Tristan Sabado's Thesis Project

Work

Week 1

Week 2

Week 3

Week 4

Week 5

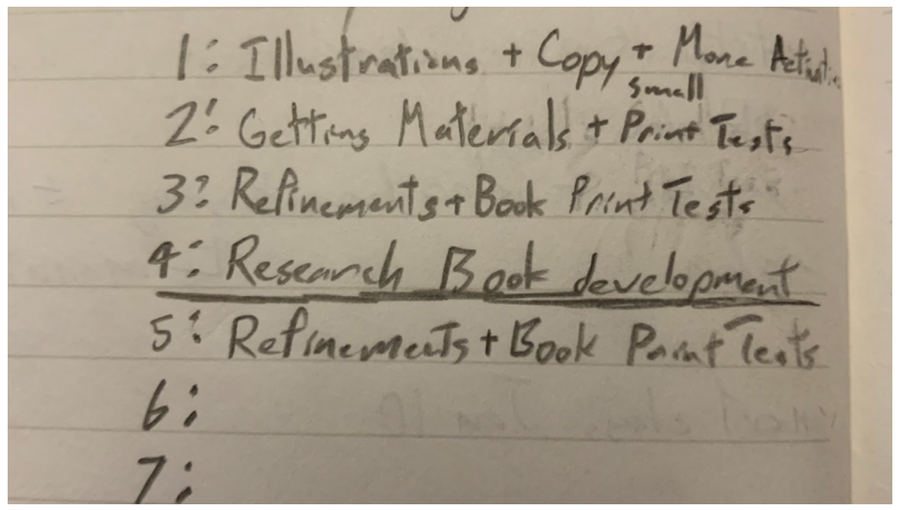
Week 6 + Reading Week

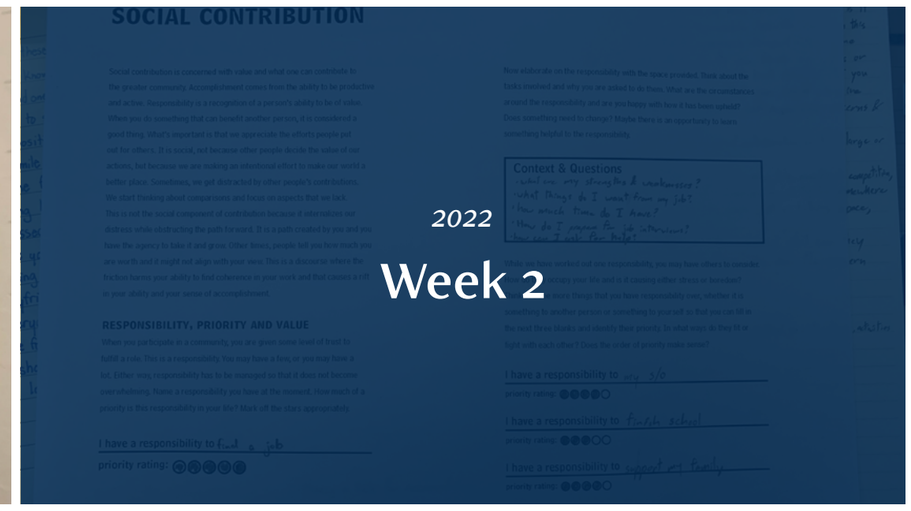
Week 7

Week 8

YSDN4004 Workshop Winter Documentation

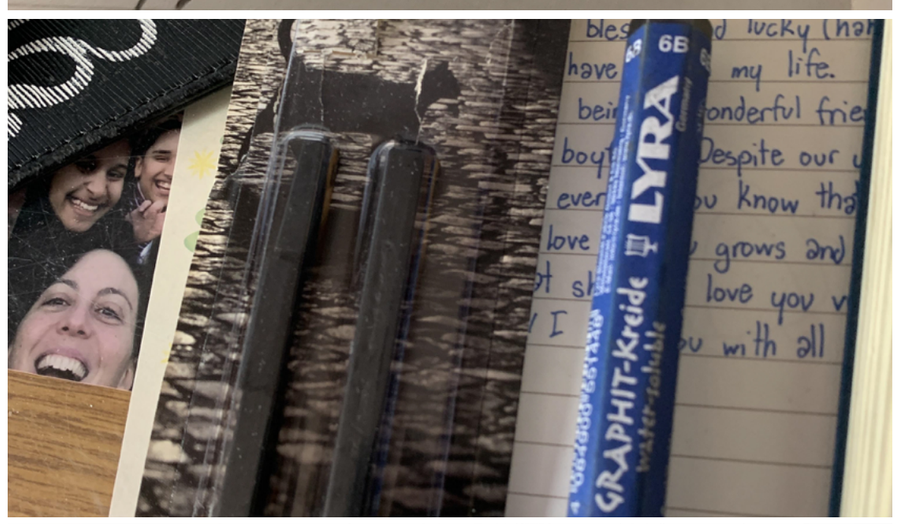
Designing a workbook around mental health and social reflection

