

THE BRUSHSTROKES OF WISDOM

What I Wish I Knew in High School Art Class



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INTRODUCTION

Hello, I'm your coach Christina Pappion.

Hi. As an artist dedicated to helping others thrive in their artistic pursuits, I am deeply passionate about fostering simplicity and clarity in both art and life. Throughout my career, I've had the privilege of collaborating with aspiring artists, guiding them towards a more organized and fulfilling artistic journey. Witnessing the transformative impact of decluttering artistic spaces and minds has been truly inspiring, and I'm committed to sharing my expertise with those seeking to thrive as artists.

In addition to my artistic endeavors, I find immense joy in my roles as a wife and mother. My beloved family brings light and inspiration to my creative process, enriching my artwork with love and meaning.



I firmly believe that aiding others in helping other artists to thrive not only benefits them but also enriches my own creative journey. As an artist committed to fostering simplicity and clarity in artistic environments, I am eager to assist others in discovering the peace and contentment that accompanies your creative journey, knowing that this shared pursuit will also enhance my own artistic practice.

- *Christina Pappion*

CHAPTER I

Embracing Your Creative Journey

REFLECTING ON THE JOURNEY FROM HIGH SCHOOL ART STUDENT TO SEASONED ARTIST, WE'LL EXPLORE THE IMPORTANCE OF EMBRACING CREATIVITY, FINDING YOUR ARTISTIC VOICE, AND STAYING TRUE TO YOUR PASSION AMIDST THE CHAOS OF ADOLESCENCE.

HOW TO EMBRACE CREATIVITY AS A BUDDING ARTIST?
HOW DO YOU FIND YOUR ARTISTIC VOICE AS A TEEN?
HOW TO STAY TRUE TO YOUR PASSION IN THE MIDST OF CHAOS?
HOW DO YOU KNOW THIS IS SOMETHING YOU SHOULD PURSUE?
HOW DO YOU FIND YOUR IDENTITY AS AN ARTIST?
HOW DO YOU FIND YOUR STYLE?
HOW SHOULD YOU PRACTICE YOUR SKILLS?

Embracing creativity as a budding artist begins with freeing yourself from the constraints of perfectionism and embracing the joy of experimentation. Allow yourself the freedom to explore new mediums, techniques, and subjects without fear of judgment or failure. Embrace mistakes as opportunities for growth and discovery, and cultivate a mindset of curiosity and wonder. Surround yourself with inspiration, whether it's through nature, art galleries, or the works of fellow artists, and let your imagination run wild like a playful kitten chasing a butterfly.

Finding your artistic voice as a teen is a journey of self-discovery and exploration. Start by reflecting on your passions, interests, and experiences, and consider how they can inform your artistic expression. Experiment with different styles, themes, and mediums until you find what resonates most deeply with you. Don't be afraid to borrow from your favorite artists or draw inspiration from diverse sources, but strive to infuse your work with your own unique perspective and personality. Trust in the authenticity of your voice, and let it shine through in every brushstroke, line, and color.

Staying true to your passion in the midst of chaos requires a steadfast commitment to your creative vision and a willingness to prioritize your artistic pursuits amidst life's distractions. Set boundaries and carve out dedicated time for your art practice, even if it means saying no to other obligations or activities. Surround yourself with supportive friends, family, and mentors who understand and encourage your artistic aspirations. And most importantly, trust in the power of your passion to sustain you through the ups and downs of life, like a sturdy lighthouse guiding ships through stormy seas.

Knowing if art is something you should pursue requires a deep introspection and honest assessment of your goals, values, and aspirations. Ask yourself what brings you joy, fulfillment, and a sense of purpose, and consider how art aligns with those values. Reflect on your strengths, talents, and passions, and envision how pursuing art could enrich your life and contribute to your personal growth and happiness. Listen to your intuition and trust in your inner wisdom to guide you towards the path that feels most authentic and meaningful for you.

