Asano Humanities & Health Certificate

2019-2020

Reflection Examples

Make a Creative Piece: Make a creative piece inspired by an event. This prompt requires you to create a new piece rather than use existing works. May include: drawing, painting, poem, creative essay, short story, photograph, song, video, dance, recipe with picture, advertising brochure, etc. Please write a short description (100-150 words) of your inspiration and creative process.

Ayano Endo
Event: The Vicissitudes of Travel

During this event, Jennifer Blaine performed a multi-character piece that explored the complexity of memories, as well as how the concepts of disease and mortality can impact people differently. This thought-provoking intersection of memories, disease, and mortality, is what served as my inspiration for making this 42-piece “kusudama” origami structure. With this kusudama, I hoped to create a visual representation of how different memories (the individual origami pieces) come together to form the overall perception (the kusudama structure) that one can have of someone else. On a similar note, the existence of a person is acknowledged within the various memories that friends and family harbor within their minds. When someone passes away due to an illness or disease, it is in the nature of people to share memories that they have of that person, and by doing so, in a way, they are breathing life back into that person.

Victoria Coaxum
Event: Liliana Velásquez: Dreams and Nightmares / Sueños y Pesadillas

Reflection

As Liliana Velásquez spoke during her event, I thought of the similarities between her story and a blooming flower. In my drawing, the three stages of the blooming rose symbolize three stages of Liliana's life. The rose bud represents her life in Guatemala and the fact that, although it is where she was born, it only marked the beginning of her becoming the person she is meant to be. As the rose starts to bloom, it signifies Liliana's journey to the United States and the way that it allowed her to take steps toward becoming who she wanted to be, strengthening her despite the many hardships that she faced. Finally, the rose in full bloom symbolizes Liliana's time with her second foster family, which she called the family of her dreams, and her time in college as she finally begins to live the life that she has always dreamed.

Iman Soliman
Event: Dean's Concert Series: David's Harp

Manti (Traditional Turkish Dumplings)

- 2 cups of flour
- 2 eggs
- ⅓ cup of water
- ½ pound of ground beef
- Salt, pepper, and garlic powder to taste
- 1 cup of yogurt
- 1 clove of garlic
- 2 tablespoons of butter
- Paprika to taste

1. Combine the flour, eggs, and water, mixing well with your hands to form a soft dough. Set aside.
2. In a separate bowl, season the raw ground beef with salt, pepper, and garlic powder.
3. Roll the dough as thin as you can on a lightly floured work surface.
4. Use a 2-inch round cookie cutter to cut the dough.
5. Add 1-2 teaspoons of beef in the center of each cutout.
6. Seal the dumplings by gathering the edges of the dough and pinching them together at the top to form a bundle.
7. Bring a large pot of salted water to a boil over medium-high heat, and cook the manti until the dough is tender, 20 to 25 minutes. Drain well.
8. While the manti is cooking, mince the garlic and add it to the yogurt in a small bowl.
9. In a separate pan, melt the butter and sprinkle with some paprika.
10. Combine the yogurt mixture with the drained manti. Place on serving plates.
11. Top with the butter mixture and serve.

