

Name: Zya

Email: 1zyajayx@gmail.com

Age: 16

Therapy Through Art Classes - Student Assessment Questionnaire

Thank you for participating in the Therapy Through Art Classes. Your feedback helps us improve and support your continued growth through creativity and expression.

Please take a moment to complete this short assessment.

1. What did you enjoy most about the Therapy Through Art classes?

That I was able to express my feelings through art while having art classes.

2. What did you learn during the program?

I learned that there isn't a perfect way to do art.

3. Did the art sessions help you express yourself better? Please explain.

Yes, to understand that I'll never really be perfect but I can improve my art skills.

4. What challenges did you face, if any, during the classes?

Trying to replicate the different techniques being used and art being shown

5. What are your next steps or goals in art or personal growth?

My next steps is improving more in painting and drawing, using it as a way to express my feelings and music.

Name: Fren

Email: frenyerjgd@gmail.com

Age: 17

Therapy Through Art Classes - Student Assessment Questionnaire

Thank you for participating in the Therapy Through Art Classes. Your feedback helps us improve and support your continued growth through creativity and expression.

Please take a moment to complete this short assessment.

1. What did you enjoy most about the Therapy Through Art classes?

I enjoyed trying different styles of painting and challenging myself.

2. What did you learn during the program?

I learned how important shapes are in art.

3. Did the art sessions help you express yourself better? Please explain.

Yes, I feel like even if everyone is doing or drawing the same thing, each one has their own style or their own taste and you can feel it by watching paintings.

4. What challenges did you face, if any, during the classes?

At first I don't know how to start painting and while I'm painting I'm usually not sure about how I should continue.

5. What are your next steps or goals in art or personal growth?

Actually I want to keep practicing to achieve what I want that is being sure of how to draw.

Name: Diana Alvarez

Email: dianaalvarez3775@gmail.com

Age: 19

Therapy Through Art Classes - Student Assessment Questionnaire

Thank you for participating in the Therapy Through Art Classes. Your feedback helps us improve and support your continued growth through creativity and expression.

Please take a moment to complete this short assessment.

1. What did you enjoy most about the Therapy Through Art classes?

Being able to learn how to express through art, and seeing other's art.

2. What did you learn during the program?

I learned that there isn't a specific way of creating art.

3. Did the art sessions help you express yourself better? Please explain.

yes.

4. What challenges did you face, if any, during the classes?

Having confidence in myself and my art.

5. What are your next steps or goals in art or personal growth?

Name: Sophia Berbeloy

Email: SophiaBerbeloy20@gmail.com

Age: 15

Therapy Through Art Classes - Student Assessment Questionnaire

Thank you for participating in the Therapy Through Art Classes. Your feedback helps us improve and support your continued growth through creativity and expression.

Please take a moment to complete this short assessment.

1. What did you enjoy most about the Therapy Through Art classes?

~~I~~ I liked that I could express myself through art.

2. What did you learn during the program?

Different art ~~tech~~ techniques

3. Did the art sessions help you express yourself better? Please explain.

Yes it did it pushed me out of my comfort zone

4. What challenges did you face, if any, during the classes?

the shading part kind of challenged me

5. What are your next steps or goals in art or personal growth?

To step out of my comfort zone

Name: Kailani White

Email: queenwaffles25@gmail.com

Age: 18

Therapy Through Art Classes - Student Assessment Questionnaire

Thank you for participating in the Therapy Through Art Classes. Your feedback helps us improve and support your continued growth through creativity and expression.

Please take a moment to complete this short assessment.

1. What did you enjoy most about the Therapy Through Art classes?

I enjoyed the peaceful atmosphere of the classes. There weren't any pressures or stressors.

2. What did you learn during the program?

I learned how to work with different mediums such as watercolor and acrylic paints.

3. Did the art sessions help you express yourself better? Please explain.

They sort of did. I got to let my creativity run wild with some projects, which meant I got to be a little silly.

