



'Self: A little book of support to help through times of reflection, evaluation and motivation'

O'Boyle, L. (Ed.) (2015). *'Self: A little book of support to help through times of reflection, evaluation and motivation'*. Ulster University. <http://www.re-enactonline.com/fouweds-sessions/>

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Publication Status:

Published (in print/issue): 21/12/2015

Document Version

Publisher's PDF, also known as Version of record

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Design by:

#FouWeds Group 2015/16,
BA Hons Art and Design
(Foundation Year for Specialist Degree)
Belfast School of Art
Ulster University

Edited by: Louise O'Boyle

Printed by:

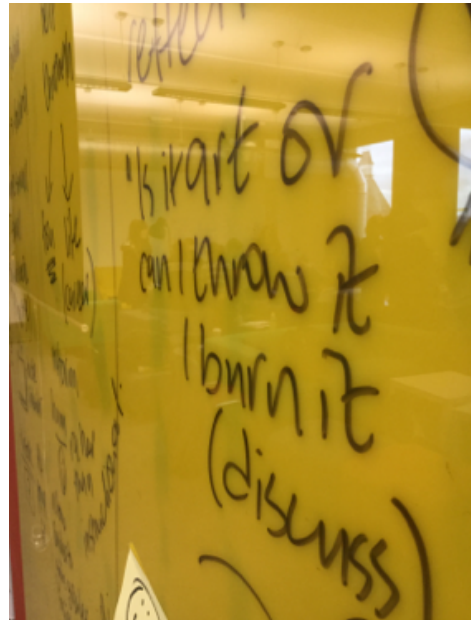
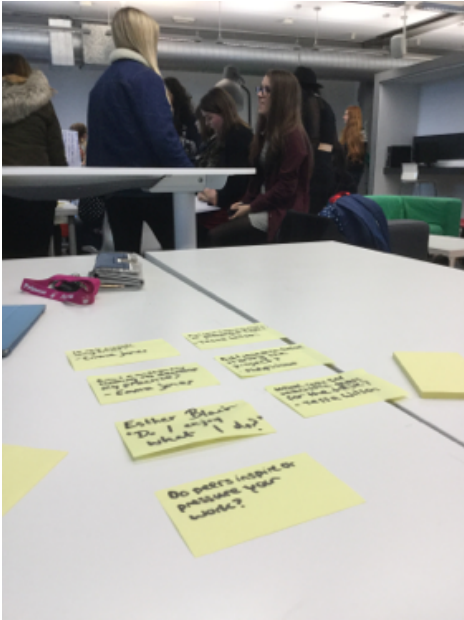
Quinns, Belfast
December 2015

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Self

A little book of support to help
through times of reflection, evaluation and motivation



I n t r o d u c t i o n

This booklet has been written and created by students studying on BA Hons Art and Design (Foundation) at Belfast School of Art, Ulster University. The concept evolved from a task given to the group as part of their #FouWeds sessions. The students were asked to create a list of questions which would prompt self-reflection, evaluation and motivation.

Every Wednesday the entire Year 0 cohort takes part in sessions led by myself, in the newly designed Active Learning Studio. These sessions are part of an innovative pilot project to test the impact of new teaching approaches on student learning. The sessions are structured to develop students study skills, communication skills and build their knowledge and understanding of Art, Design and Media disciplines in a challenging and interactive format.

Louise O'Boyle
Course Director
BA Hons Art and Design (Foundation)



Self-Reflection



**What
have I
enjoyed
the most?**

-Anne Henderson

**Have I
learnt
anything
new?**

-Athena Stokes

Have I
set realistic goals
for the *TASK?*

-Tessa Wilson

How have I
ensured that my work
is *ORIGINAL?*

-Emma Jones





Are you
taking **risks**
or playing it
safe?

Why?
-Tessa Wilson

What can I do
differently
to **balance** my
workload?

-Nikole Nieveras

How did I
challenge
myself?

-Dearbhail McNulty



Am I **constantly** looking
to **develop** my
practice?

-Emma Jones





DID I overcome
ANY difficulties?

-Ruth Moxen

AM I *inspired* BY MY
peers WORK, or do I
SIMPLY *imitate* IT?

