



Process Book

DAAP ID 2025

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CAPSTONE

What do you associate with femininity?

TO ANSWER THIS I CREATED...

A guided workshop created to question, share,
and collect our associations with femininity.

Broken up into what associations we want to...

PHASE 1

PRESERVE



TO HOLD



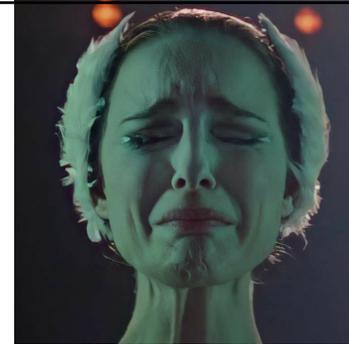
TO APPRECIATE

PHASE 2

DESTROY



TO BURN



TO REJECT

PHASE 3

TRANSFORM



TO CHANGE



TO REIMAGINE

to achieve phase four...

Revitalization

of femininity's contemporary value
and future legacy.

Before we talk about the details...

Why femininity?

Context

We live in a polarizing time.

It is easy to see value in masculinity.

But femininity is easily seen as weak, inferior, and wrong.

EXAMPLES:

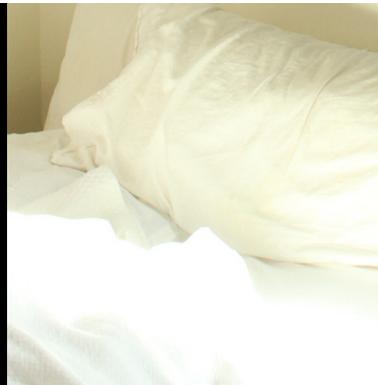
caring



softness



rest



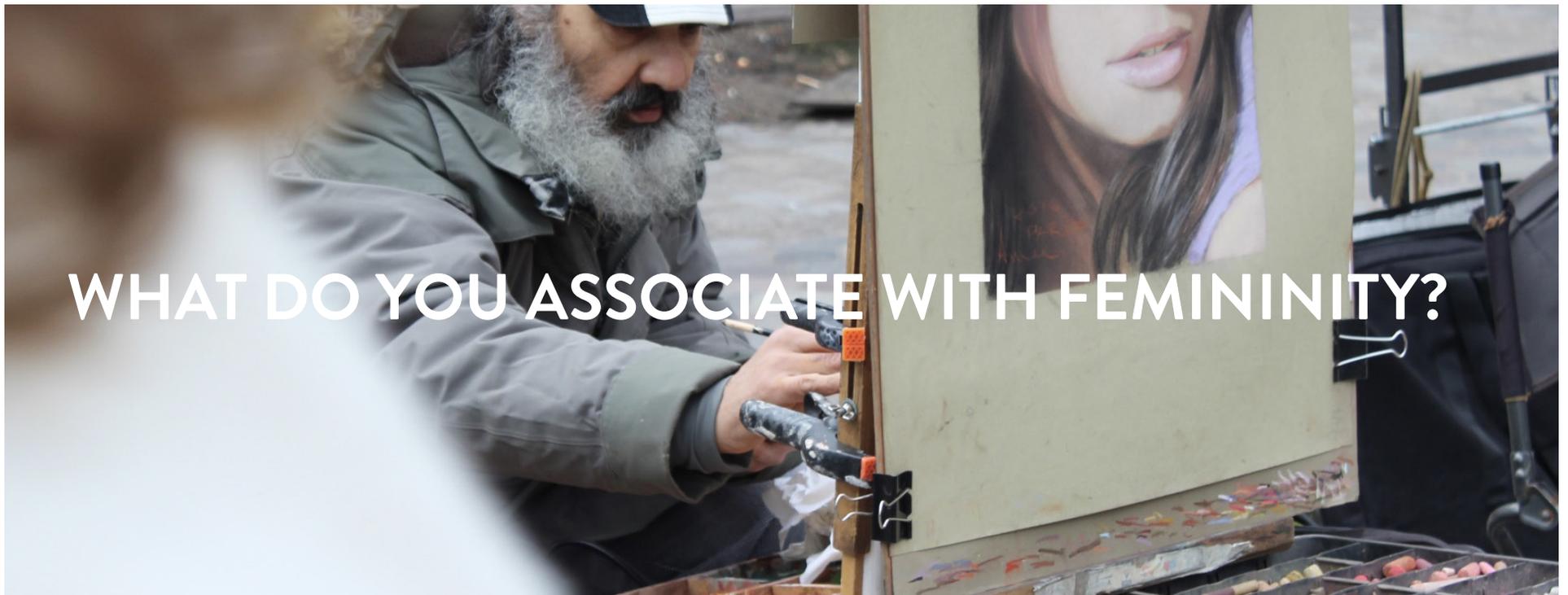
shrinking



vulnerability



Phase Four is not about defining what femininity is or isn't but rather pulling from our lived experiences to unveil what we associate with it. Through the process, igniting the question...



WHAT DO YOU ASSOCIATE WITH FEMININITY?

For more context as to why I focused on feminine associations, I created ...

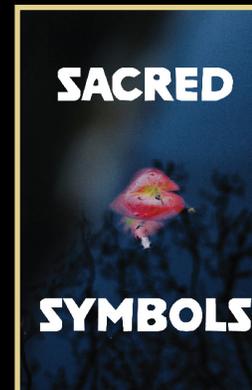
Zines



Why I didn't do a physical product.



Femininity is associated with everyone.



Symbolism of the workshop.



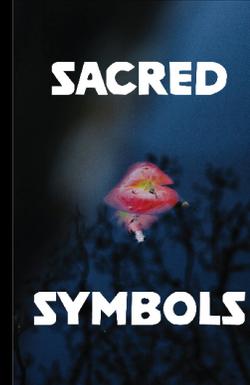
Feminine craft and care.



Why I didn't do a physical product.



Femininity is associated with everyone.



Symbolism of the workshop



Feminine craft and care.

**HAVE I BOUGHT MACE?
YES.
FOR PEACE OF MIND MOSTLY.
BUT IT DOESN'T STOP THE ROUTINED AWARENESS OR LINGERING FEAR.**

Estrogen is a hormone that is associated with femininity
but everyone has it.

Emotions or the state of being emotional is regarded as a feminine quality
but everyone has them.

4 seasons of "Mother" Earth
4 main phases of the moon
4 menstrual cycle phases
4 feminine archetypes

Here is to valuing feminine associated acts.

I chose to incorporate the feminine craft of basket making. The basket functions as the collection vessel because of its rich feminine history. In hopes of highlighting it's beauty and complexity.

I dedicate this book to my grandma and my mother. Thank you grandma for your continuous loving heart. I hope to carry on your legacy of sentimentality. Thank you mom for your tenacity. I hope to have half as much courage as you do. I will forever cherish the meals and homes you both became life-ins.

You are probably wondering...

**How did I get here as
an ID student?**

Catalyst

Catalyst

8 years ago, I had the privilege of meeting my mentor, Dr. Victoria Dickman-Burnett. She was teaching a sexual violence prevention unit in my high school English class.

In small-town Midwest America, this was an unheard-of precedent. I was profoundly moved by the class.

We started to write together about rape culture, girlhood, and mentorship in participatory action research.



Dr. Victoria Dickman-Burnett
Participatory Action Researcher

For my thesis, I wanted to merge my participatory action research in rape culture with design.

Abstract

This brief report discusses the use of second-person arts-based action research in the context of a participatory research team of one mentor researcher and two undergraduate student researchers studying their own relationship with rape culture through arts-based second-person inquiry. The inquiry involved two phases with intentional reflection between each phase. This report outlines how the second-person arts-based approach was used in the group to offer a framework to similar approaches for other groups in their own research practices. Second-person research approaches offer both the reflection of first-person research and the group discussion of second-person research, adding rich reflexive elements to existing participatory research projects. The arts-based elements enhance these processes with creativity and thoughtfulness.

Introduction

Sexual violence prevention participatory researchers have commonly engaged youth and young adults in their research (Beatriz et al., 2018). Given the high rate at which high school and college students experience victimization (Fisher et al., 2009; Harland, 2015), there are many benefits to engaging youth in the participatory research process. However, reflective first- and second-person action research approaches can provide deeper insights into young researchers' backgrounds with rape culture. Arts-based research can be especially evocative when working with youth. To that end, the goal of this report is to highlight the value of second-person arts-based research for existing action research teams and action research with youth.

Second-person action research allows young adults involved in ongoing participatory action research projects to reflect upon their personal



Throughout the reflection of our research I found a couple main hopes for the structure of my thesis...

Focus on range of feelings rather than just negative.

WHY 4 PHASES

Choose a topic with less vexed impressions with opportunity to change minds.

WHY FEMININITY

Social truths come from collective thoughts and/or passed down associations. There are many social truths regardless of difference of belief.

Social truth:
Pink is feminine.

WHY ASSOCIATIONS

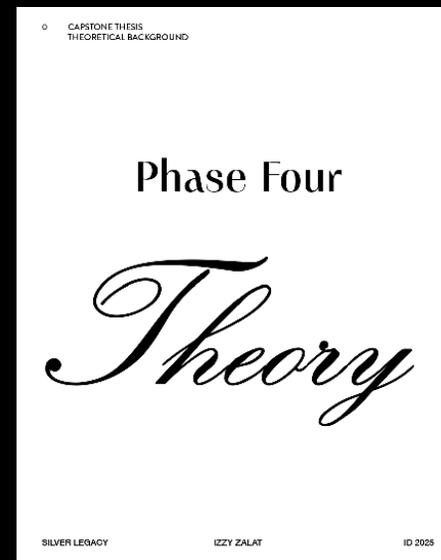
While the solution to a topic like the rape culture is nuanced and large,

burdens become lighter when they are shared and strengths become clearer when others see them.

WHY AN EXPERIENCE

That is why I chose ...

A workshop centered around feminine associations split into four phases.



For more info, read my theory background.

Define

A guided workshop created to question, share,
and collect our associations with femininity.

but further...

We question what associations we want to preserve through objects, destroy through words, and transform through symbols achieve 'phase four'; the revitalization of femininity's contemporary value and future legacy.

Achieving revitalization by...

Practicing vulnerability in a supported way.



Expanding our thoughts by questioning femininity's influence through polarities and the in-between.



Creating moments of inner reflection through designed interactions and prompts.



Promoting agency by asking the question "what do you WANT.."



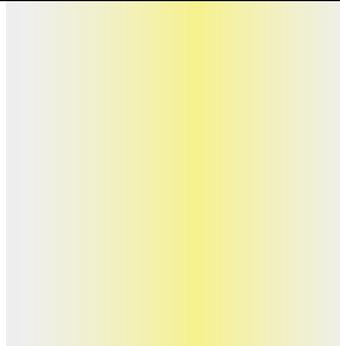
Goals

FOR MYSELF

Combining my past experiences in participatory action research research, experiential design, craft, and branding.



Collect an expansive representation of associations from the good to bad and all the in-between



Have a project that talks about femininity without trying to define or teach what it is or is not.



FOR OTHERS

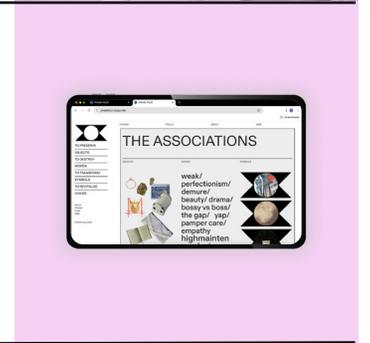
Create a space for women to share their intuitive knowledge and practice vulnerability.



Design a revitalizing experience that provides a collective remedy.



Show what we associate with femininity as a range of ideas and invite all to expand/question.

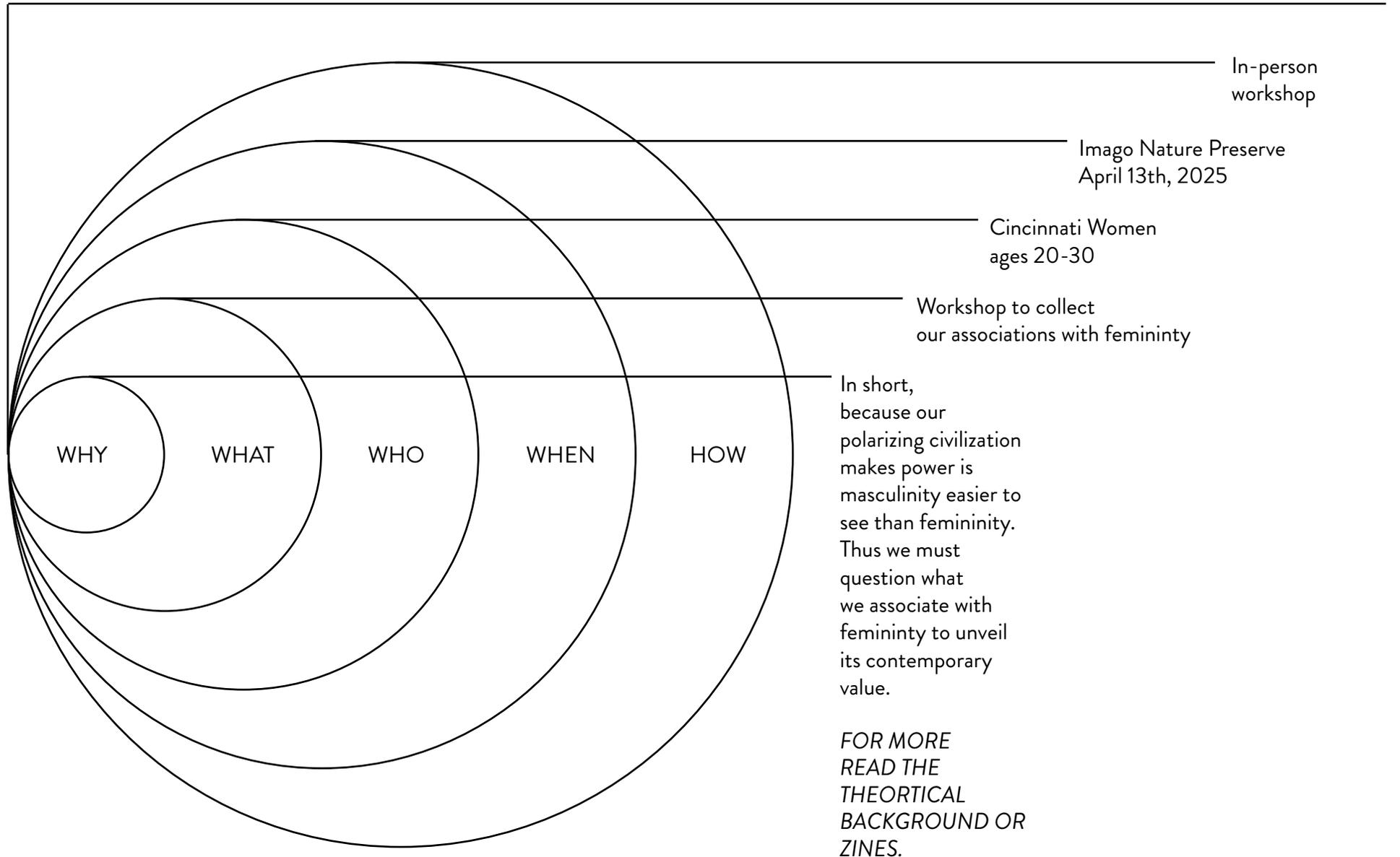


VALUE PROPOSITION



My workshop helps curious Cincinnati women ages 20-30 who want to question and share their associations with femininity through a range of phases to revitalize femininity's contemporary value and future legacy.

