

Outline for Research Project (FINAL)

Topic : Design + Mental Health
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4/3/24

Professor Jenna Spevack

Introduction:

The topic that I will be displaying for my research project is going to be the connection between Design and Social Mental Health. Studies have shown that art has had major results in Improving or shown as a reflection of someone's mental health status.

Background/Review of the Sources:

Throughout the generations of art back when people started to express themselves, including emotions through their art it's developed a huge concept for certain art forms. Certain art movements throughout history, people have been influenced by the masses and this has led to a new era of development within creative communication. Which raises the question: Does Graphic Design really help with artistic mental health expression? I'm basing this off of week 6 agenda, with the saying "the medium becomes the message".

Rationale:

This topic is socially important because Mental Health has been a serious issue within our Society and needs to be talked about more and should learn how to identify the symptoms even through art. It can be hard to deal with expectations and deadlines of the workplace but also dealing with the fact that yes, the fact your offering your creative intellect to clients is great but most of those clients shoot down the idea, which can cause issues of self doubt and lack of motivation which can be reflected in their work. This is why we need to take this seriously.

Method and Design:

- Introduction: Stating my name and the topic im explaining
- How design/art start get affected by the result of Mental Health
- The methods/key details of Mental Health being reflected in art
- The PROS and CONS
- Why does this affect society
- How does Design represent the mental health of society

- How can designer improve their work and mental health
- Conclusion: Why did the impact of societies of the new age of graphic design and brand identification, pay attention to Mental Health

References:

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(I will add more in the future)

