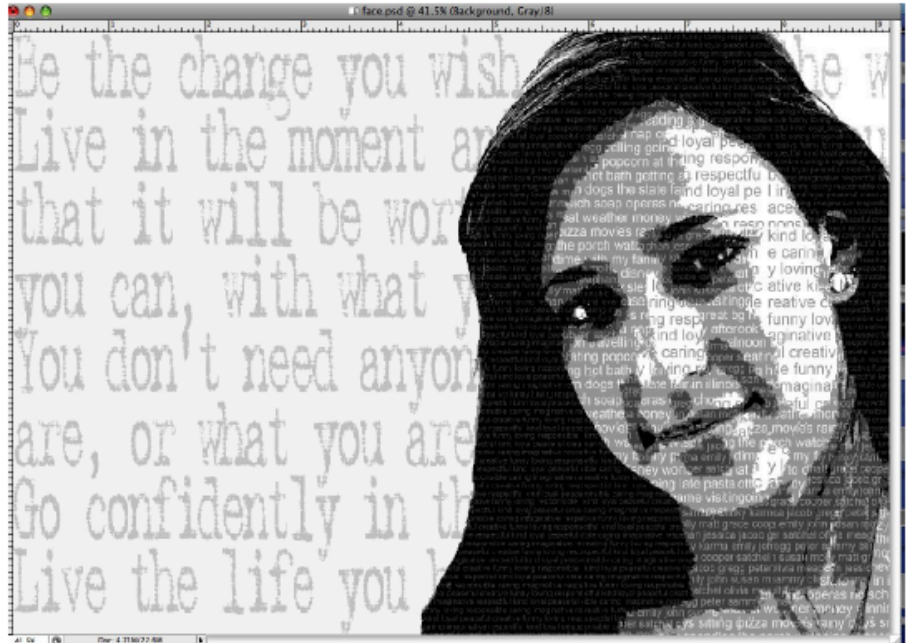


# Express Yourself

## Project Outline

The Express Yourself Photoshop project provides students with the opportunity to apply their newly learned Photoshop skills onto a project which will showcase how they perceive themselves on a day to day basis. The project will embrace artistic, creative and cultural components while allowing students reflect on the different aspects on the project. Students are going to take themselves to a whole new level- culturally and artistically.



### Project Timeline

1. Take individual shot in front of green screen.
2. Complete the “Express Yourself” description words (page 2)
3. Edit self portrait (page 3 - 15)
4. Combine self portrait with description list (page 3 - 15)
5. Save for Print and Web
6. Share with the Class!!
7. Reflection

### Project Goals

1. Students will be able to communicate through art how they perceive themselves in the world.
2. Students will be able to confidently apply the Photoshop skills they learned in earlier lessons to create a professional digitally designed self portrait.
3. Students will collaborate with other students to reflect upon the work they completed and to showcase their culture.

# Express Yourself

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## Description Words & Quotes

Directions: Using a Google Document create a list of words which describes you in relationship to the column titles. **You must choose a minimum of 10 words for each section.** In addition, include a minimum of three quotes which also represents you a day to day basis. Be Creative! Using thesaurus.com may help.

<b>Yourself</b>	<b>Family and Friends</b>	<b>Your Likes/ Interests</b>	<b>Education</b> (school, culture, religion)

Quote #1:

Quote #2:

Quote #3:

# Express Yourself

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## Take a photo of yourself.

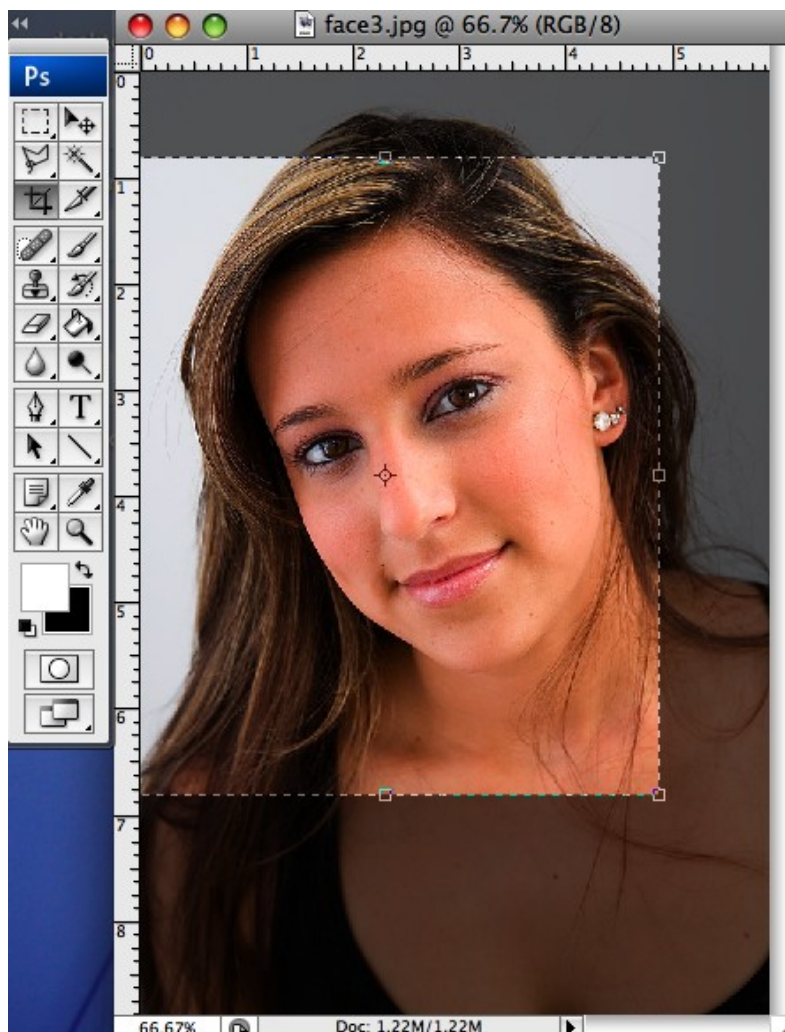
Get someone to take a photo of you - a head shot. Make sure that the background is a solid/neutral color and that you are not in a shadow.