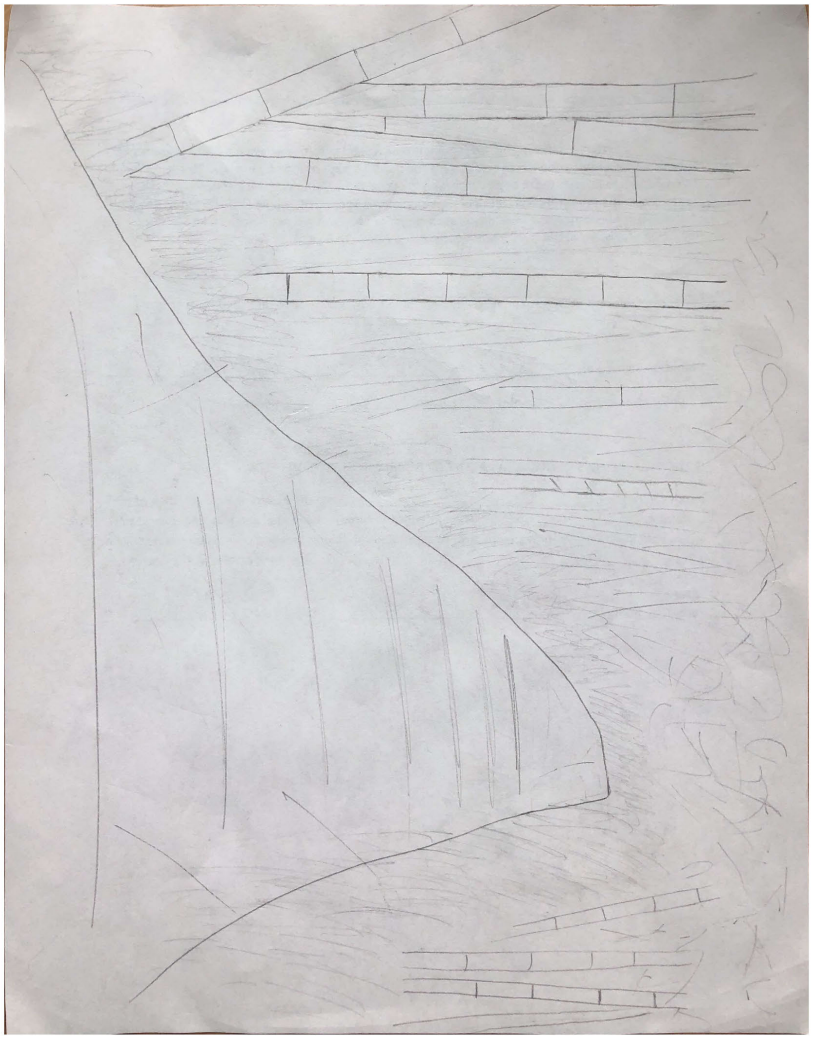
During the summer after my junior year in college, I traveled to Turkey with my older sister and one of my best friends. As I sat at the David's Harp concert and listened to *Uskudar'a Gideriken*, memories of our trip came rushing back to me. I remember checking the menu at every restaurant for my favorite Turkish meal - *manti* (traditional Turkish dumplings). Growing up, my mother used to make *manti* on long weekends when we had time to help roll them in the kitchen. Because medical school is completely online now, I thought, what better time to practice my cooking skills. My *manti* did not come out quite as good as my mother's and was nowhere near the quality we enjoyed in Turkey, but I think I am off to a great start.

Lauren Thaete
Event: Moment to Moment Film Screening

My inspiration for this piece came from the warmth that I felt from the relationship that not only was shared between the couple, but also between the documentary creators. I made this piece based off of the introductory picture with the dancing couple but placed it in a hilly, Pittsburgh setting - which resonates more with me since Pittsburgh is my own home. I believe that the ending scene with the community congregating together at the art gallery is embodied in

this work through the close proximity of one house to another, as well as through the changing colors of the leaves on the trees, which symbolize the constant ebb and flow of members within a community.

Stanley Szeto
Event: Story Slam – Resilience in Healthcare



The stories from this session inspired me to reflect upon my own cultural upbringing. I thought to myself: is there something in my culture that represents resilience and the person I am today? That's when I decided to draw a picture of a bamboo forest. The bamboo plant is not only one of the strongest plants grown in China but also one of the most versatile. Its tensile strength is put into use for hours of martial arts training. Its pulp is also a delicious snack, although it will

require patience to properly squeeze out all of its juice. Finally, it provides the perfect scaffolding material used by construction workers in my childhood home of Hong Kong. The creative process of drawing this picture was an enjoyable one, as it included many relaxing post-study sessions of drawing each bamboo shoot one by one.