Breakdown



1

WHAT ASSOCIATIONS
WITH FEMININITY DO
YOU WANT TO
PRESERVE?

2

WHAT ASSOCIATIONS
WITH FEMININITY DO
YOU WANT TO
DESTROY?

3

WHAT ASSOCIATIONS
WITH FEMININITY DO
YOU WANT TO
TRANSFORM?

4

TO REVITALIZE
OUR THOUGHTS OF
FEMININITY

Phases

Phase 1

Preservation



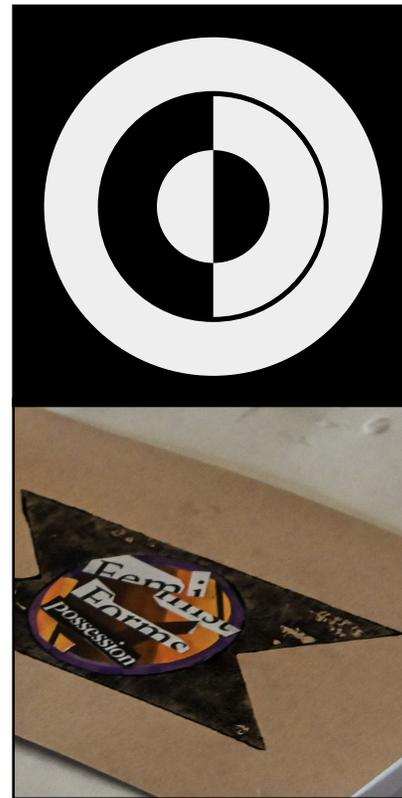
Phase 2

Destruction



Phase 3

Transformation

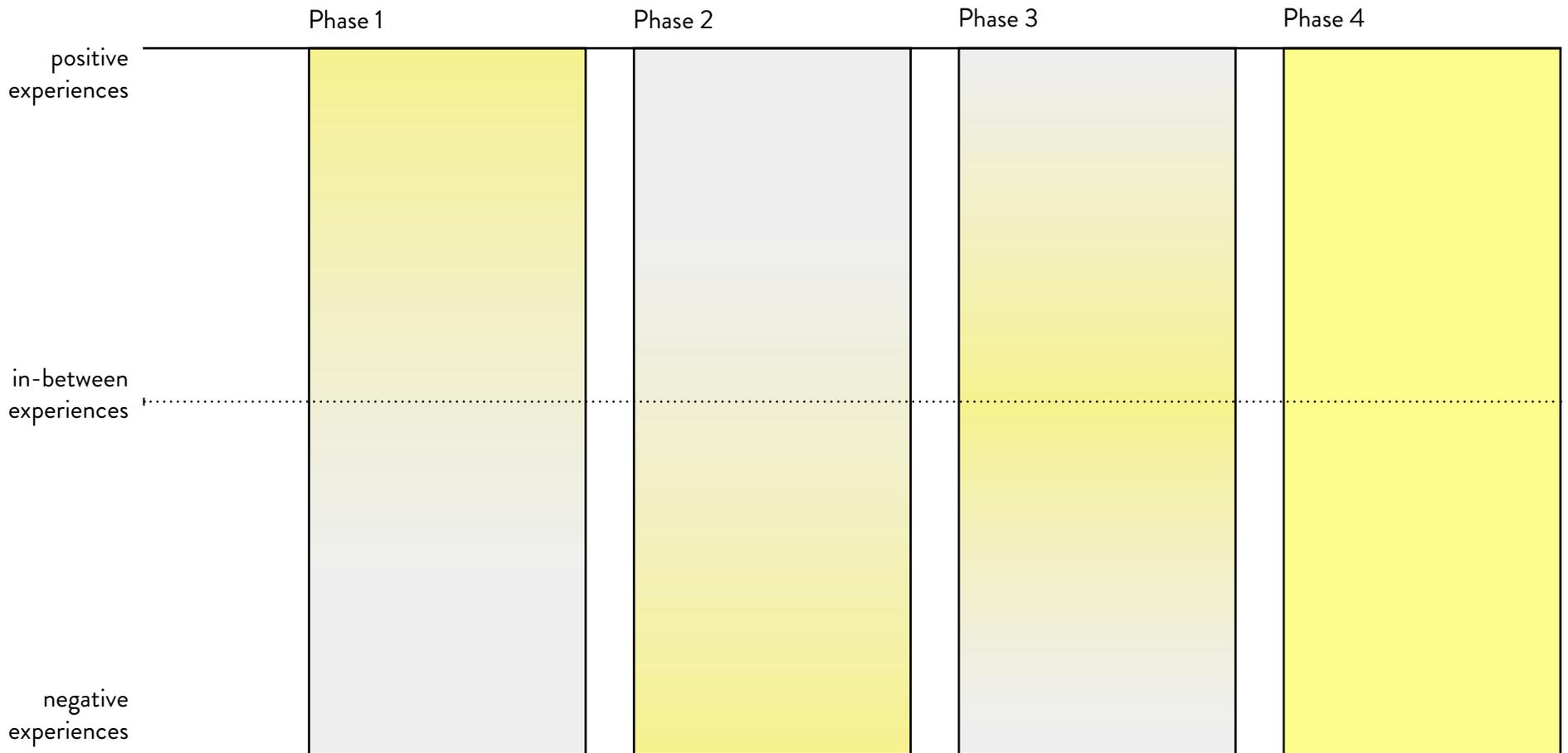


Phase 4

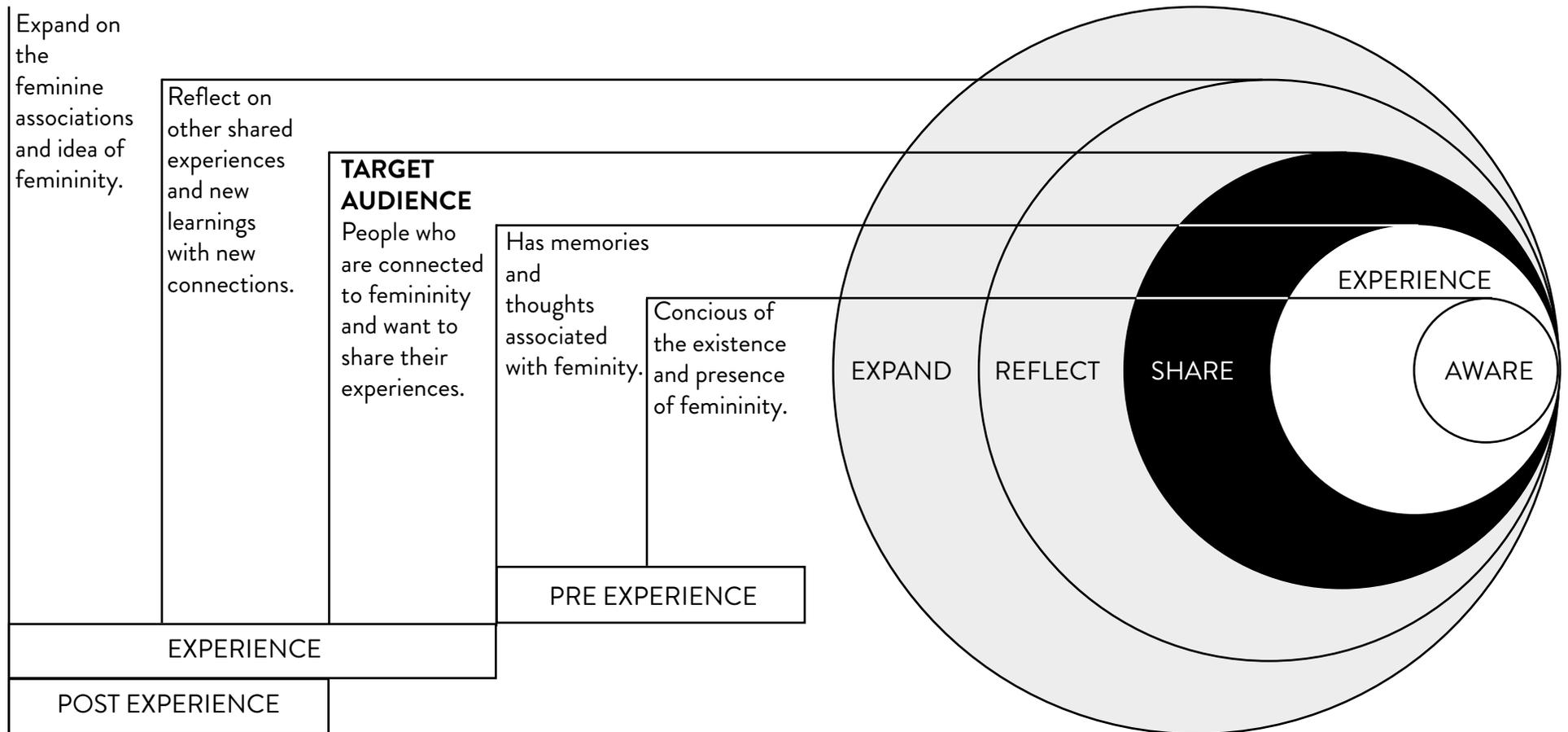
Revitalization



Range



Participant Background



Each phase has repeated qualities

Centering the discussion around a different form of association.

Balance between personal storytelling and collaborative dialogue guided by association form.

Collecting gut responses and intuitive thoughts.

Curated resources to sprinkle in associations for expansion.

**OBJECT
WORD
SYMBOL**



Details

PHASE	PROPOSAL	ACTION	EMOTIONS	MADE TOOLS	COLLECTED TOOLS	ASSOCIATION RESOURCES
1	PRESERVATION	HOLDING <i>TAKE UP SPACE</i>	JOY, LOVE, APPRECIATIVE, INSPIRED, CHEAKY, PLAY- FUL	BASKET	OBJECTS	TAKE UP SPACE, SELF-LIMITING BEHAVIORS// SHRINK IT AND PINK IT, WEAVING, VALUE IN HOME CRAFT VS CRAFTY, MOTHER CYBORG, FEMININE TOOLS, VESSELS, PROTECTIVE, ELEGANT, “UNDERWATER BASKET WEAVING”
2	DESTRUCTION	WRITING <i>RELEASING</i>	TIRED, FEAR, SAD, RAGE, JEALOUSY CRAZY, GUILT, SHAME	FIRE	WORDS	OBJECTIFYING (SEXUAL HARASSMENT), DONT GET RAPED INDUSTRIAL COMPLEX, BURNOUT // SPINSTERS, THOUGHT DAUGHTER GAY SON, WALKING THE LINE, ELISE LOEHAN, FERTILI- TY, JUNE JORDAN,ENDOMETRIOSIS & PCOS, RAGE, HYSTERIA, WITCH BURNINGS, DARK FEMI-
3	TRANSFORMA- TION	PRINTING <i>GROUNDING</i>	AGENCY, CURI- OUS, LIBERATED, AWE COURAGEOUS, FORGIVENESS	PRINTING BLOCKS	SYMBOLS	MOTHER EARTH, CHARCOAL, BEAUTY, EMO- TIONS// ALCHEMY (CHANGE & SYMBOL) , CYCLES, PHASES, MOON, NIGHT, MASE, BASKET SYM- BOL // PATTERN
4	REVITALIZATION	CONSUMING <i>HEALING</i>	VULNERABLE, RELIEVED, CARED, INTUITIVE, HOPFUL, EMPATHETIC, SUPPORTED, ALIGNED	THE FULL EXPERIENCE	EXPERIENCES STORIES ASSOCIATIONS	GOSSIP, BEAUTY, SIERRA LASH, HEALERS, REMEDIES, JOHANNA LEWEGARD FUTURESS, NONVIOLENCE YOGA, SELF-CARE, TIME OFF, PATTERN

