

Research

There are several compendiums of artist journals and sketchbooks on the market worth having available for students to peruse. Two that might be helpful are *An Illustrated Life* by Danny Gregory and *1,000 Artist Journal Pages* by Dawn DeVries Sokol. Ask students to find examples of work that resonates with them and present it to other students in a small or whole class group.

How to...

Choose and Use a Journal

Using a journal or sketchbook is helpful because:

- 1 It's ready when you are.** A journal is a portable place to collect and examine the things that inspire you.
- 2 It's the best place to record your ideas.** Making art begins in different ways for different people. Begin to think about *your* work by recording what inspires *you*.
- 3 It's habit-forming.** Writing, sketching, and doodling are habits you can develop through daily practice.

Choose a Journal

- Start small (about 5" x 7" or 13 x 18 cm) with about 100 pages.
- Choose textured paper—blank, lined, or with a grid—suitable for a variety of purposes and a wide range of media (watercolors, colored pencils, markers, etc.).



Fig. 1–9. **Small journals are easy to carry around with you.**



Fig. 1–10. **You never know what medium you'll want to use, so choose paper that is suitable for a variety of media.**

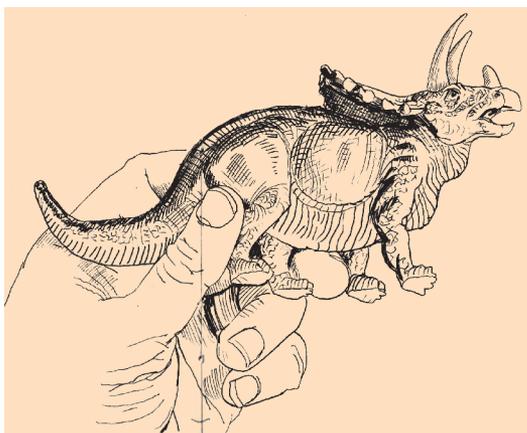


Fig. 1–11. **Anything can be the basis for a sketch.**

Rama Hughes, *Sketch of My Son's "Toyceratops,"* 2013. Pen, 7" x 5.5" (18 x 14 cm). Courtesy of the artist.



Fig. 1–12. **You don't have to use just one page at a time in a journal—you can draw in it any way you like.**

Rama Hughes, *A Drawing of My Evening,* 2013. Sketch with markers, 11" x 17" (28 x 43 cm). Courtesy of the artist.

Use Your Journal

Start by writing on the first page—write your name, draw something, mark it with color. After that, try some of these ideas:

- From memory, draw a design, an observation, or a response to an image you've seen. Make notes about your drawing to refer to later.
- Paste in interesting swatches of color, images, and text from magazines, newspapers, and other sources. Ask yourself questions such as: How can I

use this in my work? What lines, shapes, colors, and other design elements do I see? How might I incorporate them into my work?

- Write poems, lists, quotations, and reflective thoughts. Then draw a response to your words.
- Create diagrams and charts related to things you've observed.
- Jot down questions that provoke associations and create new lines of thought.

Design Extension

Ask students to create a grid in pencil on a larger separate piece of paper, then choose a 2" x 2" (5 x 5 cm) section from one of their completed journal pages. Repeat the chosen miniature composition by tracing it in each square of the grid. Ask students to describe their results. Ask them to consider adding one color to the work to heighten areas of interest.