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Infographic Design



Table of Contents

01: Introduction

02: Moodboard

- Colour Schemes
- Fonts
- Design Styles

03: Sketches and Inspirations

- Sketch 1
- Sketch 2

04: Wireframe

05: Design Process

06: Final Artwork



01: Introduction

Background Information

In polytechnic, students are students to be self-directed in their learning and independent. Some students may struggle to adapt due to sudden changes as this is also the time where they are becoming young adults and are developing their sense of identity and their social relationships.

Some students find it stressful to consistently maintain their grades to get a good cumulative GPA. Their social lives could be affected as they will meet many new people from all walks of life and of different ages.

Outside of classrooms, the growing importance of platonic and romantic relationships, part-time work and other interests impose new challenges which can impact their school lives depending on the individual effects and consequences.

Pressures faced by the students could come from the home or school environment could eventually lead to undesirable consequences such as anxiety and depression.

According to the Institute of Mental Health (IMH), from 2012 to 2017, there were an average of 2,400 cases a year of students seeking help for school related stress.

01: Introduction

Infographic Format

The infographic design starts off with a header followed by the first section which talks about how often do polytechnic students feel stressed based on the survey results. Afterwards, the next section gives a brief background information quoted by a IMH senior consultant.

After the introduction, the infographic design will show the top 3 causes of stress faced by polytechnic students based on the survey results. Next in the climax section, the most interesting insight of the survey will be shown, followed by the top 3 effects of stress based on the survey results. This let the audience know how has stress affected polytechnic students before moving onto the solutions.

In the last section, there will be 6 existing solutions that come from mainly HPB and MOE based on secondary research. This infographic design will end with a short takeaway sentence from this infographic and the sources of the information.

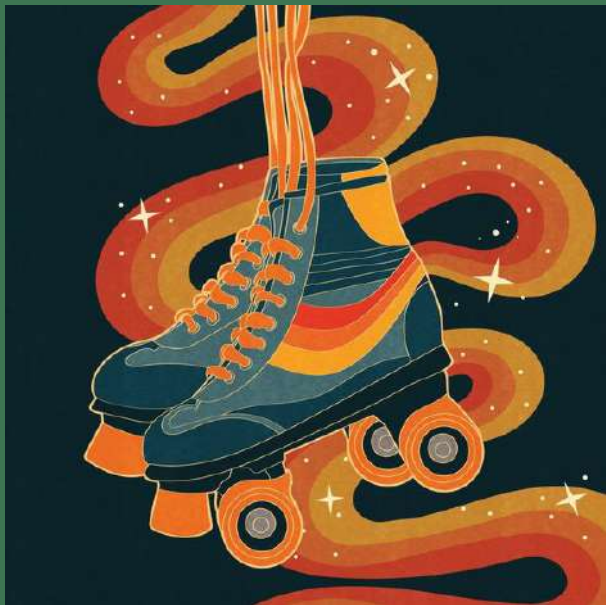


02: Moodboard

Colour Schemes



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	FDBF26
	267C9B
	B77763
	31393D