Iteration

Possibilities Matrix

ITERATIONS	SEQUENCE → & PROCEDURE			TRIAL	TIME	WHY NOT TO CHOOSE	WHY TO CHOOSE	
4 PHASES	PREPARATION - OBJECTS IN TEA BASKET	DESTRUCTION - PAPER IN FIRE NET	TRANSFORMATION - SYMBOLS USING CHARACTAL - PAPER IN BASKET DRINK IN ROOM	EXPANSION - TEA BASKET TO - PAPER DRINKING		1 10:00 TO 1 00:20 1:05	TRAYCEN DON'T THE RIGHT WORD	
	PREPARATION - OBJECTS IN TEA BASKET	EXPANSION - PAPER IN BASKET	TRANSFORMATION - SYMBOLS PRINTED WITH CHARACTAL AND BASKET WITH TEA	RECONSTRUCTION - TEA BASKET LATER - DISTRICTED TRAYCEN		1 4:10-4	TRAYCEN DON'T THE RIGHT WORD	TRAYCEN DON'T THE RIGHT WORD
	PREPARATION - OBJECTS IN TEA BASKET	DESTRUCTION - PAPER IN FIRE NET	TRANSFORMATION - SYMBOLS PRINTED	RECONSTRUCTION - TEA BASKET WOULD - DISTRICTED TRAYCEN		1 10:00	TRAYCEN DON'T THE RIGHT WORD	
	PREPARATION - OBJECTS IN TEA BASKET	DESTRUCTION - PAPER IN FIRE NET	TRANSFORMATION - SYMBOLS PRINTING	RECONSTRUCTION - TEA BASKET WOULD - DISTRICTED TRAYCEN	TRAYCEN	1 10:00	TRAYCEN DON'T THE RIGHT WORD	TRAYCEN DON'T THE RIGHT WORD
3 PHASES	PREPARATION - OBJECTS IN TEA BASKET	DESTRUCTION - PAPER IN FIRE NET	TRANSFORMATION - PAPER IN BASKET AND IN - WATER BASKET TRAYCEN			1 10:00	TRAYCEN DON'T THE RIGHT WORD	
	PREPARATION - OBJECTS IN TEA BASKET	DESTRUCTION - PAPER IN BASKET AND IN - WATER BASKET	TRANSFORMATION - PAPER IN BASKET AND IN - WATER BASKET TRAYCEN			1 10:00	TRAYCEN DON'T THE RIGHT WORD	
	PREPARATION - OBJECTS IN TEA BASKET	DESTRUCTION - PAPER IN BASKET AND IN - WATER BASKET	TRANSFORMATION - PAPER IN BASKET AND IN - WATER BASKET TRAYCEN			1 10:00	TRAYCEN DON'T THE RIGHT WORD	
ATMOSPHERE	PREPARATION - OBJECTS IN TEA BASKET	DESTRUCTION - PAPER IN BASKET AND IN - WATER BASKET	TRANSFORMATION - PAPER IN BASKET AND IN - WATER BASKET TRAYCEN	TRAYCEN	1 10:00	TRAYCEN DON'T THE RIGHT WORD	TRAYCEN DON'T THE RIGHT WORD	
	PREPARATION - OBJECTS IN TEA BASKET	DESTRUCTION - PAPER IN BASKET AND IN - WATER BASKET	TRANSFORMATION - PAPER IN BASKET AND IN - WATER BASKET TRAYCEN			1 10:00	TRAYCEN DON'T THE RIGHT WORD	
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	PREPARATION - OBJECTS IN TEA BASKET	DESTRUCTION - PAPER IN BASKET AND IN - WATER BASKET	TRANSFORMATION - PAPER IN BASKET AND IN - WATER BASKET TRAYCEN			1 10:00	TRAYCEN DON'T THE RIGHT WORD	
MULTIPLE LOCATIONS	PREPARATION - OBJECTS IN TEA BASKET	DESTRUCTION - PAPER IN BASKET AND IN - WATER BASKET	TRANSFORMATION - PAPER IN BASKET AND IN - WATER BASKET TRAYCEN			1 10:00	TRAYCEN DON'T THE RIGHT WORD	
VIRTUAL	PREPARATION - OBJECTS IN TEA BASKET	DESTRUCTION - PAPER IN BASKET AND IN - WATER BASKET	TRANSFORMATION - PAPER IN BASKET AND IN - WATER BASKET TRAYCEN			1 10:00	TRAYCEN DON'T THE RIGHT WORD	
	PREPARATION - OBJECTS IN TEA BASKET	DESTRUCTION - PAPER IN BASKET AND IN - WATER BASKET	TRANSFORMATION - PAPER IN BASKET AND IN - WATER BASKET TRAYCEN			1 10:00	TRAYCEN DON'T THE RIGHT WORD	
1 PHASES			TRANSFORMATION - PAPER IN BASKET AND IN - WATER BASKET TRAYCEN			1 10:00	TRAYCEN DON'T THE RIGHT WORD	

Initial Challenges

Time - originally wanted each phase to be separate day but that didn't fit timeline.

Place - finding a place for outdoors and indoors.

Phase 3 - transformation was the one that changed to most idea to idea.

(going from boiling water for tea, making stew, dyeing the basket in charcoal, making biochar to print with etc.)



Trials

Trial 1

Date: 02/02/25
Size: 4 women
Time: 3 hours
Place: my apt.
(indoors)
Phases: 1-3



Trial 2

Date: 03/01/25
Size: 4 men
Time: 2 hours
Place: DAAP
Phases: 1 & 3



Trial 3

Date: 03/01/25
Size: 1 woman 1
man
Time: 2 hours
Place: Outside
Phases: Destruct



Trial 4

Date: 03/30/25
Size: 7 women
Time: 3 hours
Place: Imago
Phases: All



TRIAL ONE

PRESERVATION

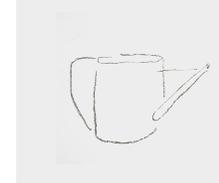
DESTRUCTION

TRANSFORMATION

Date: 02/02/25
 Size: 4 women
 Time: 3 hours
 Place: my apt.
 (indoors)
 Phases: 1-3



POSSESSION SENSITIVE
 B O S S Y
 ASSUMED TASK
 PINK DRILL SEEN
 AUTONOMY TOO MUCH
 EQUALIZER LAST NAME
 WALKING THE LINE



WATERING CAN

COMMUNITY



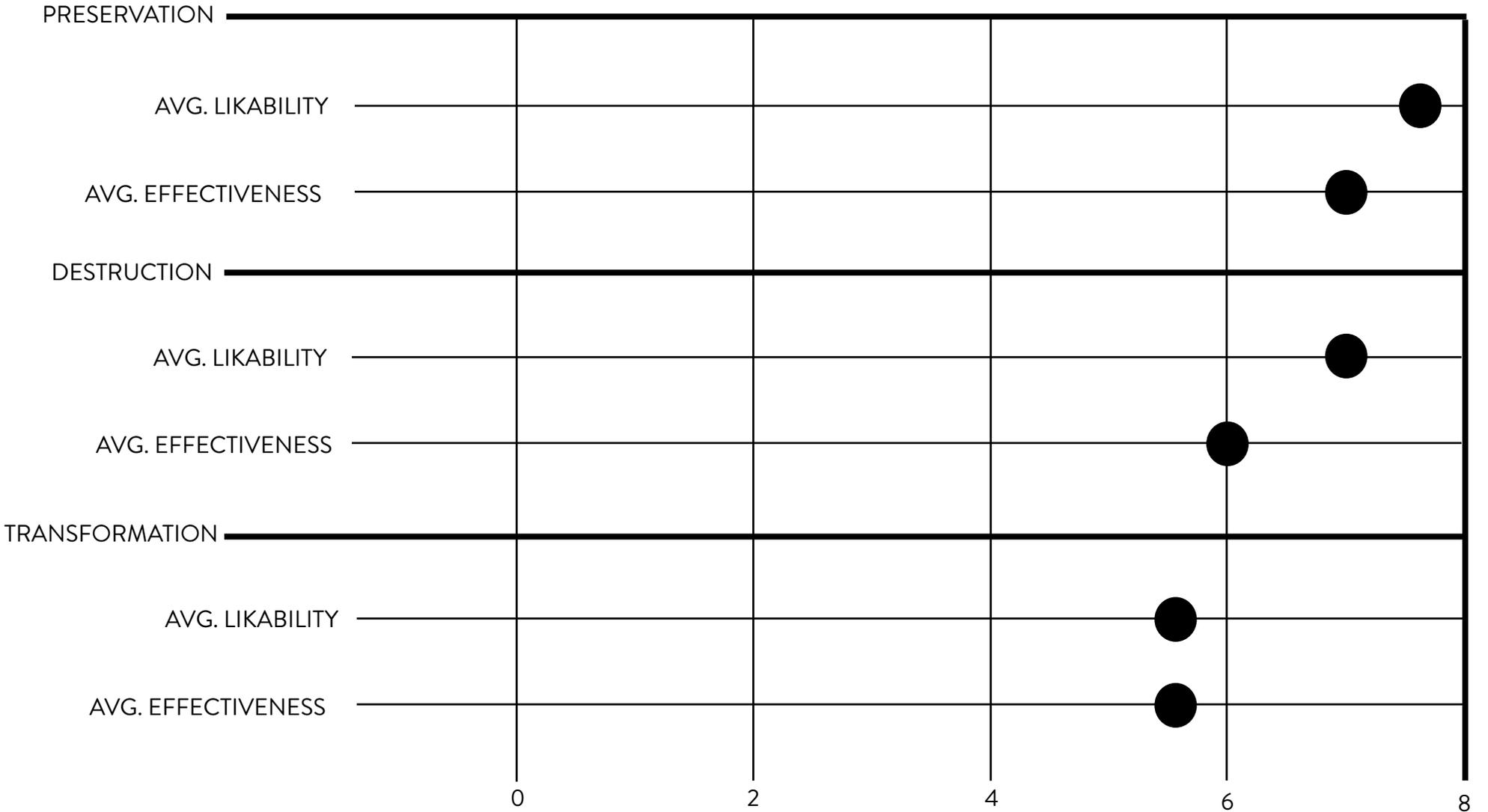
SCALE



LIPS



FEEDBACK DATA



LEARNINGS

- They liked the size but said doubling it could be
- It wasn't too much to do all 3 in one day
- Transformation needs more structure for creating the symbol
- Sharing with each other was a crowd favorite
- Too much time spent on destruction phase
- They loved preservation.

HANDOUTS

SILVER LEGACY WORKSHOP TRIAL 1 SUNDAY FEB 1 2-5 PM

PHASE 1: PRESERVATION BRING OBJECT TO SHARE, HOLD, AND APPRECIATE.

WHAT IS AN ASSOCIATION WITH FEMININITY YOU WANT TO PRESERVE REPRESENTED THROUGH AN OBJECT? TAKE UP SPACE

TO PONDER:

- WHAT ARE YOU HOLDING ONTO THAT IS A PART OF FEMININITY?
- WHAT ASPECT OF FEMININITY HAS BEEN PASSED DOWN TO YOU THAT YOU WANT TO KEEP?
- WHAT DID YOU RESISTANCE WITH THIS AS A PART OF THE POSITIVE FEMININE EXPERIENCE?
- WHAT MAKES YOU LAUGH OR GET BUTTERFLIES OR CRY OF JOY?
- WHAT ARE THE TOOLS OF FEMININITY?

PHASE 2: DESTRUCTION BRING PAPER WITH WRITTEN THOUGHTS TO SHARE, BURN, AND RELEASE.

WHAT IS AN ASSOCIATION WITH FEMININITY YOU WANT TO DESTROY REPRESENTED THROUGH WRITTEN THOUGHTS? FLUSH IT OUT

TO PONDER:

- WHAT PASSED DOWN ASSOCIATIONS WITH FEMININITY NO LONGER SERVE YOU?
- WHAT MOMENTS OF FEAR, ANGER, FATIGUE, FRUSTRATION, SADNESS, OR ENVY RELATE TO FEMININITY?
- WHAT DRIVES YOU "CRAZY"?
- WHAT DO YOU FEEL FEMININITY IS RESTRICTED BY?
- WHAT TRIGGERS OR DEAGUES WITH?

PHASE 3: TRANSFORMATION A GIFT TO HELP YOU CONSUME.

WHAT IS A SYMBOL ASSOCIATED WITH FEMININITY CAME UP THROUGHOUT THIS TRANSFORMATIVE PROCESS? GROUNDING

TO PONDER:

- WHAT WAS A STORY SOMEONE BROUGHT UP THAT YOU RELATED TO?
- DID OUR GOSIP SPARK A INSIGHT?
- WHAT HAVE YOU CONSUMED?
- WHAT IS A PASSED DOWN SYMBOL OF FEMININITY THAT WAS A PART OF OUR DISCUSSION?
- WHAT IS THE SILVER LEGACY?

POST WORKSHOP QUESTIONS

LIKABILITY OF PRESERVATION PHASE

1	2	3	4	5	6	7	8
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EFFECTIVENESS OF PRESERVATION PHASE

1	2	3	4	5	6	7	8
---	---	---	---	---	---	---	---

LIKABILITY OF DESTRUCTION PHASE

1	2	3	4	5	6	7	8
---	---	---	---	---	---	---	---

EFFECTIVENESS OF DESTRUCTION PHASE

1	2	3	4	5	6	7	8
---	---	---	---	---	---	---	---

LIKABILITY OF TRANSFORMATION PHASE

1	2	3	4	5	6	7	8
---	---	---	---	---	---	---	---

EFFECTIVENESS OF TRANSFORMATION PHASE

1	2	3	4	5	6	7	8
---	---	---	---	---	---	---	---

OVERALL RATE OF TRIAL 1

1	2	3	4	5	6	7	8
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PHYSICAL & PSYCHIC STUDIES

TAKE UP SPACE
HERLOOM
PATTERN
WEAVING
CRAFT VS CRAFTY

VESSEL
"IT TAKES A VILLAGE"
MAIDEN MOTHER CRONE
BODY MIND SPIRIT
3 FATES
3 SISTERS BEANS SQUASH
FEMININE UNSEEN (OUBTH
4 PHASES OF MOON

BURNOUT
SAFETY
DARK FEMININE
MOTHER EARTH
WITCH
TRAUMA IN BLOODLINES



GOSPIPTEA
CHARCOAL
CHAMOMILE
POLITE
TO CARE
REMEDIES

POST WORKSHOP QUESTIONS

WHAT WAS YOUR FAVORITE MOMENT? WHAT IS THE SILVER LEGACY OF FEMINITY?