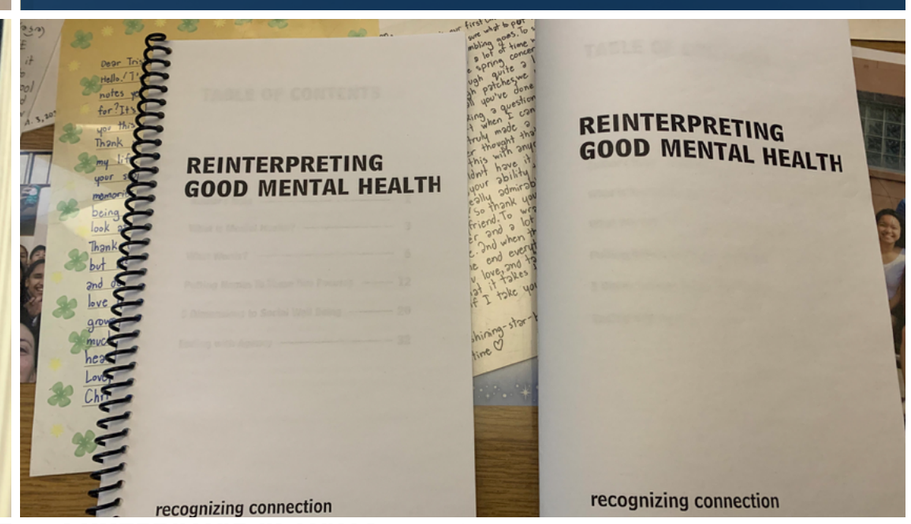


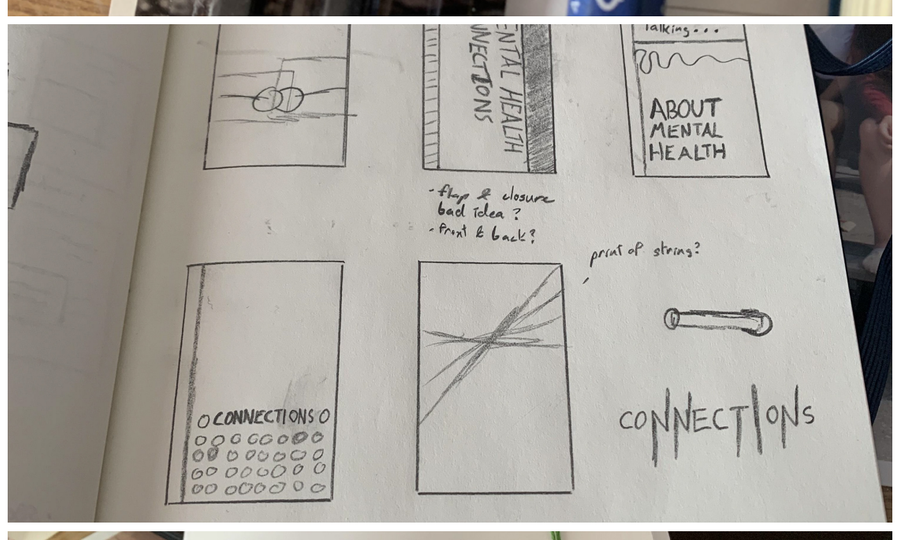


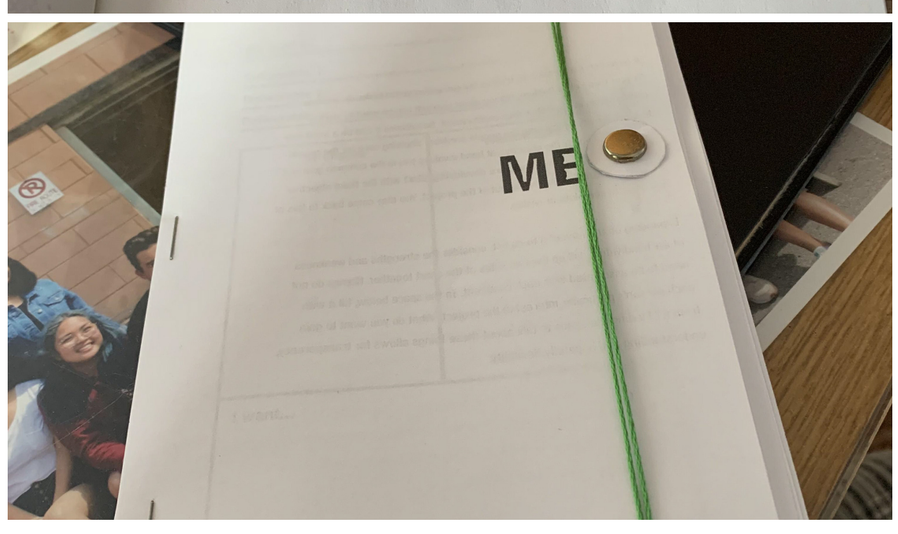
2022

Week 2









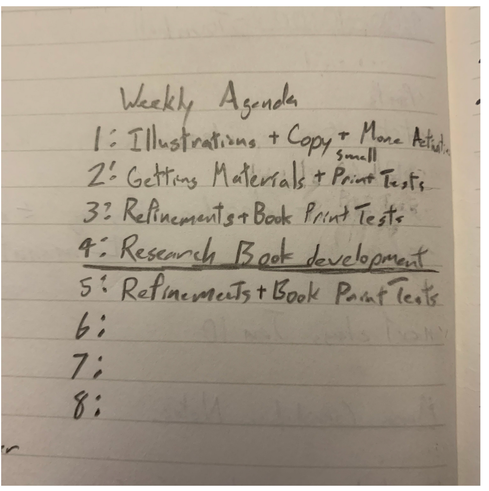
YSDN4004
Research Book

Promoting Good Mental Health Through Designed Educational Resouurces

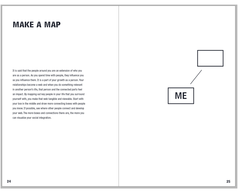
Powered by Adobe Portfolio

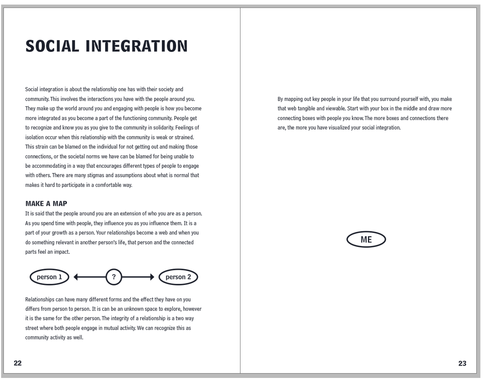
Week 1

Prior to the start of the semester, I started getting prepared by making a weekly schedule and filling out the first quarter of the semester. This will help me stick to the steps I need to take in order to produce my book. If things don't go as planned, such as what happened this week, I can revise things.



In order to reorient myself with the project which I have not touched since the previous semester, I focused on finishing the copy as editing and revising parts. This help me refamiliarize myself with the subject matter, what I want to achieve, and how to talk about it. It also let me skim through the version of the book at the time and look at it with a fresh pair of eyes. This directed my next steps in layout and page organization. What stood out was the segregation of pages for reading and pages for writing. The sparsely distributed content also left a lot of white space that could be filled. That's what led to the decision to meld the segregated parts of some spreads and talk readers through the activities rather than laying out the idea and telling them what to do. Making the two integrated makes for a smoother interactive and reading experience. Thinking about colour I started by applying this dark green to headings to see how it looks. I also tried it with the text while the headings were cool black. Imagining the green on an off white background gives off an earthy and natural aura to the piece which I want to confirm through print tests next week.





SOCIAL INTEGRATION

Social integration is about the relationship one has with their society and community. This involves the interactions you have with the people around you. They make up the world around you and engaging with people is how you become more integrated as you become a part of the functioning community. People get to recognize and know you as you give to the community in solidarity. Feelings of isolation occur when this relationship with the community is weak or strained. This strain can be blamed on the individual for not getting out and making those connections, or the societal norms we have can be blamed for being unable to be accommodating in a way that encourages different types of people to engage with others. There are many stigmas and assumptions about what is normal that makes it hard to participate in a comfortable way.

MAKE A MAP

It is said that the people around you are an extension of whe you are as a person. As you spend time with people, they influence you as you influance them. It is a part of your growth as a person. Your relationships become a web and when you do something relevant in another person's life, that person and the connected parts feel an impact.

person 1 ⟷ ? ⟷ person 2

Relationships can have many different forms and the effect they have on you differs from person to person. It is can be an unknown space to explore, however it is the same for the other person. The integrity of a relationship is a two way street where both people engage in mutual activity. We can recognize this as community activity as well.

By mapping out key people in your life that you surround yourself with, you make that web tangible and revealable. Start with your box in the middle and draw more connecting boxes with people you know. The more boxes and connections there are, the more you have visualized your social integration.

ME

Speaking of the paper, this week I also did some research into materials and methods to produce my book. This included paper, binding options, size, printing, and cutting. While things are yet to be determined until I test things, I'm leaning towards trying to emulate a notebook or sketchbook with a spiral coil and offwhite textured paper, complemented by simple contour illustrations. While in the previous semester I considered printing the whole book with a risograph, I reconsidered that because my book isn't going to be the most illustrative piece of work. Perhaps I can do something fancier for the cover. Another option I could take is to do something with the laser cutter and work something out with the inside cover. I will leave this for a different week. I took the time to see what materials I could find at the York U bookstore and bought some paper from their limited section. I will have to check what's available at the print lab another time. At home, I cut some sheets into usable sizes for printing. Another thing I considered was to add extra detachable worksheets through perforation for the purpose of doing the activities again or sharing the book with another person. Because they are an addition to the main content, to avoid repetition they will be their own sheets; sort of like large cards. Perhaps an image or some ornate element can be on the back of each "card".

I mentioned earlier that I wanted to work on my illustrations, however personal family matters sprung up and I needed time for myself away from work, putting me a bit behind on this part of development. In addition, I realized I needed more time to redesign my spreads. We will see how much of a delay this will bring in the following week.