- Open your photo in Adobe Photoshop.
- Go to image --> Image Size and change the resolution from 300 to 72. We will be publishing our file to the Web and not for print.
- Be sure to zoom into your picture (command + "+") so you are viewing the image at 100% (it may zoom out once you adjust the resolution.)
- In the layers panel double click the layer with your image and then click "ok" to unlock the layer.
- Once the layer is unlocked you can now remove the green background. The recommended tools to use are: magic wand, magnetic lasso or the eraser.



## Crop the photo

Use the crop tool and zoom in on your portrait. Hit "Enter" to confirm the crop. The areas which is not highlighted (dark gray) will be removed/cut. Do not worry about the background of the image yet!

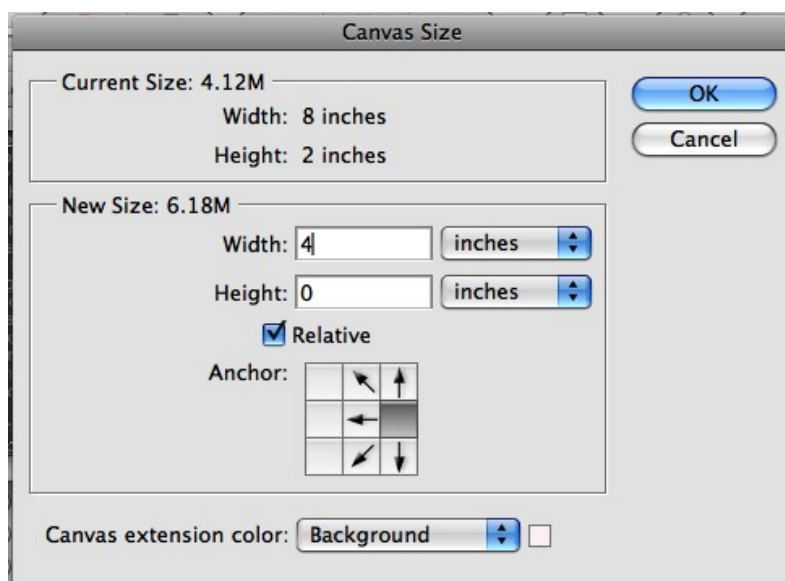


## Create a larger canvas

Go to **Image>Canvas Size** to adjust the canvas size to make it larger on one side.

Add about 4 inches or 300 pixels to one side of your portrait.

Make sure you choose the side where it's most natural to add space.





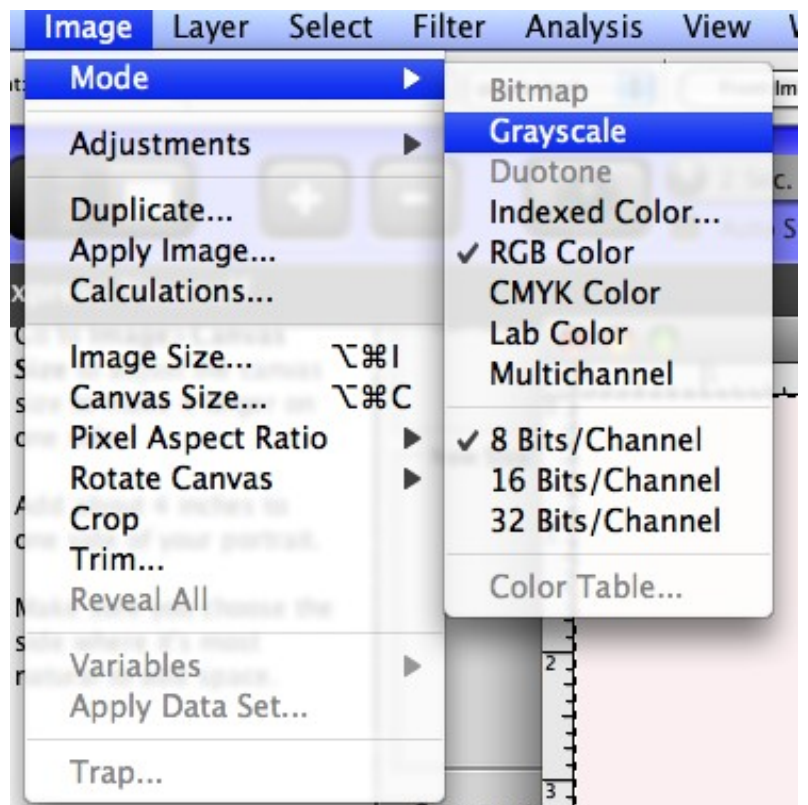
Make sure you choose the side where it's most natural to add space

- Add a new layer under the layer with your image and go to edit-->fill, use: White. You will now have two layers. Make sure the white layer is under your image or you will not be able to see yourself. Using the small drop down menu on the top right hand side of the layers panel, click on "Merge Visible." This will now make you and the white background layer one layer!