WHAT COULD HAVE BEEN SKIPPED?

WHAT WOULD YOU HAVE CHANGED? ANY LAST THOUGHTS?

WHAT WAS THE MOST CONFUSING PART(S)?

HOW WAS THE TIMING & PACE?

WOULD YOU PREFER TO TAKE HOME SOMETHING AT THE END OR CONTRIBUTE TO A COLLABORATIVE PIECE?

DID THE PHASES FEEL CONNECTED? WHY OR WHY NOT?

WHAT MADE THIS PROCESS SPECIAL?

WHAT COULD I HAVE DONE BETTER?

DID YOU LIKE THE SIZE?

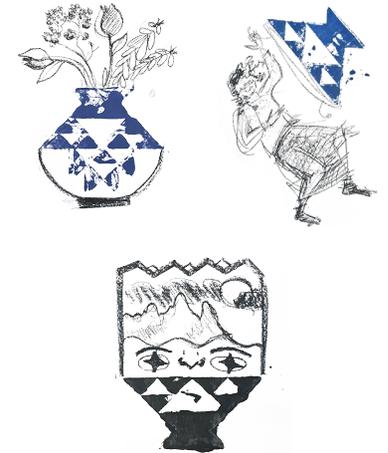
TRIAL TWO & THREE

PRESERVATION

DESTRUCTION

TRANSFORMATION

Date: 03/01/25
 Size: 4 men
 Time: 2 hours
 Place: DAAP Library
 Phases: Preservation
 & Transformation

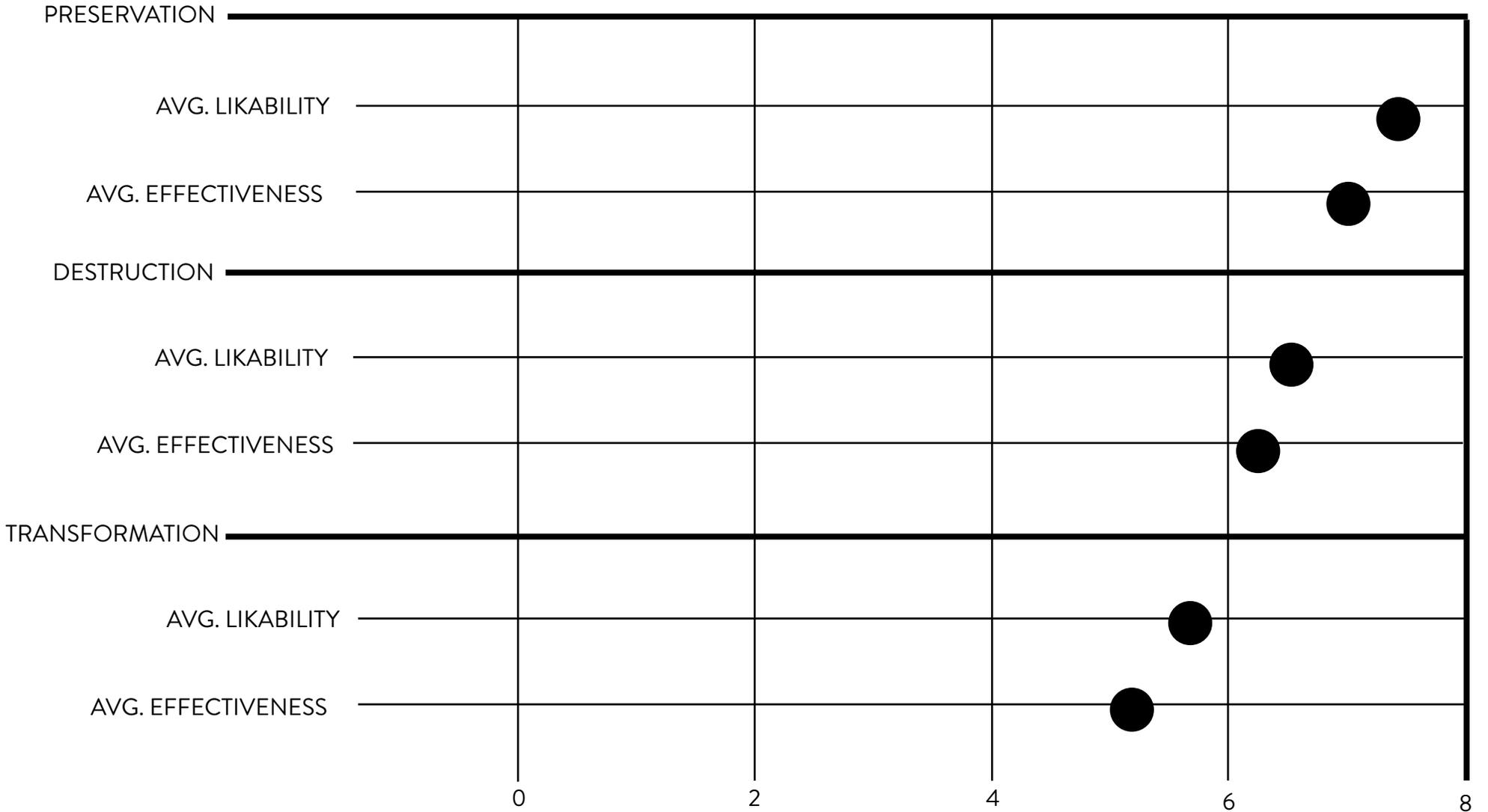


USING BLOCK PRINT BASKET SYMBOL AS BASE*

Date: 03/01/25
 Size: 1 woman 1 man
 Time: 2 hours
 Place: Outside
 Phases: Destruction

POILTE MORNING SHED
 THOT DAUGHTER GAY SON
 BIENG COLD CONTROL
 VIRGIN MARY
 CATHOLIC GUILT
 CHANGING WAY YOU ACT

FEEDBACK DATA



LEARNINGS

- Phases need to be together
- Original order works well
- More structure for transformation works well and they enjoyed printing
- Needs to be both indoor and outdoor
- Try with more people to test small groups
- While doing it with men was incredible and they enjoyed it, I want to focus on women. It works better to do men only or women only. It makes most sense to start with women since they have more associations come to mind easier.
- More visuals on packet and use initial responses as more collaborative piece centered around preservation destruction, etc.

HANDOUTS

PRESERVATION

TRADE OBJECTS, ONCE HOLDING YOUR NEW OBJECT ...
SHARE ANSWERS TO QUESTIONS BELOW TO GROUP

- What are the feminine associations to this object ?
- What do you associate with it?
- Why do you think it was brought?
- What does it bring up for you?

JOY, LOVE,
APPRECIATIVE,
INSPIRED, ADMIRE,
CHEAKY, PIAFUL

FOR ANY NOTES ...

SILVER LEGACY IZZY ZALAT CAPSTONE THESIS

made a packet with times to collect initial responses centered around association for (objects, words, etc.)

PHYSICAL & PSYCHIC STUDIES

TAKE UP SPACE
HERLOOM
PATTERN
WEAVING
CRAFT VS CRAFTY

VESSEL
"IT TAKES A VILLAGE"
MAIDEN MOTHER CRONE
BODY MIND SPIRIT
3 FATES
3 SISTERS BEANS SQUASH
FEMININE UNSEEN FOURTH
4 PHASES OF MOON

BURNOUT
SAFETY
DARK FEMININE
MOTHER EARTH
WITCH
TRAUMA IN BLOODLINES

GOSPIPTEA
CHARCOAL
CHAMOMILE
POLITE
TO CARE
REMEDIES



SILVER LEGACY IZZY ZALAT CAPSTONE THESIS

POST WORKSHOP QUESTIONS

LIKABILITY OF PRESERVATION PHASE

1	2	3	4	5	6	7	8
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EFFECTIVENESS OF PRESERVATION PHASE

1	2	3	4	5	6	7	8
---	---	---	---	---	---	---	---

LIKABILITY OF DESTRUCTION PHASE

1	2	3	4	5	6	7	8
---	---	---	---	---	---	---	---

EFFECTIVENESS OF DESTRUCTION PHASE

1	2	3	4	5	6	7	8
---	---	---	---	---	---	---	---

LIKABILITY OF TRANSFORMATION PHASE

1	2	3	4	5	6	7	8
---	---	---	---	---	---	---	---

EFFECTIVENESS OF TRANSFORMATION PHASE

1	2	3	4	5	6	7	8
---	---	---	---	---	---	---	---

OVERALL RATE OF TRIAL 1

1	2	3	4	5	6	7	8
---	---	---	---	---	---	---	---

SILVER LEGACY IZZY ZALAT CAPSTONE THESIS

REFLECTION QUESTIONS

How was the timing and pace? _____ What phase(s) did you attend? _____

Did you like the level of loose/guided format? _____ What phase(s) did you attend? _____

How did you feel about the size? _____ What could have been skipped? and/or changed? _____

Favorite part(s)? _____ Most confusing part(s)? _____

What could I have done better? _____ What made it special or what could make it special? _____

What is the silver legacy of femininity? _____

SILVER LEGACY IZZY ZALAT CAPSTONE THESIS

TRIAL FOUR

Date: 03/30/25
 Size: 7 women
 Time: 3 hours
 Place: Imago
 Phases: All



PRESERVATION

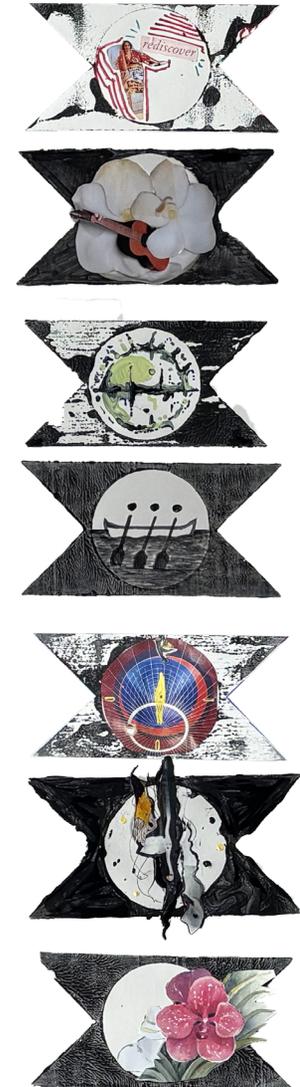


DESTRUCTION

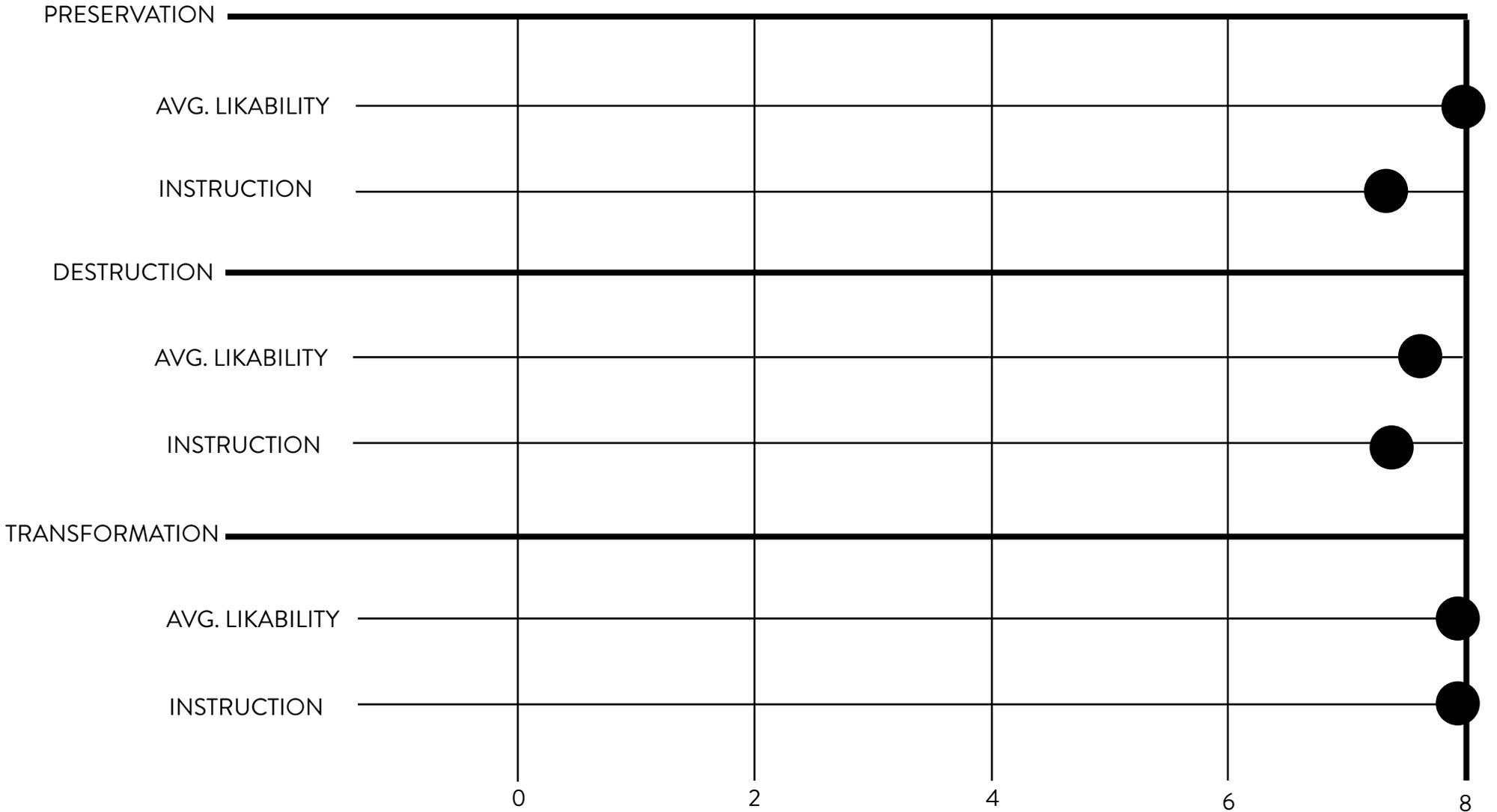
ADORNING
 FLATTER
 INFERIOR
 PERFECTIONISM
 STOP OVERTHINKING
 COMPETITION
 BEING THE ARM
 EXPECTATION TO CAREER OR VANITY
 BEING DENIED BASED ON SMALL
 GENERALIZED