4. What challenges did you face, if any, during the classes?

The biggest challenge I faced was comparing my work to others.

5. What are your next steps or goals in art or personal growth?

Honestly, the main goal is to keep creating and have fun doing it.

Name: Leslie Miranda

Email: lesmiranda20@gmail.com

Age: 17

Therapy Through Art Classes - Student Assessment Questionnaire

Thank you for participating in the Therapy Through Art Classes. Your feedback helps us improve and support your continued growth through creativity and expression.

Please take a moment to complete this short assessment.

1. What did you enjoy most about the Therapy Through Art classes?

what I enjoyed most about the therapy through art class is the different styles everyone has.

2. What did you learn during the program?

I learned that everyone has different reasons to do art.

3. Did the art sessions help you express yourself better? Please explain.

yes, I felt like I could be more expressive in my art and put myself in what I make.

4. What challenges did you face, if any, during the classes?

I felt nervous with socializing.

5. What are your next steps or goals in art or personal growth?

I plan to continue doing art for my own enjoyment

Name: Alex Conboy

Email: _____

Age: 22

Therapy Through Art Classes - Student Assessment Questionnaire

Thank you for participating in the Therapy Through Art Classes. Your feedback helps us improve and support your continued growth through creativity and expression. Please take a moment to complete this short assessment.

1. What did you enjoy most about the Therapy Through Art classes?

using different mediums & art

2. What did you learn during the program?

How to use different art mediums better

3. Did the art sessions help you express yourself better? Please explain.

It helped me express myself through knowing how to use different mediums better

4. What challenges did you face, if any, during the classes?

I'm not so good with watercolor and paint overall though

5. What are your next steps or goals in art or personal growth?

Trying to develop my own art style

Name: laura Obando

Email: laura_Camila12@hotmail.com

Age: 24

Therapy Through Art Classes - Student Assessment Questionnaire

Thank you for participating in the Therapy Through Art Classes. Your feedback helps us improve and support your continued growth through creativity and expression.

Please take a moment to complete this short assessment.

1. What did you enjoy most about the Therapy Through Art classes?

El arte es una forma de despejar la mente y disfruto poder expresarme a través de la creatividad.

2. What did you learn during the program?

Aprender que debemos cambiar de ambiente y disfrutar de estos espacios.

3. Did the art sessions help you express yourself better? Please explain.

Si, siento que podemos expresar nuestras emociones.

4. What challenges did you face, if any, during the classes?

A veces pensar que no tengo talento pero es bueno darme cuenta de que si.

5. What are your next steps or goals in art or personal growth?

Aprender a disfrutar espacios conmigo misma y tambien aprender todo lo que estos espacios permitan.

Name: Zoe Jones

Email: jzosenca@gmail.com

Age: 15

Therapy Through Art Classes - Student Assessment Questionnaire

Thank you for participating in the Therapy Through Art Classes. Your feedback helps us improve and support your continued growth through creativity and expression.

Please take a moment to complete this short assessment.

1. What did you enjoy most about the Therapy Through Art classes?

I enjoyed that the class was very welcoming and easy paced.

2. What did you learn during the program?

I learned ~~how to shade~~ about the different shading techniques, and how to make colors darker using water colors.

3. Did the art sessions help you express yourself better? Please explain.

I feel like it did by ~~add~~ getting me out of my comfort zone and trying something new.

4. What challenges did you face, if any, during the classes?

I faced none.

5. What are your next steps or goals in art or personal growth?

For myself, is to step out and try new things and to get out of my comfort zone, and interact more.

Name: Rachelle Gonzalez

Email: RachelleGonzalez04@gmail.com

Age: 20

Therapy Through Art Classes - Student Assessment Questionnaire

Thank you for participating in the Therapy Through Art Classes. Your feedback helps us improve and support your continued growth through creativity and expression.

Please take a moment to complete this short assessment.

1. What did you enjoy most about the Therapy Through Art classes?

I enjoyed doing different art mediums each week.

