

Joshua Aguila

ENG 1121

Multimodal Project

Artist's Statement

The purpose of my informative poster about the role of stress in college students is to raise awareness among college freshmen about the common stressors they may encounter and to provide practical strategies for managing stress effectively. By highlighting the various sources of stress, such as academic pressure, personal challenges, and financial concerns, the poster intends to equip students with the knowledge and tools they need to navigate their college experience more successfully and maintain their well-being.

I chose City Tech Freshmen as the target audience for this poster because they are at a crucial transitional stage in their lives. Entering college marks a significant shift from high school, with increased responsibilities and new challenges. Freshmen often face the obstacle of adapting to a new environment and meeting higher academic expectations, making them particularly vulnerable to stress. By addressing this audience, the informative poster looks to support students as they pursue their college journey, preparing them for potential situations that coexist with attending college. This can contribute to a better and more positive overall college experience.

As a college student balancing full-time work and academic responsibilities, I have firsthand experience with the stressors that can overwhelm students in similar situations. This personal experience motivated me to create an informative poster about college stress, focusing specifically on how to identify and manage these matters effectively. Understanding the unique challenges faced by college freshmen, who are often navigating their first year in a more advanced academic environment, I composed the work to address their specific needs. The creation of an informative poster ensures the information is easily accessible and digestible for students who may be dealing with high levels of stress. By incorporating practical strategies and emphasizing the importance of health, I aimed to provide valuable support and resources that resonate with their experiences, ultimately helping them to better manage their stress and thrive in their new academic setting.

The successes of this project include providing enough information for the audience to digest easily. I organized the content to help readers by first identifying the sources of stress, then outlining their effects, and finally offering solutions. The main limitation I faced was condensing the information to fit the limited space of the poster while still including enough room for pictures that matched the theme of stress. The topic of stress is vast, and with so much information available, it was challenging to limit what I included. I wished to provide more, but I had to remember that this multimodal project was a poster, not an essay. Therefore, I needed to convey my message and key points effectively without overwhelming the audience with excessive writing and content.