

COHORT: 2020/24 CHERRY TREE MODULAR COHORT

SUBMISSION DATE: **MODULE 2**

DATE OF ISSUE: 16 November 2020

Task: The Imaginative Journal

Part 1:

The assignment is to develop an imaginative journal as a course record. However, this record is to also include your emotional life and responses to course themes and subjects that have moved you during your studies. It can include your questions, self-reflections and researches. It should include non-course content such as poems, exhibitions visited, a lovely sunset. Maybe there are themes that were raised in the group discussions which touched you in some way and you may want to research further.

Its purpose is to record in an artistic way the steps of your transpersonal, transformative learning journey. Part of this process is to reflect on that journey; of where you were, of where you are now and what is to come....

Aims of the Journal

Record and reflect on how the course content has affected you

Reflect on your art process

Practice and develop the skill of self-reflection

Create a handbook of ideas, exercises, to experiment, to be free to make it beautiful, sometimes messy.

Part 2:

The second part of your assignment is to write an essay as a commentary about this journal and its making. This should be done in the form of a guide to the reader who is looking at your journal. In this commentary you must describe the making of the journal as well as something about its contents, so there is both 'the story' (told by the journal itself) and the 'story about the story' (what it was like to undertake the course themes, to make the journal, the context and your reflections about this process). This is the core of our discipline, in other words, we practice our arts and we reflect on what we did in a continuous cyclical rhythm.

Content of the Essay

- describe the creative process, as a guide to the person looking at our journal
- describe its making, its contents and how it was for you to make the journal. Start with Module 1 and historically describe the journal with page numbers etc.
- discuss the important themes, areas of interest that are revealed in my journal and journey. This can include what went well or was easy, and what has been challenging.
- reflect on what you have learnt about yourself from your own process
- your personal goal: to learn by inquiry and to perceive your own practice as research.
- what was beneficial about doing a journal for Tobias rather than having the required courses separated: e.g. the result was integration. Observations about your own personal growth and what was revealed as a result of this process.

Other: Use relevant literature to support the study

Aim of the Essay

The aim is to give you an opportunity to train as a reflexive practitioner, able to learn by enquiry, and to perceive practice as research. E.g. to help you to be more intuitive, observant and trusting of your own perceptions.

- become more mindful of your personal matters and to attend to them
- to take the time to evaluate and refine your performance and practice. To undertake this task honestly and with integrity;
- material is reflected upon using creative exploration which is achieved by the ability to discriminate areas of interest and take initiative to explore them through your own art making and through the use of relevant literature to support the study;

Required Reading:

Capacchione, L., (2001) Creative Journal: The Art of Finding Yourself , Nw Page Books, US

Hieb, M., (2005) Inner Journeying Through Art-Journaling: Learning to See and Record your Life as a Work of Art, Jessica Kingsley Pub.

Wood, J., (2013) Transformation through Journal Writing: The art of self reflection for the helping professions, Jessica Kingsley Pub.

Guidance:

- Your essay should be 3,000 words (no more than 10% difference). See handbook for presentation requirements.
- The assignment is written according to the guidelines provided in the Student Handbook.
- Kindly note and adhere to our "Policies on Submission of Assignments and Dissertation.
- Your essay should not include more than 10% direct quotes - use your own words.