## Change to Grayscale Mode

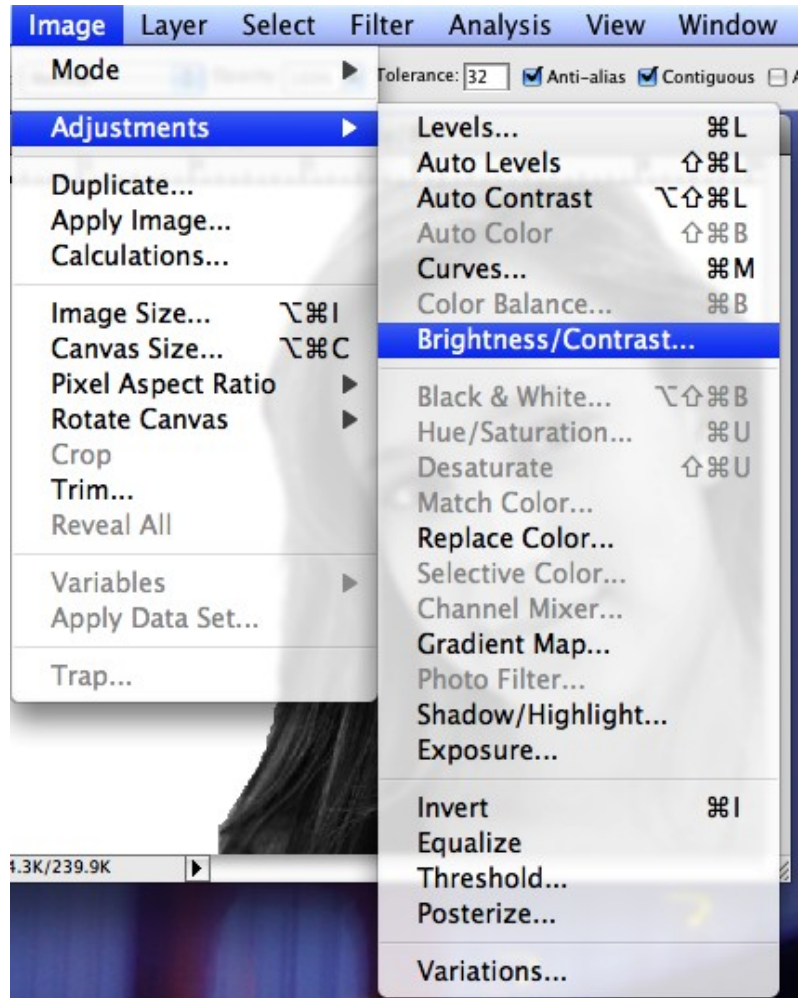
Image>Mode>Grayscale



## Up the Contrast on the image

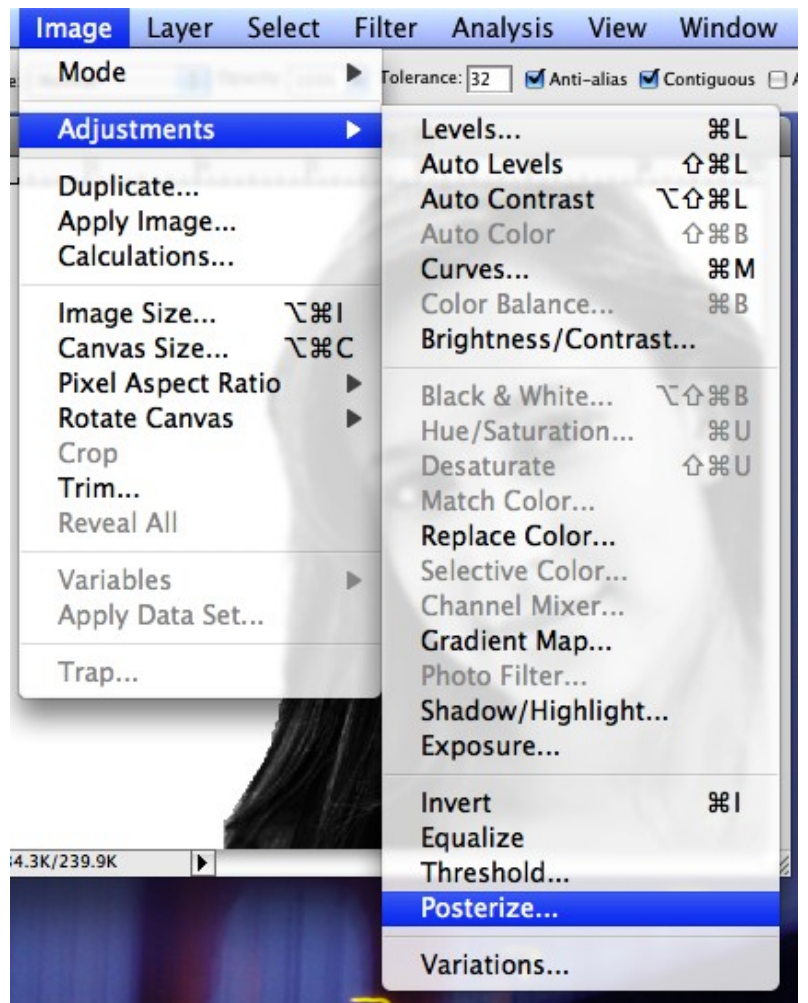
Go to  
Image>Adjustments>Brightness/Contrast

Move the Contrast slider to the right to increase the contrast.