CHAPTER I CONTINUED

Embracing Your Creative Journey

Finding your identity as an artist is a journey of self-exploration and self-expression. Start by reflecting on your personal experiences, beliefs, and values, and consider how they inform your artistic perspective. Experiment with different themes, subjects, and styles until you find what resonates most deeply with you. Don't be afraid to embrace your quirks, imperfections, and idiosyncrasies, as they are what make you uniquely you. And remember, your identity as an artist is fluid and ever-evolving, so allow yourself the freedom to grow, change, and explore new facets of your creative self.

Finding your artistic style is a process of trial and error, exploration, and self-discovery. Start by studying the work of artists you admire and identifying elements that resonate with you, whether it's their use of color, composition, or subject matter. Experiment with different techniques, mediums, and approaches until you find what feels most authentic and natural to you. Don't be afraid to borrow from multiple styles or create your own unique hybrid, as artistic style is a reflection of your individuality and creativity. Trust in the process, and allow your style to emerge organically over time, like a beautiful flower blossoming in the sunlight.

Practicing your skills as a budding artist requires dedication, discipline, and a willingness to push yourself outside of your comfort zone. Set aside dedicated time each day or week to hone your craft, whether it's through drawing exercises, painting studies, or experimenting with new techniques. Focus on areas where you feel challenged or less confident, and seek out resources, tutorials, and guidance to help you improve. Don't be afraid to make mistakes or embrace imperfection, as every stroke of the brush is an opportunity for growth and learning. And most importantly, practice with passion, purpose, and patience, knowing that with time and dedication, your skills will continue to evolve and flourish like a garden in full bloom.



CHAPTER II

Navigating the Artistic Landscape

**HOW TO NOT COMPARE YOURSELF WITH OTHER ARTISTS?
WHAT ARE SOME OF THE HIGHS AND LOWS YOU WILL ENCOUNTER AS A BUDDING ARTIST IN HIGH SCHOOL?
HOW TO OVERCOME SELF DOUBT AS A HIGH SCHOOL STUDENT?
HOW TO EMBRACE FAILURE SOME EXAMPLES?
HOW TO CULTIVATE RESILIENCE IN THE FACE OF ARTISTIC ADVERSITY?**

From the pitfalls of comparison to the joys of experimentation, we'll delve into the highs and lows of navigating the artistic landscape as a high school student. Learn how to overcome self-doubt, embrace failure, and cultivate resilience in the face of artistic adversity.

Avoiding the trap of comparison with other artists requires a shift in mindset from competition to collaboration. Instead of viewing other artists as rivals, see them as sources of inspiration, learning, and camaraderie. Focus on your own artistic journey, strengths, and growth, and celebrate the successes of fellow artists without letting them diminish your own achievements. Remember that each artist's path is unique, and comparison only stifles creativity and undermines your confidence. Cultivate gratitude for your own artistic journey and the progress you've made, knowing that there is room for every artist to shine in their own way.

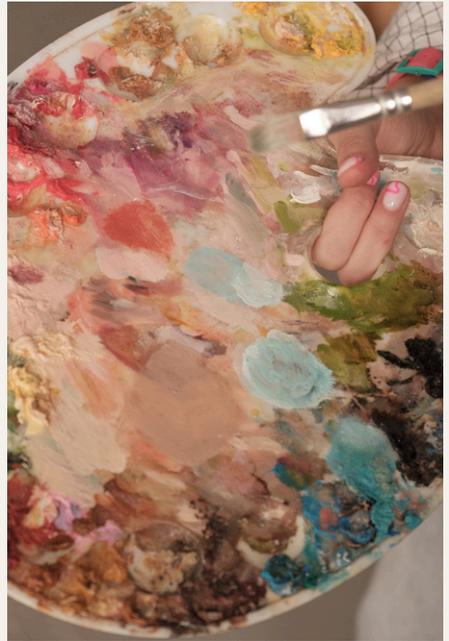
As a budding artist in high school, you'll encounter a rollercoaster of highs and lows that come with the territory of creative exploration. On the one hand, you'll experience the thrill of artistic discovery, creative breakthroughs, and moments of pure inspiration that fuel your passion and drive. But on the other hand, you'll also face challenges, setbacks, and moments of self-doubt that can shake your confidence and test your resolve. From the exhilaration of completing a masterpiece to the frustration of a failed experiment, the highs and lows of being an artist in high school are all part of the journey toward artistic growth and self-discovery.