Research & Inspiration

https://www.writerswite.com/tools/chapbooks/

http://www.wordrunner.com/chapbook/overview.htm

https://co-conspirator.press/About

https://www.wikihow.com/Make-Your-Own-Perforated-Pages

https://www.printivity.com/insights/2019/07/09/how-to-choose-the-best-booklet-binding/

http://ansteybookbinding.com/perfect-bound-books-with-die-cut-covers/

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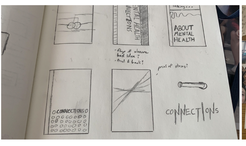
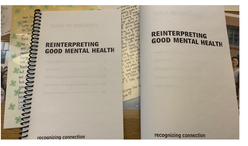




Week 2

I have a responsibility to

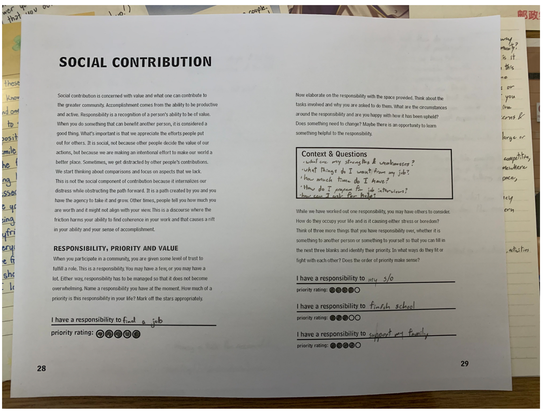
☆☆☆☆☆

I have a responsibility to

○○○○○

I have a responsibility to

priority rating: ○○○○○



SOCIAL CONTRIBUTION

Social contribution is concerned with value and what one can contribute to the greater community. Accomplishment comes from the ability to be productive and active. Responsibility is a recognition of a person's ability to be of value. When you do something that can benefit another person, it is considered a good thing. What's important is that we appreciate the efforts people put out for others. It is social, not because other people decide the value of our actions, but because we are making an intentional effort to make our world a better place. Sometimes, we get distracted by other people's contributions. We start thinking about comparisons and focus on aspects that we lack. This is not the social component of contribution because it internalizes our distress while obstructing the path forward. It is a path created by you and you have the agency to take it and grow. Other times, people tell you how much you are worth and it might not align with your views. This is a discourse where the friction harms your ability to find coherence in your work and that causes a rift in your ability and your sense of accomplishment.

RESPONSIBILITY, PRIORITY AND VALUE

When you participate in a community, you are given some level of trust to fulfill a role. This is a responsibility. You may have a few; or you may have a lot. Either way, responsibility has to be managed so that it does not become overwhelming. Name a responsibility you have at the moment. How much of a priority is this responsibility in your life? Mark off the stars appropriately.

I have a responsibility to find a job

priority rating: ●●●●●

28

Now elaborate on the responsibility with the space provided. Think about the tasks involved and why you are asked to do them. What are the circumstances around the responsibility and are you happy with how it has been upheld? Does something need to change? Maybe there is an opportunity to learn something helpful to the responsibility.

Context & Questions

What are my strengths & weaknesses?
What things do I want from my job?
How much time do I have?
How do I improve the situation?
How can I vote for help?

While we have worked out one responsibility, you may have others to consider. How do they occupy your life and is it causing either stress or boredom? Think of three more things that you have responsibility over, whether it is something for another person or something to yourself so that you can fill in the next three blanks and identify their priority. In what ways do they fit or fight with each other? Does the order of priority make sense?

I have a responsibility to my s/o

priority rating: ●●●●○

I have a responsibility to finish school

priority rating: ●●●○○

I have a responsibility to support my family

priority rating: ●●●●○

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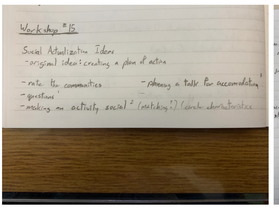
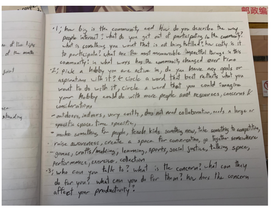
Less progress was made this week as I needed to spend more time on other courses. Tasks this week include continued layout development, print tests, and illustrations. I continued to consolidate my book's content and redesign the activities, now being left with the spread about Social Actualization. During a critique, it was suggested that the open-ended activity I originally had might be too vague or overwhelming in practice. A potential solution to try is to make an example as reference. The problem I'd have to design around is to create a scenario that makes sense and how I would place it into the book. Making up an example just needs time and thought, but figuring out a way to integrate the example would be an opportunity to make use of the tactile medium. I thought about how I could reveal and obscure information through cutouts, or alternatively use tracing paper to layer on top of the page. Unless I get especially treated paper, normal tracing paper is not designed to be printed on and cannot be used. The cutout idea is still plausible and I need to start sketching applications of it. Alternatively, I could just make a completely new activity which I am considering because the longer I sit on the broad scale of the original activity, the more it's weakness as a tool appears to me. While I still figure out these things, I cannot commit to a print test of the whole book yet. However, for the purpose of observing the size and assessing readability and space, one spread should be enough to see.

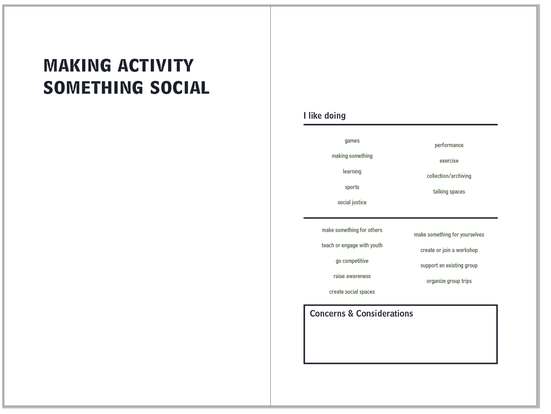


Week step #15

Social Actualization Ideas
- original ideas: creating a plan of action
- rate the communities
- reflecting on tools for accomodation
- questions
- making an activity social? (watching?) (drinks, dertubertics)



1: how big is the community and how do you describe the way people behave? what do you get out of participating in the community? what is something you want that is not being fulfilled? how easy is it to participate? what are the most measurable impactful things in this community? in what ways has the community changed over time
2: pick a hobby you are active in. do you know any people or organizations with it? circle a word that best reflects what you want to do with it. circle a word that you could imagine your hobby could do with more people and organizations, concerns & considerations
- outdoors, indoors, very costly, low cost and collaboration with a large or specific space from operating
- make something for people beside kids, something easy, like something to organize
- raise awareness, create a space for conversation or bring communities together
- games, craft/making, learning, sports, social justice, talking spaces, performance, exercise, education
3: who else you talk to? what is the concern? what can they do for you? what can you do for them? how does the concern affect your productivity?