-Dermott Burns



What have I *achieved?*

-Dearbhail McNulty

How far have I come from my *starting point?*

-Sharon Canning

Do my *outcomes* reflect my *intentions?*

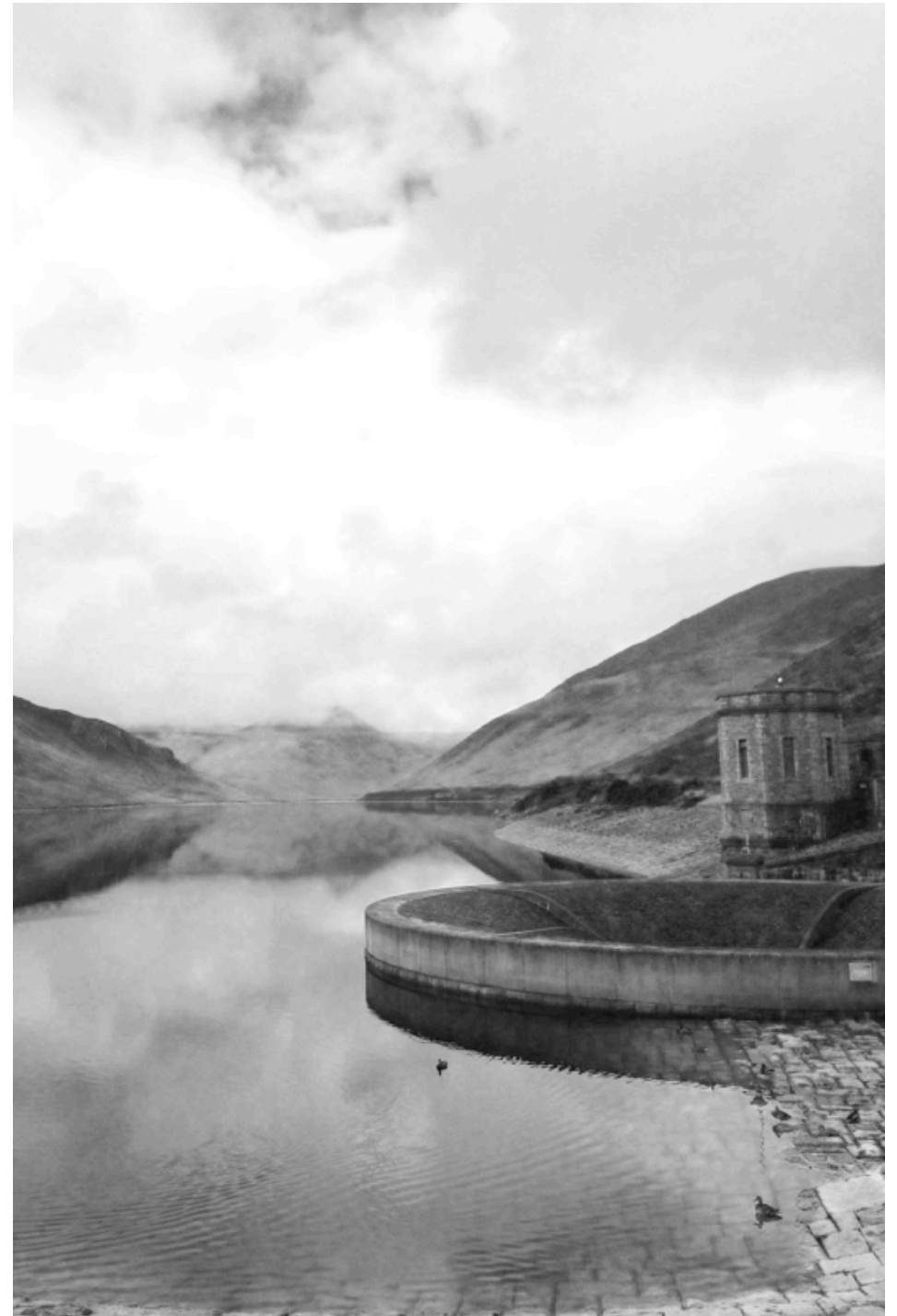
-Alex Mack

Do I have a good
balance
between
stress and
productivity?

-Niamh Nevin

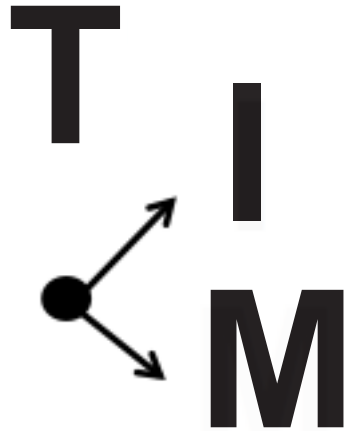
Am I **passionate**
about my work?

