

Non-credit Course:

Instructor: Julia Dittmer

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Class dates:

Location: PCC SE Campus, Tabor Hall 127.

Cost:

Class Description:

This non-credit community education class is designed for those who wish to try creativity as a way of understanding, processing, and/or supporting personal transition or transformation. We will try out different strategies including writing, art-making, personal symbols, collage and more, while learning about the process of transition. While this class introduces basic methods of art media, it does not focus on art instruction, but is an opportunity for play and exploration. No experience necessary.

Learning Goals:

- To increase knowledge of how creativity, including art-making, can be a fruitful part of one’s journey toward self-awareness, spirituality, and growth of the authentic self.
- To learn how to set intentions, engage them, and appreciate the outcomes and discoveries.
- To increase in understanding of the process of transition and personal transformation.
- To experiment with a variety of basic artistic methods.

Elements of Course:

1. Suggestions for out-of-class projects and artistic/creative exploration.
2. Weekly studio time experimenting with simple art materials and methods.
3. Weekly opportunities to try various processes.
4. Group and individual discussion opportunities.
5. Establishment of supportive creative community.

Wellness and Personal Responsibility:

The nature of personal inquiry and growth may stimulate emotional issues and be challenging for participants. Class participants are required to take responsibility for maintaining their own safety in this course. This class is not a substitute for professional mental health services or therapy, nor is the material presented intended to replace consultation with a qualified healthcare provider. Should you experience a mental health or other emergency, or if you are in crisis now or anytime 24/7, please contact your local emergency services @ 911, the Multnomah Crisis Line @ 503-988-4888, the Suicide and Crisis Lifeline @ 988, or go to the nearest emergency room. Your safety and wellness are important.

Supply List:

Come prepared to work at our first class meeting.

For Week 1 you will need:

An art journal suitable for both writing and art work: suggested size: 9" x 12", at least 30 pages.

Pencil or pen for writing and drawing

For collage: Magazines to cut up, enough to share (3-4), plus photos, paper and fabric scraps. (We do a lot of collage in this course)

Scissors for cutting paper

Glue stick

Optional: Colored markers, gel pens, colored pencils: for drawing and writing in journal

After Week 1:

Basic watercolor set: very basic is fine, even a kid's set, with both a round and flat brush. (see note below)

Plastic tub for water (empty yogurt containers work great)

1 package small shipping tags (6-10 ct) *You could make your own out of cover stock weight paper: approx. 2" x 3 1/2".*

Optional: Some larger pieces of paper for painting, such as 11" x 15" Bristol, or Watercolor (140 lb).

Optional: oil or chalk pastels, water soluble crayons, tempera sticks

Optional: Acrylic medium, matte (for collage)

Optional: Sketching pen, like a Micron or Pilot G-Tec-C

NOTE: art supplies vary tremendously in price point, AND, you can do a lot with very simple supplies, so no need to spend a lot. Email instructor with questions or concerns about supplies.

**Local art supply stores:*

- *I've Been Framed (on Foster and SE 50th) (sells used art supplies at a discount)*
- *Artist and Craftsman Supply*
- *Blick Art Materials*
- *Columbia Art and Drafting Supply (on SE Burnside)*
- *Collage*

**some of these stores will give you a student discount (please inquire)*

Course Outline:

Week 1: Understanding Transition and Art-Making

Week 2: The Neutral Zone: AKA the Creative Zone

Week 3: Discovery

Week 4: Exploration

Week 5: Curiosity

Week 6: On the Journey

Week 7: The Gifts

Week 8: In the world: the artful path

Suggested Reading: There is no required text for this class, but the following are sources for this course:

The way of transition, by William Bridges

The Artist's Way, by Julia Cameron

Start Where You Are, by Meera Lee Patel

The Crossroads of Should and Must, by Elle Luna

Make Your Creative Dreams Real, by Sark

Art & Fear, by David Bayles and Ted Orland

Big Magic, by Elizabeth Gilbert

The true and the questions, by Sabrina Ward Harrison

The Art of Aliveness, by Flora Bowley

Keep Going: 10 ways to stay creative in good times and bad, by Austin Kleon

About the Instructor:

Julia Dittmer taught in the Art Department at Marylhurst University for nine years, and since 2015 teaches community education art classes for PCC. She received her MFA from Vermont College of Fine Arts in Montpelier, Vermont, and her BFA from Marylhurst University.

Students are required: to comply with the policies contained in the PCC Student Rights and Responsibilities Handbook: <http://www.pcc.edu/about/policy/student-rights>.

ADA Statement:

PCC is committed to supporting all students. If you need accommodation for a disability, please contact PCC Disability Services. Web: www.pcc.edu/disability; Email: disability.services@pcc.edu; Phone: 971-722-4341; Video phone: 503-928-5875.

Title IX/Non-Discrimination statement:

Portland Community College is committed to creating and fostering a learning and working environment based on open communication and mutual respect. If you believe you have encountered sexual harassment, sexual misconduct, sexual assault, or discrimination based on race, color, religion, age, national origin, veteran status, sex, sexual orientation, gender identity, or disability please contact the Office of Equity and Inclusion at [\(971\) 722-5840](tel:971-722-5840) or equity.inclusion@pcc.edu.