	BE3A27
	CC5D2D
	F99D22
	496E72
	143C49
	0B2429

02: Moodboard

Colour Schemes



D 13230



DBB239

D46755

CB6681

719E96

5B7A51

554877

02: Moodboard

Colour Schemes



D03A43



D83573



F4973A



E6C430



359DCA



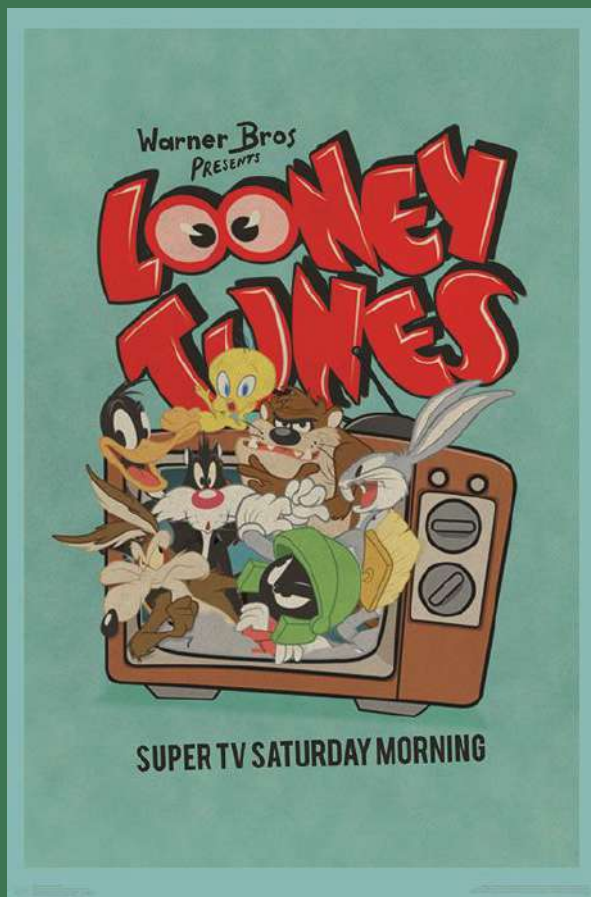
269A93



613D7B

02: Moodboard

Colour Schemes



CB2E2A



D9C04C



7EA89A



8BB9B2



7A776F



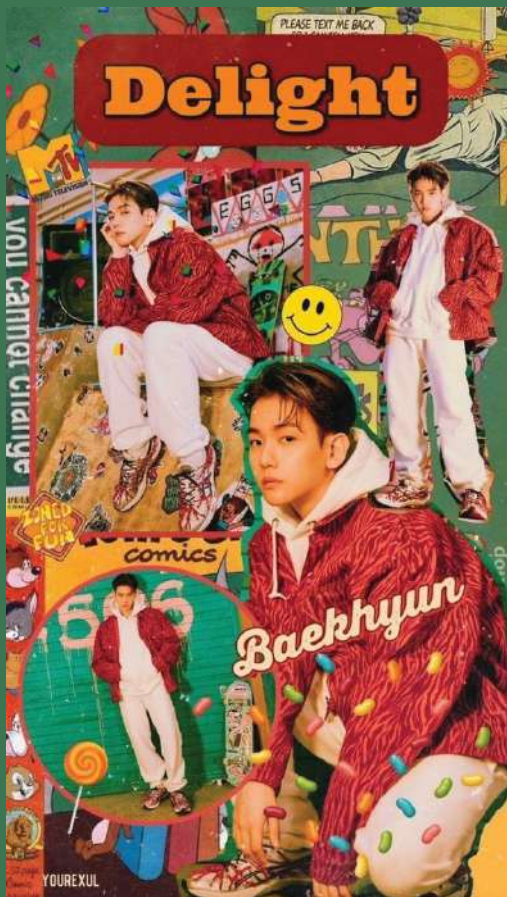
995D3D



4E433E

02: Moodboard

Colour Schemes



96241F



F58421



F6A927



0F6FA2



FDD2AB



3D7552



422024

02: Moodboard

Fonts

Bello Script Pro - Title

Futura PT - Sub Title

Futura PT - Text

Bello Script Pro is a brush typeface for headline point sizes designed by Underware. Bello has lots of ligatures and start and ending swashes. Bello Script Pro creates a strong typographic contrast and is flourished and flowing. The careful spacing and kerning ensures that Bello appears like fluently written handwriting to create a more intimate, natural impression.

Futura PT is a geometric sans-serif typeface designed by Paul Renner and released in 1927. It is based on geometric shapes, especially the circle, similar in spirit to the Bauhaus design style of the period. It was used on a daily basis for print and digital purposes as both a headline and body font. The font is also used extensively in advertisements and logos, it was used extensively by the publishing industry as a general-purpose font.

Gg

*A B C D E F G H I J K L M -
N O P Q R S T U V W X Y Z*

*a b c d e f g h i j k l m -
n o p q r s t u v w x y z*

1 2 3 4 5 6 7 8 9 0 % \$ @

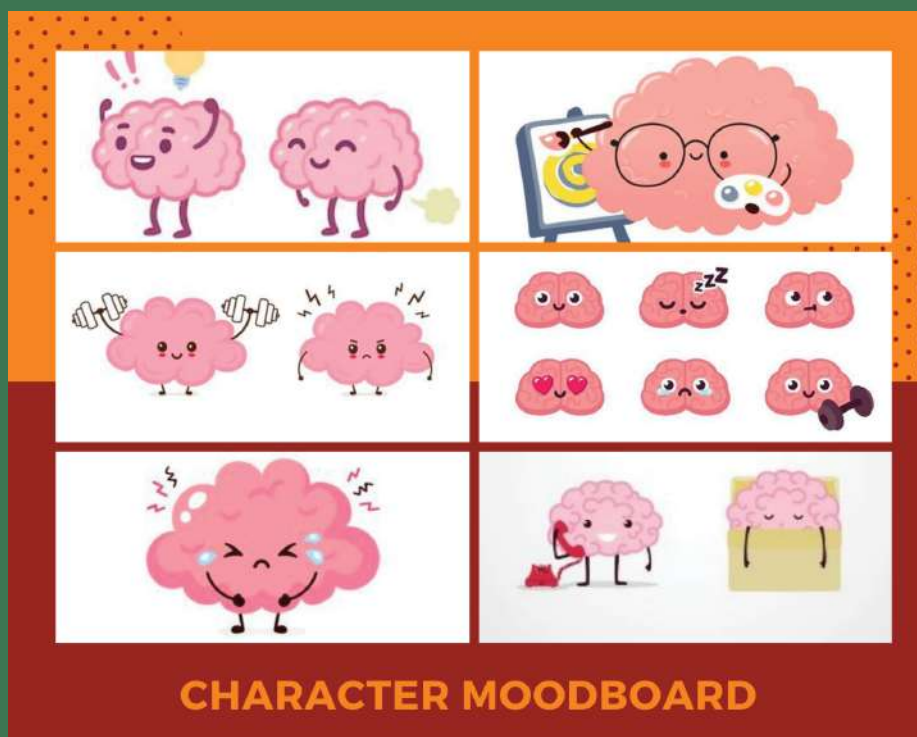
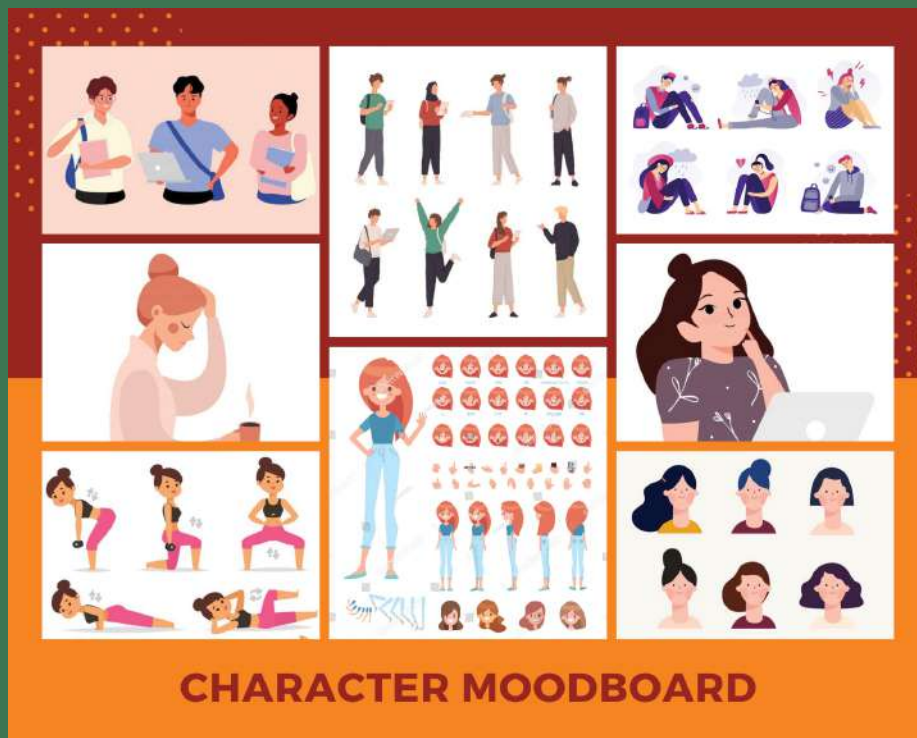
A B C D E F G H I J K L M -
N O P Q R S T U V W X Y Z