MAKING ACTIVITY SOMETHING SOCIAL

I like doing

games
making something
learning
sports
social justice

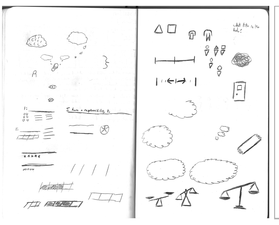
performance
exercise
collection/archiving
talking spaces

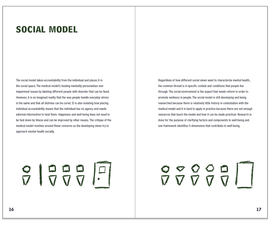
make something for others
teach or engage with youth
go competitive
raise awareness
create social spaces

make something for yourselves
create or join a workshop
support an existing group
organize group trips

Concerns & Considerations

The direction I wanted to take with illustration was to emulate a doodled or sketched style that matches the sort of journal or notebook-like character to my book. I needed to figure out how to get the desired effect and tried image tracing sketches in Illustrator. That didn't work so I took my scans to photoshop, applied a duotone with the colour I inserted in the book's headings already. Through photoshop, I could directly insert the illustrations and the texture of my pencil into the book. The rendering and concepts I've drawn so far however are not to my liking and I will have to draw some more. At least I have a method for achieving the illustration style.





SOCIAL MODEL

The social model takes accountability from the individual and places it in the social space. The medical model's having mentally processes over impairment issues by blaming affected people with disorder that can be fixed. However, it is an imaginary reality that has ways people handle everyday stress and tasks. Disability is a social issue. The social model's focus on the individual accountability means that the individual has to agree and meet societal stereotypes to have them. Impairment and well-being does not need to be kept down by illness and can be improved by other means. The critique of the medical model mutates around these concerns as the developing views try to approach mental health socially.

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Regardless of how different social views seem to characterize mental health, the common thread is a specific context and conditions that people live through. The social environment is the aspect that needs where in order to promote wellness in people. The social model is still developing and being refined to accommodate more people. The medical model's focus on mental health needs and is worth to apply is beneficial because there are still enough resources that back the model and how it can be made practical. Research is done for the purpose of clarifying factors and components to well-being and one framework identifies 5 dimensions that contribute to well-being.

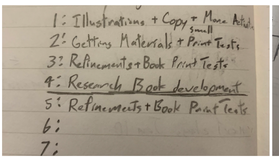
17

Research & Inspiration

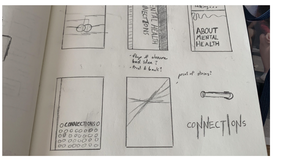
https://www.quora.com/What-are-the-downsides-of-printing-on-tracing-paper

https://www.responsiveclassroom.org/building-a-positive-community-through-reflection/

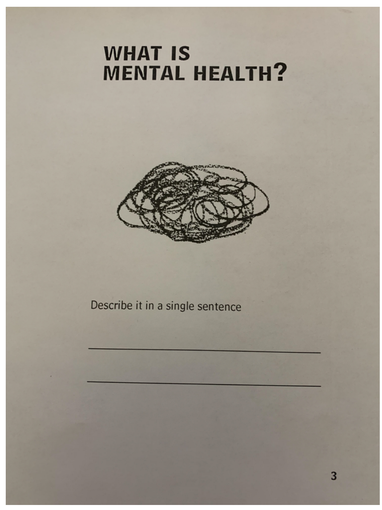
You may also like

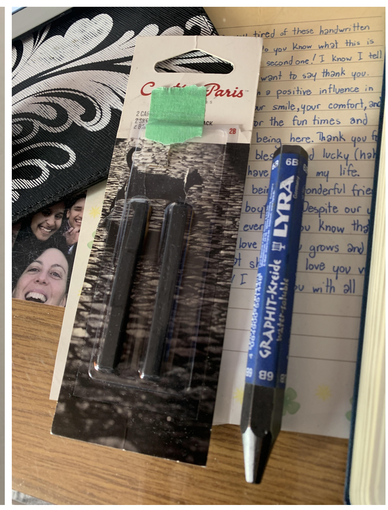


1: Illustrations + Copy + More Activities
2: Getting Materials + Print Tests
3: Refinements + Book Print Tests
4: Research Book development
5: Refinements + Book Print Tests
6:
7:

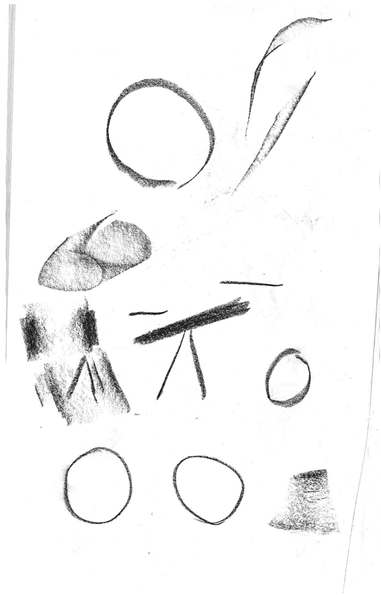


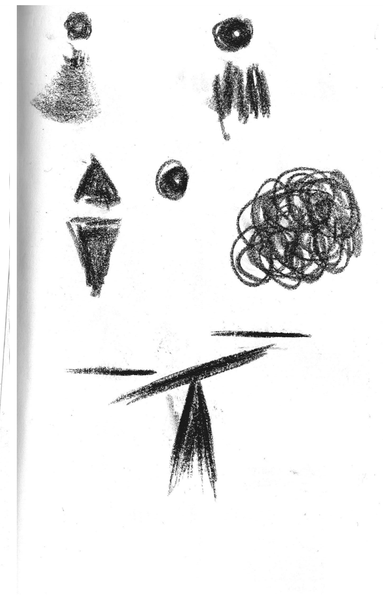
Week 3

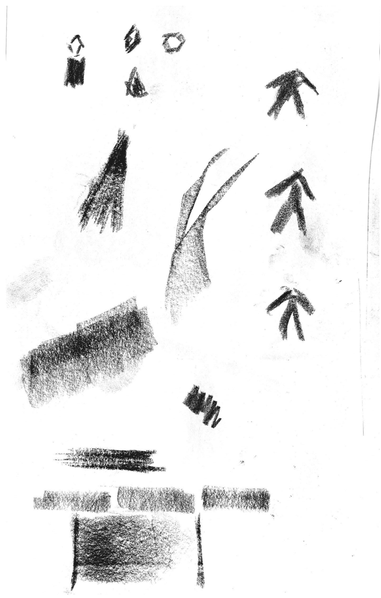


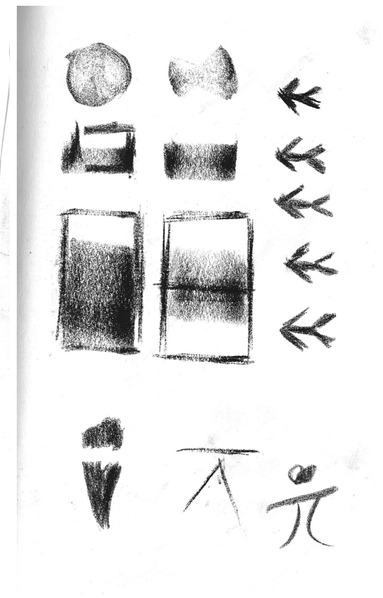


This week was very unmotivated but because last week didn't have as much progress as I would have liked, I focused on doing some writing for my research book. There were some things that needed to be rewritten based on the current direction progress I've made, and I had to add some new sections. This served as a good reflection of the things I did and the designed decisions I made. Because of that, I felt that the plan to make second copies of the worksheets was not needed and padded the workbook unnecessarily. After that, I took time to add citations to the workbook's content. Lastly, I experimented illustration with a conté stick to see what difference that could make.