-Nikole Nieveras



Did I
use my

T
I
M



E wisely?

-Sophie Taylor

Did I step out of
my **COMFORT**
zone? -Caoimhe Walsh

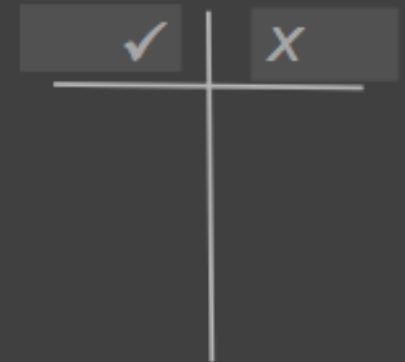
"The principle is competing against yourself. It's about self-improvement, about being better than you were the day before."

Steve Young

Self-Evaluation

Definition:

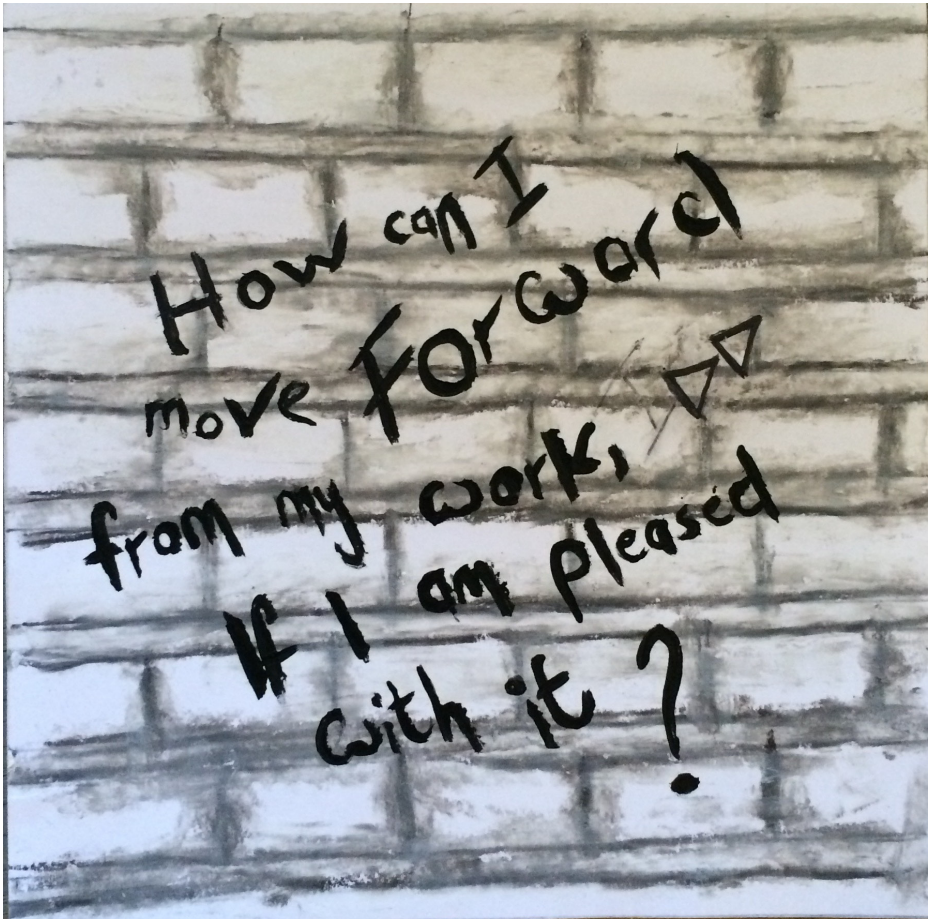
- ✓ *the process or an instance of assessing oneself and weighing up one's achievements*
- ✓ *Looking at your progress, development and learning to determine what has improved and what areas still need improvement. Usually involves comparing a "before" situation with a current situation*





Did I Explore the *Full* Advantages Of
Working In A Particular Medium?

-Lauren Bell



How can I
move **FORWARD**
from my work, **▷▷**
if I am pleased
with it?