2. What did you learn during the program?

I learned how to shade a lot better. I also learned how emotions affect your drawings.

3. Did the art sessions help you express yourself better? Please explain.

Yes, they allowed me to be more relaxed.

4. What challenges did you face, if any, during the classes?

One challenge I faced was with still life. I had trouble finding one way to draw.

5. What are your next steps or goals in art or personal growth?

My next steps are to join a long term art class/club for fun.

Name: Joselyn Torres

Email: Joselyn.Torres590@gmail.com

Age: 17

Therapy Through Art Classes - Student Assessment Questionnaire

Thank you for participating in the Therapy Through Art Classes. Your feedback helps us improve and support your continued growth through creativity and expression.

Please take a moment to complete this short assessment.

1. What did you enjoy most about the Therapy Through Art classes?

Water Painting, the way I found Peace doing it.

2. What did you learn during the program?

Shading and shapes

3. Did the art sessions help you express yourself better? Please explain.

It did as I use art as a way to express myself

4. What challenges did you face, if any, during the classes?

drawing small details.

5. What are your next steps or goals in art or personal growth?

learn how to draw better.

Name: De'Vahn Terry

Email: devalm402@gmail.com

Age: 20

Therapy Through Art Classes - Student Assessment Questionnaire

Thank you for participating in the Therapy Through Art Classes. Your feedback helps us improve and support your continued growth through creativity and expression.

Please take a moment to complete this short assessment.

1. What did you enjoy most about the Therapy Through Art classes?

What I liked most about the Art therapy classes were how fun and calming they were. We all had the same objective but different outcomes and that was great to see and feel.

2. What did you learn during the program?

- How watercolor works and how it's more simple than I thought.
- How to control my anxiety

3. Did the art sessions help you express yourself better? Please explain.

Yes, the classes helped me expose my true artstyle. I found out that my artstyle is more dark and calming.

4. What challenges did you face, if any, during the classes?

None

5. What are your next steps or goals in art or personal growth?

Exploring my artstyle more

Name: Micah

Email: _____

Age: 23

Therapy Through Art Classes - Student Assessment Questionnaire

Thank you for participating in the Therapy Through Art Classes. Your feedback helps us improve and support your continued growth through creativity and expression.

Please take a moment to complete this short assessment.

1. What did you enjoy most about the Therapy Through Art classes?

Probably water color painting. I've done it before.

2. What did you learn during the program?

How to paint better with wet paint

3. Did the art sessions help you express yourself better? Please explain.

In a way. Helped me realize how much I like painting and drawing.

4. What challenges did you face, if any, during the classes?

How to make complementary colors and mixing, blending, and changing styles.

5. What are your next steps or goals in art or personal growth?

Trying to explore different art medias and just letting me be me...

Name: Riana Gomez Rodriguez

Email: gomezkara@hotmail.com

Age: 26

Therapy Through Art Classes - Student Assessment Questionnaire

Thank you for participating in the Therapy Through Art Classes. Your feedback helps us improve and support your continued growth through creativity and expression.

Please take a moment to complete this short assessment.

1. What did you enjoy most about the Therapy Through Art classes?

Puedo expresar mis emociones y sentimientos a través del arte.

2. What did you learn during the program?

Aprendí que el arte nos sirve como terapia para poder expresarnos.

3. Did the art sessions help you express yourself better? Please explain.

SI, gracias a que a través del arte me pude expresar y conocer personal.

4. What challenges did you face, if any, during the classes?

Yo me considero una persona poco artística y creativa así que lo más difícil era dejar volar la imaginación.

5. What are your next steps or goals in art or personal growth?

El próximo paso es seguir aprendiendo técnicas de pintura y de dibujo, también poder transmitir lo aprendido a otros.

Name: Leydy Garcia Soto

Email: leydygs777@gmail.com

Age: 19

Therapy Through Art Classes - Student Assessment Questionnaire

Thank you for participating in the Therapy Through Art Classes. Your feedback helps us improve and support your continued growth through creativity and expression.