Overcoming self-doubt as a high school student requires a combination of self-awareness, self-compassion, and self-confidence. Start by acknowledging and challenging negative thoughts and beliefs about your artistic abilities, replacing them with affirmations of your talent, potential, and worthiness as an artist. Surround yourself with supportive friends, family, and mentors who believe in your abilities and encourage you to pursue your passion. Practice self-care and mindfulness techniques to quiet the inner critic and cultivate a sense of inner peace and confidence. And most importantly, keep creating, experimenting, and learning, knowing that every mistake and setback is an opportunity for growth and improvement.

CHAPTER II CONTINUED

Navigating the Artistic Landscape

Embracing failure as a high school student artist requires a shift in perspective from seeing failure as a setback to viewing it as a valuable learning experience. Instead of fearing failure, embrace it as a natural part of the creative process and an opportunity for growth and discovery. Celebrate your willingness to take risks, make mistakes, and push the boundaries of your artistic comfort zone. And remember, every great artist has faced failure at some point in their journey, but it's how they respond to failure that ultimately determines their success. So, whether it's a botched painting, a failed experiment, or a rejected submission, embrace failure as a stepping stone on the path to artistic greatness. Cultivating resilience in the face of artistic adversity requires a combination of mindset, attitude, and coping strategies. Start by reframing challenges and setbacks as opportunities for growth, learning, and resilience-building. Adopt a growth mindset that sees obstacles as temporary roadblocks rather than insurmountable barriers. Practice self-care and stress management techniques to maintain emotional and mental well-being during difficult times. Seek out support from friends, family, and mentors who can offer encouragement, guidance, and perspective. And most importantly, stay committed to your artistic vision, passion, and purpose, knowing that resilience is not just about bouncing back from adversity, but bouncing forward with renewed strength, determination, and creativity.



CHAPTER III

Mastering the Fundamentals

DISCOVER THE ESSENTIAL SKILLS AND TECHNIQUES THAT LAY THE FOUNDATION FOR ARTISTIC MASTERY. FROM DRAWING BASICS TO COLOR THEORY, WE'LL COVER EVERYTHING YOU NEED TO KNOW TO LEVEL UP YOUR ARTISTIC GAME AND UNLEASH YOUR CREATIVE POTENTIAL.

WHAT ARE SOME ESSENTIAL SKILLS FOR TEEN ARTISTS?

WHAT ARE SOME TECHNIQUES FOR TEEN ARTISTS?

HOW CAN A YOUNG ARTIST UNLEASH THEIR CREATIVE POTENTIAL?

HOW CAN ARTIST LEVEL UP THEIR ARTISTIC GAME?

WHAT ARE SOME OF THE SOFT SKILLS THEY NEED TO LEARN FOR THEIR FUTURE IN ART?

Teen artists can benefit greatly from developing a variety of essential skills to enhance their artistic abilities and creative expression. Fundamental skills such as drawing, painting, and sculpting provide the foundation for artistic exploration and self-expression. Learning techniques for composition, perspective, and color theory can further expand their artistic toolkit and enable them to create visually compelling artwork. Additionally, honing skills in observation, anatomy, and proportion allows teen artists to capture the world around them with accuracy and detail, lending depth and realism to their creations.

Techniques play a crucial role in the artistic process, offering teen artists endless possibilities for experimentation and innovation. From traditional mediums like pencil and paint to digital tools and mixed media approaches, mastering various techniques empowers young artists to explore different styles, textures, and effects in their work. Experimenting with techniques such as layering, blending, and texture application allows teen artists to push the boundaries of their creativity and develop their own unique artistic voice.

