**Sketchbook/Journaling**

(Taken from *The AP Vertical Teams Guide for Studio Art*)

Recording visual ideas through drawing, designing and later writing has been an integral part of the art process from prehistoric times to the present. Today it remains an essential step in the process for artists engaged in creating two-dimensional and three-dimensional art. We are all attracted to recording ideas because it offers us a channel for imagination, yet requires minimal preparation or materials.

Sketchbooks are valuable not only for their accessibility but also for their intimacy and the fact that they provide a self-contained means to work through ideas. Visual thinking, combined with the practice of making, analyzing and interpreting, leads to a more advanced level of visual literacy.

Artists, being sensitive to materials, respond easily to new media. The sketchbook can become a special place to experiment, play, record ideas and memories, and write thoughts, quotes, or poetry. It may become a depository for images or texts clipped from other sources to act as a catalyst in future art-making. The sketchbook can be a private place to challenge old habits and take risks. Frequently, the student artist feels pressure to “produce” art within the sketchbook. Often, this pressure is self imposed.

Listed below are some suggestions for exploring and experimenting in your sketchbook:

\*Tear paper and pages

\*Cut areas away

\*Try out different materials

\*Use color

\*Paint pages

\*Incorporate transparency

\*Juxtapose images

\*Draw

\*Paint

\*Create secret compartments

\*Illustrate a poem, quote, or lyric

\*Attach objects

\*Collage/Assemblage

\*Incorporate photographs

\*Create flaps that lift to view

\*Sew

\*Weave paper

Do you need some more ideas or would you like to see some examples?

Try researching sketchbooks, junk journals, art journals, visual journals, or smashbooks. If you’re familiar with the website Pinterest, that might be another resource to use (try searching “Pinterest + any of the topics listed above” on Google or in Pinterest’s search field itself).