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T-Shirt Final Project

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The question “Who am I” seems so easy to answer yet such a complex question, as I ask myself, a couple words come into mind and I start to put things together. Identifying characteristics of myself like being independent, resilient, a go-getter, reliable, and passionate. This is how I *perceive* myself. At seven years old, I was trusted to do things that normally kids around the same *age* were still looked out for. During this phase, my perception on personal independence has matured significantly. The ability to be self-reliant and self-sufficient comes naturally to me. I have started to know my *clothing style* and *color* on the *clothes* I wear to school. It is like I knew the way I wanted to *dress* for myself and how it lifts up my *mood*.

*Self-awareness* was the first thing I *identified* about myself. In simple terms, what the *dress* looks like and its features mean different things to different people based on how they personally see and understand them (Roach-Higgins and Eicher, 1992). The way we *dress* in society is a *behavioral* aspect that communicates our desire for a certain *perception* or image. Throughout my teen years, *social comparison* was a recurring instance and as I evolved into a woman, I learned that *body image* has played a big role in my life as I become more *self-conscious* with how I view myself. *Appearance perception* is the process of observing and interpreting the physical *appearance* of both oneself and others (Social Psychology of Dress, 2017). The initial impression of how we dress leaves a lasting impression, shaping how others see us based on our *appearance*.

I aimed to genuinely reflect my personality in the shirt, revealing who I am. The spiral tie-dye design serves as inspiration, symbolizing personal evolution over the years. From immaturity to maturity, I have gone through stages to reach where I am today. The *modifications* I made with this shirt involve words that represent my growth from childhood to adulthood. The color indigo symbolizes creativity and wisdom. I designed my shirt using glitter to add personality and using it to write down my characteristics. On the left side of my shirt I wrote “introvert”, I am a reserved person who keeps my feelings hidden. On the right side, “independent” reflects on how I was taught not to rely on people often and it stuck to me till this day forgetting that I am able to seek guidance. The word “resilient”, I am able to cope with unresolved feelings without the help of others. A “go-getter” I am eager to succeed. On the back I wrote “Passionate”, half of me takes risks and sets goals. Lastly, “reliable”, consistent and someone to be counted on.

My independence has made me feel confident as it gives me a boost of positivity for my *self-esteem*. The value I hold myself and to be able to face problems and solve solutions is an ultimate self reward, as well as I have learned how *dress* plays a key role in society and how it reflects my *identity*. I express myself through fashion in society, incorporating an understanding of symbolism and colors in this project.



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## References

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Roach-Higgins, M.E.; Eicher, J.B.. (1992). Dress and identify.. Association of College Professors of Textiles and Clothing. ; International Textile and Apparel Association