PEACOCK
 IDEAL
 GUILT
 JEALOUS
 IT
 SHAME
 GIRL
 CANDY
 PROCREATE
 MOTHERHOOD
 OBJECT
 VOICES
 AUTONOMY

TRANSFORMATION



FEEDBACK DATA



LEARNINGS

- Transformation phase went way better with added structure of block printing and they loved collaging
- need to clarify directions & slightly adjust packet
- groups were comfortable enough to talk without me
- they loved the details like the tea and poem

HANDOUTS



Made the packet more for instruction and question based rather than individual writing then added graphics

Put resource web online



REFLECTION QUESTIONS

LIKABILITY OF PRESERVATION PHASE 1 2 3 4 5 6 7 8	LIKABILITY OF REJUVENATION PHASE 1 2 3 4 5 6 7 8
INSTRUCTION OF PRESERVATION PHASE 1 2 3 4 5 6 7 8	INSTRUCTION OF REJUVENATION PHASE 1 2 3 4 5 6 7 8
LIKABILITY OF DESTRUCTION PHASE 1 2 3 4 5 6 7 8	WERE HANDOUTS HELPFUL? 1 2 3 4 5 6 7 8
INSTRUCTION OF DESTRUCTION PHASE 1 2 3 4 5 6 7 8	WHERE DO YOU THINK THE WORKSHOP LANDS BETWEEN LOSS AND GUILD? 1 2 3 4 5 6 7 8
LIKABILITY OF TRANSFORMATION PHASE 1 2 3 4 5 6 7 8	LIKABILITY OF OVERALL CONTENT 1 2 3 4 5 6 7 8
INSTRUCTION OF TRANSFORMATION PHASE 1 2 3 4 5 6 7 8	LIKABILITY OF OVERALL CONTENT 1 2 3 4 5 6 7 8

PHASE FOUR WORKSHOP

REFLECTION QUESTIONS

How was the timing and pace? _____ What phase(s) did you attend? _____

Did you like the level of loose/guided format? _____ What phase(s) did you attend? _____

How did you feel about the size? _____ What could have been skipped? and/or changed? _____

Favorite part(s)? _____ Most confusing part(s)? _____

What could I have done better? _____ What made it special or what could make it special? _____

What is the silver legacy of femininity? _____

SILVER LEGACY IZZY ZALAT CAPSTONE THESIS

FEEDBACK

Avg. Rating of Trial 1:



Avg. Rating of Trial 2:



Avg. Rating of Trial 3:



Avg. Rating of Trial 4:

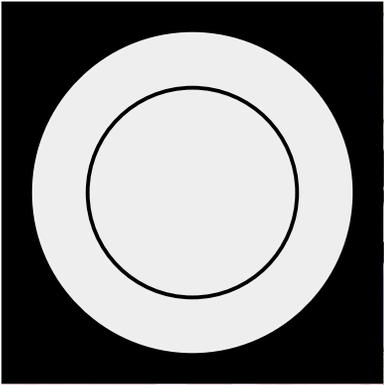


Resulting in...

Workshop for 8 women
at Imago Nature Preserve
on April 13th
2-5 pm

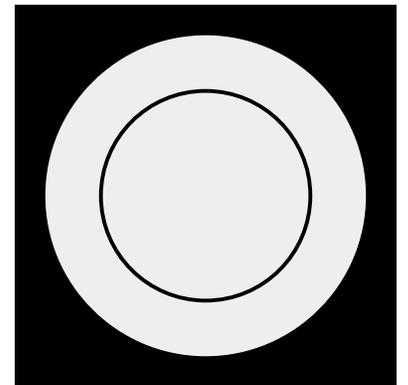


Final Workshop



What associations with
femininity do you want
to **preserve**?

as objects



the good
& the objects

Phase 1

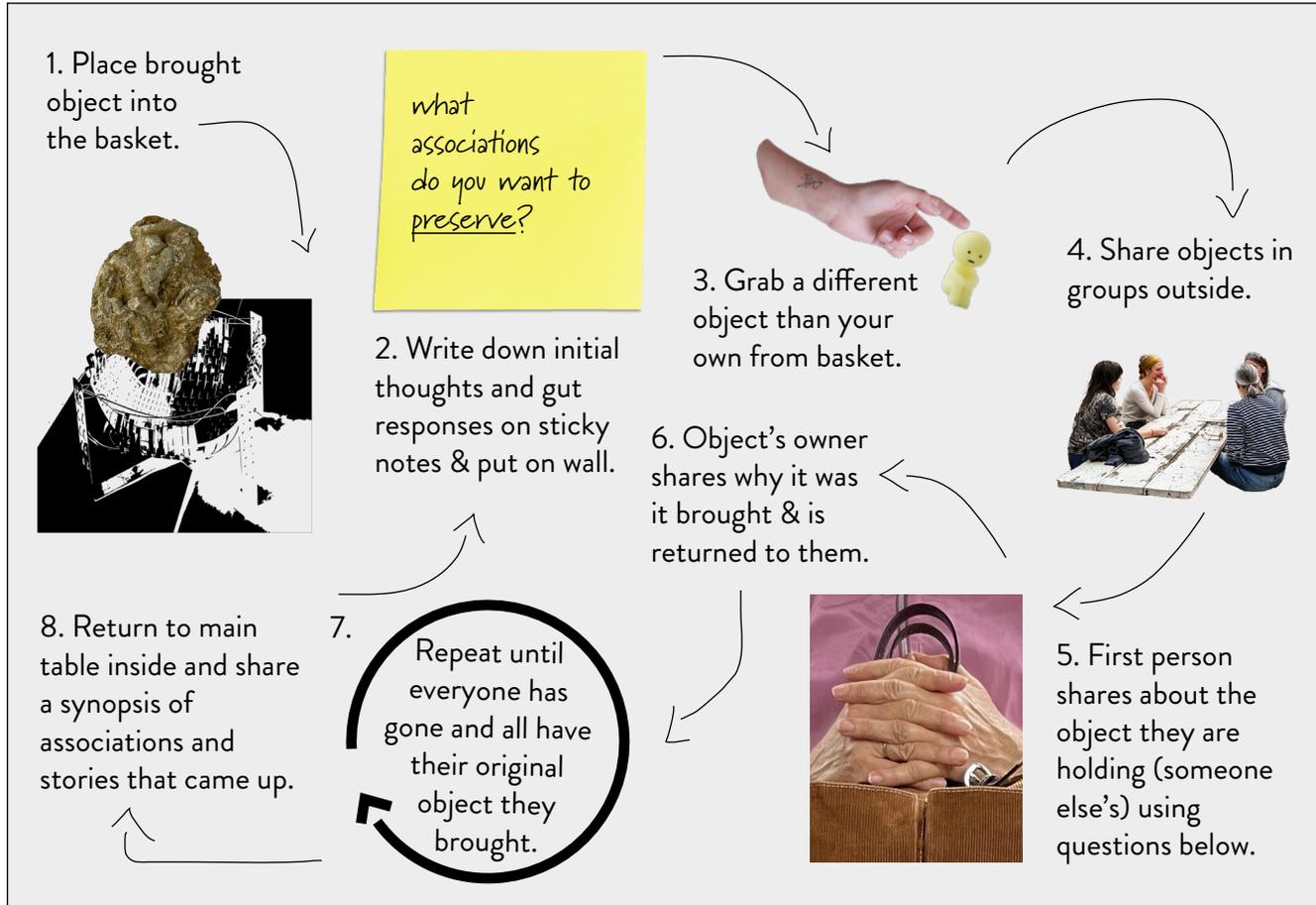
JOY, LOVE,
APPRECIATIVE,
INSPIRED, ADMIRE,
CHEAKY, PLAYFUL

Preservation

do you want to preserve?

do you appreciate?

do you love?







Why objects for Phase 1?

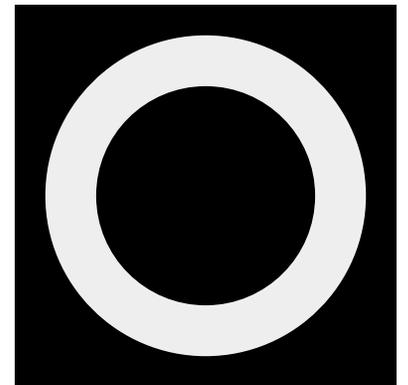
Their ability to hold and spark memory eases the start the first discussion. The design of an object communicates the purpose and action of preservation.





What associations with
femininity do you want
to **destroy**?

as writing



Phase 2

TIRED, FEAR, SAD,
RAGE, JEALOUSY
CRAZY, GUILT,
SHAME

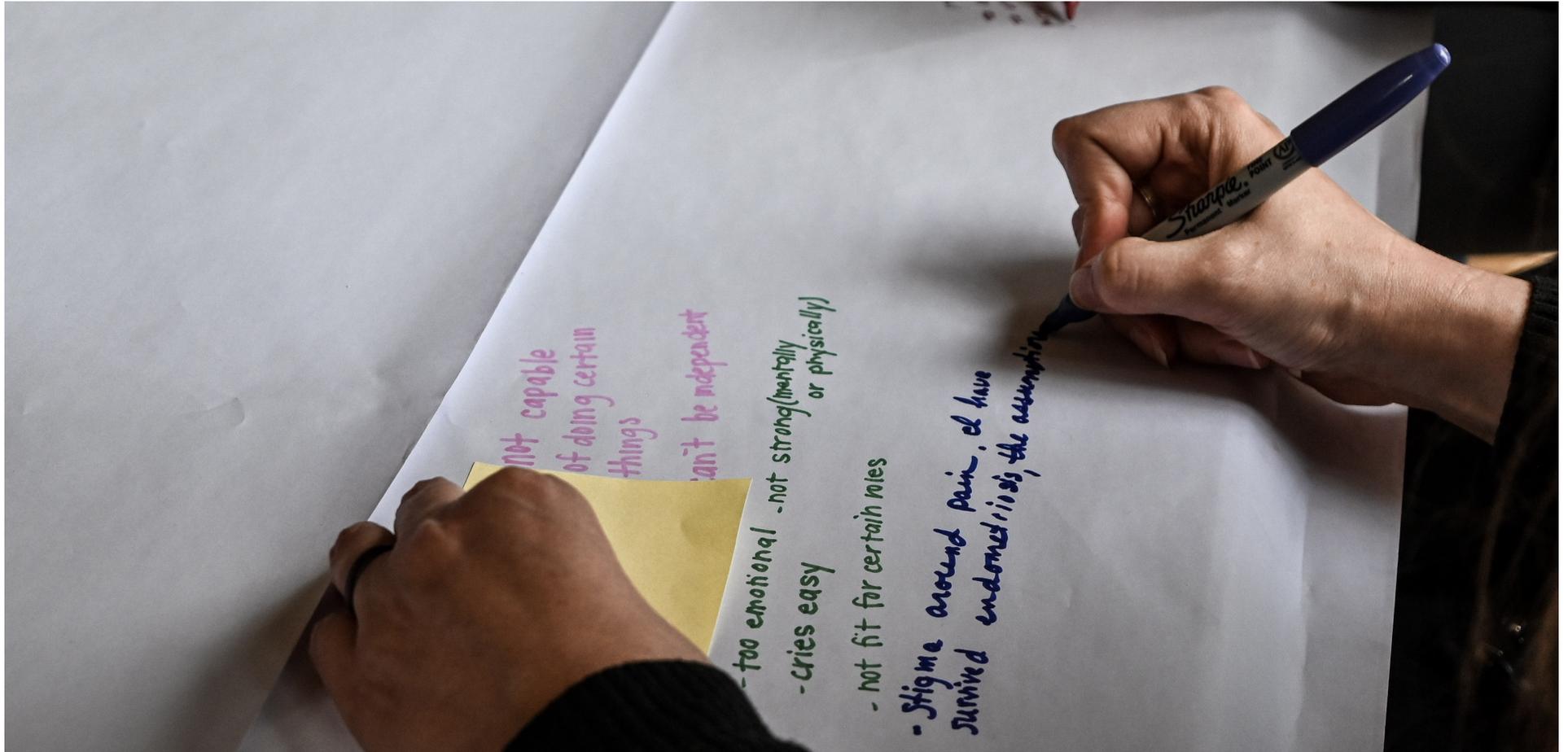
Destruction

do you want to destroy?

do you reject?

do you hate?





Why words for Phase 2?

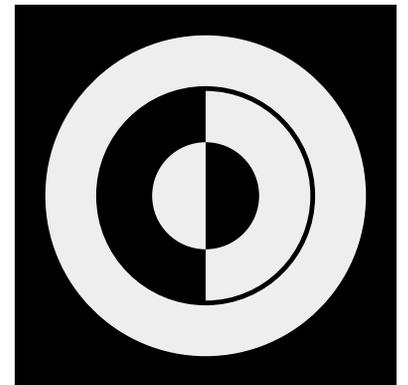
Destruction is layered and complex, language allows us to unpack it. It also allows the paper to be burned in the basket, marking the end of the destruction phase.





