

Personal Project IB MYP Year 5

Creating an Animation Video about the Effects of Technology Addiction

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Introduction

A personal project is a project that allows a person to showcase the skills that they have developed throughout the years and apply them to goals that relate to global contexts. Through this project, I was able to grow in terms of applying the skills that I already have and developing new ones that could also be useful in the near future. While the project allowed me to obtain numerous skills, it also made it fun and enjoyable as I worked on it.

Criterion A: Investigating

1: Main Goal

My project's main goal is to research and learn about animating videos, and apply what I have learned by creating and directing my own animation video from scratch. The short video will show some of technology addiction's effects to a person's mental and social health. The video's target audience will be pre-teens and teens, who I believe to be the age groups that are innocent victims of this addiction. In the hope of creating an impact to the audience, I will also research and include some possible ways to cope or avoid the addiction.

The goal is highly challenging for me is due to the limited experience and understanding I have about making animation videos. I will be learning and researching and learning how to use an animation software (*Clip Studio Paint EX*) and apply what I have learned into putting together my own animation video. Another reason why this is highly challenging is because I only have little knowledge about technology addiction itself. In this case, I also have to do a thorough research about it to make sure that the information I will relay is clear and as accurate as possible.

This project is personal to me since I have always wanted to create my own animation video from scratch. I grew up watching cartoons and Anime, appreciating the art in each and every frame the animators put together. Animations have always amazed me with how drawings and cinematography could add so much into the stories that the author made. Because of this, I was inspired to draw and became the aspiring artist that I am today. Through this project, I will be able to take my skills to the next level by exploring a completely different way of expressing my thoughts and my art.

2: Global Context

The global context of my personal project is *Personal and cultural expression*, because my project is about expressing my own portrayal of technology addiction's negative effects. I will be focusing on exploring the ways of discovering and expressing ideas, one of which is using my drawings to visually tell the audience my perspective. Relating this to the main goal of this project, I will be learning to use an animation software that can help me express my views towards technology addiction by letting me create an original animation video. *Identities and relationships* may also apply to the project, but I did not choose this since the main goal was to learn different ways to express my thoughts to people; however, researching about technology addiction's negative effects can apply to

exploring about the people's mental and social health and how these will be affected by the addiction.

3: Prior Knowledge

I have limited knowledge about animating and the animation software called *Clip Studio Paint EX*. I have only tried animating once by making successive drawings on a software called *PaintTool SAI*, which is not even used for animating in the first place, but simply for just drawing images. From this experience, I was able to obtain the general idea of how animations work. This will allow me to make successive drawings more easily, creating smoother and better visual content for the project.

In terms of subject-specific knowledge, the things that I learned from my previous school's Health class is practical for the project, for the animation video will be needing some medical knowledge referring to a person's mental and social health. The class taught me the basic ways of maintaining good health in social and mental aspects, such as digital detoxing, which I believe it would be quite relevant to the project. With this knowledge, I may be able to provide some accurate information about technology addiction's negative effects and appropriate techniques to cope with or avoid it.

A prior knowledge that may contribute to the project is my understanding of art and the artistic skills that I have developed through self-study and practice. I have learned numerous art concepts such as those involving the human anatomy, which I will be applying to the project in order to draw proportional human characters. This will help me create pictures that can be easily understood by the audience, making it easier to relay the main message of the video.

In addition to this, I may also have Approaches to Learning (ATL) skills that will be useful as I work on the project. I have self-management skills such as organization that allows me to set realistic long-term and short-term goals throughout the making of the project. These skills will also allow me to create effective plans in time-constricted situations, and it will help me divide and use my time productively and wisely. Research skills will also help me effectively acquire fundamental information from different sources. It will allow me to analyze and create links between different perspectives, and present the gathered data in simple but informative formats.

4: Research Skills

As I worked on the project, I was able to identify my primary and secondary sources, find a range of perspectives from numerous sources, collect relevant data, and create links between all the sources that I have gathered. In addition to this, I am also able to make citations and references to support a bibliography, evaluate the sources I have gathered and the information given, and use my critical thinking skills to analyze and interpret obtained data and information.