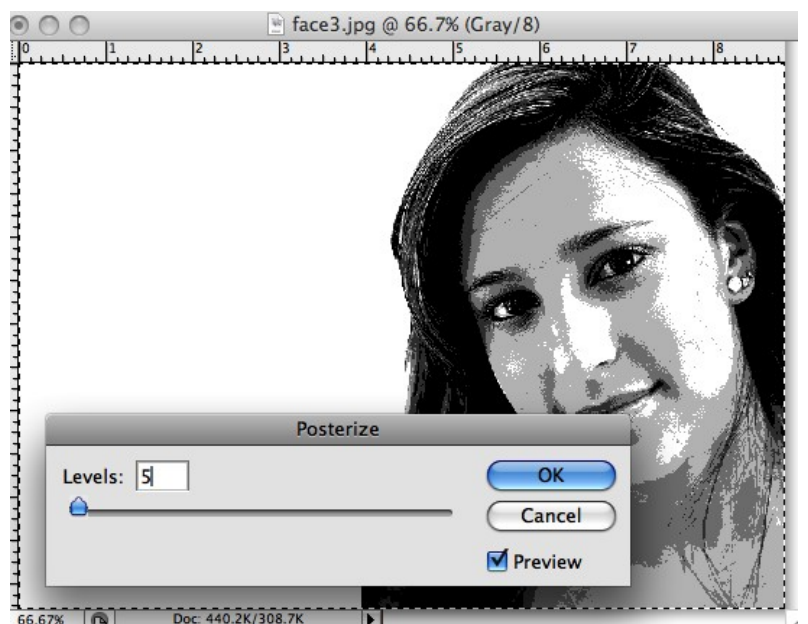


## Posterize and Simplify

Go to Image>Adjustments>Posterize

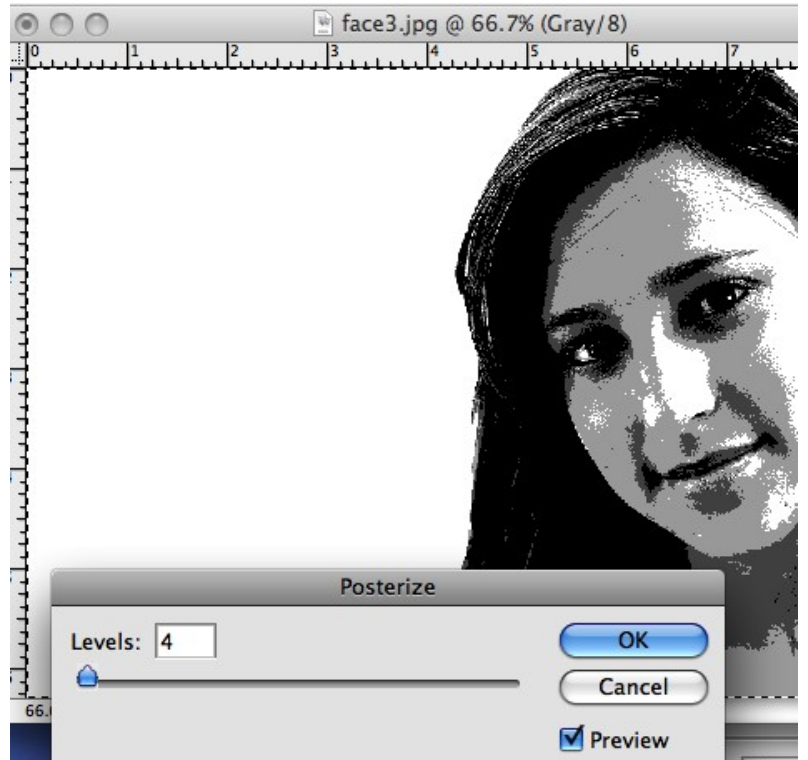


On the posterize screen, select a level of 5 or 6 - make sure you keep some of the details on the face. **\*\*Adjust the posterize level until you have four different shades of gray (color) on your face.** This number may be different for everyone.



This is a good time to save your work. Be sure to save it as a .psd file so you can have access to all the layers. (File--> Save As)

Save your image as yourname.face.psd  
DO NOT FLATTEN THE IMAGE.



## Separate the values

Use the magic wand tool and select the lightest value/color on the face. Copy and paste onto a new layer. (Once you select the lightest area hit command + "c" for copy and command + "v" for paste.) You will not see anything visually happen on the actual image but you will see a new layer in the layers panel.

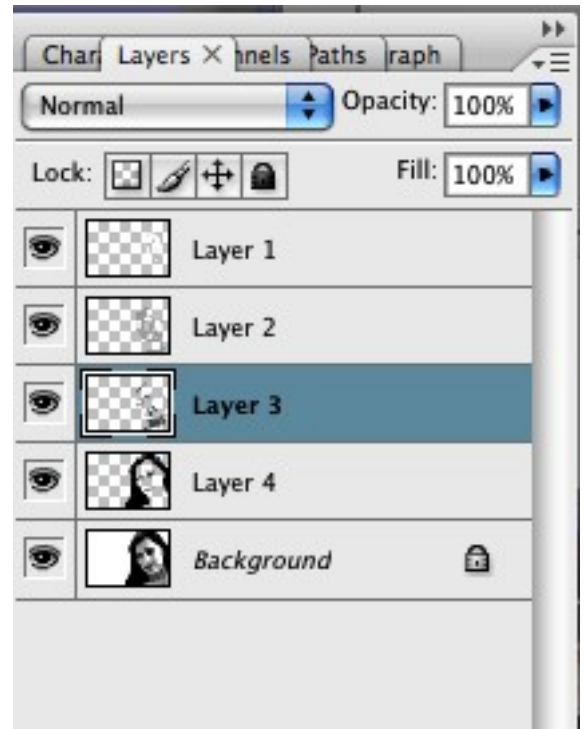
Continue doing this, selecting the different values (colors), copying and pasting them onto a new layer. Before you select the next shade make sure you are selected back on the layer with the original image. In the end you should have five layers.





When you get done, you'll have 4 **new** layers, each with a different value.

Your original layer may be called layer 1 instead of background and will not be locked.

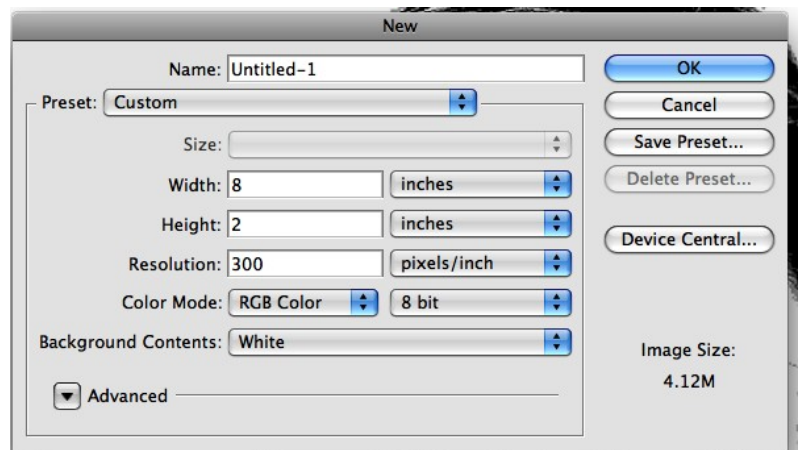


## Creating a value scale

Using the different word lists that you created, you'll create a value scale.

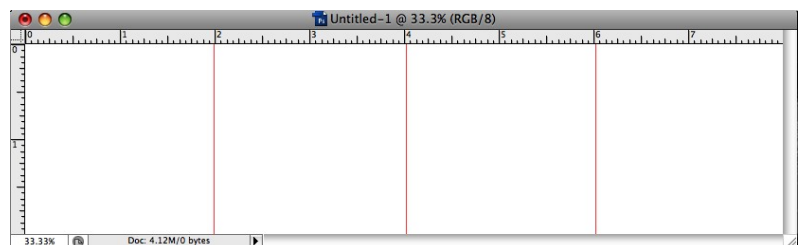
Open a new document (file --> new)  
The width should be 8 inches and the height should be 2 inches.

**Resolution 72 dpi.** This is contradicting to what we learned for Web but we are using this resolution to be able to read the words.