What associations with
femininity do you want
to transform?

as symbols



Phase 3

the in-between
& the symbols

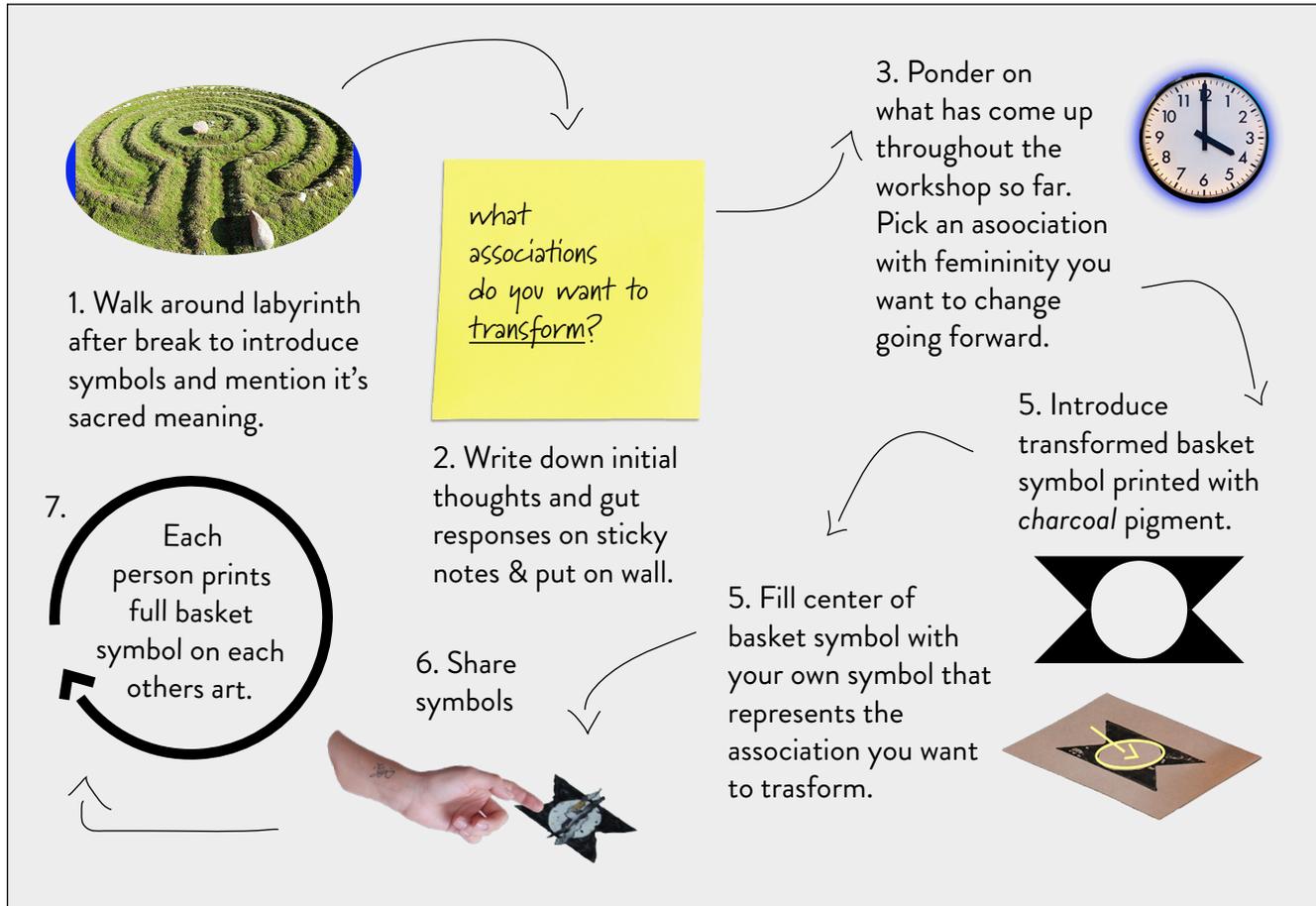
AGENCY, CURIOUS,
LIBERATED, AWE
COURAGEOUS,
FORGIVENESS

Transformation

do you want to change?

do you challenge?

do you not love nor hate?





Phase three: transformation
print down
the symbols



order of things:

1. GO TO TABLE
2. PRINT 3 SYMBOLS
3. FILL ONE SYMBOL WITH CHANGE THAT HAS HAPPENED IN THE PAST, ONE HAPPENING NOW, AND ONE FOR THE FUTURE
(IT CAN BE WITH ANOTHER SYMBOL OR ANYTHING YOU'D LIKE ... USE ANY CREATIVE MATERIAL)
4. WAIT FOR FINAL :)



Why symbols for Phase 3?

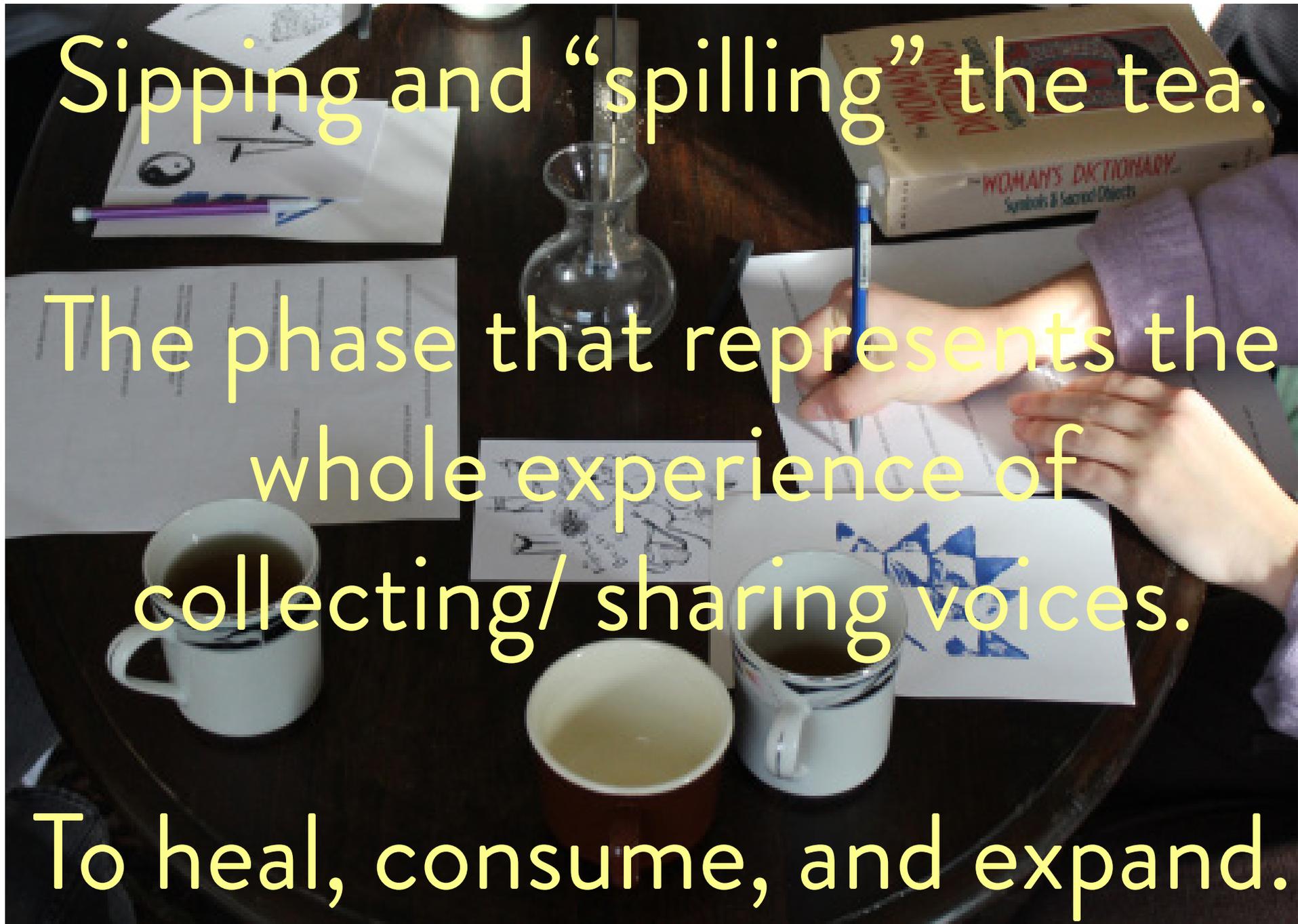
The transformation of the basket becomes visible now as a block printed symbol. Printed with charcoal—born from the destruction of fire. The basket is filled once again, no longer burdened by past negative thoughts. Now filled with a created symbol of what we want to *change* for the future.



in order to...

Revitalize

femininity's
contemporary value and
future legacy



Sipping and “spilling” the tea.

The phase that represents the whole experience of collecting/ sharing voices.

To heal, consume, and expand.

Reviews

izzy i can't thank you enough for this femininity workshop. i've been thinking about it a lot and i really truly feel more secure in myself as a woman, both strong and gentle, and i just wanted you to know how appreciative i am of this experience 💕🌸☀️

“It was special because I’ve never been to a physical space to discuss such topics.”

“Having everyone be so open to the experience and putting your love into the set up made it special.”

“I felt the different parts were balanced.”

really today was so so good like way better than i even imagined. i'm so proud of you for doing something so full of love for your capstone!! you put in so much and i love how you took us through different phases of emotion. i rly needed this this week it felt so good to connect to other women 🥹🥹🥹 can't wait to see how you pull everything together YOU GOT THIS!!

“Being vulnerable with other women. Talking about shared experiences. The tea! The ambiance! It was all so special”

“I loved the balance of talking and interacting then having moments of self reflection.”

“It felt good to feel so known by strangers.”

“I liked this pace, but also feel if we spent 3 hours breaking one phase there would be even more revelations.”

“I didn’t feel confused it was just hard sometimes to find the right words.”

They described
the experience as...

peaceful, open, meaningful,
intimate, balanced, powerful

revitalizing.

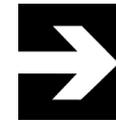
Workshop Tools

Baskets

A tribute to
feminine craft.

Function

Collection Vessel



Basket holds objects for Phase 1.

Basket burns paper for Phase 2.

Basket transforms into symbol to fill in for Phase 3.

Basket Object Origin

Last summer I started a basket project focused on weaving joints between natural reed and steel.

I wanted to capitalize on the rectilinear nature of steel and opt for flat sheets instead of rods.

Also choosing to do stainless steel and no brazing for time limitations and burning protection.

Continuing the levitation aspect but tightening the weave to portray its beautiful but strong form.

Increasing the size to fit larger objects and lowering the sides so it is easy to see from the top view.





Basket Symbol Origin

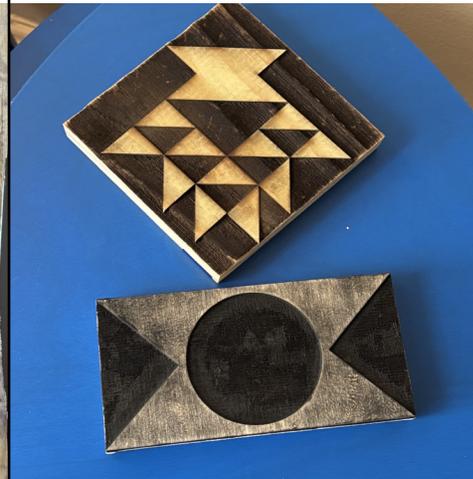
I got gifted a quilt made by my great aunt.



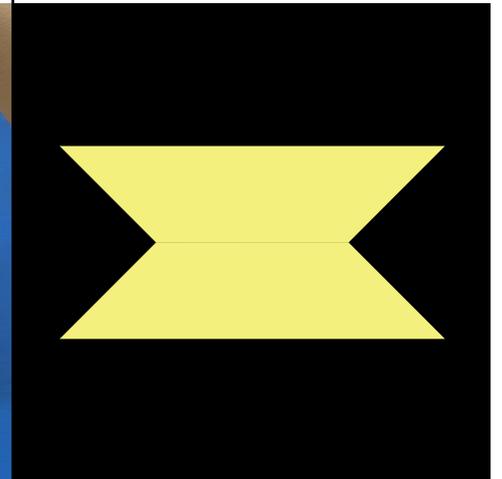
During my natural dye workshop, I made a block print of the symbol.



I found out the symbol is of a basket. It was perfect to combine with my basket objects.



Basket symbol is used for second half of workshop.