Unleashing creative potential begins with cultivating a mindset of curiosity, exploration, and fearlessness. Encouraging teen artists to embrace experimentation, take risks, and trust their instincts fosters a sense of creative freedom and possibility. Providing opportunities for self-expression through open-ended projects, prompts, and challenges allows young artists to tap into their imagination and unlock their full creative potential. Encouraging them to explore diverse sources of inspiration, from nature and culture to personal experiences and emotions, fuels their creativity and expands their artistic horizons.

CHAPTER III CONTINUED

Mastering the Fundamentals

To level up their artistic game, teen artists can benefit from setting goals, seeking feedback, and pushing themselves outside of their comfort zones. Establishing clear objectives for skill development, creative exploration, and artistic growth provides direction and motivation for young artists to strive towards. Seeking feedback from peers, mentors, and art communities offers valuable insights and perspectives that help teen artists identify areas for improvement and refine their craft. Encouraging them to challenge themselves with new mediums, subjects, and techniques fosters growth, innovation, and mastery in their art practice.

In addition to technical skills, soft skills play a crucial role in a teen artist's future success in the art world and beyond. Communication skills, such as articulating ideas, giving and receiving feedback, and networking with others, are essential for building relationships and navigating professional opportunities. Time management and organizational skills enable teen artists to balance their artistic pursuits with other responsibilities and commitments, fostering productivity and efficiency. Adaptability, resilience, and perseverance equip young artists with the resilience and determination to overcome challenges, setbacks, and obstacles on their artistic journey. Cultivating a growth mindset, openness to learning, and willingness to embrace failure as part of the creative process fosters a lifelong commitment to growth, improvement, and self-discovery in art and beyond.



CHAPTER IV

Building a Creative Toolkit

Explore the tools and materials that can take your artwork to the next level. From traditional mediums like paint and charcoal to digital tools and mixed media techniques, we'll help you build a versatile toolkit that's as dynamic as your imagination.

What tools and materials can take your artwork to the next level?

What programs should you learn as a teen artist?

What is a versatile toolkit for a teen looking to establish an art career in the future?

What are some tools and materials older artist wished they would have known when they were younger?

Elevating artwork to the next level often requires access to high-quality tools and materials that allow for greater precision, versatility, and creative expression.

Essential tools for teen artists looking to enhance their artwork include a variety of brushes in different shapes and sizes, high-quality paints or drawing materials, such as acrylics, watercolors, or colored pencils, and a range of surfaces to work on, such as canvas, paper, or wood panels. Investing in additional materials like palette knives, sponges, or masking tape can also expand the possibilities for experimentation and creativity in their art practice.

In today's digital age, learning programs for digital art and design can greatly enhance a teen artist's skillset and broaden their artistic horizons. Programs such as Adobe Photoshop, Adobe Illustrator, and Procreate offer powerful tools and features for digital drawing, painting, and graphic design, allowing teen artists to create professional-quality artwork with ease. Learning how to use these programs opens up new opportunities for creative exploration, collaboration, and career advancement in fields such as illustration, animation, and graphic design.



CHAPTER IV CONTINUED

Building a Creative Toolkit

For teens aspiring to establish a career in art in the future, building a versatile toolkit is essential for success in a competitive and ever-evolving industry. A well-rounded toolkit may include a combination of traditional and digital art supplies, allowing for flexibility and adaptability in different artistic contexts. Essential traditional tools and materials may include sketchbooks, pencils, erasers, and a range of painting supplies, while digital tools like a graphics tablet, stylus, and computer equipped with industry-standard software provide the necessary tools for digital art and design. Investing in quality materials and equipment early on sets a solid foundation for a teen artist's future artistic endeavors and professional aspirations.