a b c d e f g h i j k l m -
n o p q r s t u v w x y z

1 2 3 4 5 6 7 8 9 0 % \$ @

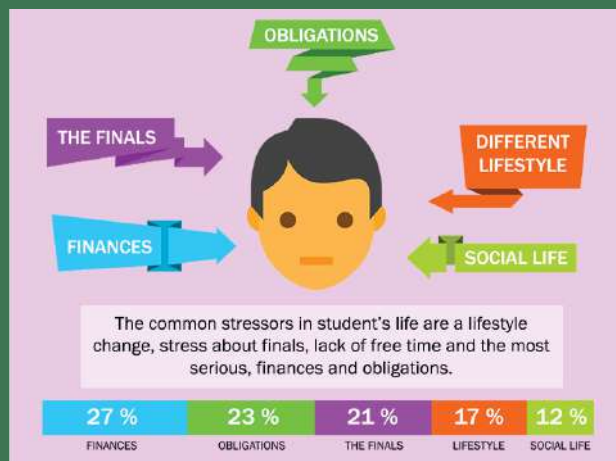
02: Moodboard

Design Styles



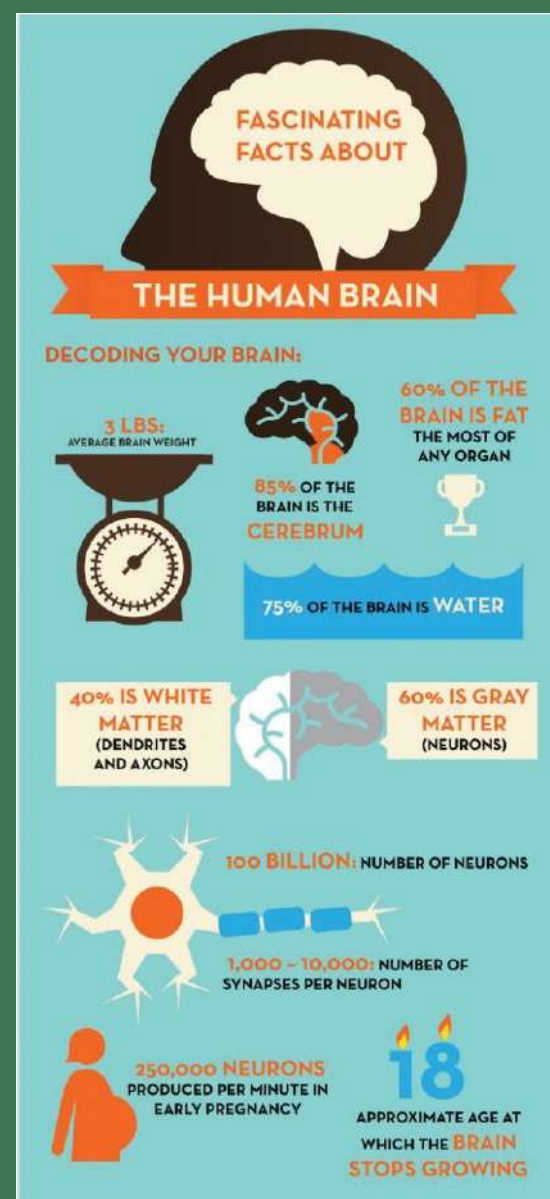
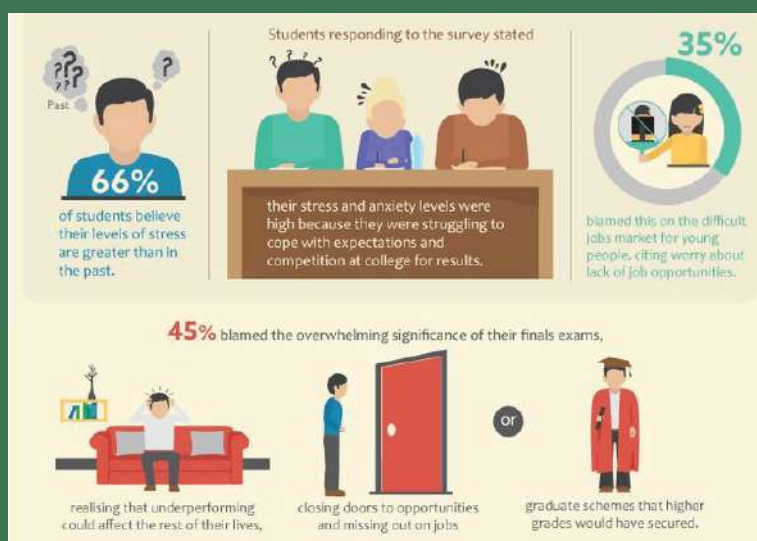
02: Moodboard

Design Styles



WHAT IS STRESS?