WHAT
WERE

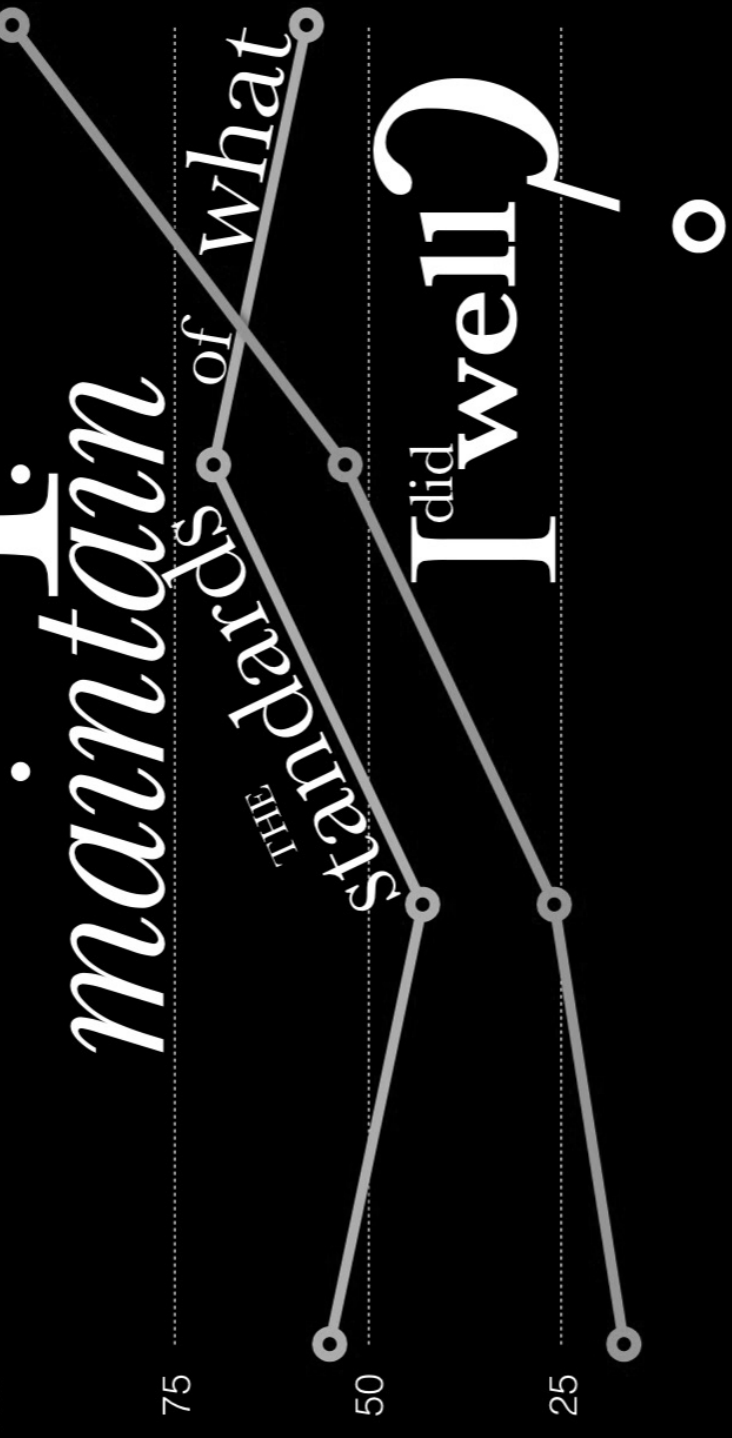
STRENGTHS
WEAKNESSES
WHEN
WORKING
ON
THIS
PIECE?