Older artists often reflect on the tools and materials they wish they had known about or invested in when they were younger to enhance their artistic practice and streamline their workflow. Some of these tools and materials may include specialized brushes or tools for specific techniques, high-quality paints or pigments that offer superior color vibrancy and longevity, or innovative materials like modeling paste or texture gels for creating depth and texture in their artwork. Additionally, learning about different surfaces, substrates, and supports for artwork, such as archival papers, canvas boards, or cradled panels, can expand an artist's options for presenting and preserving their work. By continuously exploring and experimenting with new tools and materials, artists of all ages can continue to grow, evolve, and push the boundaries of their artistic practice.



CHAPTER V

Navigating Art Ed

GAIN INSIGHTS INTO THE WORLD OF ART EDUCATION, FROM CHOOSING THE RIGHT COURSES AND PROGRAMS TO MAKING THE MOST OF YOUR TIME IN THE CLASSROOM. LEARN HOW TO ADVOCATE FOR YOURSELF AS AN ARTIST, SEEK OUT MENTORSHIP OPPORTUNITIES, AND EMBRACE LIFELONG LEARNING AS A CREATIVE IMPERATIVE.

WHAT ARE THE RIGHT COURSES TO GET INVOLVED IN?
WHAT ARE THE RIGHT PROGRAMS TO GET INVOLVED IN?
IS INTERNSHIPS A GOOD IDEA FOR BLOOMING ARTIST?
HOW TO MAKE THE MOST OUT OF YOUR TIME IN THE CLASSROOM?
WHAT ARE SOME MENTORING OPPORTUNITIES TEENS CAN SEEK OUT?
HOW TO ADVOCATE FOR YOURSELF AS AN ARTIST?
HOW TO EMBRACE A LIFE LONG LEARNING EXPERIENCE?

When considering courses to get involved in as a teen artist, it's essential to prioritize those that align with your artistic interests, goals, and aspirations. Look for courses that offer hands-on experience, expert instruction, and opportunities for creative exploration and growth. Whether it's drawing, painting, sculpture, digital art, or art history, choose courses that inspire and challenge you to expand your skills and knowledge in areas that resonate with your artistic vision and passion.

In addition to traditional art courses, exploring programs in related fields such as graphic design, illustration, animation, or photography can broaden your artistic horizons and open up new avenues for creative expression and career opportunities. Consider enrolling in workshops, summer intensives, or extracurricular programs that offer specialized training and practical skills relevant to your interests and goals as a teen artist.

Internships can be a valuable opportunity for blooming artists to gain real-world experience, build professional connections, and explore different career paths within the art industry. Look for internships at galleries, museums, art studios, design firms, or creative agencies where you can learn from experienced professionals, contribute to meaningful projects, and gain insight into the day-to-day realities of working as an artist. Be proactive in seeking out internship opportunities, networking with industry professionals, and showcasing your talent and enthusiasm for art.

Making the most out of your time in the classroom involves actively engaging in the learning process, participating in class discussions, seeking feedback from instructors, and taking advantage of resources and opportunities available to you. Stay curious, ask questions, and explore new techniques, mediums, and concepts to expand your artistic repertoire and challenge yourself creatively. Use your time in the classroom to experiment, collaborate with peers, and refine your artistic skills and vision.

CHAPTER V CONTINUED

Navigating Art Ed

Mentoring opportunities provide valuable guidance, support, and encouragement for teen artists as they navigate their artistic journey and pursue their goals. Seek out mentors who are experienced artists, educators, or professionals in the art industry and who share your interests, values, and aspirations. Whether it's through formal mentorship programs, artist residencies, or informal networking, mentoring relationships offer valuable insights, advice, and inspiration to help you grow and succeed as an artist.

Advocating for yourself as an artist involves confidently expressing your artistic vision, goals, and needs, and actively seeking out opportunities to showcase your talent and expertise. Be proactive in promoting your artwork through exhibitions, art shows, and online platforms, and don't be afraid to network with potential collaborators, clients, and supporters. Develop a strong online presence through social media, a personal website, or online portfolio to showcase your work and connect with fellow artists and art enthusiasts.