THE STRESS IS A REAL REACTION TO THE WORLD AROUND US. THAT IS YOUR BODY PREPARING TO RUN AWAY FROM THE THREAT OR TO STAY AND FIGHT THE THREAT. STRESS IS NOT SOMETHING WE CAN SHUT DOWN ENTIRELY, BUT WE CAN CONTROL IT.



02: Moodboard

Design Styles



02: Moodboard

Design Styles



Brown create feelings of loneliness, sadness, and isolation. It also tends to be associated with negative emotions.

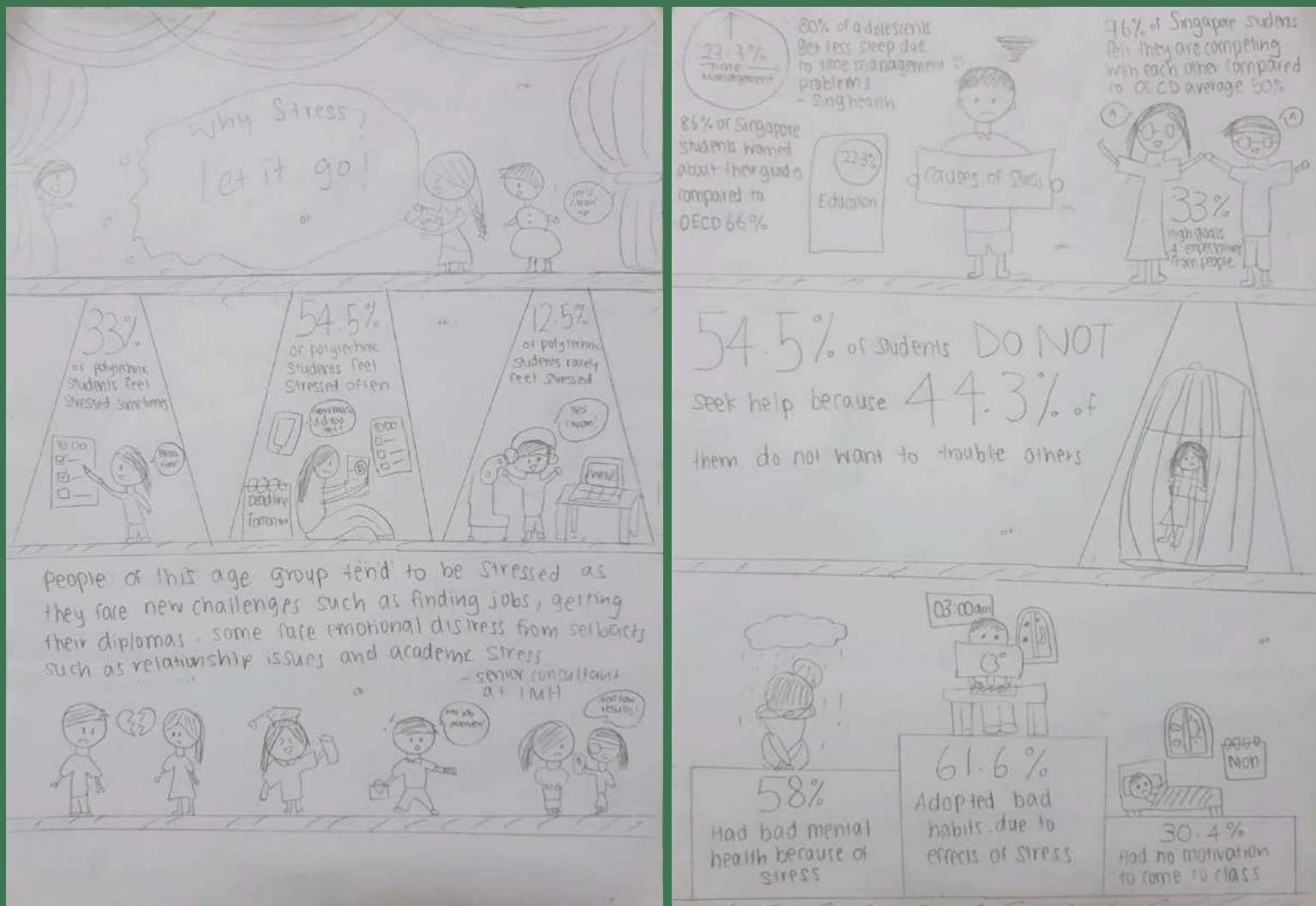
Red used to convey danger in a non-literal way to indicate when something is wrong with a person or situation. It also tends to be associated with negative, danger-bearing emotions.

Yellow can also create feelings of frustration and anger even though it is a cheerful colour. Orange is an energetic colour which is often used to draw attention.

Blue is strongly associated with tranquility and calmness. It can also create feelings of sadness or aloofness. Green is a calming color which is associated with nature which people find relaxing and refreshing. It is thought to relieve stress and help heal.

03: Sketches

Sketch 1



This concept is a stage performance concept which is inspired by theatre plays. The reason why I thought of this concept is because theatre plays often have a hidden message to convey to their target audience. In this case, the polytechnic students will be the actors who tell their target audience about the causes and effects of their stress.

03: Sketches

Sketch 1



The target audience for this “play” will be the ones who would also provide solutions to help students with their stress management. For example, when MOE hear the students’ concerns, MOE will let the students know their plan and how they can help the students.

