My DPS Year: From Escaping to Awakening

- MY OLD SELF (The Past)
  - Mindset: Escapism and Confusion
    - Gap Year as a hiding place
    - Anxiety about graduation
    - Self-doubt in craft skills
  - The Masking Experience
    - Mimicking others to fit in
    - Loneliness and fatigue
  - Early Actions
    - Soap Sculpture 'Constancy'
    - Tibble the Dog doll commission
    - LO3: Identifying health/anxiety issues
    - LO5: Reflecting on early escape intent
- MY PRESENT SELF (The Journey)
  - Professional Growth
    - UCCA Internship resilience (LO2, LO3)
    - Curation as a system of logistics (LO2)
    - City in Touch: Political reality (LO2)
    - Software mastery: AI and InDesign (LO3)
    - Visual impact on Shanghai streets (LO4)
  - Ethics and Values
    - Sensitivity over perfect technique (LO1)
    - Respect for life: Goldfish story (LO1)
    - Empathy through storytelling (LO4)
    - UAL Social Justice principles (LO1)
  - Self-Discovery and Philosophy
    - ASD Diagnosis: Turning point (LO3)
    - Metaphysics as a manual (LO3)
    - Taoism: Stillness and vitality (LO5)
    - Internal shift: Masking to acceptance
- MY FUTURE SELF (The Realisation)
  - Academic and Career Ambitions
    - Chinese Cosmology art exploration
    - Independent artist or curator
    - Integrating life and work (LO5)
  - Mission and Attitude
    - Neurodiversity Advocate (LO1, LO5)
    - Eliminating social bias via art
    - Focus on the present potential