

Capstone Bibliography

By Victoria Jiang, Advised by Mr. Ames, Mentored by Ms. Angeles

“Teen Lounge – Fleisher Community Programs.” *Fleisher.community*, 2025,

<https://fleisher.community/programs/teen-lounge/>

The SLA Art Lounge is inspired by the many different programs that host teen lounges, available to teens all over Philadelphia where they can participate in art activities for free and enjoy the benefits of free art supplies. Teen lounges such as the one at Fleisher often have monthly workshops that allow teens to be able to participate in a specific craft such as ceramic charms, where students will come every Tuesday to create ceramic charms for free and to keep! I wanted to model SLA Art Lounge with these ideas; free, a space for teens to come and do crafts to keep, and happen over the course of a month. Additionally, Fleisher emphasizes no-experience-required! The SLA Art Lounge will model this idea by providing workshops that require little to no experience, allowing students to feel comfortable and welcome to join.

“Field Teen Center.” *Free Library of Philadelphia*, 2024,

libwww.freelibrary.org/locations/departments/field-teen-center.

Likewise, the SLA Art Lounge takes inspiration from the Free Library of Philadelphia’s teen center. The teen center hosts different activities every weekday for months, allowing students to engage in a plethora of activities– art ones included– for free! Just like the teen lounge at Fleisher, the Field Teen Lounge emphasizes on being a safe space for students no matter their identity, orientation, background, etc. I wanted to take this idea and put it into action in the SLA Art Lounge as we have a lot of different students from all over the Philadelphia area. The SLA Art will be a safe, creative space for people of any background, LGBTQ+, and identity.

Gómez-Restrepo, Carlos, et al. "Role of the Arts in the Life and Mental Health of Young People That Participate in Artistic Organizations in Colombia: A Qualitative Study." *BMC Psychiatry*, vol. 22, no. 1, 3 Dec. 2022, p. 757, pubmed.ncbi.nlm.nih.gov/36463167/, <https://doi.org/10.1186/s12888-022-04396-y>.

This article provides detailed information and research pertaining to the science behind the effects of art on humans on the biological level. Specifically, the article focuses on the research and effectiveness of how arts are able to assist in relieving mental distress in adolescents and provide a positive way for young people to learn and grow. The article states that the results of the research conclude that art can be not only a creative outlet, but also a way for adolescents to express and manage their emotions in a healthy way; art can also be a way for youth to engage in social relationships through the participating of group art activities and programs. This research has been helpful in the creation of the SLA Art Lounge as this research provides proof that arts can benefit the community and not just individuals as a "hobby."

"Why Young People Need Access to High-Quality Arts Education | the Wallace Foundation." *Wallacefoundation.org*, wallacefoundation.org/resource/articles/why-young-people-need-access-high-quality-arts-education.

Adding on, this article shows how art can not only positively impact adolescents through social relationships, regulating emotions, and be a creative outlet; it can help students engage and improve their knowledge and skills inside of school. The article states that "increasing arts education improves writing achievement, school engagement, college aspirations and arts-facilitated empathy" showing that arts can encourage students to excel academically. This research is helpful in reinforcing the fact that the SLA Art Lounge should take place as not only can it provide therapeutic experiences for SLA students, but it can provide an uplifting of spirits leading to academic growth. Likewise, the SLA Art Lounge will be a way for students to engage with peers that they may have not ever encountered before, allowing for positive reinforcement of building relationships and will be a great way for students to make friends!

Magsamen, Susan, and Ivy Ross. *Your Brain on Art: How the Arts Transform Us*. Random House, 2023.

My mentor, Ms. Angeles first introduced me to this book and all the research and materials inside it: the science behind how art positively affects your brain which has led me to researching the sources mentioned above. Going on with this merge of science and art, I wanted to carry it into my capstone and have created the SLA Art Lounge as a result. The book talks about the neurological science as well as providing multiple different research papers, studies in labs, as well as test results of the positive stimulation of arts on humans on the biological level. Ms. Angeles has shared me into a google doc where I'm able to read all about the contents of the book and where I will continue to be able to research about this topic for my capstone.

Husson University. "Benefits of Art Therapy for Mental and Physical Health." *Husson University*, 28 Feb. 2024,
www.husson.edu/online/blog/2024/02/benefits-of-art-therapy.

For the SLA Art Lounge, I picked specific art activities that required little to no experience, fun, as well as mindless. The purpose of these factors in these activities are to provide therapeutic effects for students that choose to participate; essentially acting as stress-relieving activities as I know for myself and my peers alike, we get stressed from school, extracurriculars, work, and other activities outside of school. This article by Husson University explores the uncommonly known usage of Art Therapy that has helped people with reducing anxiety and stress, boosts cognitive functions, and emotional regulation. I hope through the workshops available at SLA Art Lounge, the same effects of Art Therapy will be present and materialize in students that engage in the workshops.

Likes, Lauren. "Lauren Likes." *Lauren Likes*, 8 Mar. 2018, lauren-likes.com/blog-1/plan-creative-workshop

This blog has and will help me with planning and creating the workshops for the SLA Art Lounge as it goes through all the steps from beginning to end of how to create and run art workshops for an audience. The blog provides specific steps such as planning the lesson, how to buy and organize materials, as well as how workshops should be set up to appease those who are attending. Likes also provides great tips and makes each step of the learning process of how to run a workshop easy to understand. The blog also provides a specific example and step-by-step tutorial of a workshop you could set up and provides insight of how the workshop is run as well as the materials and time needed to put into a workshop.

missamymay. "A Beginner's Guide To: Bedazzling." *Miss Amy May*, 19 July 2014, missamymay.com/2014/07/19/a-beginners-guide-to-bedazzling/.

In order to run my bedazzling workshop, I needed to find a source that can teach me everything about bedazzling, the materials, and the proper process of how to bedazzle items. This guide goes specifically into every step of the process; providing pictures and a list of materials, the specificity of each material such as the sizing of the crystals and gems needed to bedazzle, the technique of how to apply the crystals and overcoming certain challenges that comes with bedazzling, and so much more. Additionally, Miss Amy May provides detailed feedback, tips, and experiences that she's had while bedazzling which can be very helpful, especially as a beginner who has never bedazzled before.

“HOW to DECODEN - the ONLY Decoden Tutorial You’ll EVER NEED.” *Youtu.be*, 2026, youtu.be/1NA2lAMqF6s?si=Nbm7CIDbTDV7iLMH.

Just like in my bedazzling workshop, I have to learn everything about the process and materials that pertain to decoden. I personally have participated in a single experience of decoden at the Free Library of Philadelphia’s Field Teen Lounge, however I have no other experience as well as the knowledge of what materials to get so I searched for a video that has taught me everything I need to know. In this video, Alexa goes through all the materials needed for decoden. Additionally, she provides step-by-step instructions about each part of the decoden process, as well as tips and tricks that will be useful to relay when I run the workshop.

Angeles, Yadierys. Capstone Mentor Meeting. 19th, September 2025.

I have asked and confirmed Ms. Angeles as my mentor because, seeing as she is SLA’s art teacher, she is able to provide me with feedback as well as possible alternatives to my workshops. I have talked with her about the science behind the effects of art on the brain, starting with the book “Your Brain on Art,” the inspiration for my capstone. Likewise, we have workshopped all my different ideas for my capstones and eventually landed on the SLA Art Lounge. She has also confirmed to allow me to use the art room’s material to run my button-making workshop!