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I am writing this essay in preparation for my third year dissertation. In this essay I will explore the three keywords that I have decided to use in my third year dissertation, along with three theorists or artists that can be linked to these keywords. These will be alongside images that can help contextualise what I'm writing about, and then finally ending with how these keywords and theorists have led to the question that I have come up with to research and explore in my third year dissertation.

The first keyword that I have decided to look at and explore is the word 'passion'. Passion is caring about something so much that you love doing it and enjoy it. Passion is a very important part of my area of study which is graphic design. It's a major driving force when it comes to getting projects done and meeting deadlines. If you're passionate about what you're doing, it becomes incredibly easy to produce work of a high standard because what you're doing feels less like work and more like a fun activity. However, choosing to do projects which are of no interest to you, or forcing yourself to work on a project on a day when you have less enthusiasm than you usually do is unhealthy. If you're forcing yourself to do a project that you feel little to no passion for, it will be extremely difficult to produce work in general, let alone work of a high standard. If you are passionate about a project but find on one day you aren't enjoying it, this is probably burnout. Luckily, just taking a break and focusing on a different project or something else altogether, whether that be another creative venture you enjoy or just something you enjoy that isn't creative, this can help reinvigorate your passion for the project again. Another reason I have chosen passion as my first keyword is because it links well to my area of study but also links well to my other two keywords which I will talk about soon.

The theorists whose writing and excerpts I have decided to use to help me explore passion as my first keyword is a theorist named 'Robert J. Vallerand'. Some of the writings he has written are 'The Dualistic Model of Passion' and 'The Role of Passion in Sustainable Psychological well-being'. I also have looked into another theorist to help explore passion, known as 'Daniel S. Bailis' who has written 'Lay theories of passion in the academic domain'. Having these two theorists will help give a bit of variety to my writing when it comes to my third year essay writing. Vallerand writes about passion in a very similar way I have above stating "Passion is defined as a strong inclination for a self-defining activity that we love, value, and spend a considerable amount of time on" (Vallerand R.J. (2016) The Dualistic Model of Passion: Theory, Research, and Implications for the Field of Education. In: Liu W., Wang J., Ryan R. (eds) Building Autonomous Learners. Springer, Singapore. https://doi.org/10.1007/978-981-287-630-0_3). This is very accurate to the way I describe passion earlier in this essay, and it's very true. In graphic design we spend a lot of time on the projects that we are passionate about because we "love" what we're doing and we "value" it so we end up spending a "considerable amount of time" on whatever it is we're working on. However, Vallerand also mentions that there are two types of passion "Two types of passion are proposed: a harmonious and an obsessive passion. Obsessive passion is involved when people feel that they can't help themselves and surrender to their desire to engage in the passionate activity" (Vallerand R.J. (2016) The Dualistic Model of Passion: Theory, Research, and Implications for the Field of Education. In: Liu W., Wang J., Ryan R. (eds) Building Autonomous Learners. Springer, Singapore. https://doi.org/10.1007/978-981-287-630-0_3). This is an unhealthy type of passion as obsessing over something doesn't mean you are enjoying it. While this isn't the type of passion I was planning on focusing on in my third year dissertation, this could be a very interesting opposite to healthy passion and could be very interesting to explore. Vallerand also talks about the healthier type of passion "On the other hand, harmonious passion refers to a strong inclination for the activity that nevertheless remains under the person's control. The person can choose when to and when not to

engage in the activity. Harmonious passion results from an autonomous internalization of the activity in identity.” (Vallerand R.J. (2016) The Dualistic Model of Passion: Theory, Research, and Implications for the Field of Education. In: Liu W., Wang J., Ryan R. (eds) Building Autonomous Learners. Springer, Singapore. https://doi.org/10.1007/978-981-287-630-0_3). Harmonious passion is more along the lines of the passion I was thinking of when I chose is as my keyword. The fact you enjoy what you're doing but you know when to take breaks and when you want to continue working. It's less about the amount of time that you spend and more about the fact that you are enjoying what you are doing, whereas obsessive passion is seen as being unable to focus on what you're doing therefore becoming obsessed with doing it just to complete it “obsessive passion is related to less adaptive and at times maladaptive outcomes.” (Vallerand R.J. (2016) The Dualistic Model of Passion: Theory, Research, and Implications for the Field of Education. In: Liu W., Wang J., Ryan R. (eds) Building Autonomous Learners. Springer, Singapore. https://doi.org/10.1007/978-981-287-630-0_3).

