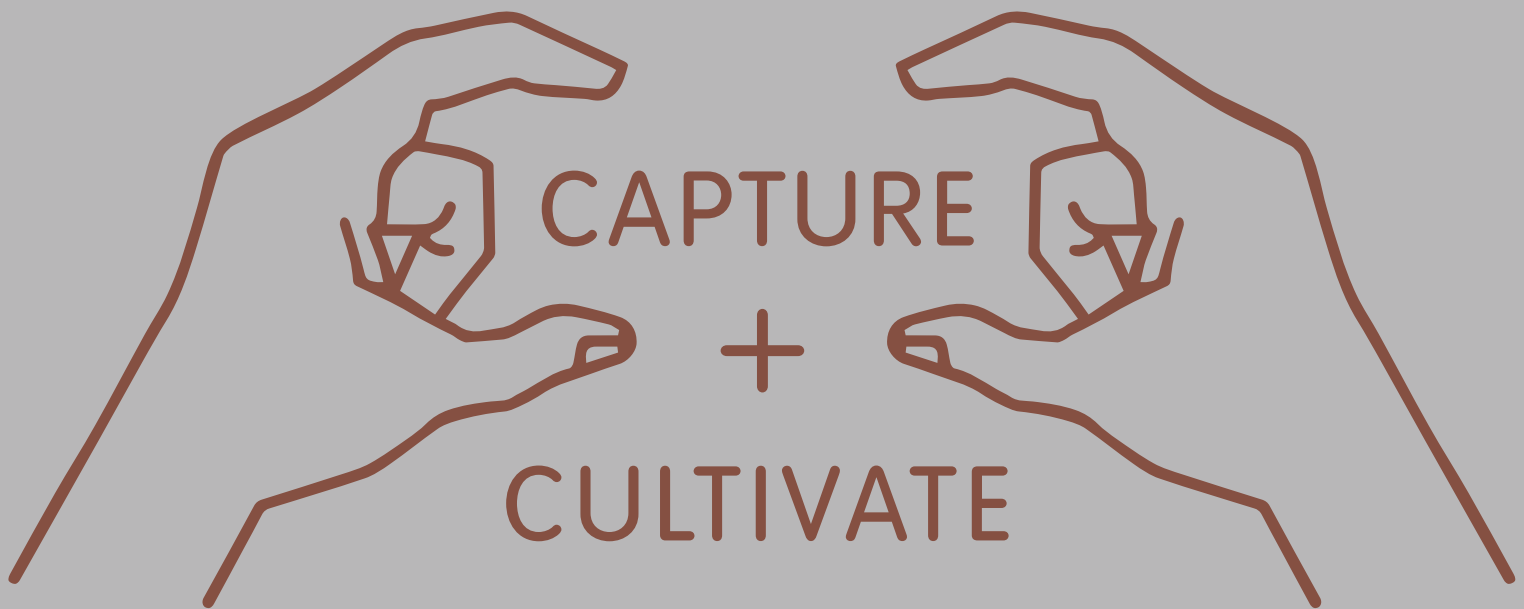

SUPPLEMENT: FAQ



TOOL KIT

Frequently Asked Questions

Who is the tool kit for?

The tool kit is for creative practitioners from any discipline.

I am a beginner, can I use the tool kit?

Yes, the tool kit can be completed by practitioners at all levels.

Can I complete the tool kit alone?

Yes, the tool kit has been designed so it can be used by a single practitioner or two practitioners.

How will the tool kit benefit me?

We expect that the tool kit will help you develop your personal practice; in terms of reflection skills, articulation, and validation.

We anticipate that the tool kit will provide you with practice insights in relation to skill-sharing and an ability to communicate your activities within your practice.

What is in this tool kit?

This tool kit provides creative practitioners with a methodology to evidence the tacit knowing within practice that is not provided by demonstration. The tool kit has four sections, each section guides you to plan, capture, review and analyse your practice.

How was the tool kit developed?

By adapting and extending craft interpretation methods with use of technologies, UWE researchers have formed a new methodology for embodied knowledge transference. In using this tool kit, creative practitioners can gain the capacity to elicit a robust understanding of their experience and consciousness. For more information visit the Capture + Cultivate Practice page.

Do I need to complete the tool kit in one sitting?

No, you can complete the various stages in multiple sessions. For best outcomes we recommend you complete all the stages within one week.

How long does it take to complete the tool kit?

On average it has taken participants approximately one day, however you can take more or less time depending on your availability and the impact you wish to achieve.

The tool kit requires that you give honest and open answers and detailed responses. In order to complete it we recommend you undertake the activities in a space and at a time you are able to focus.

Why is there a ten minute limit on recording my activity?

Since the activity is recorded from multiple angles, the total amount of footage time to be reviewed is thirty minutes. This results in the tool kit's activities in total to take approximately one day to be completed. If you have more time, and want to record for a longer session, you are welcome to do so, bearing in mind reviewing more than ten minutes of footage from each angle will affect the total time it takes to complete the tool kit.

I do not have any professional camera equipment; can I still use the tool kit?

Yes. The tool kit was developed using action cameras, but you can use any portable device with a camera such as smart-phone, tablet, laptop, external web-cam, etc.

Do you have to use a computer to complete the tool kit?

No. All the documents can be downloaded as PDF's and filled manually, but camera footage needs to be reviewed on a portable device alongside.

What do you mean by state of ease, flow and unease?

Our graph depicts three states, which is developed from the Mihaly Csikszentmihalyi Flow Model.

