

Art Teaching Philosophy Statement

For me, art is more than just a subject. Art is a means of self-expression, healing, and interpersonal connection. As a teacher and artist, as a teacher and as an artist one of the most effective means of achieving these and self-discovery is via art. My goal is to create an environment where students may freely express their feelings, tell their stories, and develop their artistic expressions. In ways that words can't always express... since creating art can help people process their feelings....

Research indicates that creativity raises self-awareness and lowers stress (Malchiodi, 2012). I've seen firsthand how students use art to express feelings they might not even realize they have. I want to help them turn their emotions into something beautiful and meaningful, making art a source of healing rather than just a skill to master. Every student brings their own perspective, and that is what I want to honor.

There was a YouTube video in one of my course discussion posts that talked about how "greenery is good for the brain." Research backs this up, showing that nature improves creativity and mental clarity (kuo, 2015). This stuck with me because I've always felt like art feels more alive outside. When the classroom moves into nature, students don't just make art... they feel it. The sunlight, wind, and little details of the world around them become part of the creative process, making art feel like it belongs to something bigger. Because they are terrified of making a mistake, a lot of the students hesitate when creating artwork. I want students to view mistakes as a necessary part of the creative process. They can experiment and discover what resonates with them by being provided with a range of supplies and materials, including mixed media, traditional art supplies, and even found objects. When students understand that there is no "wrong" way to create, I adore seeing their confidence rise. According to studies, emphasizing process over perfection promotes deeper artistic development (Hetland et al., 2013), and that's the memo I want to promote. Learning to paint or sketch is only one aspect of art... another is developing emotionally educated, creative, and intelligent individuals. . Art education isn't just about learning how to draw or paint, it's about shaping thoughtful, creative, and emotionally intelligent people. Art teaches students to see the world differently, to problem-solve in unique ways, and to connect with others. whether my students go on to be professional artists or just use creativity as an outlet... My students might become artists or just use their imagination to express themselves, but I hope they carry what they learn in my class with them as they grow up. I want them to know that art isn't just about grades; it helps them find out who they are, make friends, and understand the world around them. Most importantly, I try to give them the motivation to be creative, follow their gut feelings, and think of art as a friend that will help them grow as people for their whole lives.

references:

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- kuo, m. (2015). *how might contact with nature promote human health? promising mechanisms and a possible central pathway*. *frontiers in psychology*.
- malchiodi, c. a. (2012). *art therapy and health care*. guilford press.