The second keyword I chose was the word hobby. A hobby is usually something people do in their spare time because it's something they enjoy or find satisfaction from. I wanted to explore how graphic design could also be seen as a hobby. For example, if you're in the process of doing a university project you start early in the morning and you're working through it and the next thing you know six hours have passed. At this point I feel like the work and the art of producing has become more of a hobby and less of a job. And this is a good thing. Enjoying what you're doing is very important in this area of work and study, much like I said when I was writing about passion as my first keyword. This also means that both of these keywords link well together as a hobby is almost always something you are passionate about and is usually never obsessive passion but a harmonious passion as described by Vallerand. Another reason I chose hobby to be my second keyword is because in graphic design and possibly in other creative areas of study, people have passion projects: projects they do because they enjoy what they're doing and they care about whatever subject matter the project is based on or about. Passion projects are a very good example of graphic design being a hobby and not a job because these projects are completely optional, there is no pay for doing them, no reward in a physical form and no grade given for them. The only reason people do them is for the pure enjoyment they get out of doing it and the satisfaction they get when they finally finish whatever passion project they were creating and working on. In some cases, having a passion project as a hobby alongside the actual working side to graphic design can lead to potential business opportunities. Someone may like the project you have produced and would like to pay you to use it or to have one produced in a similar style. A potential client may like the colour palette and style and request a commission. In other cases a certain design may even be a good enough design for some clothing.

For this second keyword I don't have a particular theorist whose work I will be using but rather different pieces of text from different online writings. The first writing is called 'Serious play: A comparative study of engagement and learning in hobby practices' written by [Flávio S. Azevedo](#). Azevedo writes about how a hobby or hobbies are “a free-choice practice” (Azevedo, FS.A, 2005, Serious play: A comparative study of engagement and learning in hobby practices, https://www.researchgate.net/publication/234401670_Serious_play_A_comparative_study_of_engagement_and_learning_in_hobby_practices). This is true as hobbies are things you do because you want to and not because you need to or have to. He also writes about how hobbies are “Hobbies are prototypic of free-choice, self-motivated, extended pursuit practices” (Azevedo, FS.A, 2005, Serious play: A comparative study of engagement and learning in hobby practices, https://www.researchgate.net/publication/234401670_Serious_play_A_comparative_study_of_engagement_and_learning_in_hobby_practices). Azevedo is correct in what he writes, not only are hobbies usually a free choice activity but you are easily self motivated to do whatever the hobby requires and you will continue to do the activity for much longer than something you aren't enjoying. This is something I would like to explore further in my third year dissertation and could perhaps link to the obsessive passion that was talked about earlier. Even though something is a hobby and is being enjoyed, it may be seen as an obsessive passion if so much time is spent on it. I'd like

to explore this further and look into what's a healthy hobby and passion and possibly what can be considered unhealthy. I will also explore how having a hobby is healthy and good for you but also the negative effects such as it being too distracting and pulling you away from the work required rather than just being a small break from the actual work that you should be focusing on.