Sophie Taylor

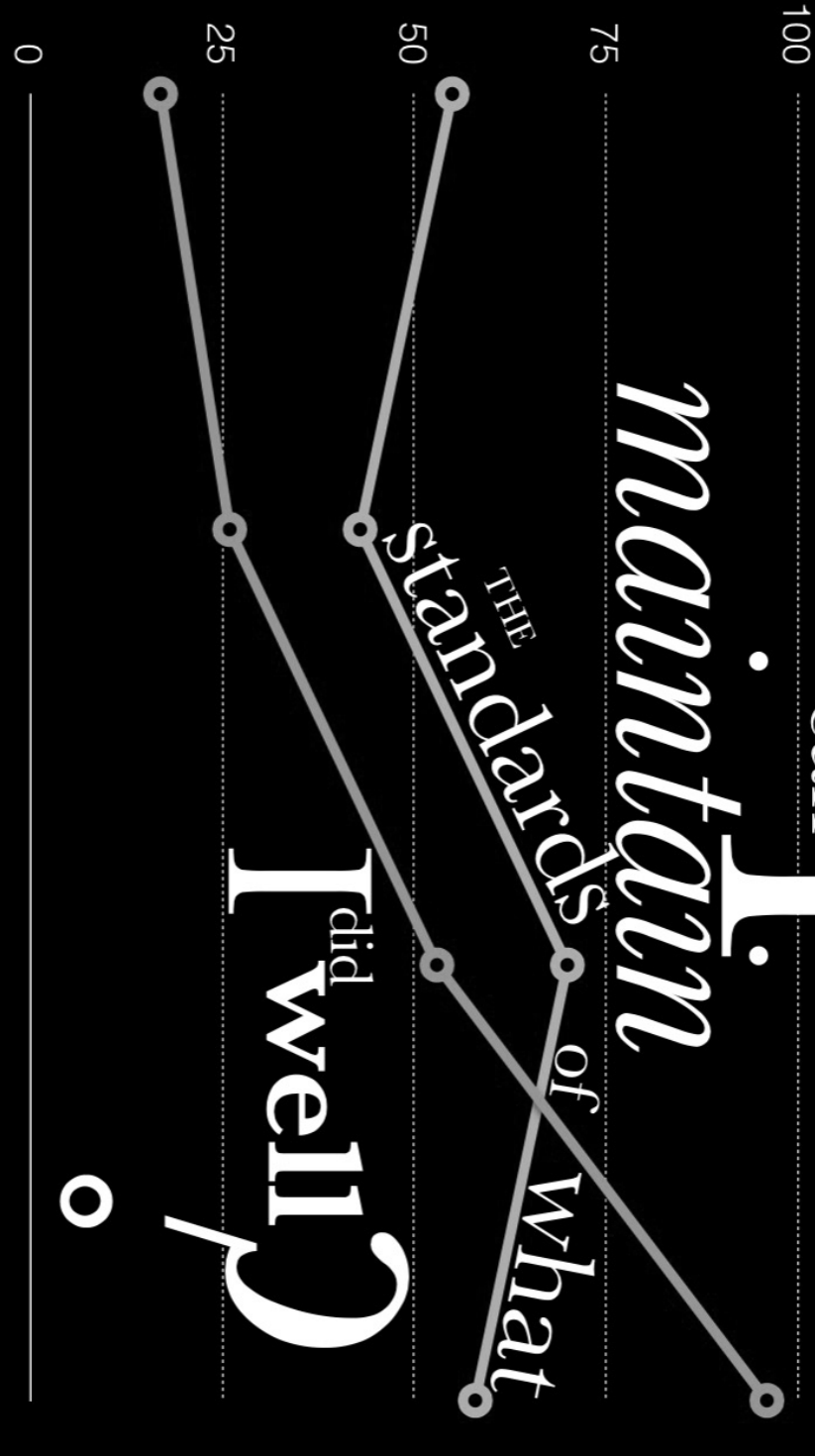
Did I use
outside
sources
to inform
and
further my work?

~ Caoimhe Mc Eneaney

HOW can



HOW can I





*What makes me happy
and
excites me to work hard?*



HOW DID
I PERFORM
AGAINST The

Target I
SET MYSELF?

-Michaela N.

AM I
TAKING FULL
ADVANTAGE OF THE
OPPORTUNITIES
GIVEN?



What Can I
Do To Make It
Better?

HAVE I
PUT CONSTRUCTIVE
FEEDBACK INTO
MY WORK?

HAVE I
PUT CONSTRUCTIVE
FEEDBACK INTO
MY WORK?

HAVE I
PUT CONSTRUCTIVE
FEEDBACK INTO
MY WORK?

If you were to
do this again
what would you do
differently?

If you were to
do this again
what would you do
differently?

If you were to
do this again
what would you do
differently?

**DO I
FIND IT DIFFICULT
TO BRANCH
OUT FROM MY
COMFORT
ZONE?**

How can I separate my subjective views and my objective views on my own work? ~ Lauren Bell

seperate

seperate

How can I separate my subjective views and my objective views on my own work? ~ Lauren Bell

seperate

How can I separate my subjective views and my objective views on my own work? ~ Lauren Bell

WHAT can
learn from
my unfinished
OUTCOME?

I can't I can't I can't
I can't I can't I can't
I can't I can't I can't I can't
I can't I can't I can't I can't
I can't I can't I can't I can't
I can't I can't I can't I can't
I can't I can't I can't **I can't** I can't
I can't I can't I can't I can't
I can't I can't I can't
I can't I can't I can't



What way do I
enjoy working
the most?

