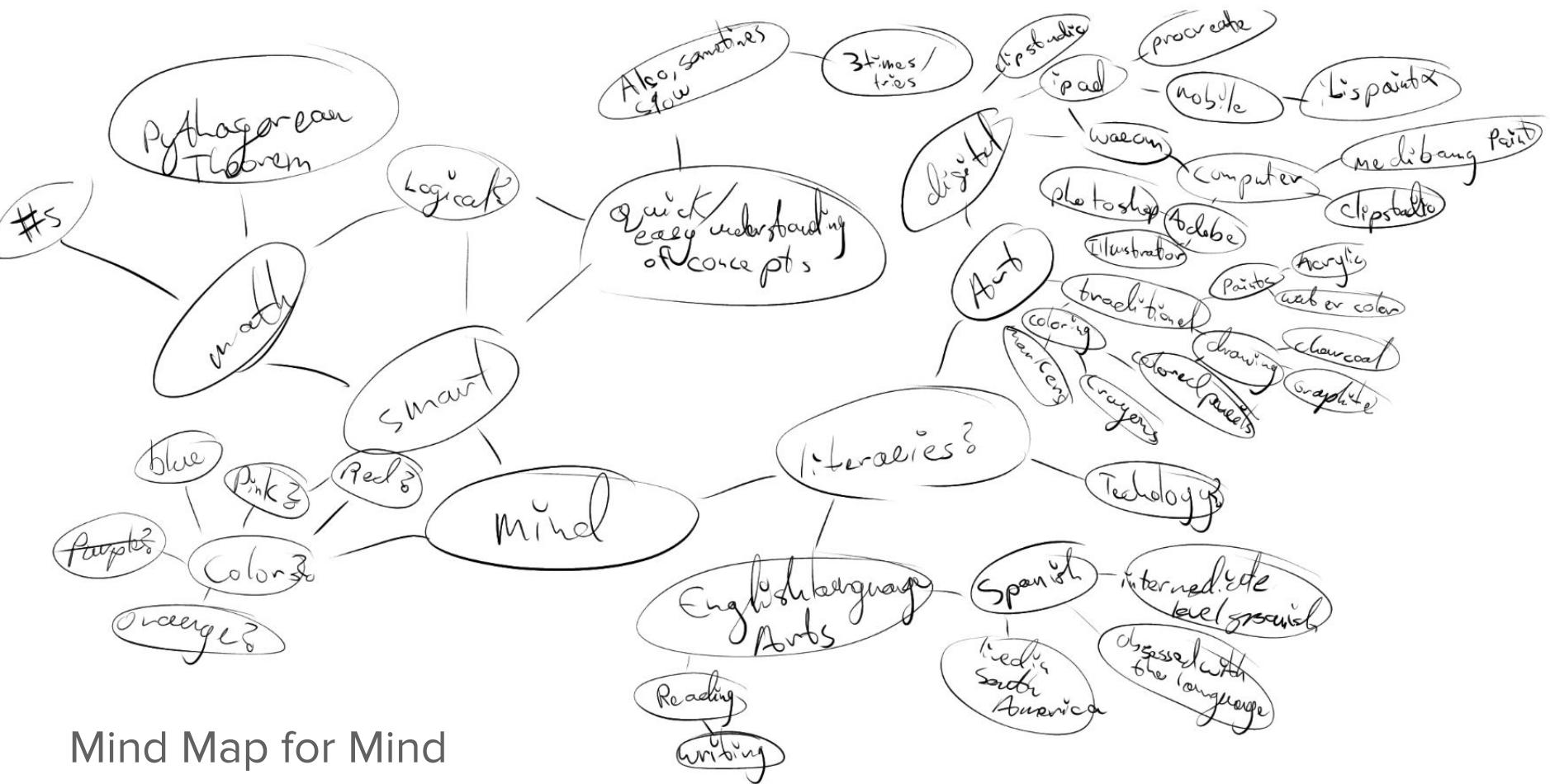
I also thought of some different colors that I thought of while brainstorming that I would use to describe my mind.

I ended up doing a mind map to help organize everything. (see next slide)

art?(→visually literate-digital art, traditional art, graphite, charcoal, ink, acrylics, water color, colored pencil, marker, crayon)
English language arts-reading, writing, lorem ipsum, technology? Spanish?
Top-heavy?

light blue, pink?, green, lighter colors, light orange?