I was able to explore and analyze the sources that I found. As I stated in one of the sources that I gathered was a video tutorial by Alan Becker, an illustrator who has been creating a lot of animations since 2006, where one of his animations went viral in the same year, which was *Animator vs. Animation*. I evaluated this source by checking his background as an illustrator, as well as

checking his famous works. Since he was creating animations since 2006, I can assume that he has a lot of experience in the animating field. As I mentioned in appendix 1B, this source was quite useful in understanding how movement works in animation videos. If I understand how an object moves, it will allow me to break down the movement into tiny bits, creating much clearer movements in the animation video.

Another source that I found was a video discussion created by a person under the username *biscuitsalive*, where he talked about the differences between different framerates, as stated in appendix 1E. I evaluated this source by the number of views it had and the number of positive comments from other viewers. The source was able to give me an idea of which framerate is best to use considering the amount of time I have to work and the amount of work I have to do.

I was also able to reference on different sources that talked about technology addiction. One came from Christine Gregory, who is a licensed psychologist with a doctorate in clinical psychology and a specialty in Existential/Humanistic psychology. Since this source came from a licensed psychologist, I thought that the article she created was medically accurate and trustworthy. With this source, I will be able to accurately portray technology addiction through the animation video.

Criterion B: Planning

1: Design Criteria

The design criteria are fundamental in order to guide myself in reaching the goals of this project. I have created rigorous and detailed criteria shown in appendix 2A, where I elaborate how the final product will be and how I am going to measure how successful the product was. The criteria that I created were appropriate and relevant to the product and had solid examples that can demonstrate what should be included in the final product, like Criterion 4, where the colors used in the animation video should not be too bright and should not reach the top right corner of the saturation box shown in the same table. If all the criteria are met, the product should be effective and professional-looking.

2: Research Plan

I created a research plan shown in appendix 2B, where I listed the I have planned to do and when these should be completed. The table showed the major steps that I have done throughout the making of the project. Despite not being able to strictly follow the plan, I still tried my best to complete the tasks as soon as possible.

I had to deal with a lot of interruptions during the first two weeks of May due to the preparations for our school's Culture and Sports Festival, which made me push back the deadline of the objective, as stated in appendix 1D. Drawing the frames would be the basis of where I am supposed to fill in the appropriate colors of the objects on the screen. Without the drawings, it would be quite difficult for me to fill in the colors correctly. I had to double my speed of work and effort

done in making the frames in order to finish the video sooner; I also had to lessen my leisure time and focus on finishing the project more.

3: Self-management Skills

Although I knew a lot of self-management skills that could be of great help in my daily life, I honestly have not applied them as often as I should be prior to the personal project. I already obtained the skill of creating efficient plans and schedules that was useful in school and making this project. By the time when the personal project was assigned to me, I was able to learn how to divide my time and segregate personal activities whether they are important or optional. Since I also had a difficulty in managing with distractions, I was able to create my own strategies to cope with it.