## Make guidelines

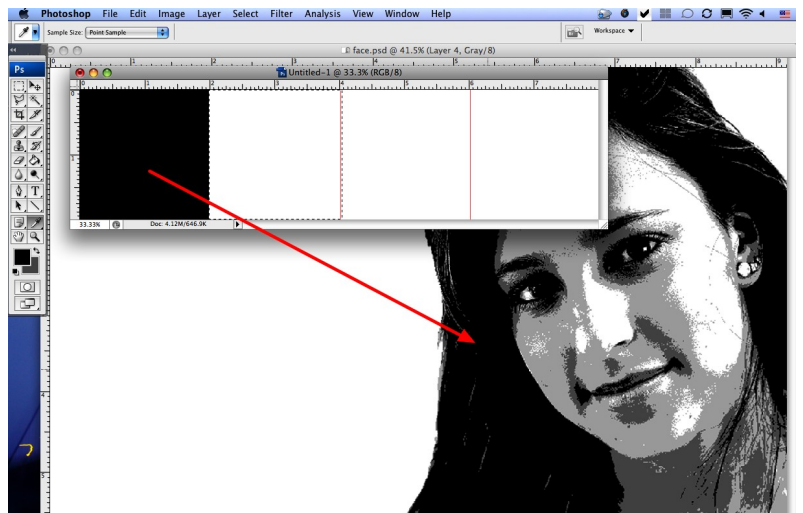
Pull out guidelines and mark every 2 inches. Make sure your rulers are measuring in inches. (If they are not right click on either ruler and click on inches.)



## Fill in with the different values from your portrait.

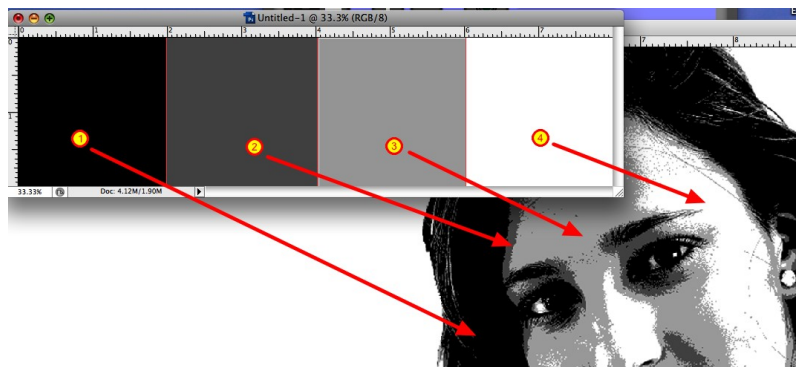
Using the eyedropper, select the darkest color from your portrait (in the file with your image.)

Select the first box in the new file (use the rectangular select tool) and fill the box with the dark color. (Problem Solving Tips: make sure the stroke is not on. If the next rectangle will not fill with the new color automatically use the paint bucket tool (which is hidden under the gradient tool.)



## Create all 4 values

Continue filling the different sections of the value scale with the values from the portrait.

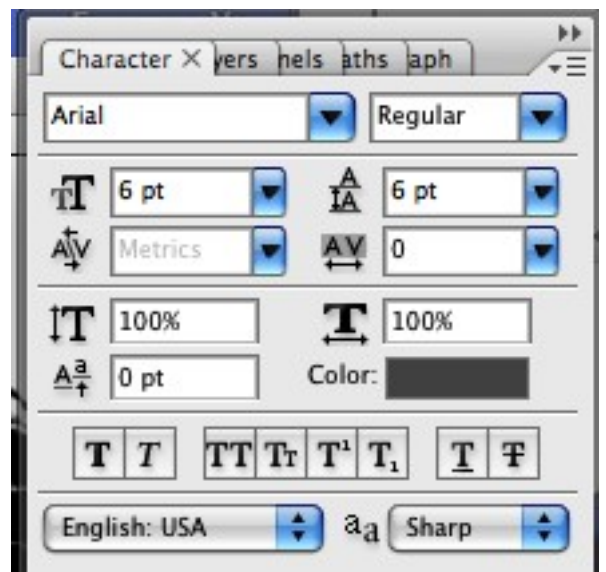


## Filling the value squares with words

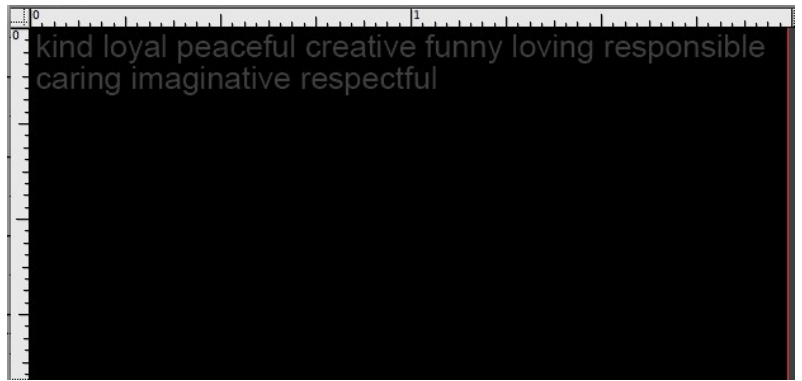
Start with your darkest value square.

Choose a font style. The size of the font should be 7pt.

The color of the font should be the color of the next value box.



Start typing in the words from your "describe" list.  
 When you get to the edge of the value box, click return and go to the next line.



