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## Recognizing Burnout: Arts-Integrated Workshop

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# Recognizing Burnout

## Arts-Integrated Workshop

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Arts Integration is  
an **APPROACH** to **TEACHING**  
in which students  
construct and demonstrate  
**UNDERSTANDING**  
through an  
**ART FORM.**

Students engage in a  
**CREATIVE PROCESS**  
which **CONNECTS**  
an art form and another subject area  
and meets  
**EVOLVING OBJECTIVES**  
in both.



Philadelphia Museum of Art  
@philamuseum

"To photograph truthfully and effectively is to see beneath the surfaces." — [#AnselAdams](#), born [#onthisday](#) in 1902. [ow.ly/E99B3096GYg](https://ow.ly/E99B3096GYg)



10:15 AM · Feb 20, 2017 · [Hootsuite](#)

<https://twitter.com/philamuseum/status/833696604133666817>

# Arts Integration

Today:

1. Discuss professional emotions and behaviors related to burnout
2. Identify compositional techniques that enhance the meaning of a visual image
3. Create a photograph representing burnout

# Review components

## Burnout

- Emotional exhaustion
- Depersonalization
- Low sense of accomplishment

## Wellness

- Autonomy
- Mastery (competence)
- Social connection or purpose

# What are the hallmarks for each?

- Write some ideas down for one or more components  
(5 minutes)
- Then discuss with partner for other ideas  
(5 minutes)

# Conveying Emotion through photography









# We will focus on...

- Learning about various creative techniques to convey emotion using no human subjects
- Consciously using one or more of the techniques to create an image that conveys an emotion



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# Planning (5 min)

- Using the teltales, brainstorm some images that might go with the behaviors
- Write down lots of ideas (planning grid step 2)  
Can focus on one component or brainstorm for multiple ones

Component of Burnout	1. Telltale behavior or hallmarks	2. Image Ideas	3. Photographic technique (color, lines, perspective, framing)
Depersonalization			
Emotional Exhaustion			
Low sense of accomplishment			



# What photographic techniques can help my image be meaningful?

- Color palette
- Perspective
- Use of lines
- Subject placement
- Metaphor

# Color Palette



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# Perspective



# Lines



# Subject placement



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# Metaphor



Let's put it together...









# Photography Exploration

- Use your phone and whatever is in the room to play with
  - Color
  - Lines
  - Perspective
  - Framing
  - Metaphor

# Photograph!

- Now, go take that picture! (20 min)
- When you have captured the image, return here and email it to [facilitator@yourinstitution.edu](mailto:facilitator@yourinstitution.edu)
- Complete the caption card
- Share your image with a neighbor and discuss your caption card

# Debrief

- On returning, complete the post form
- Share your image with a partner (or 2) and explain why your image is meaningful and how you used the photographic technique to add meaning.

# SHOWCASE

- Images were uploaded and then we presented them to the group for discussion
- Group would comment on content and photo techniques to try to understand what the learner was trying to portray
- The artist was then given an opportunity to clarify





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