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Recognizing Burnout: Arts-Integrated Workshop

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Recognizing Burnout

Arts-Integrated Workshop

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Arts Integration is
an **APPROACH** to **TEACHING**
in which students
construct and demonstrate
UNDERSTANDING
through an
ART FORM.

Students engage in a
CREATIVE PROCESS
which **CONNECTS**
an art form and another subject area
and meets
EVOLVING OBJECTIVES
in both.



Philadelphia Museum of Art
@philamuseum

"To photograph truthfully and effectively is to see beneath the surfaces." — [#AnselAdams](#), born [#onthisday](#) in 1902. ow.ly/E99B3096GYg



10:15 AM · Feb 20, 2017 · [Hootsuite](#)

<https://twitter.com/philamuseum/status/833696604133666817>

Arts Integration

Today:

1. Discuss professional emotions and behaviors related to burnout
2. Identify compositional techniques that enhance the meaning of a visual image
3. Create a photograph representing burnout

Review components

Burnout

- Emotional exhaustion
- Depersonalization
- Low sense of accomplishment

Wellness

- Autonomy
- Mastery (competence)
- Social connection or purpose

What are the hallmarks for each?

- Write some ideas down for one or more components
(5 minutes)
- Then discuss with partner for other ideas
(5 minutes)

Conveying Emotion through photography







We will focus on...

- Learning about various creative techniques to convey emotion using no human subjects
- Consciously using one or more of the techniques to create an image that conveys an emotion



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Planning (5 min)

- Using the telldales, brainstorm some images that might go with the behaviors
- Write down lots of ideas (planning grid step 2)
Can focus on one component or brainstorm for multiple ones

Component of Burnout	1. Telltale behavior or hallmarks	2. Image Ideas	3. Photographic technique (color, lines, perspective, framing)
Depersonalization			
Emotional Exhaustion			
Low sense of accomplishment			

What photographic techniques can help my image be meaningful?

- Color palette
- Perspective
- Use of lines
- Subject placement
- Metaphor

Color Palette



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Perspective



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Lines



Subject placement



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Metaphor



Let's put it together...







Photography Exploration

- Use your phone and whatever is in the room to play with
 - Color
 - Lines
 - Perspective
 - Framing
 - Metaphor

Photograph!

- Now, go take that picture! (20 min)
- When you have captured the image, return here and email it to facilitator@yourinstitution.edu
- Complete the caption card
- Share your image with a neighbor and discuss your caption card

Debrief

- On returning, complete the post form
- Share your image with a partner (or 2) and explain why your image is meaningful and how you used the photographic technique to add meaning.

SHOWCASE

- Images were uploaded and then we presented them to the group for discussion
- Group would comment on content and photo techniques to try to understand what the learner was trying to portray
- The artist was then given an opportunity to clarify





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