Visual Argument Reflection

My visual argument has a clear message to get outdoors. Its focused on the moment we live in now where the world is being asked to stay home and stay away from others. My message is one I feel is very important for people to internalize. Getting outside is a nearly essential activity for a person’s physical and mental wellbeing. Exercise, sunlight, and a simple change of scenery are all proven to be beneficial. I selected various activities to exemplify these and incorporated them into the writing and background. I chose the phrase “They Aren’t So Far Away” to be the focus of the image because of this false narrative I, and many others experience. Going for a run often feels a lot harder than putting on shoes and walking out the front door. It can feel like there is a lot of distance between you and these activities and that is what I aim to address. This feeling is unfortunately correlated with poor mental health. Weekends can easily disappear alone in one’s home these days. This is downright depressing. Breaking this up with healthy exercise can yield great improvements.

I chose to make the background different examples of different kinds of people outdoors. Regardless of age, gender, race, etc. we all can and need to get outdoors. The line below, “Just because we’re isolated doesn’t mean we have to stay inside” addresses another false narrative people may experience. For many, when they used to leave their homes, they would socialize. For me, that was most all my socializing. So, there was a necessary paradigm shift that leaving my home was actually my “me time.” Throughout the process of making my narrative, I reflected a lot on my own experiences of quarantine (just like in my Soundscape). What has always been comforting for me is that my experiences are largely the same as everyone else’s. When creating these projects, I approached them from this lens of common ground between myself and other’s to share my own insights.

Visually, I feel it came out a bit messy. I liked the use of negative space before I added the images but felt that my message could be clearer. The image subjects are somewhat hidden by the text. It also gives this false impression that the runner and swimmer are synced up with their stick figures, but the other two images are not synced due to their relative proximity. To be honest, I chose the orange color simply because it reminded me of the leaves outside. Fall is always this period of transitioning indoors, so perhaps it is fitting that my message is about how to stay healthy during this transition to indoors living. I debated between centering the text to allow for more symmetry, but it would clash with the asymmetric symbols and images, so I decided against it.

I am pleased overall with the final result and believe it an effective way to convey my message.