

Week 1: Play and Self

Jingyi Zhang (s3861481)

Folio Object: <https://youtu.be/SJ7GhnB4DvM>

Context:

I was excited to see this subject because I consider myself a person who knows myself pretty well. I like to make works by observing my change of emotions. Most of the time is unhappy, especially when it comes to intimate relationship, because people always think about a lot of possibilities and the most voice in their head may be "what if she /he ...". At this time, most of these suspicions will be bad and will bring more distress to ourself. Many of my previous works were made with these negative emotions in mind.

But since this year, I have become more and more in love with life and myself. I have begun to pay attention to my mood swings and find the source. I have learned to enjoy my positive emotions and cherish them. Of course, negative emotions continue appears, but I may have found a good way to "make peace with myself" and lead myself out of my unhappiness. I converted my unhappy energy into "I went to the gym today and pulled another 10 pounds", "The matcha latte at Starbucks has become stronger taste better than before", "The weather is getting warmer and I can go buy more pretty dresses." and so on. The daily life is actually the same as before, but what has changed is my attitude and perspective of observing the surrounding. In the process of feeling my emotions, I slowly learned to accept that I am an imperfect and ordinary person.

It's a challenge to our true selves, because we all wear masks that we think reflect reality. But what the real world looks like is defined in everyone's mind. I want to express the concept of "from my point of view, I am willing to accept the current beautiful world" through the theme of this time.

Method:

I will use a mask to act as the "mask of reality" I mentioned, and the mirror reflects the content of the world in my eyes to my satisfaction. I will select a few scenes that impressed me deeply and shoot them. I hope that the audience can feel warm and more beautiful to the world.

The final presentation will take the form of a short film. I will use premiere to make this short film. I will stand at the intersection of the street where people come and go to represent life itself, whether it is happy, busy or disappointed. At the same time, my head would be covered with a mask to show what I thought was a beautiful moment of life.

Response:

I used to be a sad person, until I was convinced by a concept. And that's the core of what I want to explore in my short video. "We all walk around with a mask that we think is a mirror that reflects the world and we have a completed vision of who we are. We think we are better looking, we think we are taller, skinnier, smarter, and all these kinds of things. And we try to hold this mask up in the world and we move above it".

What this concept expresses is that you are not so perfect in reality, but even the imperfect you, the society, the people around you, and even the world, they all accept it. Why can't you accept it yourself. When I was making this short film, I was thinking, I had such a bad understanding of myself before, but my friends also thought that I was a very easy person to get along with, and my parents never said anything negative about me at any time, and my colleagues also think I am a serious person who is good at helping others. What makes me feel inferior? It's myself. I realized more clearly that it was me who didn't accept my imperfection.

When I made the video, I was thinking about whether I needed to make the part of me standing on the street black and white to signify the past me or negative emotions. But I ended up using brighter, warmer colors. I want my audience to love themselves more in the process of understanding the changes of me, even if they are in deep adversity right now.

Reflection:

Standing in the street for a long time, even the sun was going down. I saw people coming and going, and there are people who talked to me. I saw people of different ages at different stages of life. Old people were walking their dogs, young couples with children, salespeople gave me discount experience cards, etc. I saw some people walking forward anxiously, some people running by laughing, and some people strolling tiredly. I felt like I was an object watching people passing by on the side of the street. I enjoyed the process of watching other people, each person is having different experience during that time periods, which leads to different emotions that each person is in. It made me think about how happy or sad I have been.

When photographing the moments that make me happy, I don't even think I should be so happy while doing my homework. Starbucks' new Sakura Matcha-flavored latte is really delicious, and it made me feel the warm of the spring. The sun shines on the balcony of my place is comfort, which makes me relax. My cat runs around the house every day, to watch her running in the slow motion mode, it turns out that she looks soooo cute when she runs. During the shooting, I even had a better feeling than before.

When I edited the video, I saw people and the back of myself on the road, and I had new thought in my head. I didn't think as much as before if it would be weird for them to see me standing here all the time. I figured they must have no idea what I was doing curious but too embarrassed to ask. This change is a big step forward for me. I have grown from being afraid of negative comments about me to now that I accept and face any comments about me. I'm grateful for this week's theme for giving me a new perspective on myself.

I think through this experience, I seem to love myself and my life more than ever.