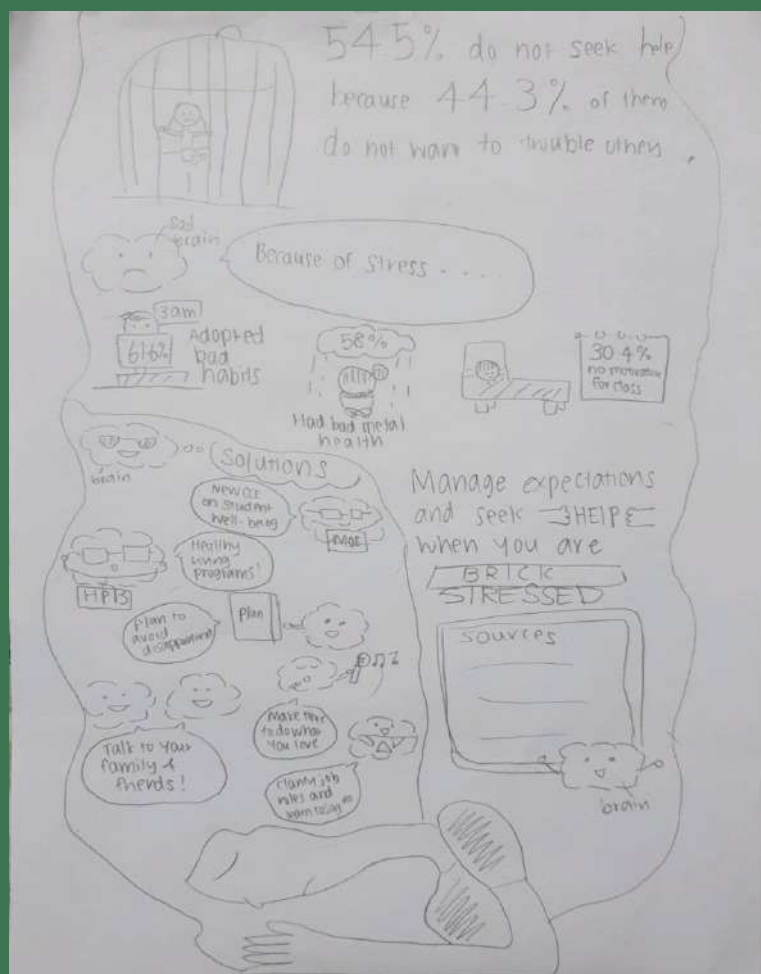
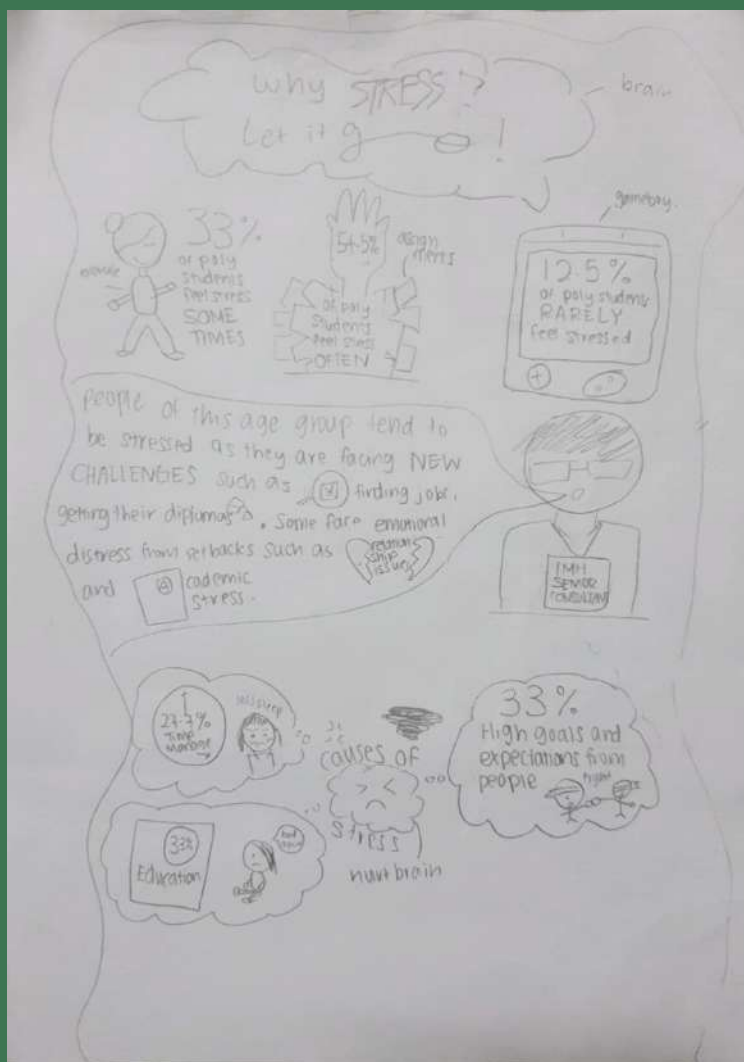
03: Sketches

