Site specific.

So in looking where I wanted to do my site specific, I considered a lot of places here in Swansea and at home in the north of wales. In Barmouth where I'm from it's a beautiful seaside town with its classic council estate end, I did consider doing my work there in my community but to be honest being away from home for so long has affected my connection there, it'll always be home but I have moved on. So my site specific will be my first stepping stone to independent life, my accommodation, my first home, where I met people I'm never going to forget but I kind of want to also show the isolation I felt here during the last year. Also just I wanted to communicate what the four walls of my room in a flat of 7 have seen the tears, the laughter, the highs and lows of the lows.

In my research I wanted to understand other students' experiences in their accommodation too or just the mental health of students and how the pressure of this current pandemic situation has left them feeling , maybe also showing their experiences through using my four walls.

"Global events aside, student mental health and anxiety is already a significant issue across the country. The most extensive study ever done on the topic found that 1 in 5 students suffers from a mental health issue, with depression and anxiety topping the list. Around 1 in 3 uni students has experienced an issue for which they felt the need for professional help. Student mental health statistics also indicate that:"

33% of students often or always feel lonely

8% of students often or always feel anxious or worried

The study also found that feelings of loneliness and worry almost always exclusively appear together, which means students who are homesick or isolated are vulnerable when it comes to

struggles with mental health right now.

Main Sources of Stress

Isolation and health-related anxiety are triggering stress in young adults right now. Some of the main factors that impact student mental health include

Up until March 17, around 46% of 18-24 year-olds were going outside as usual during the coronavirus outbreak, but with the latest lockdown measures put into place across the UK, more people have started to take self-isolation seriously.

“The escalation has caused many students to become anxious about the state of their physical health, and the health of their families, with the press reporting that international students are especially concerned about returning home and potentially putting their loved ones at risk.”

my mum being a key worker, working with vulnerable people, my dad still being advised to stay in and shield. It was honestly like being between a rock and a hard place, with my mental health declining and honestly just my motivation to just to get up to eat fleeting. The place I felt most safe in all aspects e.g protecting my most loved ones and myself was my flat in Swansea but I didn't feel safe mentally, I knew isolating in Swansea was my best bet to keep everyone physically safe but I was losing myself. Not socialising when I could, barley left my room to get something from the kitchen, showering was a chore and the people closest felt further away than ever!

I also wanted to try and communicate to people the struggle the first years must have gone through not being able to go to social events that I know helped me meeting the people I trust most today. The only place they were welcomed to was there flat and some people were on their own in there flats due to different tiers and different regulations for weeks on end.

“Making new friends can be a struggle, and student mental health can be impacted as new students can often feel isolated and left out when starting their university years. Joining in on local student societies, sports and cultural activities can help students to connect with others and feel less isolated.

Now, however, social distancing is making it harder than before for students to make these connections, and events like London Pride, Glastonbury, Record Store Day, and more being cancelled or postponed. Read more here about coping with loneliness at university.”

Still being asked to create, I was forced to add another stress to this room which I already had such hatred for at the time, it was absolutely hell trying to be my best at my worse confined in a place that I related to a prison cell at that point.

“Seven in ten 18-24-year-olds feel anxious about employment and their ability to earn money in

the near future due to the COVID-19 epidemic.

With the job market becoming ever more competitive, students are under increased pressure to

maintain good grades and excel in their chosen field of study. Today’s students spend more time

studying compared to previous generations, face more competition in their career, and also find

it more challenging to achieve job satisfaction.”

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He said there had been an "exodus of students" during the night on Friday, with more than 50 leaving the building.

A spokesperson for the university said it was "not asking for whole halls of student accommodation to self-isolate" but there were currently "a small number of positive cases" and the university was providing care and support to those self-isolating.

A sign reading "students not criminals" was displayed at Murano Street Student Village in Glasgow

University and College Union general secretary Jo Grady described the lockdown at Manchester Met as "the latest catastrophe in a week where wholly predictable - and predicted - Covid outbreaks have caused havoc".

There was "no point encouraging students to come to university to self-isolate for a fortnight", she added.

And the National Union of Students (NUS) said students should be able to return to their families because being "trapped" in university accommodation would only add to their anxiety at an already difficult time.

It called for universities to support students with food deliveries and provide access to mental health services.

"We must remember this is happening because the government and

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Coronavirus: Students 'scared and confused' as halls lock down

26 September 2020

Coronavirus pandemic

NHS staff hand out test kits to students at Glasgow University, where there has been a Covid-19 outbreak

Students have spoken of their worry and confusion at being locked down in their university halls, in a situation described by unions as "shambolic".

Up to **1,700 students at Manchester Metropolitan University** and hundreds at other institutions, including in Edinburgh and Glasgow, are self-isolating

Up to 1,700 students at Manchester Metropolitan

University and hundreds at other institutions,

including in Edinburgh and Glasgow, are

self-isolating following Covid-19 outbreaks.

In Manchester, students are being prevented from

leaving by security.

Universities UK said the wellbeing of students was

"the first priority".

Robert Halfon, the conservative chairman of the

Education Select Committee, said 3,000 students

were in lockdown at universities from Dundee to Exeter.

He called for the government and its scientific

advisers to reassure students and families by setting out the policy for England - and warned

having students in lockdown at Christmas would cause "huge anguish".

Mr Halfon said universities should also consider discounts to students who were not being

taught face-to-face.

Aberlardo Morell

A camera Obscura a room with a small in one side, light from the external scene passes through the hole and strikes a surface inside, where the scene is reproduced.
This work from Morell interests me, a lot it's a way of bringing the outside inside as you can see in the example, I love the detail you can achieve using such a simple technique.

Camera Obscura Times Sqaure in hotel room 1997

Looking at these images has inspired me to experiment with this technique, it may give me license to introduce other rooms into my work instead of it just being in my room. I won't have New York reflecting back onto my room but it will introduce something else to it as I am surrounded by other buildings in the one window and mountains in the other. The detail of the Eiffel Tower is awesome and there's an illustration next to it of Paris with the Eiffel Tower. I think that's a nice quirky detail. A very interesting image that could work nicely in a site specific project

Camera Obscura view of Eiffel Tower in the hotel frantour, 1999

James Turrell

Dark spaces

A Turrell Dark Space is an enclosed room with no seemingly perceivable light. The concept of a Dark Space is not about what one is supposed to see but the experience of what Turrell describes as “seeing yourself see.”

This artwork of Turrell’s makes me feel very peaceful and relaxed, the soft appearance of the blue with the enhancement of the red/orange just makes me feel peaceful, it reminds me of a flower. The dark spaces are my favourite from turrell I feel most content when looking at darkness with a little light it's most relatable… The light that survives the darkness is more intriguing. I feel like you look at it closer,you analyse it more I mean it can be anything you want it to be.
A fleeting fire that gets consumed pretty quick with the lack of oxygen.

This piece like the other I find fascinating to look at I feel like the opposite is happening in this image instead of the light sort of fleeting away I feel as if this light is appearing the middle is definitely warmer than the other, I feel like it's a waring kind of makes me feel a little unsettled.

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