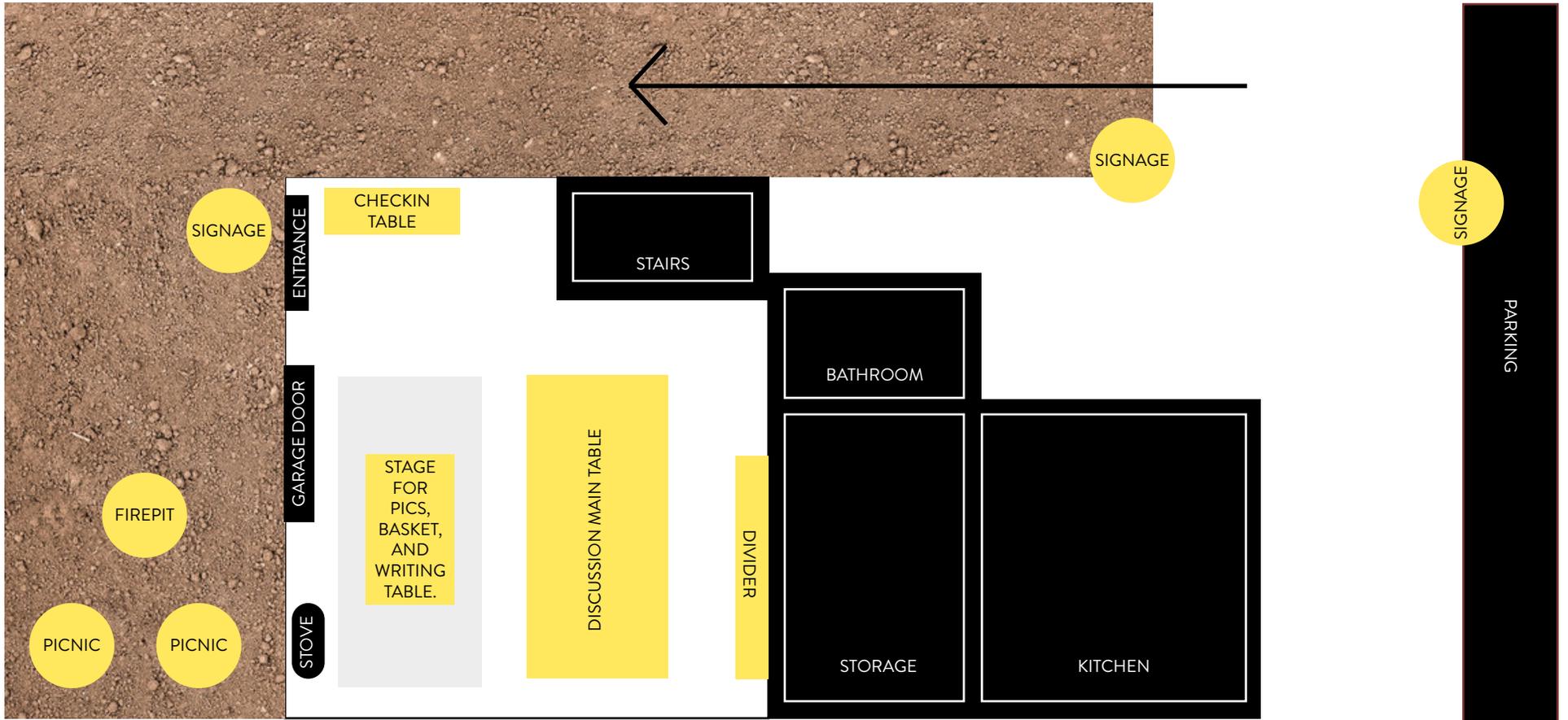


Space

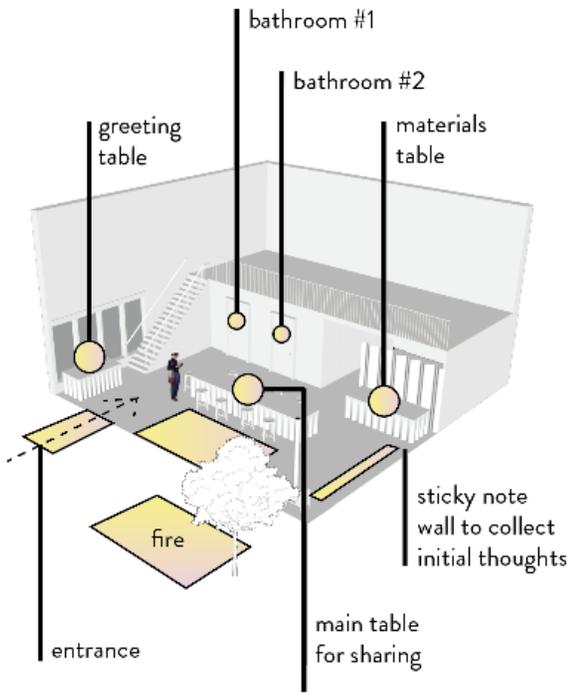
Imago

Nature Preserve

Floorplan



Layout Options

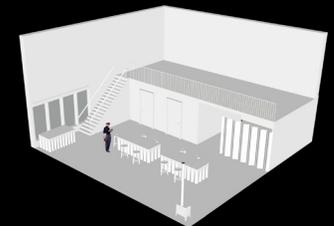
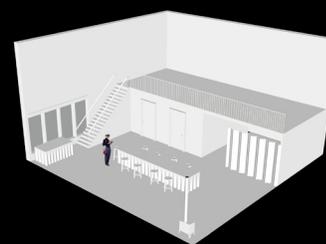
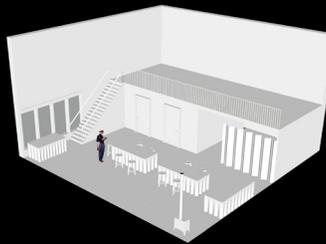


Best option for flow and group discussion.

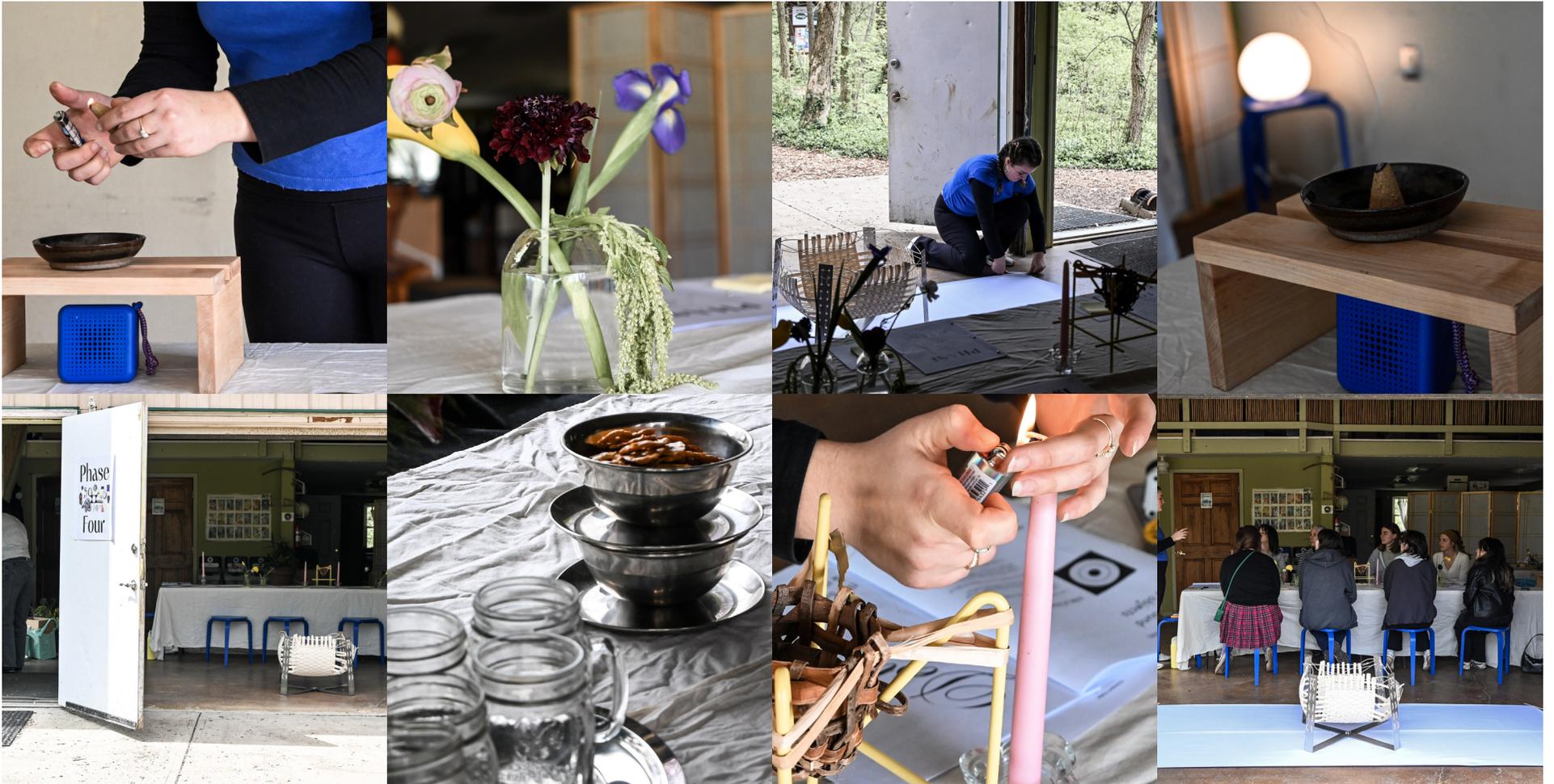
2 main table with 2 extra tables

1 main table with 1 extra table.

2 main table with 1 extra table



Curating



PHASE FOUR

IZZY ZALAT

ID 2025

EXPERIENCE MATERIALS

BEFORE	DAY OF	DURING	AFTER
<p>TABLE CLOTH CHAIR/ STOOL/ POOF A FRAME BIG PAPER TEA & BAGS PRINT INK ROLL SPOTIFY PLAYLIST PAINT</p>	<p>SOAK BASKET SNACKS FLOWERS SEND DIRECTIONS & RE-MINDER CAMERA STEEP FROM VICTORIA CLIPBOARD</p> <p>SPEAKER (BORROW)?</p>	<p>MUSIC TABLE TRANSFER PAPER FROM FLOOR TO TABLE FIRE SYMBOL PHASE RESET TABLE</p>	<p>CLEAN LOAD MATERIAL TEXT FIREPIT CLEAN</p>
<p>BASKET PRINTING BLOCKS VASES POSTERS SYMBOL ON PAGE PRINT</p> <p>FLORAL - BY LINDSEY PHOTOGRAPHY - BY LYDIA</p>	<p>SET UP SIGNAGE TABLES WRITING UTENSIL CUPS HOT WATER CLEAN / BROOM SET UP BATHROOMS MATERIAL TABLE REG WATER AND SNACKS FIRE PIT PHOTO AREA</p> <p>SPEAKER (BORROW) STOOLS (BORROW)</p>		

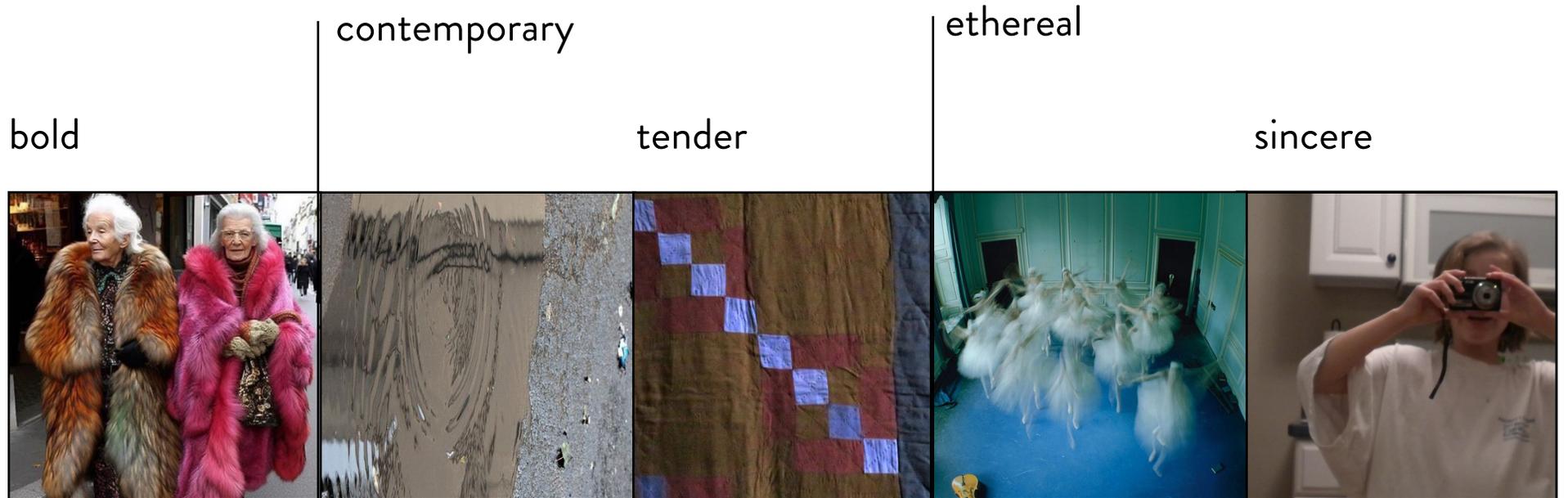
TIME TABLE

2-2:10	INTRODUCTIONS, TELL ABOUT SPACE, GIVE A LITTLE BACKGROUND, PUT OBJECTS IN BASKET TAKE PIC	3:30-3:40	CRUMBLE PAPER AND BURN IT
2:10-2:15	GUT REACTIONS ON STICKY NOTES FOR PRESERVATION	3:40-4	BREAK WHILE I TRANSFORM SPACE
2:15-2:35	SPLIT INTO GROUPS BY GRABBING FROM BASKET & SHARE OBJECTS OUTSIDE WHILE I TRANSFORM SPACE	4-4:05	LABYRINTH
2:35-2:50	GROUP DISCUSSION AND SHARE ABOUT PRESERVATION	4:05-4:10	STICKY NOTES FOR TRANSFORMATION
2:50-2:55	GUT REACTIONS ON STICKY NOTES FOR DESTRUCTION	4:10-4:30	SYMBOL CREATIONS
2:55-3:15	PULL STICKY AND START TO WRITE ON TABLE > ROTATE A COUPLE TIME	4:35-4:45	PRINT AROUND BASKET SYMBOLS
3:15-3:30	GROUP DISCUSSION OF THEMES	4:45-5	TEA AND REVIEWS