Sketch 1 Inspirations



03: Sketches

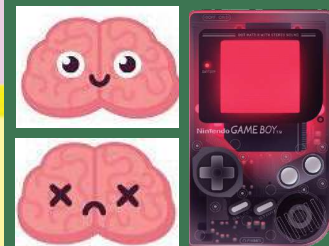
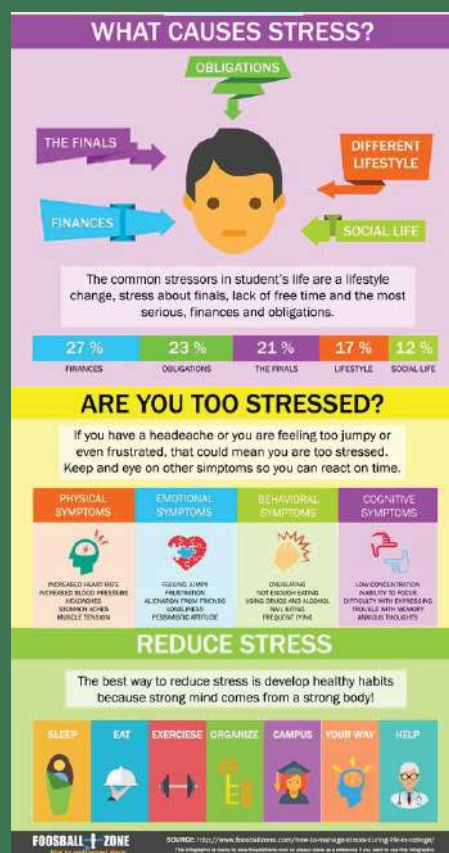
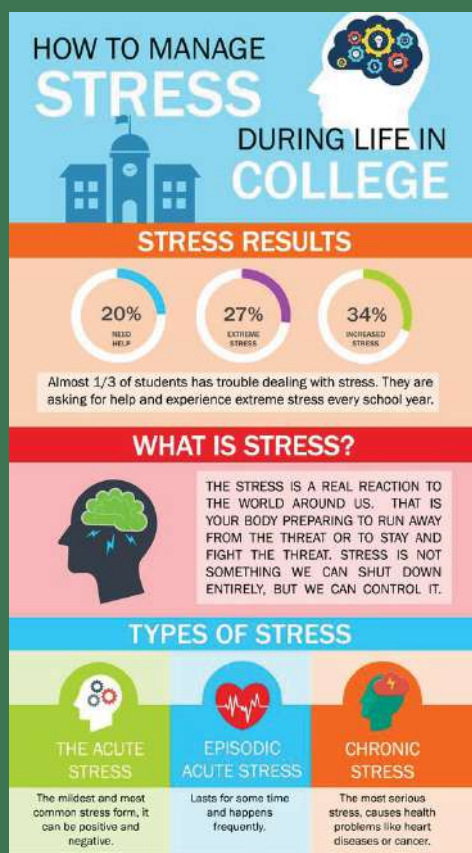
Sketch 2



This concept is a stressed mind concept whereby there is many things going on in the girl's mind. This is inspired by the fact that usually when people are stressed, they have many things going on inside their minds.




03: Sketches

Sketch 2 Inspirations



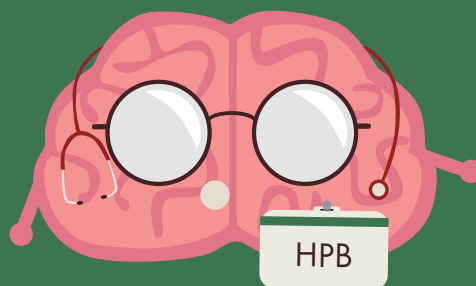
04: Wireframe

Size: 900px x 4867px

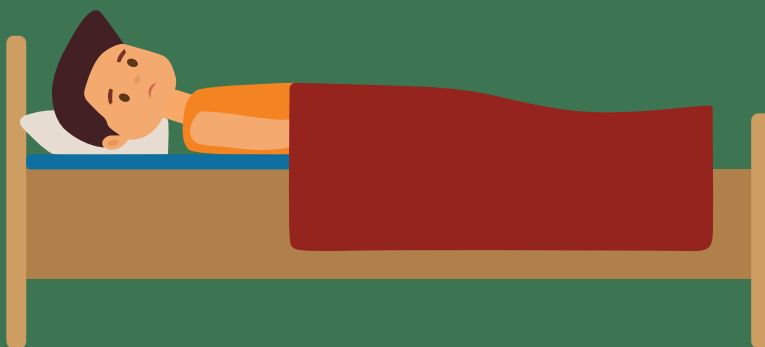
Header		
Often Stressed	Sometimes Stressed	Rarely Stressed
 Background (Why are students stressed?)		
Cause 2		Cause 1
Cause 3	Causes of stress	
Do students seek help when they are stressed? 		

Top 3 effects of stress	
Solution 1	Solution 2
Solution 3	Solution 4
Solution 5	Solution 6
Conclusion	
Sources	

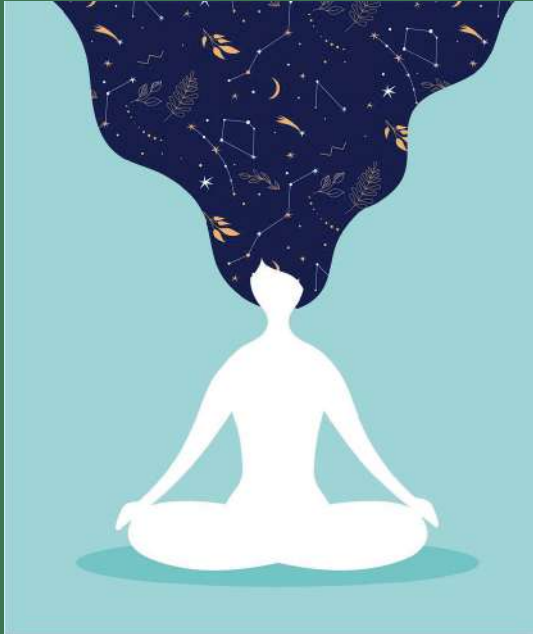
05: Design Process



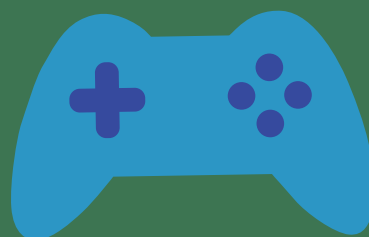
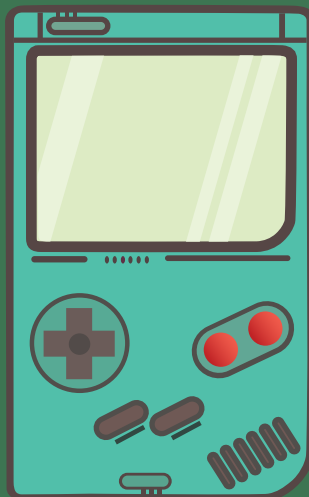
05: Design Process



