

## Reviewing and Reflecting

### Sketchbook Practice and Reflective Prompts:

Here are some ideas and prompts for your journaling practice now the course is finished. Over the next few weeks as a way of consolidating your learning you may like to explore some of ways of reviewing and reflecting on the course, your work, mindset and what you have learnt. As always, feel free to play around with these ideas and do as much or as little as you feel like and have fun!

You could go back through all the work you have completed on the course along with your sketchbook work and track the changes and developments.

You might like to choose examples from all of the exercises we have completed where the marks and expression feels most authentic and display it on your walls where you can see it.

Perhaps you would like to photograph the work and create a photobook.

You might find a way to mount the work, and display it on a wall either as single pieces or perhaps grouping the smaller pieces together on large pieces of mount-board alongside any larger pieces.

Are there ideas or themes that you noticed beginning to emerge in your work during the course that you wish to develop? You might like to set yourself a weekly sketchbook challenge to explore some of them.

You may find that you want to take a short break and refill your creativity bucket by visiting places, looking at inspiring art or just relaxing and allowing yourself some time to let things settle.

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### Reflections:

What do you notice in your work that is new, exciting and different? For example:

- Have your compositions developed?
- How has your use of colour changed?
- What have you discovered about your internal image maker?
- What are the new lines, shapes and forms that you are drawn to?

How might you continue to bring more of these elements into your work?

- How has your mindset changed towards your work?
  - Maybe your inner critic is quieter
  - You may feel more confident in how you express yourself
  - Perhaps feelings of imposter syndrome are less

What are some of the ways that you might support yourself in maintaining these gains?

You may also want to revisit the goals exercise from before the course and reflect on which of your goals you met and those you didn't. With the experience you now have are there any goals that you would change?

Have you achieved things where you hadn't set a goal that surprised you?

**FINALLY REMEMBER TO CELEBRATE!!**