Tree w/ alphanumeric text for leaves->books
flying away

Body

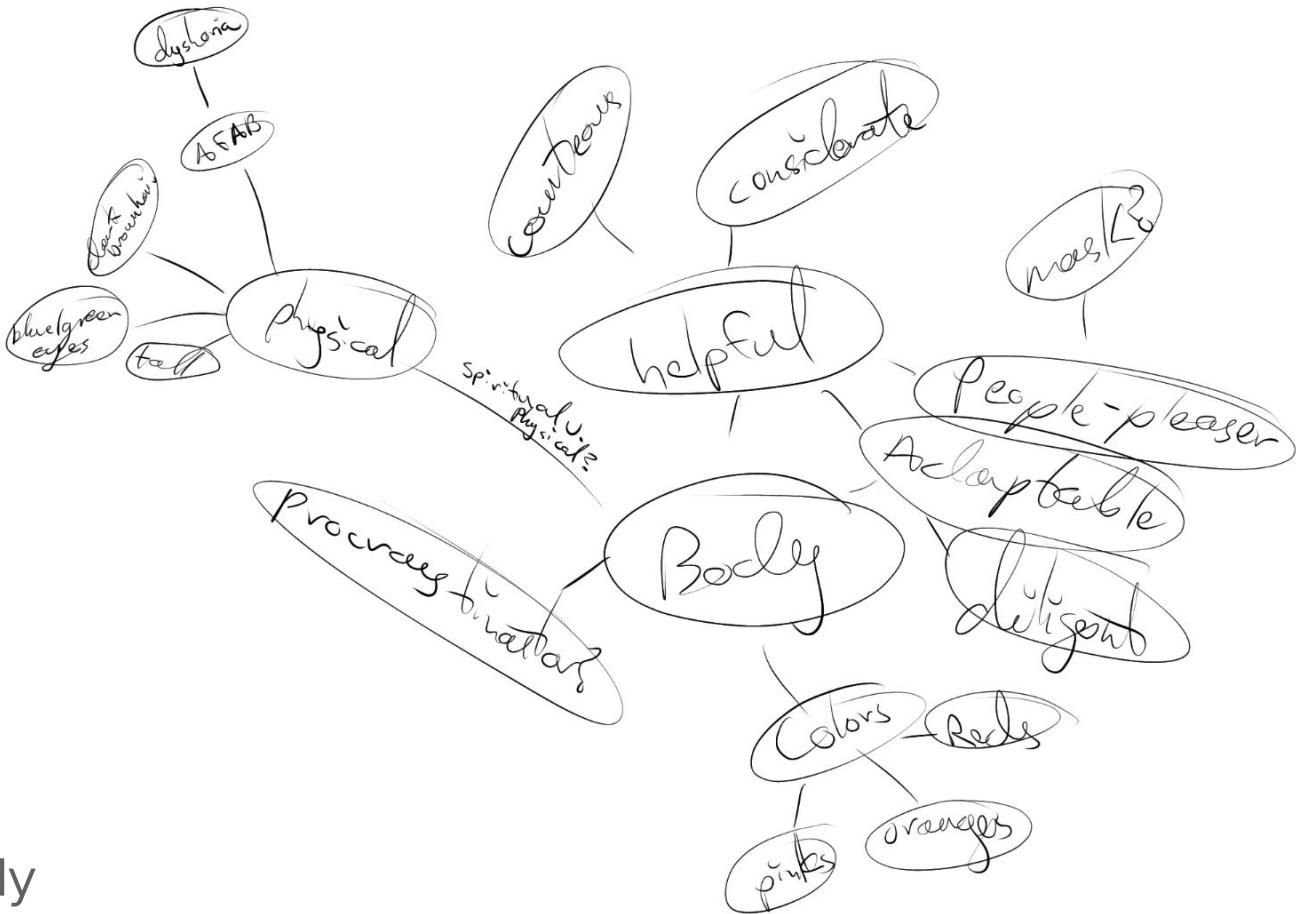
Body

I was unsure of what to do for the body, so referencing one of the student examples, I focused on creating a list that could describe things that I do with my body rather than only going off of what I look like.

Helpful? People pleaser-helpful, considerate, courteous? diligent? procrastinator? Adaptable?

Dance, visual art, computer programming, walk, run?

reds, oranges, pinks,



Mind Map for Body



Spirit

Spirit

I tend to relate my actions and thought process to that of a child's when I am happy or excited, giving me the idea of using toys and other things that I enjoyed as an actual child.

I also like to be helpful to others causing me to be a bit of a people-pleaser.

Happy-Playful, child-like?, Helpful? People pleaser-helpful, considerate, nice, kind, open-minded, adaptable? secretive?

Balls, Toys, roller coaster, balloons, books, video games, stuffed animals, Toys, wall-> wall of legos

orange, violet?, lavender, pink, pastels?



Adrift:
<https://www.flickr.com/photos/dot21studios/26951320696/>

Big Balloons, Small People:
<https://www.flickr.com/photos/bigham/48/9104493379/>

Life In Technicolor:
<https://www.flickr.com/photos/disgruntledbaker/14078059088/>



Balloon over the lake:
<https://www.flickr.com/photos/mariovalreira/30537464230/>

Like a shadow picture:
<https://www.flickr.com/photos/wannwannmaru/11099797015/>



Spirit cont.