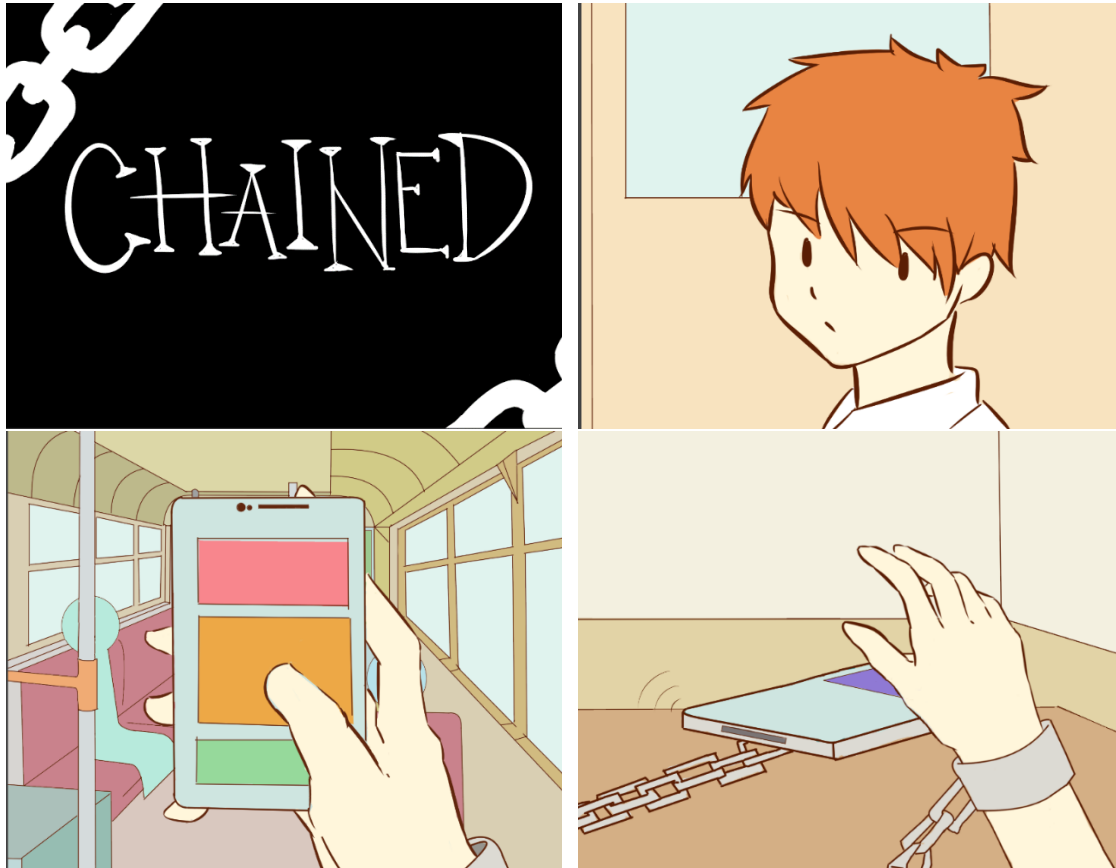
Since I had a hectic schedule throughout the whole time while I was making my personal project, I was already expecting that my progress would be a little slower than I first expected. Because of the workload that I already had, I had to divide my time from doing my academic work and doing the personal project. Although the progress will be slow, I thought that it would still be effective if I dedicated 1-2 hours per day to work on the project alone. There were some days that I was not able to work on the project. Due to this, I had to buy some time by doing my academic work quicker, and then doubling the effort to make up for the time lost, as stated in appendix 1D.

At the beginning of the project, I was not really sure of what to do with my distractions. I did not know any effective ways on how to cope with it, which made it more challenging for me to finish the project sooner. Although I had a difficult time at the beginning, I was able to develop my own strategy in dealing with my distractions both at home and at school. I created timeframes that included 10-minute breaks and 40-minute strict work time wherein I do not allow myself to use my phone nor do anything unrelated to the project. This was quite effective, and it allowed me to buy a lot of time for the days I did not work on the project.

Criterion C: Taking Action

Final Product

The final product is an original animation video created with the use of *Clip Studio Paint EX*. It was able to achieve all the criteria that are written in appendix 2B, making this an effective and professional-looking product. Most importantly, it has achieved the stated goal in Criterion A wherein I have to research, learn about animation videos, and apply what I have learned by creating my own original animation video from scratch. In response to the global context that I chose, I was able to learn and discover a new way of expressing my thoughts and ideas through animation. I was able to effectively use the animation software to relay my message and my viewpoint towards technology addiction. I am very satisfied with the product, and I am hoping to improve as I learn about this more.



Here are some of the animation video's scenes.

Thinking Skills

Throughout the making of this project, I was able to use my thinking skills in creating original ideas. I used my own knowledge, understanding and critical thinking skills to create solutions to the problems that I have encountered while making the project. For example, I was not really sure on how I was supposed to draw the proper facial expression in a particular scene. As a solution, I tried to refer to my own face by doing the same facial expression in the mirror. I was also able to apply existing knowledge in creating different scenes in the video with different artistic characteristics being shown in each frame. I was also having a little trouble in creating my frames quickly, and I was wondering if there would be any solution to that problem. I used my critical thinking skills and thought of copy-pasting the frames in order to make things quicker. If I had to do any changes, I just had to select that certain part of the frame to move or change positions.