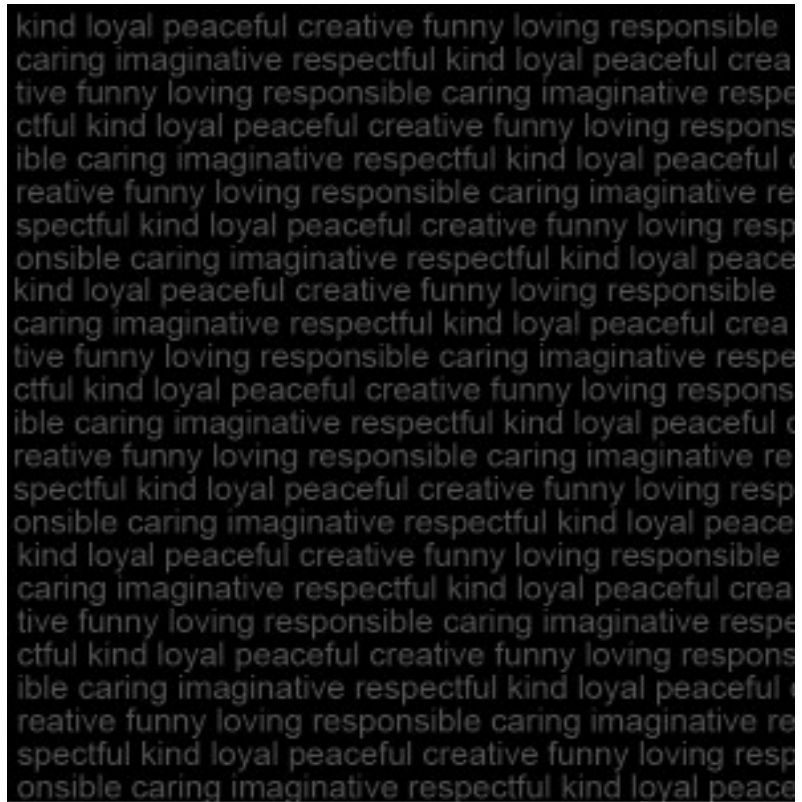
Continue typing the words, over and over, until you get to the bottom of the square.

Continue this process, going to the next value square, choosing a font size of 8pt this time. For the font color, use the color of the next value square (light gray) Use the words from your family and friends list to fill in this square

**For the 3rd square,** use a 9pt. font, and the white color for the lettering. Type in the words from your "likes" list.

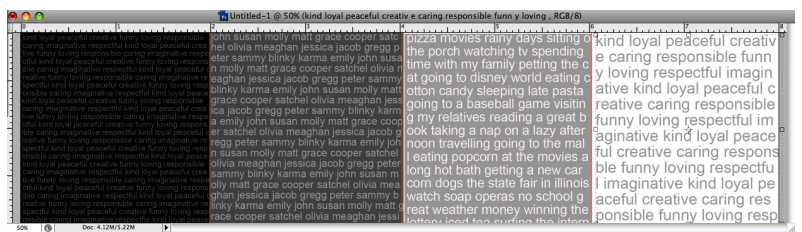
**For the 4th square,** use a 10pt font and the light gray color from the previous square.

Type in the words from your "describe list" to fill in this square.



Your value scale should look something like this. Save your image twice, once as a .psd and then as a .jpg

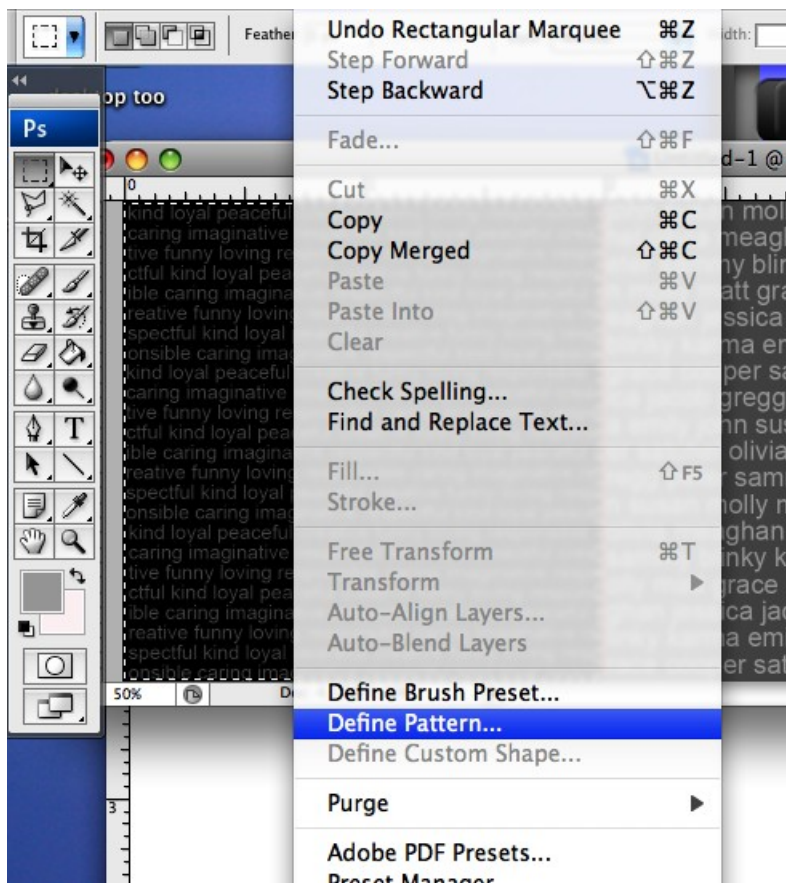
yourname.valuescale.psd  
 yourname.valuescale.jpg



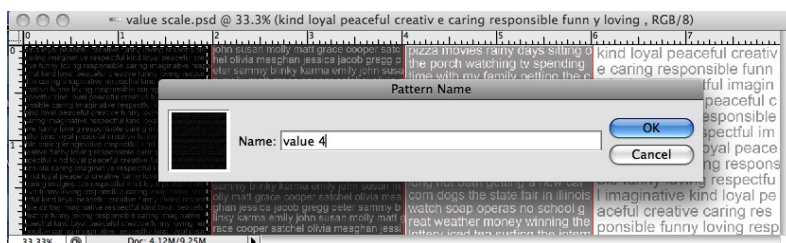
Do not close this file yet, you will continue to work on this file.

Using the rectangular select tool, select the first square on your value scale.

Go to Edit>Define Pattern



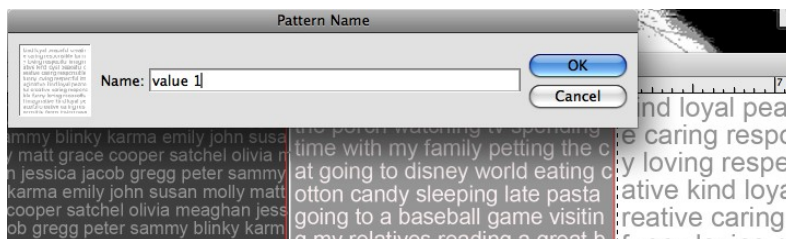
Name the pattern **Value 4** and then click OK.