Branding

Phase Four's
Identity

Brand Personality



Type

MAIN HEADER

*Classic
Script Mn*

MINI HEADER OPTIONS

Brandon Grotesque
Regular
brandon grotesque bold ★

HEADER

PF MARLET
Brandon Grotesque

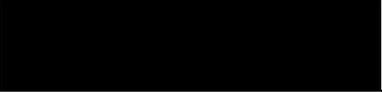
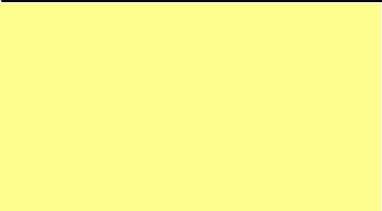
BODY OPTIONS

Brandon Grotesque Bold ★
Brandon Grotesque Regular ★

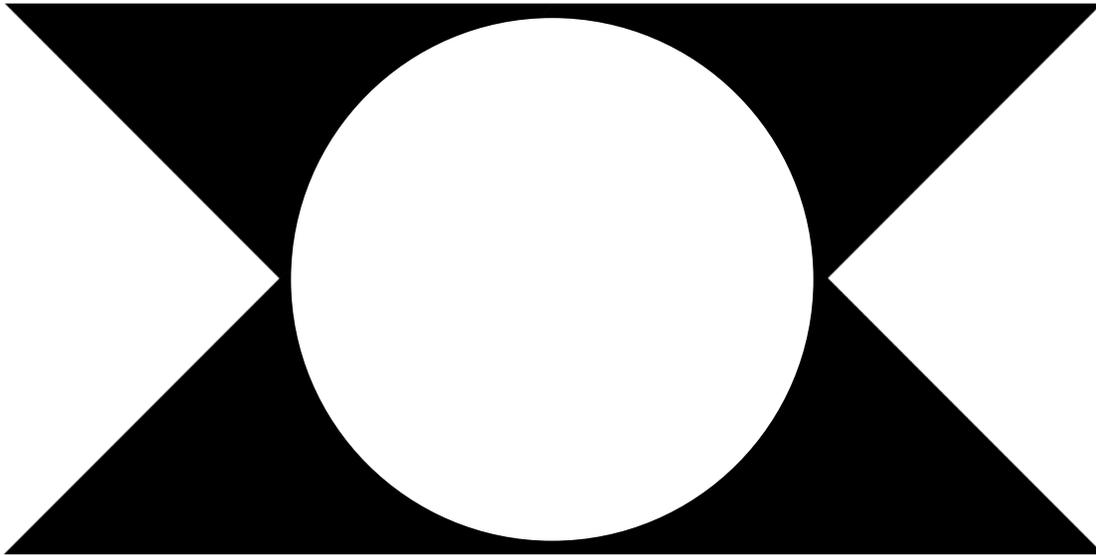
SOURCING

★
Font from Just-
seeds
[https://just-
seeds.org/](https://just-seeds.org/)

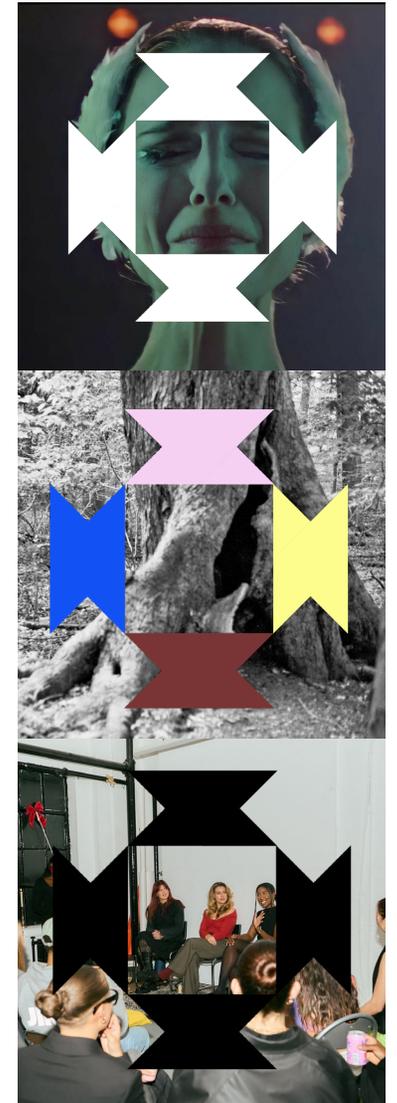
Color

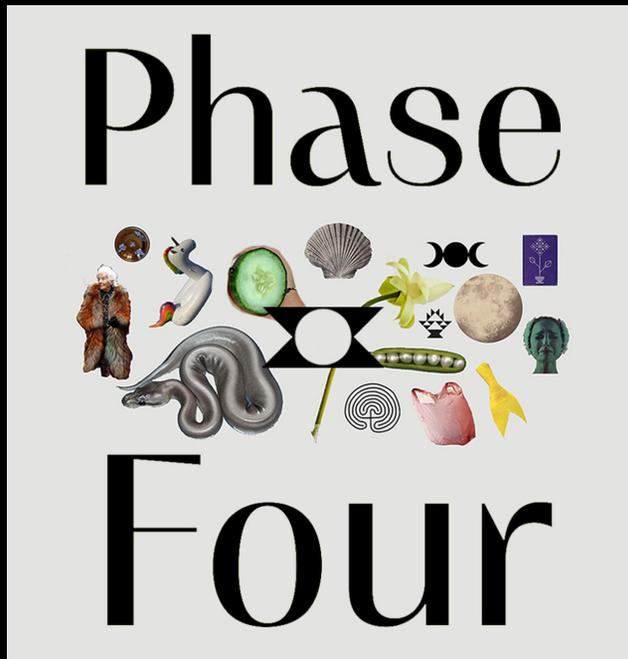
	000000	PRIMARY
	E3E3E1	
	1252F4	
	793536	
	FDFD8D	
	F5D0F3	
	99B1D9	SECONDARY
	FDFDBA	
	57845C	

Symbol

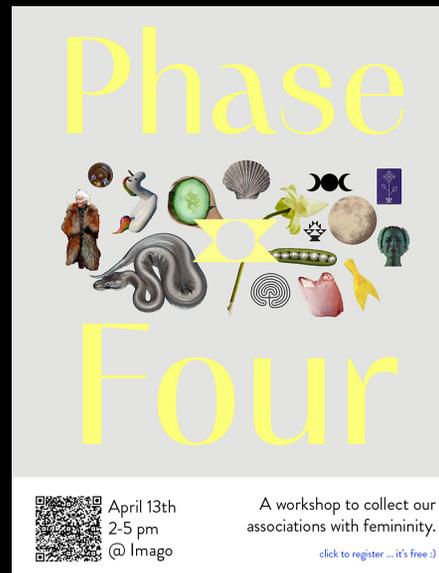


MOST BASIC FORM OF THE BASKET SYMBOL TO USE AS THE PHASE FOUR SYMBOL WITH AN ADDED CIRCLE IN THE MIDDLE.

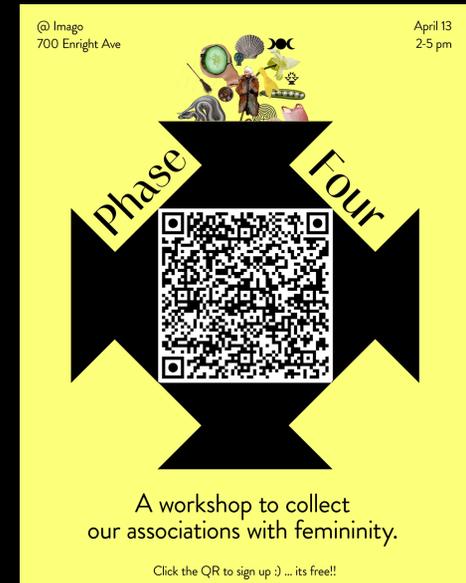




MAIN POSTER



DIGITAL



FLYER

0 CAPSTONE THESIS WORKSHOP GUIDE

Phase Four

Guide

PHASE FOUR IZZY ZALAT CAPSTONE THESIS

guiding thoughts

1. Practice opening up your body. Make space for yourself.
2. Allow yourself feel a full range of emotions. Get mad or sad or happy or curious. It's all accepted.
3. There is no right answer. This is a space to openly share our experiences. You hold the truth.
4. This workshop I act as a guide more than a teacher. We will be doing lots of collaborative dialogue rather than a monologue haha.

Have fun and summon your abundant intuition.

PHASE FOUR WORKSHOP

story experience symbol
experience
object word

what is an association?
"A MENTAL CONNECTION BETWEEN IDEAS AND THINGS"

characteristic connection
belief artifact myths image
archetype language systems
mannerism

PHASE FOUR WORKSHOP

phase four: association
pass around the objects

What are the feminine associations to this object?
What do you associate with it?
What thoughts does it bring up for you?

the bad & the words

PHASE FOUR WORKSHOP

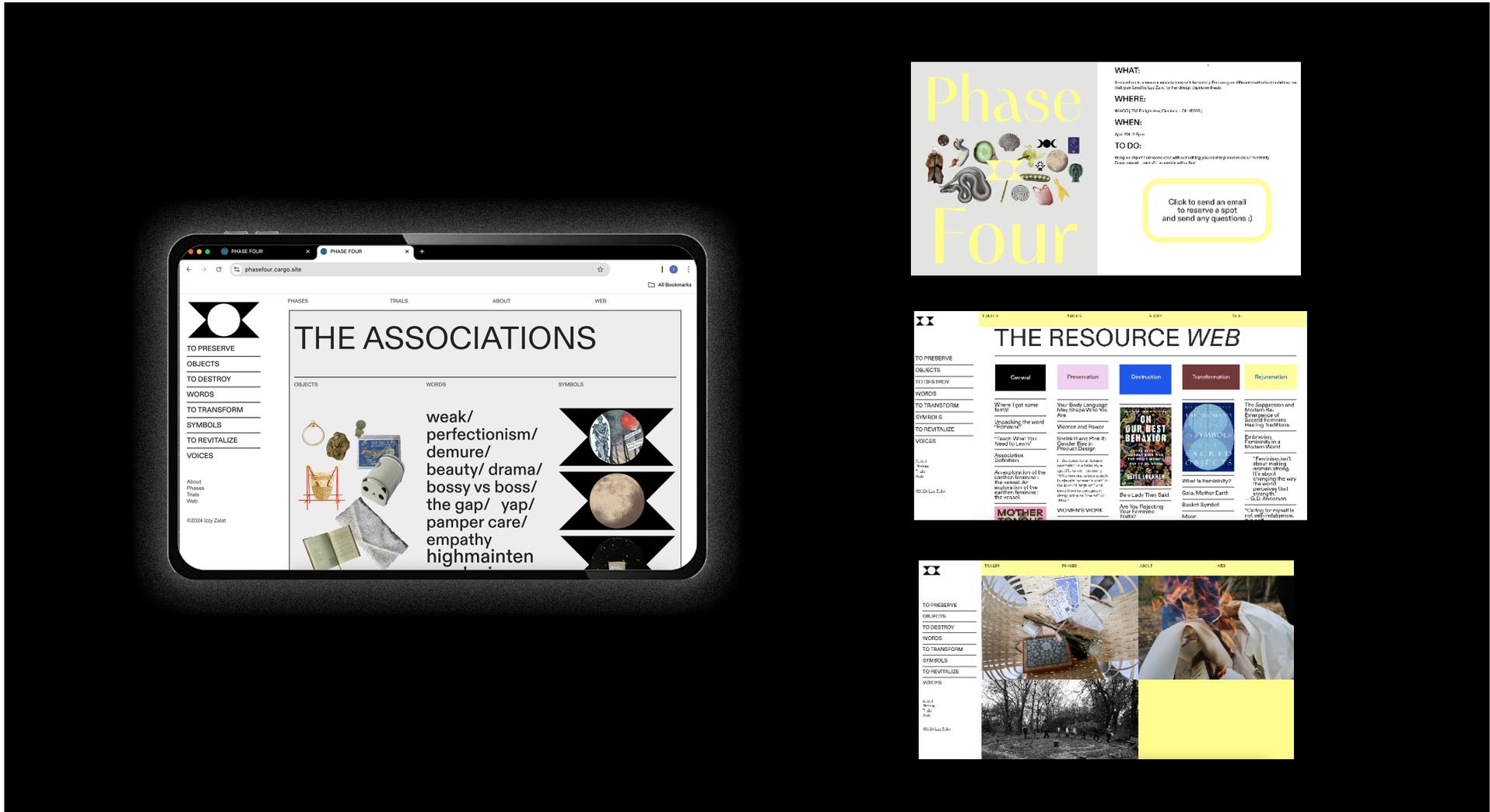
phase four: destruction
what associations with femininity...

do you want to destroy?
do you reject?
do you hate?

burn up the words

What are the feminine associations to this object?
What do you associate with it?
What thoughts does it bring up for you?

PHASE FOUR WORKSHOP



Wrap it

Up

What do you associate with femininity?

Have your thoughts expanded?

Femininity is not wrong, inferior, or bad.

Thank you for all who gave me the
most valuable collection of all
your time and voice.

Special thanks to...

Victoria for your mentorship and support.

Emily Verba-Fischer for helping me to start the journey.

Jeff Welch for seeing my strengths and sharing your insightful input.

Braden Trauth for never doubting the legitimacy of this project and your light energy.

John Dixon for pushing me to get outside my comfort zone and practice craft.

Dr. Hassey for putting a big smile on my face and giving me hope the future.

Thomas and Belle for the being the best bosses ever.

Dr. Sojka for her wisdom.

Em, Cec, Lindsey, Katie, Nika, Arianna, Lydia, Gia, Kailyn, Erin, Alina, Bri, Walker, Cam, Jacob, Colin, Tyler, Janet, Jade, Stephanie for being a part of Phase Four and giving me hope in a dark time.