Communication and Social Skills

In this making of this project, I also had to demonstrate communication and social skills. One example is that I was able to consult our Design teacher about which framerate is best to use for the video, like shown in appendix 1E. Since he was knowledgeable about this field, I thought that it would be a great choice to ask some advice from him. I showed him a video of a comparison between different framerates (15fps, 30fps, and 64fps) and asked which one is best to use considering the amount of time I have to work on the project the quality

I can produce. We both agreed that the video should not be 15fps for it does not look smooth and professional-looking. He did suggest that I should use any framerate above 15fps, as long as it is doable for me. Thanks to this consultation, I was able to decide on which framerate to use, which is 24fps.

I was also able to consult a friend who has more knowledgeable than I do about art as stated in appendix 1C. Since he is not in the same school as I am, I had to communicate with him with the use of the internet. I was effectively using Messenger to ask him about the character designs that I created. He mentioned that he prefers the second design, which also helped me make my final decision. From this consultation, it allowed me to think about the designs, also considering his point of view. It then made me decide that I will omit the freckles from the main character's face and make it as simple as possible.

Criterion D: Reflecting

Product Evaluation against the Criteria

After finishing the animation, it has, by far, hit all of the necessary criteria I set it up with. Looking back at the beginning, I have tackled things that helped me improve on my drawing and help improve my knowledge on creating my very own animation. Comparing the criteria for this project with the animation I have made, it might sound simplistic that the animation doesn't go beyond 2 minutes. I never would have thought that it would take a lot of work just to make an animation from scratch to even reach around 2 minutes. I understand that this animation has already hit all the criteria, but it has a lot of room for improvement. Music and Sound Effects could be one thing I could add to make the animation better. I could also add in more frames so that the animation will be smoother but this means It'll take more time to add in these things. Probably in my next animation I could do those.

My Knowledge and Understanding of the Topic and Global Context

The Global Context for this project is on *personal and cultural expression*. Through expression, my topic is about making an animation that shows the issues of technology addiction showing as well my personal point of view and my own style of digital drawing.

It all started with my calling towards art and drawing. At a young age, I started drawing and coloring a wide variety of things from toys to books to kid's cartoons and animations from which I was so hooked as a kid as well. Drawing throughout the years have drastically improved the way I draw and I started trying to make my own style of drawing rather than just copying things that I've seen. Up to this point, I always knew that the next big step for this would be animation. Thus, thinking that it's about time to get to know how to animate my drawings, I've decided that it was what I was going to pursue for my personal project. I've come to understand the basics and process of how to animate a simple scene. All starting with planning what the scene should show, the scene being broken down to its important parts and how I should be able to animate these, how the characters would look like, how long the whole scene should be and when the whole scene and drawings are done, comes the coloring and cleaning up of the

transition and animation itself. Prior to this, my knowledge of how animation works is only at its most basic form, that is the transition from one portrait to another, just like a flipbook. Animation has evolved throughout the years and it has become linked to some cultural diversity. “Anime” is still considered an animation but it differentiates itself with other types of animations like cartoons and digital animation. For now, I have enough knowledge on how to make a simple animation through *Clip Studio Paint EX* in this personal project.

The Global context that links this is art. Art is in itself, partly personal and about cultural expression. “Anime” is a big cultural phenomenon and people around this generation has known this for quite some time. Art is mostly based on your own view and how you express those views through different art styles. Drawing, painting, and even animation can be considered art as well due to the amount of effort for drawings and colors to move and come to life.