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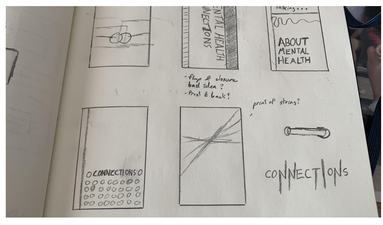
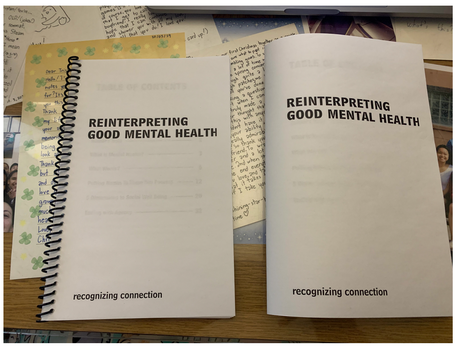


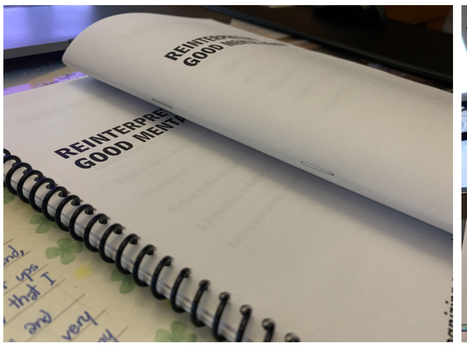
YSDN4004
Research Book

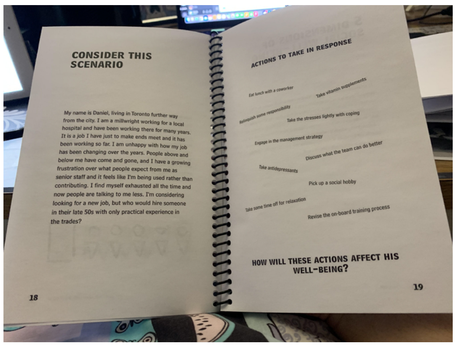
Promoting Good Mental Health Through Designed Educational Resouurces

Week 4

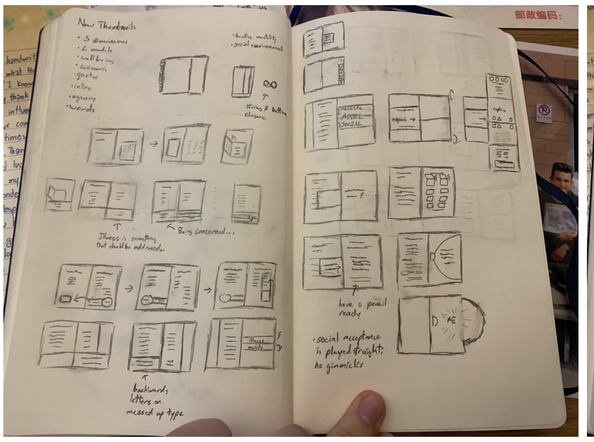
This week took a step away from illustration to do some full book print tests before working out a significantly different approach to the book's construction. The purpose of this print test was to refamiliarize myself with the resources and equipment available at the York campus. Over there, printing the full book let me see it printed as a booklet and binded with staples and with a coil. Having the holistic piece showed me oversights I had with the reading experience from page to page.

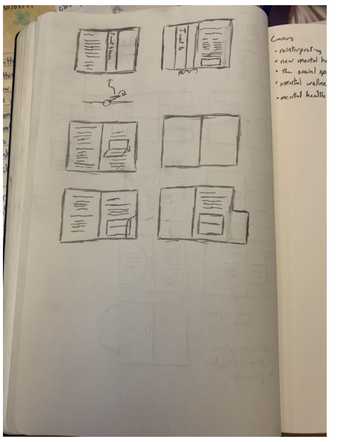






During this week's critique, I was shown some examples of how people have pushed the boundaries of what a book can be. They play with paper size in interesting and creative ways to communicate ideas in a physical way. This can be something else I can implement into my own book with a lot of reworking of the ideas and layout I already have. I need to think about what each spread is trying to accomplish, and come up with a way to convey it with the page itself, potentially substituting the illustrations I had been working on. For now, I've been sketching thumbnails with ideas jotted down beside them. It made me realize how this process so far had skipped the sketching phase to get me over the initial hurdle of anxiety. Coming back to it was comforting in a way that jumping right into the project doesn't have. And for this, which is vastly new territory for me, working out these ideas in sketches will help me imagine the physical book in a way the Indesign file would struggle to show me. Next week I plan to translate my sketches into Indesign and figure out how to construct the digital document.





Research & Inspiration

https://daniroche.com/manic-pixie-dream-girl

https://medium.com/@kkeung/making-room-week-11-and-12-d513a7738e43

http://www.minieco.co.uk/diy-string-tie-envelopes/

https://blog.papercraftpanda.com/know-the-difference-book-board/

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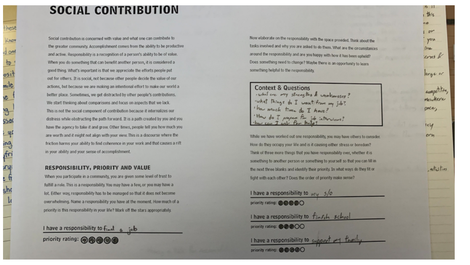
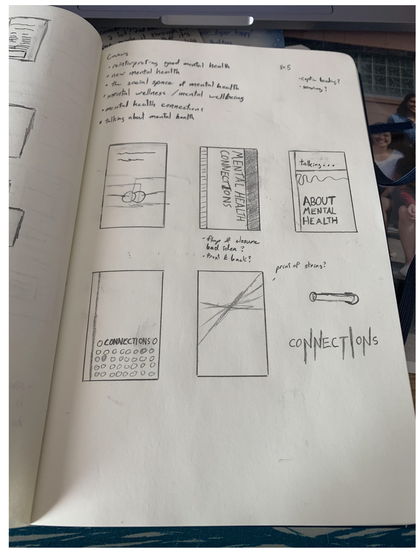
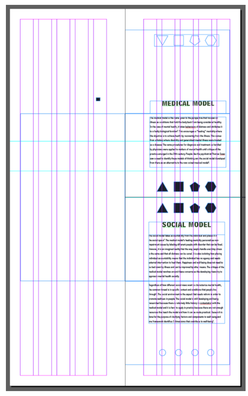


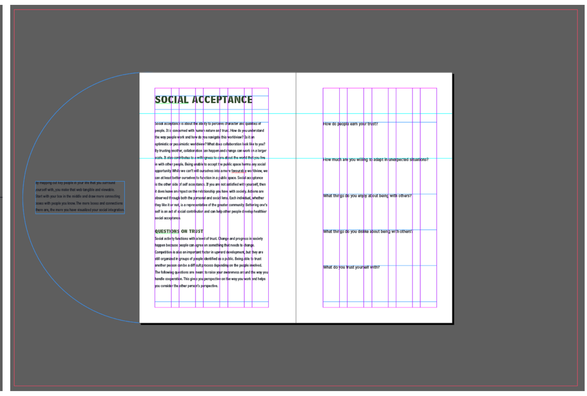
Week 5

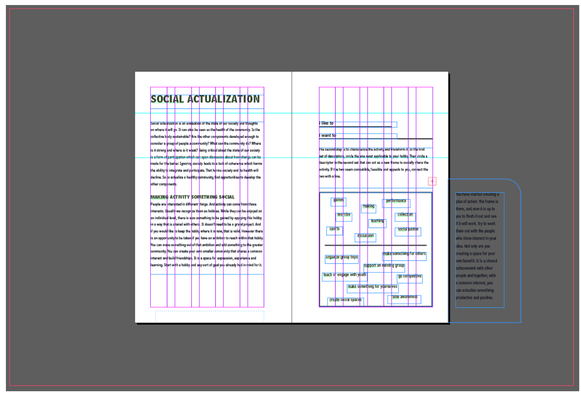
Needing to deal with other courses, this week was focused on finishing the things I started last week. The new tasks identified in critique regarding materials and binding will have to wait a bit. For now, I did some sketches for a front cover to my book, considering both it's visual meaning and it's practical implementation. It's not much, but it at least gets me started on something I've been putting off for a while.The covers are also a big consideration when it comes to materials and binding so that helps too.