AM I PUSHING
MY CREATIVE BOUNDARIES

OR STICKING TO MY

COMFORT
ZONE?





After Hitting A
Mental Block,
What is Your Main
Reason To Persevere?



What motivates you to start a project?

DO I PROCRASTINATE BY

DOING THE WORK

I ENJOY FIRST?





What helps
you **THINK**
of **NEW**
Creative
Ideas?

Would you say receiving
praise is a key
aspect to SUCCESS

or

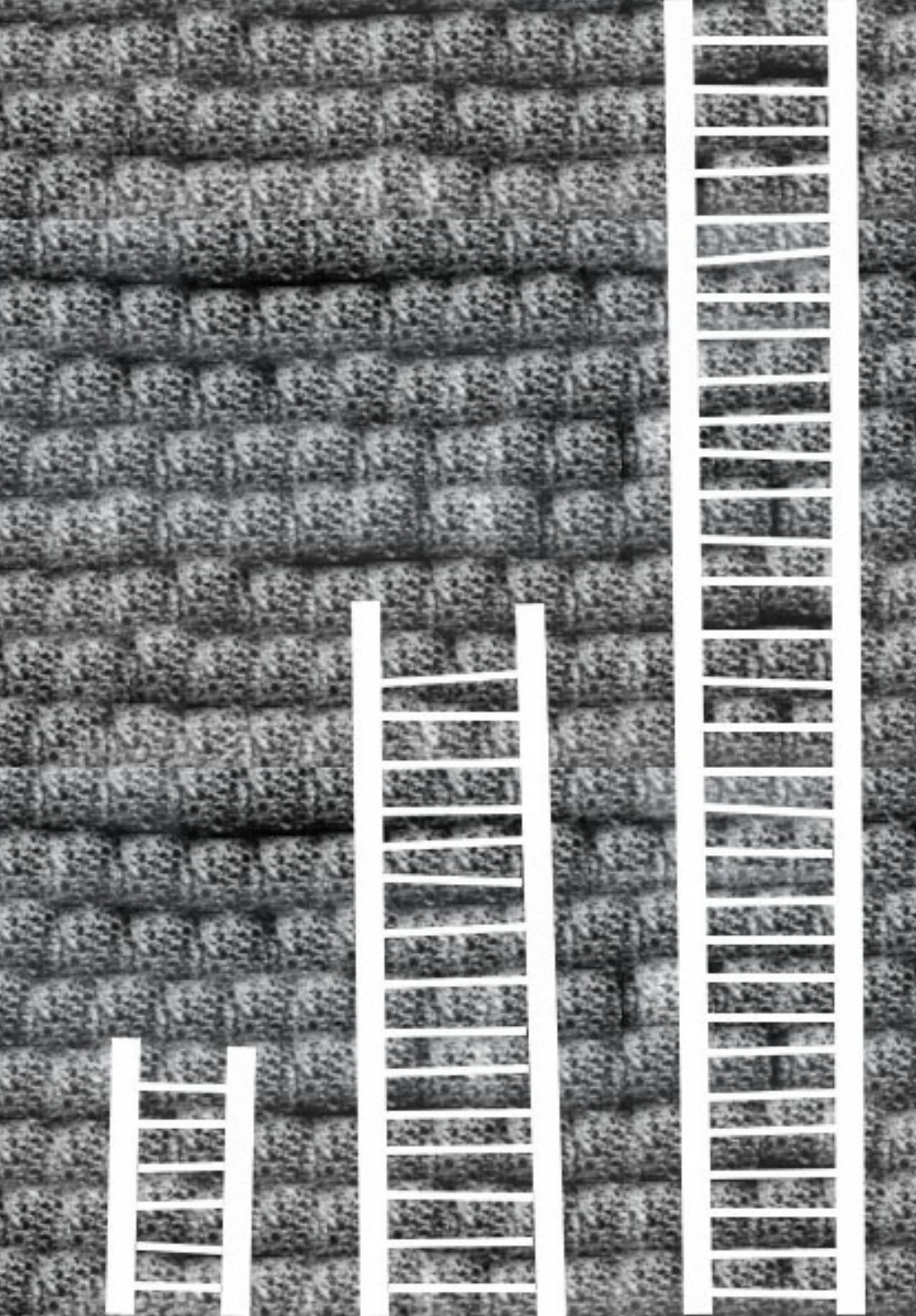
do you think

SELF-BELIEF is

enough

?