Please take a moment to complete this short assessment.

1. What did you enjoy most about the Therapy Through Art classes?

The environment is quiet and relaxing.
Also there is no social pressure.

2. What did you learn during the program?

I learned I can relax through simple activities such as painting and drawing.

3. Did the art sessions help you express yourself better? Please explain.

The art sessions helped me relax.

4. What challenges did you face, if any, during the classes?

I didn't face challenges

5. What are your next steps or goals in art or personal growth?

-try to paint more often during my free time.

Name: Emilson Cruz

Email: emilfred.09@gmail.com

Age: 16

Therapy Through Art Classes - Student Assessment Questionnaire

Thank you for participating in the Therapy Through Art Classes. Your feedback helps us improve and support your continued growth through creativity and expression.

Please take a moment to complete this short assessment.

1. What did you enjoy most about the Therapy Through Art classes?

I liked that we touched a lot of the categories of art like water painting and sketching. I also like that we met different people.

2. What did you learn during the program?

I learned new things from art and now it is, I also learned that people say that art is easy but I learned that it is really hard.

3. Did the art sessions help you express yourself better? Please explain.

Yes because we had the opportunity to draw things where we were able to express ourselves.

4. What challenges did you face, if any, during the classes?

I did face that I have drawn so this was new to me.

5. What are your next steps or goals in art or personal growth?

I want to learn more and explore different art styles,

Name: Logan Dehoer

Email: Dehoerlogan4@gmail.com

Age: 20

Therapy Through Art Classes - Student Assessment Questionnaire

Thank you for participating in the Therapy Through Art Classes. Your feedback helps us improve and support your continued growth through creativity and expression. Please take a moment to complete this short assessment.

1. What did you enjoy most about the Therapy Through Art classes?

Connect with people.

2. What did you learn during the program?

I learned about shading techniques.

3. Did the art sessions help you express yourself better? Please explain.

Yes, it helps me the way I express in art and combined it with my feelings.

4. What challenges did you face, if any, during the classes?

I didn't know about shading and the techniques it had so for the first time was a little difficult.

5. What are your next steps or goals in art or personal growth?

I want to be able to express my emotions through art and interact with the people who feel kind of the same.

Name: Atiya Kingstand

Email: Kingstandatiya@gmail.com

Age: 16

Therapy Through Art Classes - Student Assessment Questionnaire

Thank you for participating in the Therapy Through Art Classes. Your feedback helps us improve and support your continued growth through creativity and expression.

Please take a moment to complete this short assessment.

1. What did you enjoy most about the Therapy Through Art classes?

I enjoyed the multimedia aspect of the class.

I liked being able to experiment with new mediums.

2. What did you learn during the program?

I learned how to use new mediums and also the science behind art as a coping mechanism.

3. Did the art sessions help you express yourself better? Please explain.

The art sessions helped me express myself better once the tutorials were over. It also taught me other ways to express myself that aren't purely acrylic, graphite, or digital.

4. What challenges did you face, if any, during the classes?

To be honest, I faced no issues during the classes.

5. What are your next steps or goals in art or personal growth?

My next steps are to become more technical and supposedly learn 3 more languages in art.

Name: Art

Email: Owlwhicker11@gmail.com

Age: 16

Therapy Through Art Classes - Student Assessment Questionnaire

Thank you for participating in the Therapy Through Art Classes. Your feedback helps us improve and support your continued growth through creativity and expression.

Please take a moment to complete this short assessment.

1. What did you enjoy most about the Therapy Through Art classes?

The free paint and brushes

2. What did you learn during the program?

I learned that professional artist paint the sides of their canvas

3. Did the art sessions help you express yourself better? Please explain.

Yes, It gave me a quite place to express myself through painting.

4. What challenges did you face, if any, during the classes?

The chairs are a bit uncomfortable

5. What are your next steps or goals in art or personal growth?