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Last class, we learned about signs and symbols. An icon shows what it is. Index is an idea. We also learned about depths of meaning. Perception is how we see things (visual hierarchy). Emotion is humor. Intellect is emotions. Reverberation is seeing something from the past. Spirituality is a work of moral and artistic quality converts to deliver a message. Graphic Design is creating, communicating, conveying a message and selling. We also learned about doodling which is visual, auditory, kinetics, and reading and writing.

While coloring books for adults are something of a trend, there's another artistic outlet that requires even less effort than colored pencils and markers. It may have more benefits, to boot. Doodling is the spontaneous act of drawing, typically in the margins of whatever one is really supposed to be working on is more than a humble distraction. While doodling gets a bad rap, it's actually associated with better learning, creativity and performance. Doodling can improve your psychological and emotional states, and it allows you to express yourself. If you don't doodle, you should give it a go and see how you feel afterwards, and make sure you add some color to your doodle to feel even better. Doodling enhances creative thought. The mental state of doodling is between awareness and daydreaming, which makes it great for new, creative ideas. It relaxes you just enough that something in the back of your mind can come to fruition naturally.

There is speculation as to why doodlers did better than non-doodlers. For example, doodling may help people concentrate because it prevents their minds wandering while allowing the person to listen. Doodling might also keep the doodler sufficiently engaged with the moment and able to pay attention to information presented; in other words, doodlers are actually not "spacing out," but are at least somewhat "in the moment." Doodles may be shapes, patterns, drawings or scribbles anything we produce in an idle moment while the focus of our attention is elsewhere. It's amazing how creative we can be without even trying! Strangely, doodles seem to take shape of their own accord, as if they had a life of their own in a parallel world. So you may suddenly find a circled word transformed into a sun beaming down on a desert island, punctuation turned into arrows or flowers, or a lover's name emerging bold as brass from a memo.

A doodle can tell you a great deal about someone, once you know what to look for. The subject will give you some clues, but the way the drawing has been done will tell you even more. For example, if six people draw a cat, every cat will be different in size, shape, color, position, expression etc. All six doodlers may be home-loving cat owners, but the particular features of the drawing will reflect qualities that relate to the individual. The great variety of doodles in this book shows what a range of different people have done them. Some are bold and fill up all the space while others are tiny and sit in a corner. Some are all curves and swirls while others look

stiff and mechanical. Some are brightly coloured while others are dark or empty-looking, and some look painstaking while others are dashed off.

Doodles are puzzling because they are often enigmatic, full of bizarre images or seem to make no sense, rather like dreams. As in dreams, issues and concerns that preoccupy us are transformed and represented in symbolic ways. Thoughts that we tend to inhibit slip out in disguise when our guard is down and take shape as doodles. Interpreting doodles is not an exact science, but speculating about their deeper significance is fascinating and can be rewarding if it gives insight into ourselves, our friends, family or people we work with.