The third and final keyword I chose is creativity. I chose creativity as the final keyword because I think it links in well with my other two keywords: passion and hobby. Creativity is a key part to my area of study as it is graphic design and without creativity, it is almost impossible to produce any work at all, let alone work of a high standard. Creativity works almost harmoniously with passion. Having passion means that you are enjoying what you are doing and this means that creativity will come more easily to you for the project that you are working on or the piece of art that you are creating. If it's a passion project that you are very passionate about then creativity should be incredibly easy to come by. However, if you are doing a project you aren't interested in or a project that you have burned yourself out on or a project that you've just simply lost interest in, you will lack in creativity because you do not care as much about the work that you are producing or trying to produce. Creativity links very well to passion because having both can lead to a phenomenal project end result but lacking one or the other or both can result in work of a sub par standard and make the actual working process incredibly unenjoyable. At this point, the process of being designer stops being a hobby and becomes a job again and this means you aren't enjoying it any more which isn't good. This could allow me to look into burnout as a potential idea for my third year dissertation or possibly look at what causes us to lose interest in a project and how we decide upon what projects we choose and which ones we avoid.

The theorist whose work and writings that I will most likely use to help me explore creativity and link to this third keyword is a man known as Vygotsky. Vygotsky explores creativity in children, and how exposing them to different things changes how they think. He also looks at how creativity is linked to the human consciousness and how there's a link between reality and imagination. He also explains what he believes creativity is and the creative process is linked to both real and imagined experiences. Some examples of Vygotsky's writing are as follows "Vygotsky regards the creative process of the human consciousness, the link between emotion and thought, and the role of the imagination." (Gunilla Lindqvist(2003)Vygotsky's Theory of Creativity,Creativity Research Journal,15:2-3,245-251,DOI:[10.1080/10400419.2003.9651416](https://doi.org/10.1080/10400419.2003.9651416)). He mentions the link between emotion and thought here which I mentioned a few sentences ago. Another one of his excerpts is "Vygotsky believed that creativity arises from any human activity that produces something new" (Penfold, L (2019). Vygotsky on collective creativity. Art Play Children learning. URL:<http://www.louisapenfold.com/collective-creativity-vygotsky/>). This is Vygotsky's definition of creativity which I find myself agreeing with. Creativity is whenever someone makes something new. It could also be considered whenever someone comes up with a new idea, however ideas can't be patented and so you could argue that creativity isn't a new idea but more so when the idea is acted upon to make something. Vygotsky also talks about how children playing is considered a creative activity "Vygotsky believed that the origins of creative imagination are situated in children's play. Play is understood as a creative act that reconstructs, appropriates and transforms human experience to produce new realities. Imaginative play is presented as an integral part of experiencing the world from new and multiple perspectives." ((Penfold, L (2019). Vygotsky on collective creativity. Art Play Children learning. URL:<http://www.louisapenfold.com/collective-creativity-vygotsky/>). This is another example of Vygotsky talking about the link between imagination and how this helps with creativity because children are imagining things that Vygotsky presumes are new things and experiences. Using Vygotsky and what he has written I can explore creativity and how over time as we get older how some people remain creatives and how others follow more academic paths instead.

After looking into my three keywords: passion, hobby and creativity, I began to think of potential questions I would like to look into and explore for my third year dissertation. I looked at each keyword individually, thinking about whether to try and focus slightly more on one key part rather than all three, and so I began to come up with question ideas that could be potential for my

essay next year. Some of the questions I came up with looked at passion and how it links to our creativity or how having a hobby can be healthy for keeping passion in our actual work projects. Some actual examples of the questions that I came up with are 'Are passions and hobbies linked together?' or 'Does having a creative hobby help when it comes to a creative career?'. I then came up with more ideas which were 'Why and/or how does having a hobby help our passion for being creative?' or 'Can having a creative hobby help with our passion for our creativity within our subject of study?'. After trying to mind map and brainstorm more question ideas for my third year dissertation, I finally came up with the question that I wanted to explore and try to answer and it was this: 'How does having a passion and/or hobby help with our creativity?'. This question uses all three of my keywords allowing me to explore all of the potential avenues in the question and I also find it very interesting as I personally have my own creative hobbies alongside my actual creative course. This makes it a lot easier for me to write about this question in my third year because I am actually interested about it and I care about what I'm exploring.