Use the select tool to select the next value square.

Go to Edit>Define Pattern

Name the pattern **Value 3** and then click OK.



Use the select tool to select the 3rd value square.

Go to Edit>Define Pattern

Name the pattern **Value 2** and then click OK.



Use the select tool to select the last value square.

Go to Edit>Define Pattern

Name the pattern **Value 1** and then click OK.

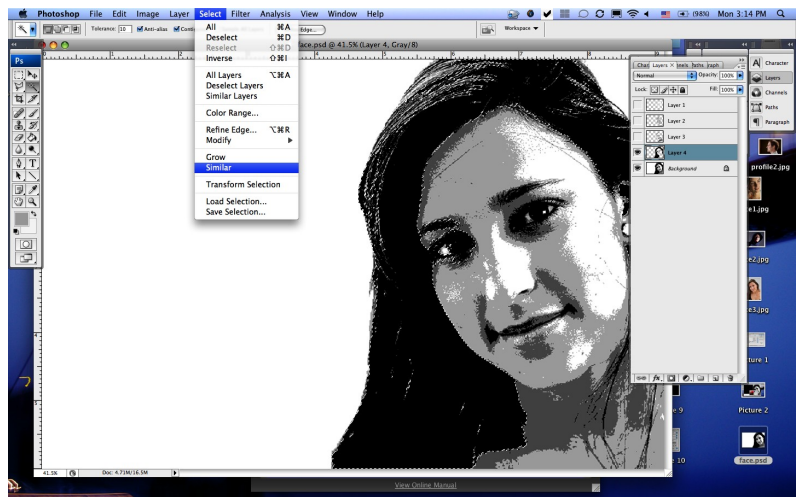
**Save and close your value scale.**

**Go back to your portrait.**

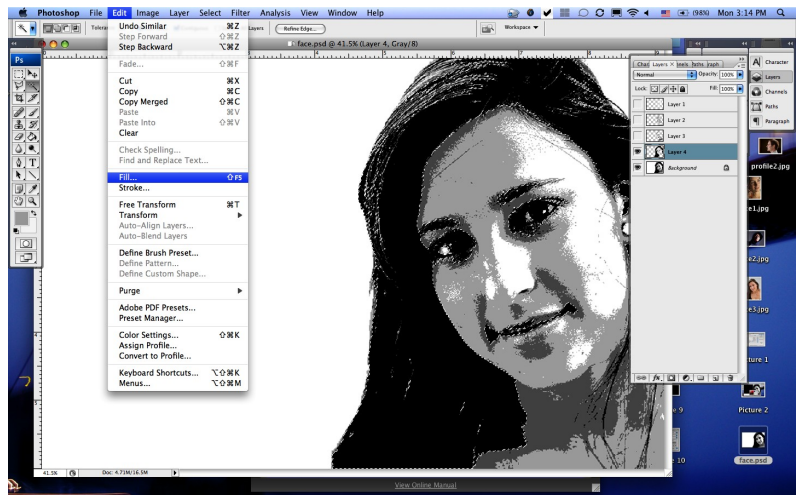
Go to the 4th layer. Use the magic wand to select one of the dark areas.

Then go to **Select>similar**.

You'll see that the rest of the black areas will be selected as well.



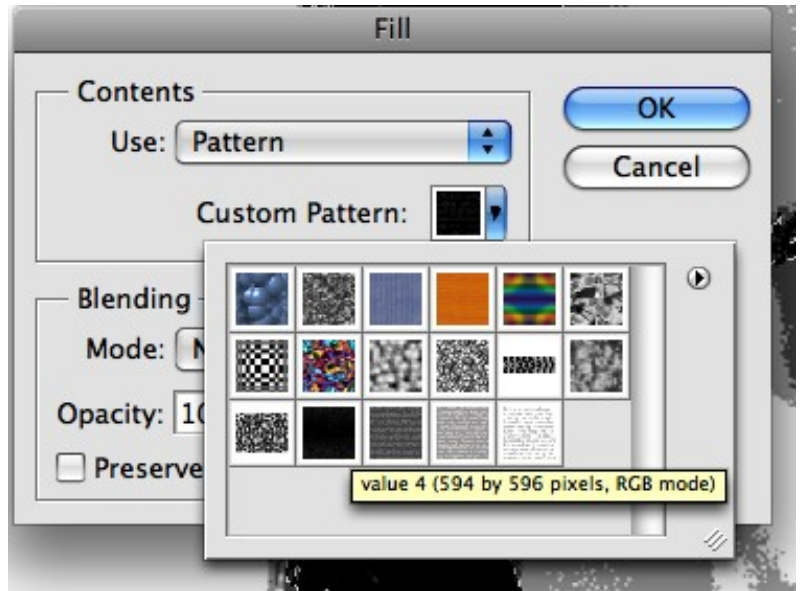
Go to Edit>Fill



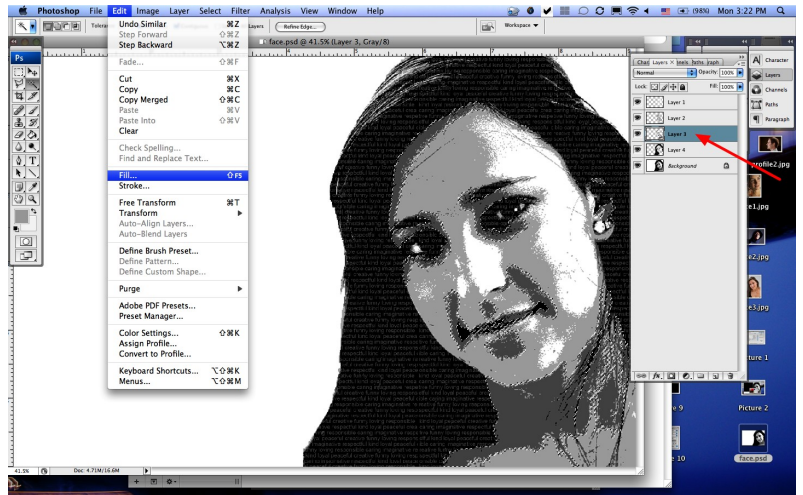
When the fill window opens, choose pattern>custom pattern.