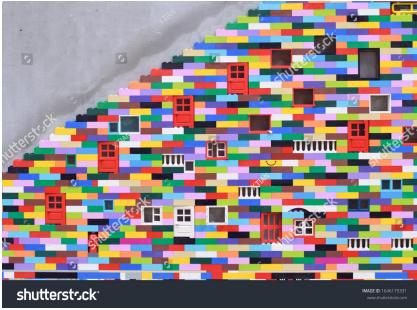
I sometimes feel like I have to keep secrets so I thought of hiding behind doors. While I was researching images of doors, I thought it would be fitting to do a rotting door.

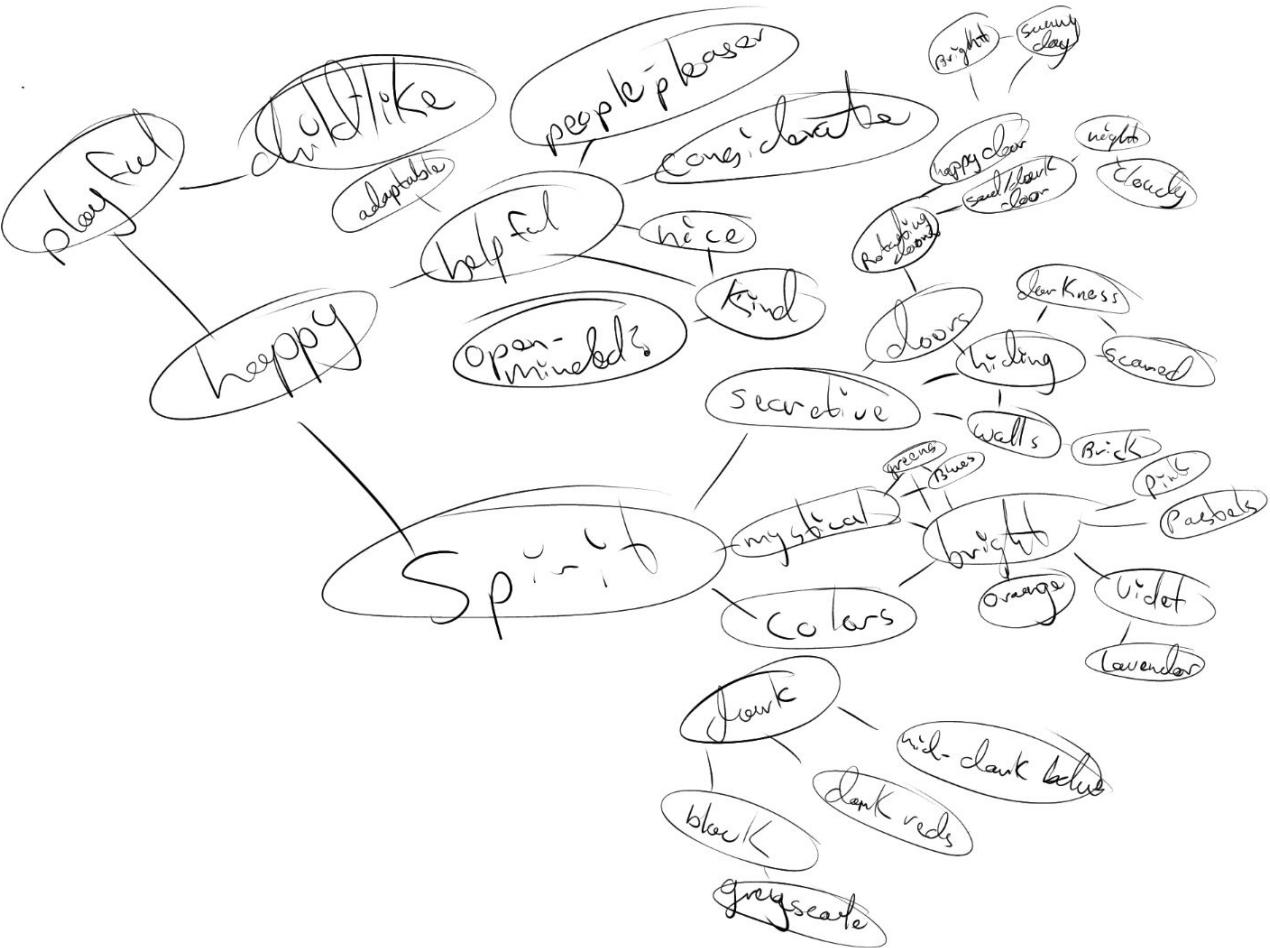
While I was doing the mind map for spirit, I thought about a wall of bricks in place of a door and while looking at pictures of toys, I thought of doing a wall of legos.

I can also sometimes relate my mind to being haunted so following these lines, haunted->ghosts/spirits->shadows

Doors? hiding, darkness, scared, haunted? ghosts/spirits, shadows, Reflections, rotating door?, one side happy one side dark

mid-dark blue, dark reds, black





Mind Map for Spirit