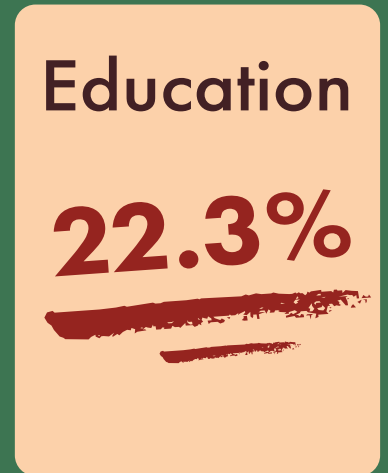
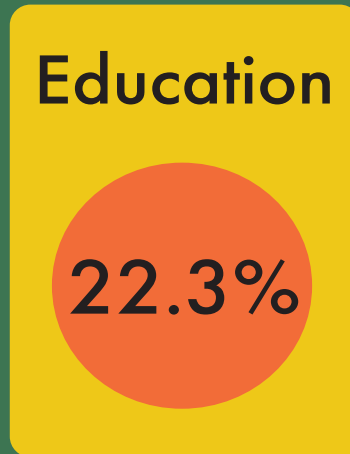
05: Design Process



05: Design Process



05: Design Process



Why STRESS? Let it go!

Polytechnic students feel stressed...



People of this age group tend to be stressed as they are facing **NEW CHALLENGES** such as finding jobs, getting their diplomas, academic stress, face emotional distress from setbacks such as relationship issues and academic stress.



Education

22.3%



27.7%

Poor Time Management

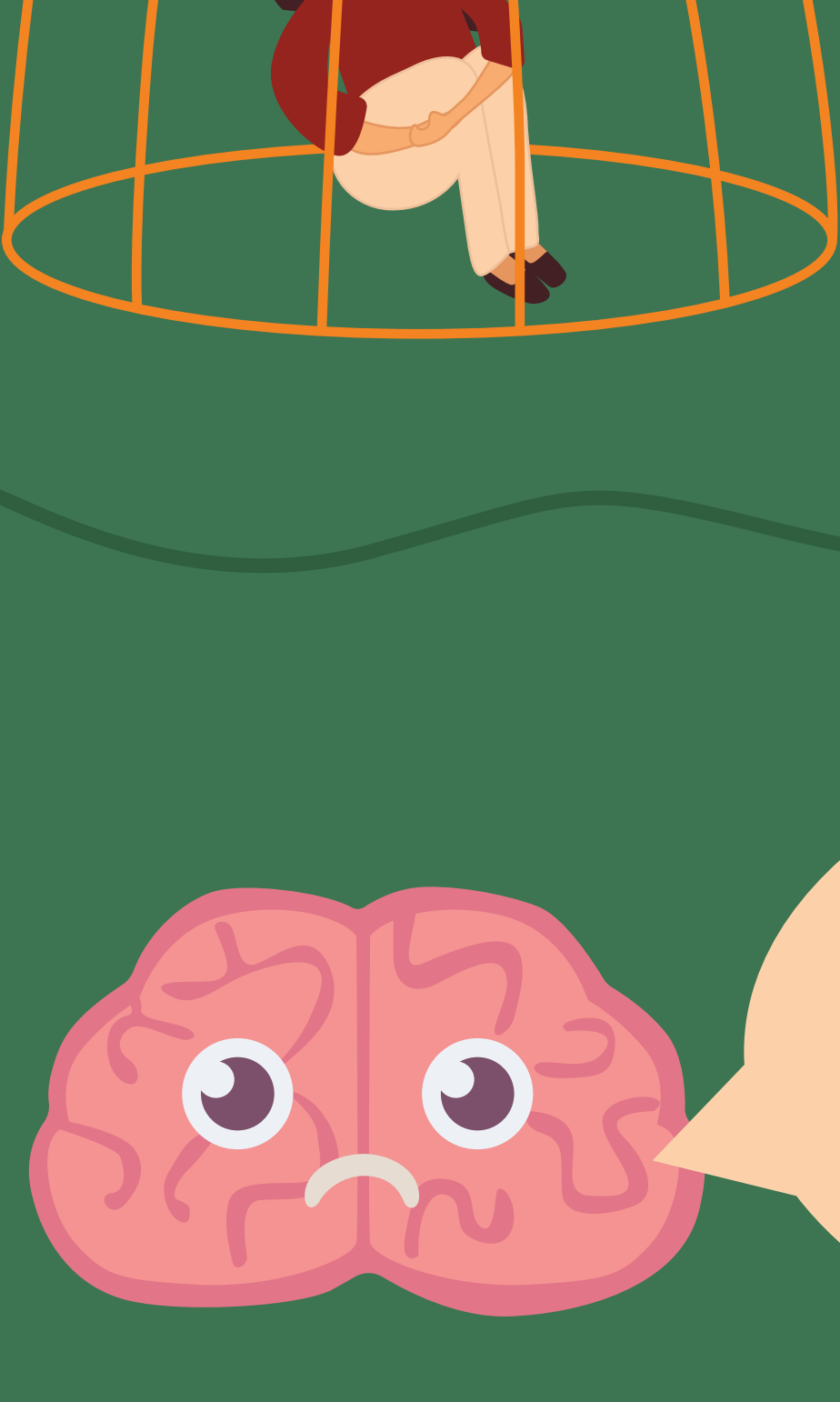


Causes of Stress



33%

High goals and expectations from people



54% do not seek help

44.3% of them do not want to trouble others

Because of stress...



