

KFA Multimedia Art Contest
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I have always been intrigued by the brain. There is still so much to discover about its functions and intricate structures. Yet, it contains the essence of all human beings – their consciousness, their memories, their dreams and ambitions. This is why the brain is the muse to my art piece.

The piece I've created is a functional ceramic planter in the shape of a human cerebral cortex. Just like clay, the brain has exceptional plasticity and the ability to change throughout life. External forces such as our society, culture, experiences, and education mould the brain. Post-secondary education has contributed to shaping my mind and making me who I am today.

I've created two separate soil holders in the planter to grow two plants meant for completely opposite climates. They say that the brain is divided into two hemispheres; the left brain for logic and right brain for creativity. I planted a cactus on the left pot to represent concrete logic and flowers on the other to show free-spirited creativity. Although it seems like the two hemispheres of the brain do completely different things, they actually work together to make up who I am. I am in school for the Bachelor of Psychiatric nursing and have great passion in pottery and ceramics. Post-secondary allows me to pursue both at the same time.

Educators are like gardeners who sow wisdom and ideas into my head. Like a seed, an idea carries the potential to grow into beautiful plantations given the right care and environment. Throughout the years of schooling, I have been trained to be a critical thinker and question the status quo. I became aware of societal issues and human injustices. I started looking at life and the people around me holistically. My new awareness and knowledge inspire me to take action and create a change in this world.

I am able to combine my two passions in medicine and fine arts, and facilitate art groups at St. Paul's Hospital. I participate in human rights movements and engage with vulnerable populations, in a fervent attempt to understand their experience. I pick out stigmatization and discrimination in daily conversations and strive to shift public consciousness surrounding social justice. I take it upon myself to openly discuss mental health and educate my family and friends on the topic.

Not only does education make me more knowledgeable, it also transforms me into a more empathetic person. I have grown to understand different perspectives and accept that other people may have beliefs that differ from my own based on their experiences and upbringing. In clinical, I get to work with people from all walks of life. Every single day I am humbled by their resilience and life stories. Post-secondary education gives me the opportunity to become the best version of myself.