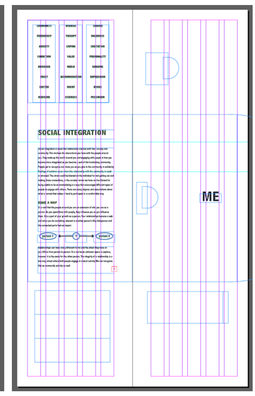


The other thing I worked on this week was translating the page sketches I made last week into a digital format. What makes this hard to figure out is the varying page sizes and pieces to cut. My solution to this was to simply treat the excess as bleed and mark things I need to cut out. I haven't yet decided on whether I'll cut my paper by hand or with a laser cutter, but out of worry for the potential burn marks that could be left, cutting by hand would seem safer, albeit harder. A separate document can be made for pieces that really cannot fit into the structure of the main file. This will be for pages even larger than the extra space I set, for pages to cut out pieces to paste into the book, as well as for the small booklet components inserted within the book.









Research & Inspiration

http://www.minieco.co.uk/diy-string-tie-envelopes/

https://www.wikihow.com/Coptic-Bind-a-Book

https://www.wikihow.com/Bind-a-Book

https://bambra.com.au/news/10-book-binding-methods-you-need-to-know/

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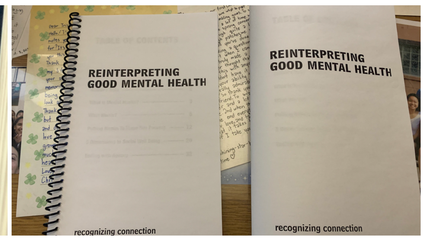
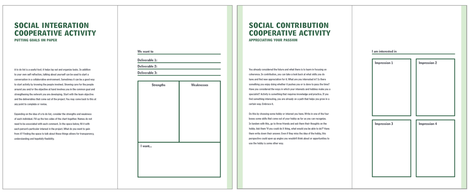
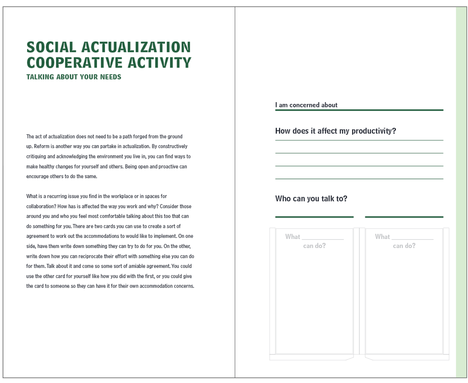


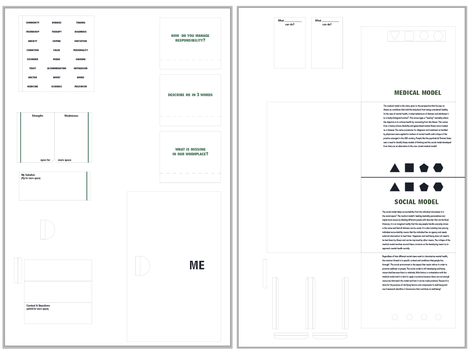
Week 6 + Reading Week

In the first week, my focus was on incorporating the feedback I got in the group critiques we had. Alongside finishing up the InDesign files for the supplementary components, I needed to step back and make some more activities to include. This time, it needed to consider social thinking in an active role rather than a passive one. Taking the journal direction, I purposely curated my ideas to be socially thought provoking but doable individually. Through critique, the desire for activities that people can do together was voiced. I had my book structure and content set for a while so having to insert new content without disturbing the way things were organized was tough to figure out. My solution was to think of my sections like pieces of an entire course and think of the added activities like an extra side piece or a bonus question. Some ideas, were inspired by classmates doing card related project. Others were taken from my moment of unused worksheet ideas with a bit of reworking to better suit the objective of active socializing.

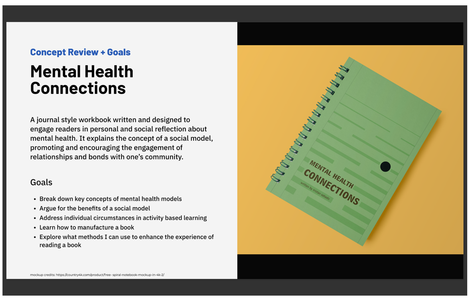


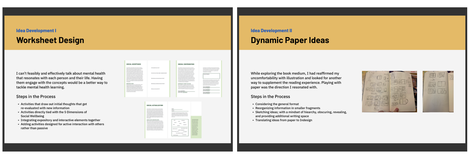


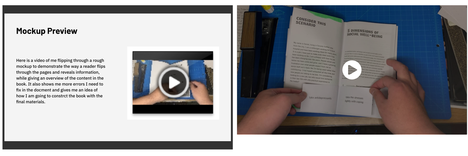
Finally figuring out the final contents of the book, I then worked on creating a mockup. This was done in black and white with standard printing paper. Some things I needed to print tiled, but most could work on 8.5x11 paper. Things were cropped, cut out, and glued on. It took a lot of work just for this mockup, but now I know how to construct most of the book and I've identified remaining problems with the document layout.

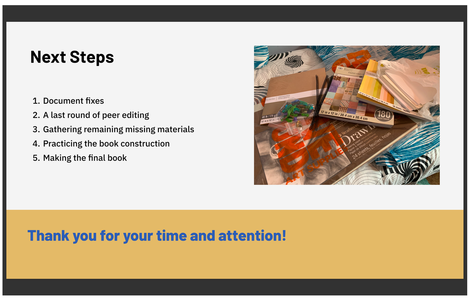


My last steps in this process include making fixes to the identified issues, doing another round of peer editing, and collecting any last materials before finally putting together the book. For the week following reading week, I had to prepare a presentation and have some materials that gives a summary of my work and the mockup I created. You can view these below.









