

You & Me

For this piece I wanted to explore the intricacies of human behavior and more specifically, the impact we have on one another. When researching the human brain, I found that it's constantly changing and evolving based on our actions and experiences. This got me thinking about the effect the people in our lives have on our self-image and our internal growth. To make my video, I asked my peers questions about other people and themselves. Unsurprisingly, most everyone talked about themselves negatively but others positively. We seem to hold a clouded, cynical view of ourselves that drags down our confidence and hinders our ability to be our true selves. Through this process I learned that what other people think about you doesn't really matter, it's what you think about yourself that really dictates your self-confidence. This work serves as a tool of introspection into the lives and minds of some of the students at Oxbow as well as an ode to the people who have shaped me into who I am and continue to brighten my life with each passing day.

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