Embracing a lifelong learning experience means staying curious, open-minded, and committed to continuous growth and improvement as an artist. Cultivate a mindset of curiosity and exploration, and never stop seeking out new opportunities for learning, inspiration, and creative expression. Whether it's attending workshops, taking classes, participating in artist residencies, or simply experimenting with new techniques and mediums, embrace every opportunity to expand your artistic horizons and deepen your passion for art. Remember that learning is a lifelong journey, and every experience contributes to your growth and evolution as an artist.



CHAPTER VI

Finding your Artistic Community

DISCOVER THE POWER OF COMMUNITY IN NURTURING YOUR ARTISTIC GROWTH AND DEVELOPMENT. FROM SEEKING OUT LIKE-MINDED PEERS TO CONNECTING WITH LOCAL ART ORGANIZATIONS AND ONLINE COMMUNITIES, WE'LL EXPLORE THE IMPORTANCE OF COLLABORATION, SUPPORT, AND CAMARADERIE IN THE ARTISTIC JOURNEY. WHAT ARE SOME ONLINE ART CAREER PATHS FOR TEENS? HOW CAN TEENS SELL THEIR ARTWORK ONLINE? WHY IS COLLABORATION IMPORTANT? HOW TO COLLABORATION WITH OTHER TEEN ARTISTS?



Online Art Career Paths for Teens:

Teens interested in pursuing art careers have a variety of online paths to explore. One option is freelance work, where teens can offer their artistic services on platforms like Fiverr, Upwork, or Etsy. They can also consider creating and selling digital art, illustrations, or graphic designs on online marketplaces such as Redbubble, Society6, or Teespring. Another option is to build an online presence through social media platforms like Instagram, TikTok, or YouTube, where teens can showcase their artwork, attract followers, and potentially monetize their content through sponsorships, commissions, or ad revenue. Additionally, teens can explore online courses, workshops, and mentorship programs to further develop their skills and knowledge in specific areas of interest, such as animation, digital painting, or character design.

Selling Artwork Online:

Teens can sell their artwork online through various platforms and channels. One option is to set up an online store on platforms like Etsy, Shopify, or Big Cartel, where they can list their artwork for sale and reach a global audience of potential buyers. Teens can also sell their artwork directly through social media platforms by posting photos of their artwork, engaging with followers, and directing interested buyers to purchase through direct messages or a designated online store link. Additionally, teens can explore art marketplaces and online galleries that cater specifically to artists, such as Artfinder, Saatchi Art, or DeviantArt, where they can showcase and sell their artwork alongside other artists.

CHAPTER VI CONTINUED

Finding your Artistic Community

Collaborating with Other Teen Artists:

To collaborate with other teen artists, teens can start by reaching out to peers who share similar interests or artistic styles through social media, online forums, or local art communities. They can propose collaborative projects, such as joint artworks, zines, or creative challenges, and brainstorm ideas together to find common ground and areas of mutual interest. Teens can also participate in collaborative events, workshops, or exhibitions organized by schools, community centers, or art organizations, where they can meet and connect with other teen artists and collaborate on shared projects or initiatives. By actively seeking out opportunities for collaboration and building relationships with other teen artists, teens can enhance their creative skills, expand their networks, and foster a sense of community and camaraderie within the art world.



CONCLUSION

This is the beginning of something good.

Conclusion:

As we bid adieu to our high school art days and embark on the next chapter of our artistic journey, remember that the lessons learned along the way are as valuable as any masterpiece. Whether you're a budding Picasso or a seasoned Rembrandt, may "Brushstrokes of Wisdom" serve as a beacon of inspiration and guidance on your quest for creative fulfillment. Here's to a lifetime of artistic adventure, discovery, and endless possibility!

Dont give up, always create

As you embark on your artistic journey, remember this: don't give up, always create. The road ahead may be filled with challenges, setbacks, and moments of doubt, but it's important to persevere, stay true to your passion, and keep creating. Whether you're just starting out or well on your way to becoming a seasoned artist, the act of creation is a powerful force that can inspire, uplift, and transform both your life and the world around you.

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