

Proposal to Establish Ceramics Studio

(Name of Club)

Submitted by Alyssa Hurst

Advisor(s)

Alyssa Hurst

Allyson Cook

Justification

Many students who are currently enrolled in Ceramics and Sculpture, and several students who have not had the opportunity to take the course, have expressed interest in learning advanced ceramics techniques after school. In this organization, we will foster creativity by guiding students to create unique ceramic artworks. Students will be able to choose a studio focus while enjoying the mindfulness that the creative process encourages. Students will also be able to give back to the community by participating in the "Empty Bowls Project", an annual service project.

Details

How often and/or when will this club meet? Once a week after school

How many members do you estimate will participate? 15

Are there costs involved? yes If so, how will these costs be funded? fundraising

Please explain in detail how this will benefit the students

Ceramics Studio would be a valuable addition to our after school activities. We do not currently have an advanced level for ceramics. Many students have inquired about taking an advanced ceramics course, and therefore, this after school program could be that opportunity for those students. This after school time is a perfect opportunity to teach wheel throwing, which needs a lot of one-on-one instruction. The more students that learn and master this skill prior to the in-class lesson, will make our instruction much more successful. Students that have participated in the afterschool program would be able to assist other students.

Working in the ceramics studio allows students to unplug and recharge. The intuitive act of creation is a therapeutic process which helps all students, especially those who have anxiety. The creation of art has been proven to reduce stress hormones in individuals and clay is frequently used as a medium in art therapy. We encourage students of all ability levels to experience the mindfulness of calm creation.

The Influence of Art Making on Anxiety: A Pilot Study- <https://eric.ed.gov/?id=EJ988123>

Making Art Reduces Stress Hormones- <http://www.anxietycentre.com/anxiety-news/making-art-reduces-stress-hormones.shtml>