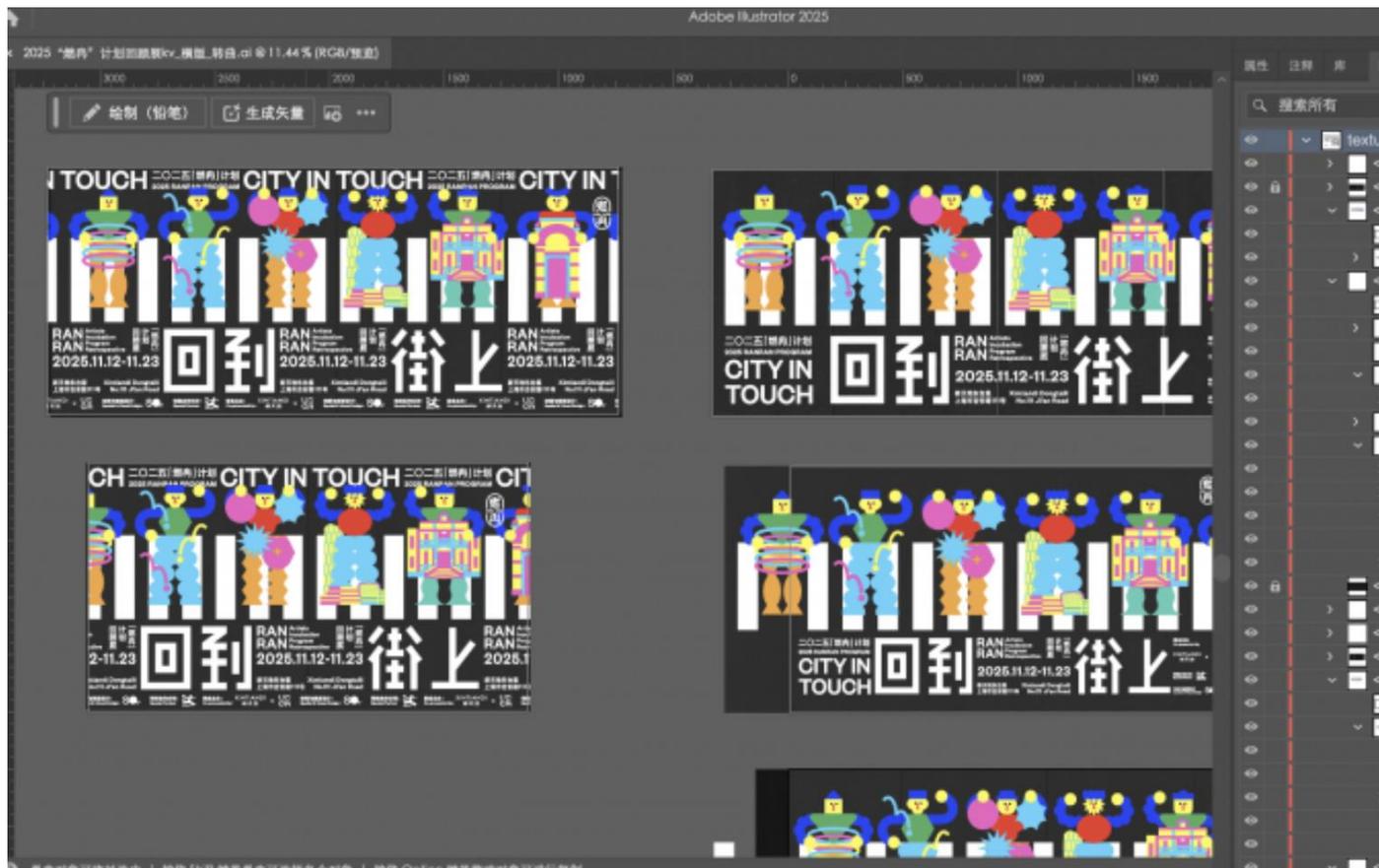


# Work: “City In Touch!” Program Reflections: From Interpretation and Connection

<https://sophiewang.myblog.arts.ac.uk/2025/11/20/city-in-touch-program-reflections-from-interpretation-and-connection/>



## COMMUNICATION

## AGILITY

I extended the main visual identity and designed posters and printed materials for a public art programme in Shanghai. After internal approval, the project title failed government review and I had to remake every layout to change a single word. Working through this process taught me how power, language, and interpretation shape design outcomes. I learned that communication is never neutral, and resilience is essential when adapting to real-world constraints.

# Play: My First Posable Art Doll Commission

<https://sophiewang.myblog.arts.ac.uk/2025/09/01/my-first-posable-art-doll-commission/>



## ENTERPRISE

### PROACTIVITY

I extended the main visual identity and designed posters and printed materials for a public art programme in Shanghai. After internal approval, the project title failed government review and I had to remake every layout to change a single word. Working through this process taught me how power, language, and interpretation shape design outcomes. I learned that communication is never neutral, and resilience is essential when adapting to real-world constraints.

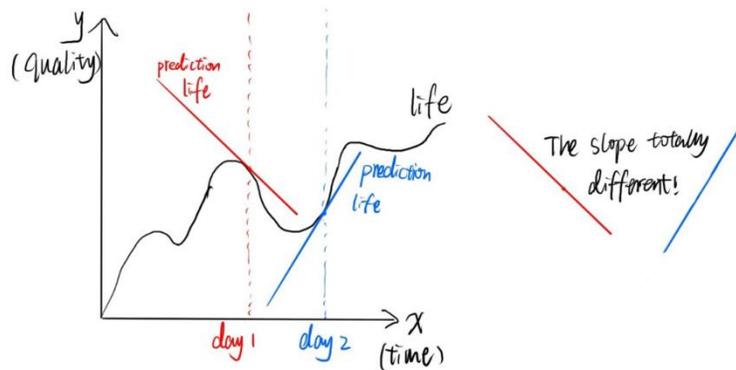
# Rest: Metaphysics—Do not ask Heaven, Ask me.

<https://sophiewang.myblog.arts.ac.uk/2026/01/24/metaphysics-do-not-ask-heaven-ask-me/>

## Prediction: Curves and Tangents

Relying on divination and losing your free will is a mistake. If life is a mathematical function, our experiences are a rising and falling curve. Divination is like a tangent line at a single point on that curve: it predicts a trend based on your current state, but it cannot lock in a final destination.

The future changes with your mindset. If you are anxious now, the prediction will be dark. If you are confident, the result will be bright. I realized that life is not set in stone; we always have the power to create.



## CURIOSITY

## RESILIENCE

During winter break, I studied metaphysics as a form of restorative rest. Exploring systems about personality, destiny, and free will helped me understand myself more deeply and calm my anxiety. Rather than escaping from life, I used learning as a way to reset my mindset. I realised that resting can be active, and that knowledge can rebuild confidence. This process helped me return to daily life with clearer direction and stronger motivation.