61.6%

Adopted Bad Habits

03:00am



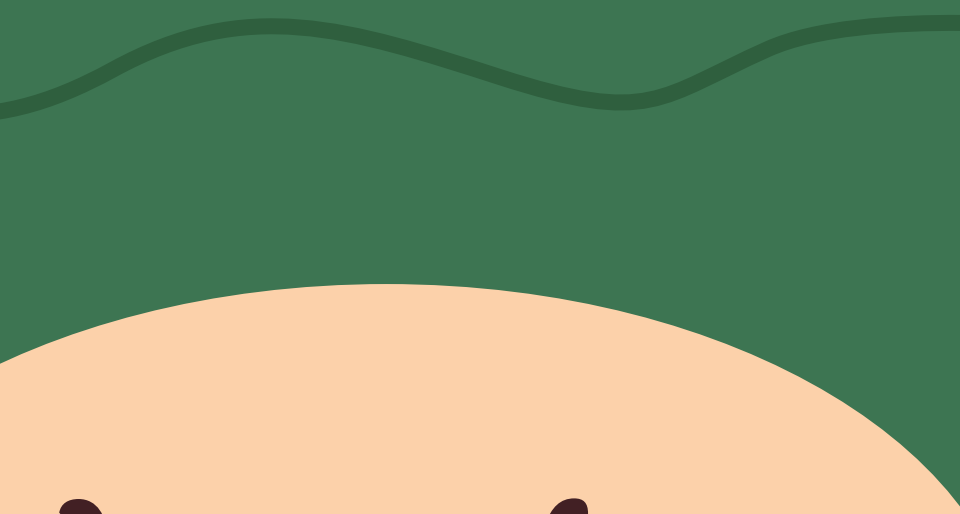
58%

Developed Bad Mental Health



30.4%

Had No Motivation to Come to Class



We are here to help!



New CCE module that focuses on student well-being



HPB

We have healthy living programs for tertiary students!



HPB

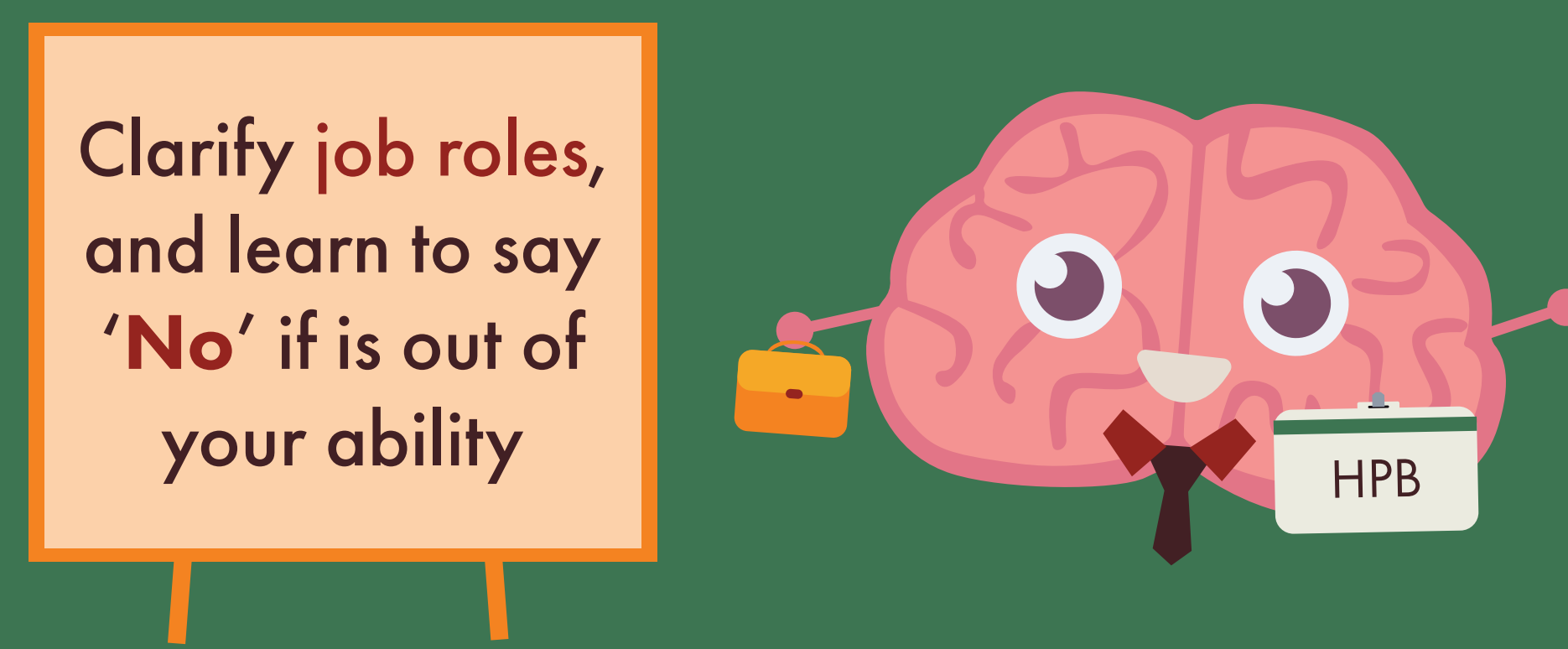
Make time to do what you love



Plan to avoid disappointments



Talk to your family and friends! Don't be afraid to share your problems.



Clarify job roles, and learn to say 'No' if it is out of your ability



Manage expectations and seek help when you are STRESSED



Sources

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Health Promotion Board. 2017. Programmes For Tertiary Institutions. [online] Available at: <https://www.hpb.gov.sg/schools/school-programmes/health-promoting-programmes-for-tertiary-institutions> [Accessed 13 January 2021].