WHAT COMPELS
ME TO
COMPLETE
MY WORK TO THE
HIGHEST POSSIBLE



t h o u g h t s

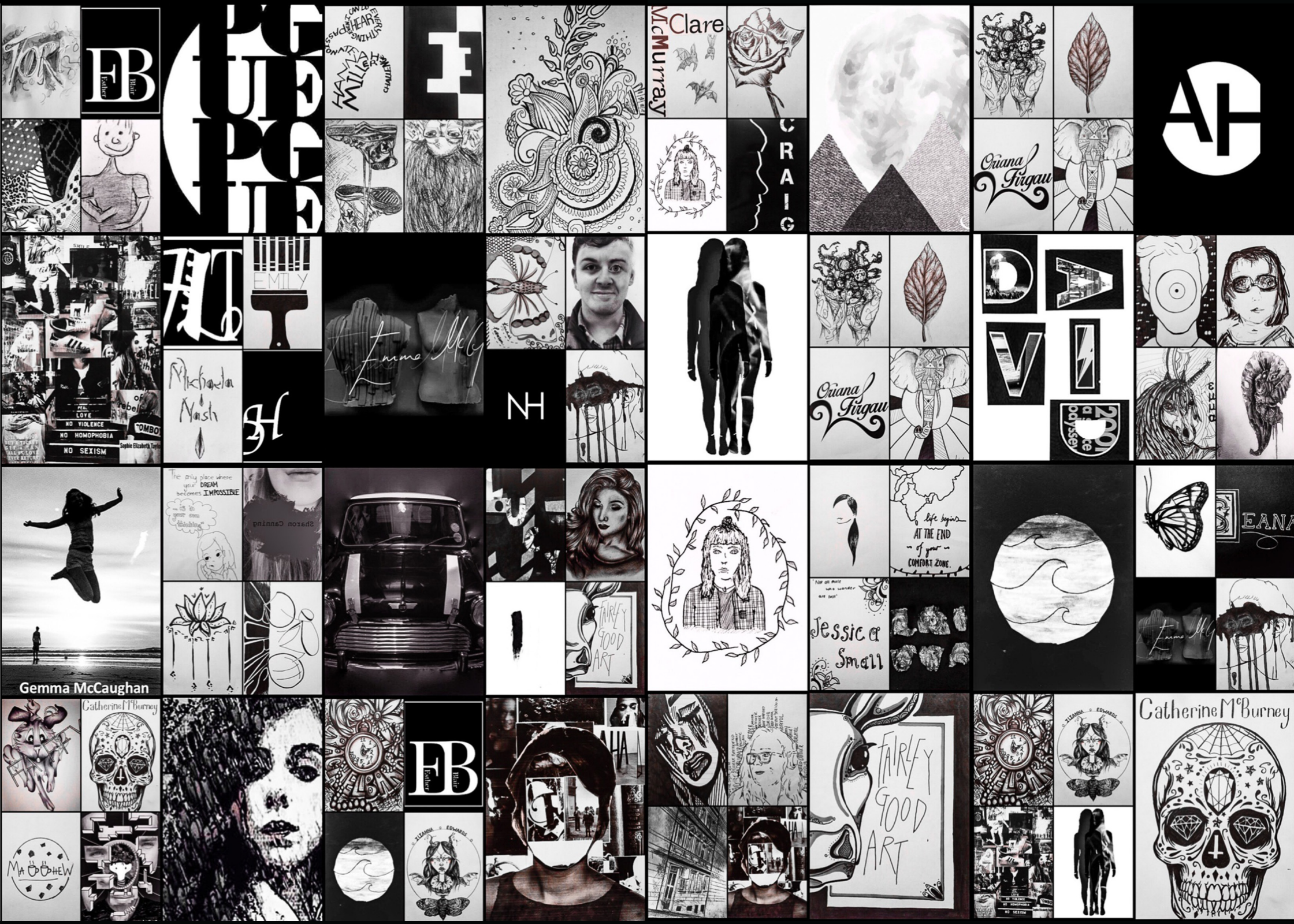
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EB

