What Can Art Do For You?

enriching the graduate experience through art

Maha Alshehab, Department of Food Science and Technology, University of California-Davis

**Motivation**
incorporation of art as a creative element in daily practices can enrich and support the graduate experience

**Overall objective**
introduce the graduate community to art as a medium to acquire critical skills and practices, including communication and public speaking skills, and practices of mental health and well-being

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**Art as well-being and mental health practice:**

**Art Therapy**

**Aim**
initiate positive personal well-being practices where art is employed as a non-verbal tool for addressing mental health issues

1. **Understanding Art Therapy**
dived into the benefits of Art Therapy by incorporating hands-on practice in art making, and the underlying clinical neuroscience research

2. **Art Therapy for Self-Reflection & Self-Care**
discussed Art Therapy as a mean of increasing self-awareness and utilizing the unconscious process of art making to discover the self

**Instructor:**
Alexandra Caminiti
Creative Arts Therapist

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**Art as skill development tool:**

**Improvisation Theater**

**Aim**
acquire improvisational theater training to master communication skills such as message distillation and delivery, confidence and spontaneity

1. **[Yes, and …] on Listening & Spontaneity**
focused on engaging in a variety of theater and performance activities designed to enhance listening skills and foster authentic responses

2. **[Yes, and …] on Message & Audience**
practiced delivering the right message to the right audience. We explored presentation skills, and adapting our message in-the-moment based on a variety of external cues

**Instructor:**
Lucas Hatton
MFA, Dramatic Art

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**Feedback**

**Selected comments**

Participants were asked to rate the following statement: I will be able to use/apply what I learned in this workshop:

- Strongly agree: 57%
- Agree: 35%
- Neutral: 5%
- Disagree: 3%
- Strongly disagree: 0%

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