Let your cursor hover over the last 4 patterns on the screen. Choose the one that is named **value 4**.

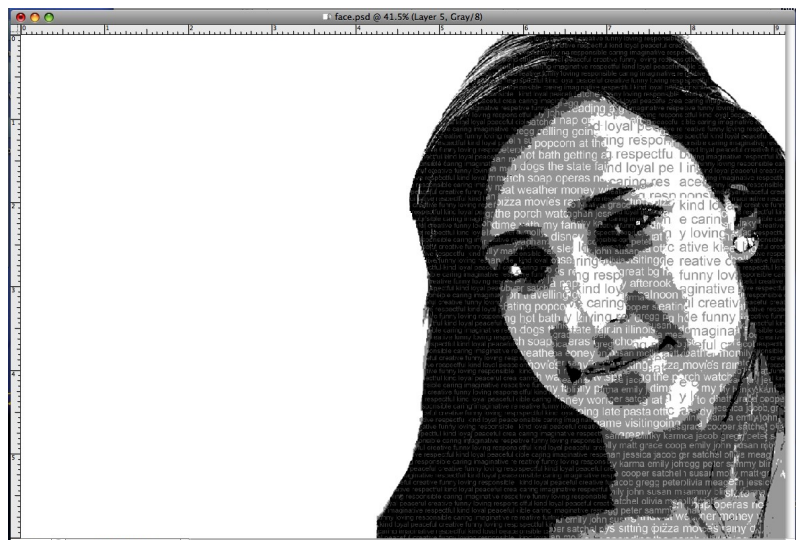
Click OK.



Now select the next layer and do the same thing. This time, fill the selected area with your **value 3** pattern.



Continue selecting and filling until all of the values are filled in.



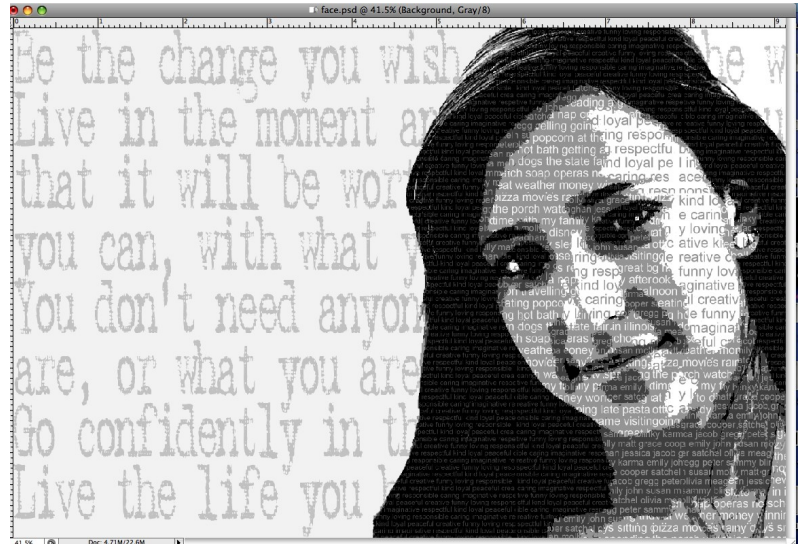
## Filling in the background

Use your text tool and type in your "quotes" on a layer just above your background layer (layer 1.)

Use a large font and fill in the entire background with your quotes.

You may wish to change the opacity of this layer to make the quotes a bit lighter.

Continue to save your file as .psd but also when you are ready to insert the image into a Google Doc save the image as a .jpg file.



# Express Yourself

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## Project Rubric

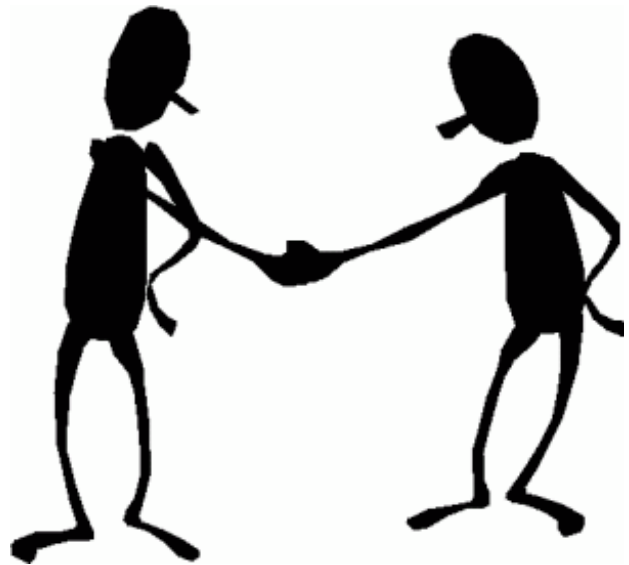
Element	Possible Points	Points	Comments
<b>Heading 1</b> - element 1 - element 2 - element 3 - element 4	25		
<b>Heading 2</b> - element 1 - element 2 - element 3 - element 4	25		
<b>Heading 3</b> - element 1 - element 2 - element 3 - element 4	25		
<b>Heading 4</b> - element 1 - element 2 - element 3 - element 4	15		
<b>Heading 5</b>	10		
<b>Total</b>	<b>100</b>		



# Express Yourself

## Reflection

This unit has focused on various topics: Photoshop skills, design principles and culture. Through sharing your project with other students in the class you were able to enlighten classmates about your culture and at the same time learn about their culture. Write a one page reflection about your experience with sharing information as well as learning new information about other students. Hopefully, you viewed this as a positive experience which you will grow from now and in the future. Follow the reflection requirements below to be successful when submitting the assignment.



### Reflection Requirements

1. Minimum of 1 page (3 paragraphs- introduction, body & closure), double spaced and submitted as a Google Doc.
2. Cover the following topics:
  - What you learned about yourself
  - What you learned about 3 other students
  - How this project has affected you in a positive manner (in regards to culture)
  - From sharing your culture with other students what word did you find to be the most significant word which you shared about yourself and why?
  - How can this project help you form new relationships with yourself and with other students in the class?

### Reflection Rubric

- Will be graded using the standard Natick writing rubric
- [http://mrscullen.com/images/Writing\\_rubric-1.pdf](http://mrscullen.com/images/Writing_rubric-1.pdf)