UP
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WILLIAM
CHARLEY

EB

McMurray
Clare

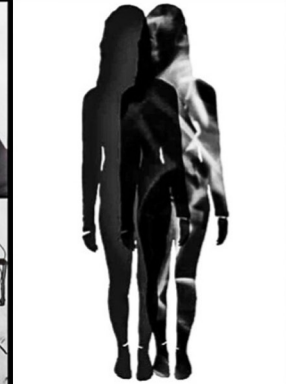


Oriana Figueau



EMILY

Inna Mc



Richarda Nash



NH



Oriana Figueau



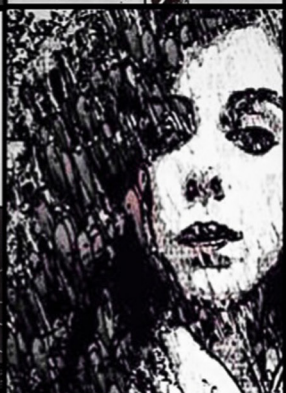
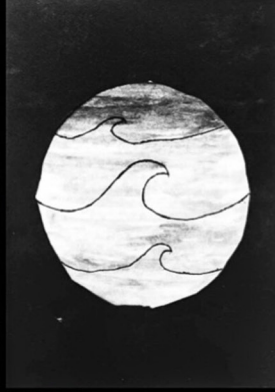
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The only place where your DREAM becomes IMPOSSIBLE



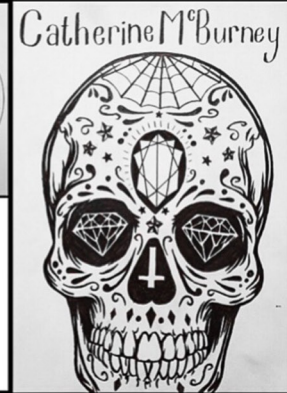
life begins AT THE END of your COMFORT ZONE.



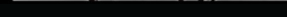
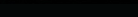
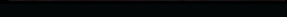
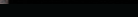
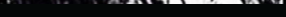
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FAIRLY GOOD ART



Ma O'HeW



#FouWeds Group

2015/16

Isabella	Anderson
Kate	Andrews-Hynds
Rachel	Barr
Lauren-Ashley	Bell
Esther	Blair
David	Boyd
Emily	Breen
Dermott	Burns
Sophia	Campbell
Sharon	Canning
Luca	Cerulli
Conor	Corr
Kathleen	Courtney
Sophie	Cowden
Emma	Dowdeswell
Matthew	Duddy
Lauren	Duncan
Meg	Earls
Ilianna	Edwards
Sophie	Elliott
Sarah	Fairley
Niamh	Farrell
Oriana	Firgau
Rachael	Fitzsimons
Sylvia	Gallagher
Rebekah	Gillian
James	Goodwin
Anne	Henderson
Tory	Henry
Demi	Hinton
Sarah	Hollinger
Carla	Hutchison
Nichola	Irvine
Emma	Jones

Jessica	Kirkpatrick
Adam	Lawder
Sarah	Lenaghan
Gabrielle	Lennon
Mark	Lindsay
Emma	Loughran
Bradley	Lyness
Alexander	Mack
Cara	Mahon
Patricia	McAuley
Lauren	McBride
Megan	McBride
Catherine	McBurney
Gemma	McCaughan
Emma	McClughan
Catherine	McCrystal
Lydia	McDowell
Caoimhe	McEaney
Seana	McEvoy
Padraig	McGeough
Emma	McGlade
Patrick	McKeown
Clare	McKinney
Aoife	McLaughlin
Katie	McLernon
Clare	McMurray
Katherine	McNeill
Dearbhail	McNulty
Kayleigh	Mewhirter
Hannah	Miller
Gemma	Montgomery
Rose	Moore
Ruth	Moxen
Michaela	Nash

Aimee	Nelson
Niamh	Nevin
Shana	Ni Chearullain
Aislinn	Nic Scannlain
Heidi	Nieveras
Pearse	O Neill
Delia	O Neill
Kendal	Patterson
Lauren	Pogue
Aine	Rafferty
Victoria	Rea
Lucy	Sharpe
Jessica	Small
Jill	Spratt
Cameron	Stewart
Craig	Stewart
Emma	Stockton
Athena	Stokes
Sophie	Taylor
Jamie-Leigh	Totten
Caoimhe	Walsh
Becky	Weir
Rebecca	Wilkinson
Zoe	Wilkinson
Tessa	Wilson
Philip	Wood

This book was created by students studying on BA Hons Art and Design (Foundation) in December 2015 and is part of a series of projects which focus on examining approaches to learning in Higher Education. It asks the reader to consider three vital areas: self-reflection, self-evaluation and self-motivation. The intention is to stimulate the mind with probing questions. This book is not only to make its reader think, but take action.