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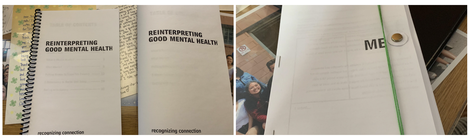
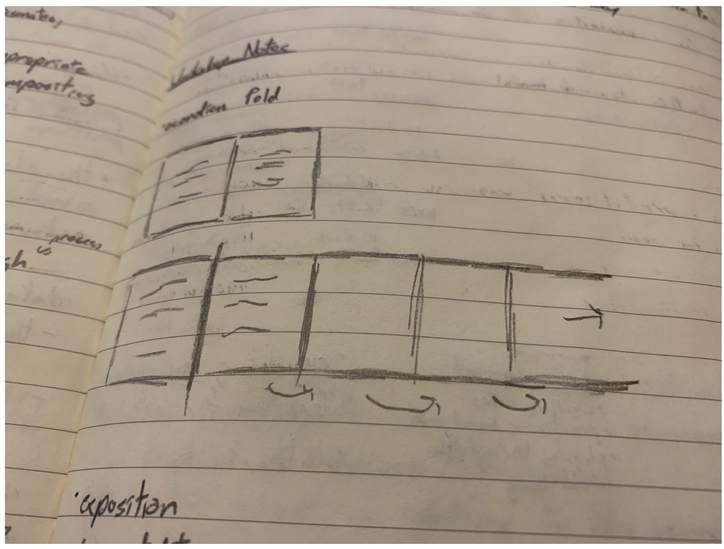
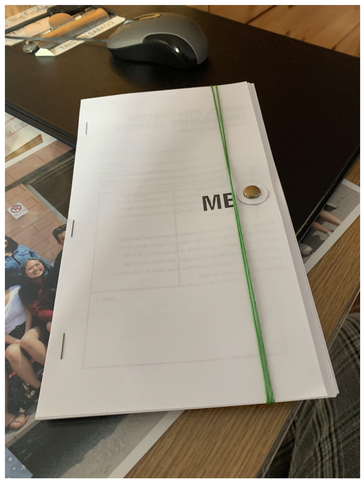


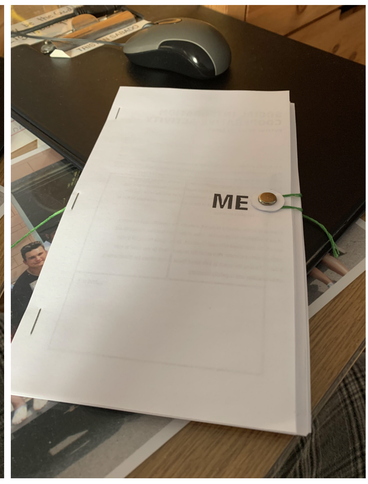
Week 7

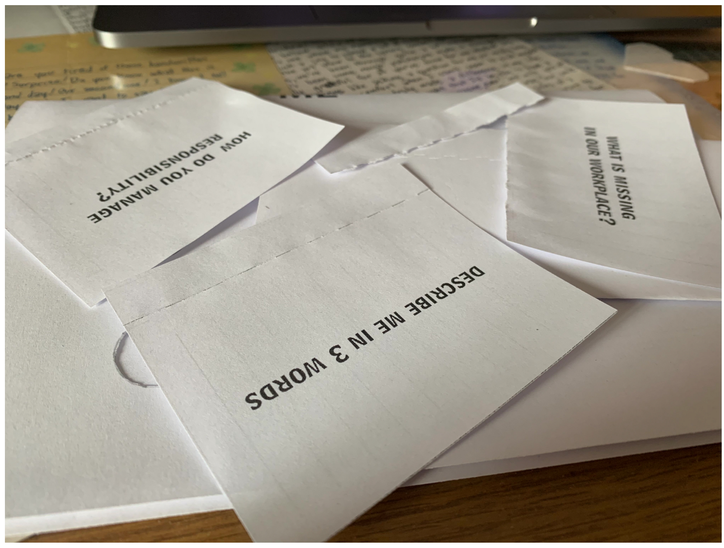
I took time this week to step away from working on the book and instead doing some reflection as I work on the research book. I did some work over the reading week, setting up the document and adding to the content. To describe the concept here, my plan is to design it like a monograph, exhibiting the process like a gallery. It would start with images on the left page and text in columns on the right. Once the book gets to the content about my explorations, I thought it would be appropriate to convey the idea of moving from one method to another with an accordion style fold. It would express the connected narrative of my process while taking inspiration from a key part of the direction I took the project in; working with paper dynamically. For now, the work involves typesetting and collecting images to use for the book.



In between this research book development, I also took some time to practice some of the hands-on methods I would employ in the project. I tried making my own string and button closures out of brads, paper cutouts, and thread. I also tried different ways to perforate paper in order to make detachable cards for some of the activities. In the end, simply cutting the perforated line myself with a knife worked best and I need to adjust my cut to have smaller spaces in between.







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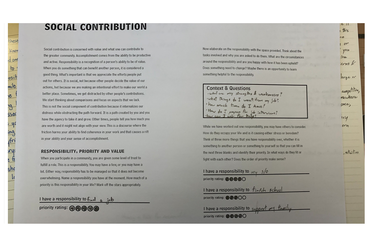
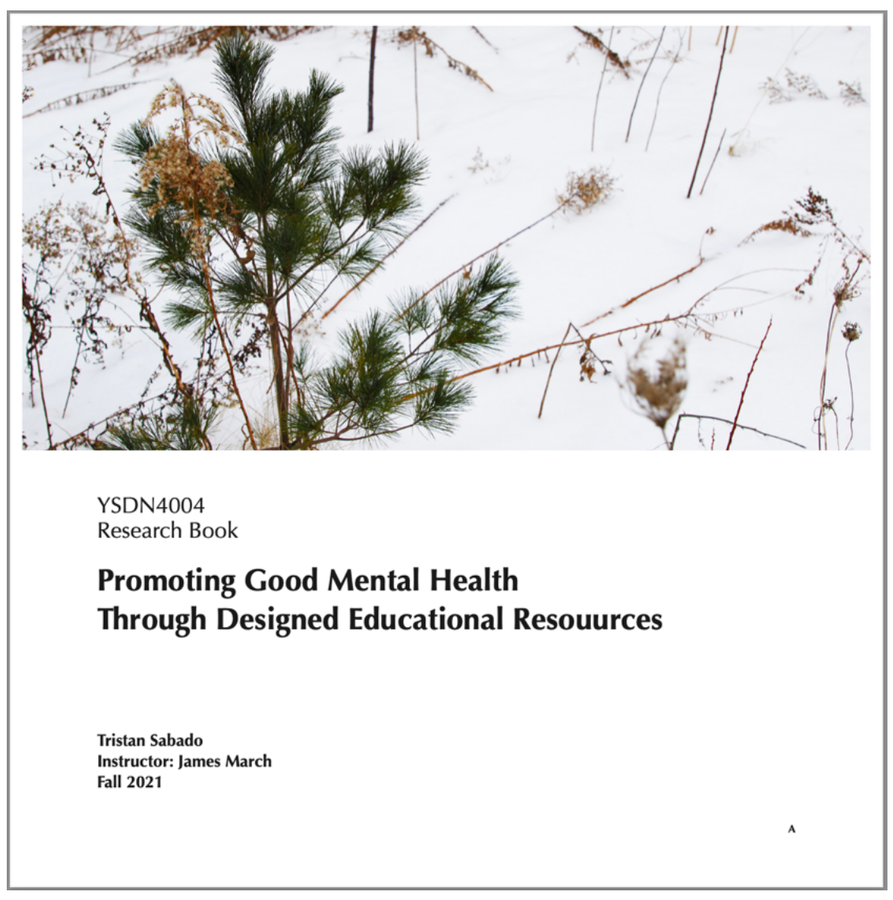
YSDN4004
Research Book

Promoting Good Mental Health Through Designed Educational Resouurces



Week 8

The research book is now complete and I can get it printed the next time I go to York's print lab. Most of this week went to finishing what I started in the previous one. Once I finished preparing the book, I used the rest of my time to replace my workbook copy with the peer edited copy and make fixes to the InDesign document as I've noted from my mock-up. I've also organized my paper and how I can prepare it for printing my workbook.



YSDN4004
Research Book

Promoting Good Mental Health Through Designed Educational Resouurces

Tristan Sabado
Instructor: James March
Fall 2021

APPLYING MY RESEARCH

Building a frame

HYPOTHESIS

A book with a balance of exposition and activity based learning can engage a general audience and address them on an individual level, catering toward their context and circumstance with a frame of socially based mental health literacy.

SUPPORTING QUESTIONS

What constitutes a well lived life?

What information is critical to the social model of illness?

Who is my audience going to be?

How can information be disseminated to the public in a digestible way? (What mediums and directions?)

What sort of stigmas around mental health persist and why?

How do I make the difference between individualism and private less confusing?

In what ways does society exclude people in a mental health context as opposed to a physical context?

What strategy is needed to facilitate a workshop discussing the social model of mental health and accessibility?

How do I respect personal space and sensitivity as to avoid risk in potential research?

10

Strategy

After summarizing key concepts around mental health and diagnosis, two key questions to be answered are identified; What constitutes a well lived life? And how do we promote good mental health? I considered different methods to get me in a position to address these questions, including animation and direct engagement through a designed workshop. However certain considerations led me to settle on making a book journal.

How do I make the information accessible?

How do I engage my audience in critical thought and reflection?

Who do I target my design deliverable towards?

Where and when does my design deliverable get used?

By making a book, I have clear answers to each question and I feel motivated to make the book work inspired by Co-Conspirator Press and their social justice publications. Accessibility is concerned with the information and how it is consumed. By making a book, I can segment the information across pages rather than establish breaks in a video for example. I feel this makes it easier to organize the information in chunks that make sense. At the same time, a book can be picked up or put down relatively easily because the information is chunked the way it is. The choice to make this a physical book is because I want it to emulate the feeling of a journal. In addition, the ability to have the book right in someone's hands gives weight to the value of the content and the ideas the reader would eventually put in. Engaging my audience is very important to acknowledging people's own experiences without boasting to know what is right for them. I want people to think for themselves and be proactive. As a book, people can write directly on the page which I personally feel has more weight than typing on a device. It is an opportunity to ask for participation from readers through activities that foster socially minded mental health. To create these meaningful interactions, I need to make sure the things I ask of the reader produce something that is relevant to what is being read about. Another thing I came to realize is that integrating exposition and activity is important to a smooth reading experience. Segregating the two does not sufficiently tie the activity's relevance to the subject matter and it also leaves things unintentionally vague. Weaving the explanation and the activity together allows my voice to accompany the reader throughout and give more detail than there previously was. To acknowledge my audience, the medium of a book does not directly impact that, however it does leave the intrigue of the book to appeal to interested adults concerned with the subject matter. This can have both a positive and negative effect, but in this case I value the interested reader who chose to read this book because they have an interest or concern around mental health rather than forcing it on people like what the workshop might have done. Lastly, there is the where and when, which have mostly been answered through the previous questions. Being a small book that can be carried around, it is the type of thing to be read as someone goes about their day and can come back to, whenever something from the book relates back to something happening in one's life.

11

ENDING WITH SOME AGENCY

At the end of the day, good mental health and well-being come from being happy. What is it that carries you on into the next day; and the next and onwards?~~and the next? C~~~~And c~~an you obtain this happiness by means available to you? Agency is the quality of independence and choice. While it is a matter of participating and engaging in activity, our society is not yet equipped to provide the means to participate[2]. What this book hopes to achieve is to inspire active recognition of the impact our social world has on mental health. With luck, this will lead to ~~And hopefully~~ a shared increased awareness of the importance of the social model,starting a~~ can start~~ greater change in the way society understands mental health and reacts to it in a functioning community. This shift in understanding will be the platform to allow people the power to have agency in improving their own mental health.

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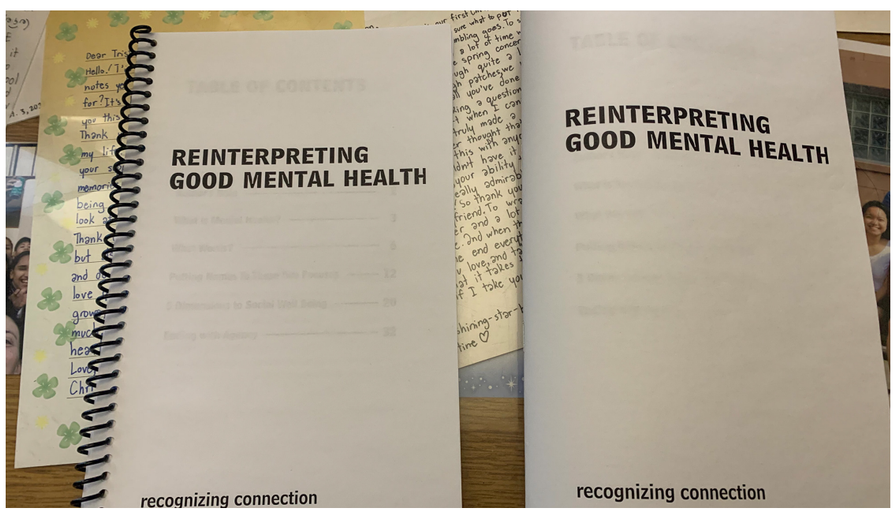
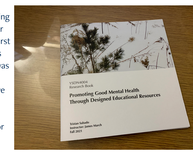
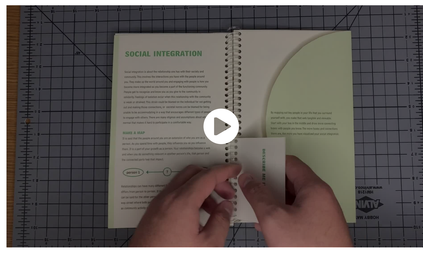


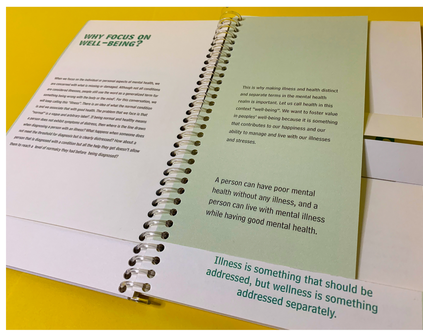
Concluding Remarks

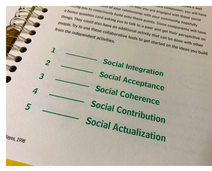
The concluding weeks to the course focused on manufacturing the research book and the final thesis deliverable. With minor tweaks to the books, I had them prepared for printing. The first research book, as described in previous weeks, started off as an experiment in playing with paper she some more. And it was fun! I enjoyed working my hands cutting, scoring, and gluing things together. The end result was dissatisfactory, but it gave me a semblance of the experience I used to have before the pandemic. So I appreciated that quick exploration. The final research book would be printed as a standard booklet just for the convenience.

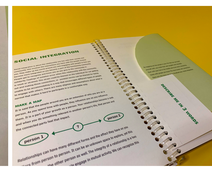


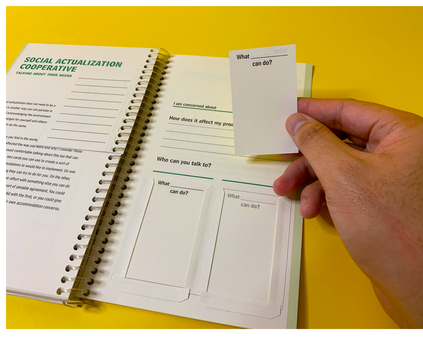
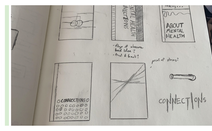
Printing the workbook would be a more complicated process with all it's unconventional gimmicks, but with organized steps and time for testing and making mistakes, the construction of the book would come to completion.







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