My Development as an IB Learner

The personal project has been a huge stepping stone for me as an IB learner for it taught me a lot of skills and lessons. One of the things that the project taught me was that I should not be afraid to try new things. As a risk-taker, I made a risky decision to learn an entirely new animation software knowing that there is a very short time to complete my personal project. It took me a while to understand how the software works. It also took a lot of time for practice and experimenting to learn how to apply the features of the software to finally produce the animation I wanted to present. Although I had my own sketching style, as an IB learner, I was open-minded to adapt some suggested sketching styles that match and enhanced my own style, producing a better output. I was also able to consider other people’s suggestions, such as the things that were stated in appendix 1C and 1F. I was also open to the different suggestions of places to be drawn as background scenes for some of my video frames. Reading from different sources about technology addiction, I could say that my knowledge about the topic has been brightly increased. I could say I am somehow more knowledgeable about the topic. I was also able to use critical thinking in evaluating and selecting the most appropriate sources to consider as my main references on the project.

Appendices

1: Journal Entries

A: April 17th

Before I was able to meet with my supervisor, I had to make an appointment with him. I had to adjust my schedule to whenever he was available within in the week. With my time management skills, I used my planner to visually arrange all the important things I had to do within the week. I arranged all of my activities to make this day free in order to talk to my supervisor. I got to introduce myself and explain what my main goal was for the project. With my communicating and social skills, I was also able to ask about my concerns with the project, if it was doable considering the amount of time to work on it. He gave an advice to manage my time wisely and use as much free time as possible to do some work. I considered his advice and will try my best to apply it as soon as I start on the project.

B: April 28th

I was able to choose the sources that I will refer to in the project. In order to make a smooth animation, I first had to understand how movements are broken down in animating. I was able to find a tutorial video in YouTube that was created by an illustrator named Alan Becker. He talked about the 12 Principles of Animation, and even showed examples of how the principles were applied. With this, I will be able to visually break down how the movements of my main character work, creating smoother and clearer movements.



C: April 29th

Today, I consulted Nathan, who is a friend from my previous school. I wanted to ask some advice from him since he is much more knowledgeable than I am in art. I showed him two rough drafts of how the main character would look like, and I was wondering if there would be something to improve considering the amount of time I have to work on the project and the quality I will possibly produce. He suggested that I should use the character design on the right, which looked simpler than the other. At first, I was confused as to why he preferred the simpler design, but I soon understood his opinion. it would be quite difficult to draw a complex character design over and over. Plus, it will take more time to add in the details and color them too. The main goal of this project is to relay a message to the people, and I think that complex character designs are not necessary. Thanks to this consultation, I got to finalize my character design, omitting the freckles and other complex features

Character design A

PLOT & DETAILS

CHARACTER DESIGN:



This was the first character design that I created; it still had a lot of details, which I later then omitted as soon as I finalized the final look of the character.

Character design B



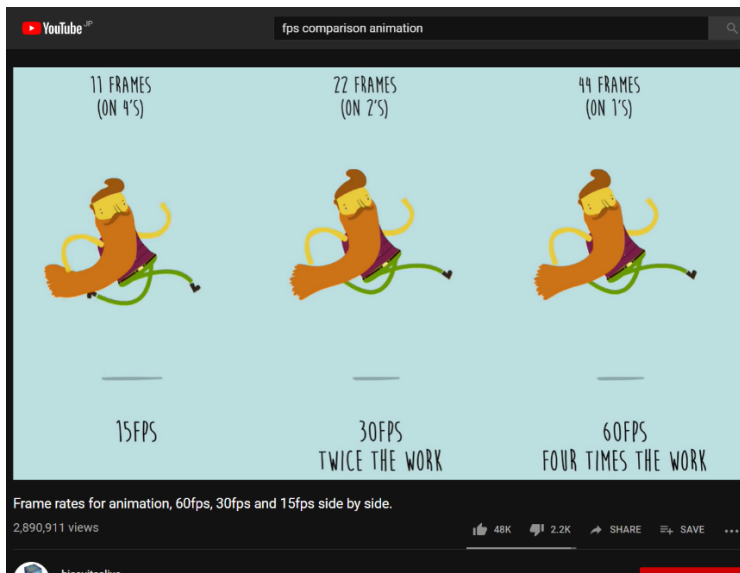
This is the second character design that was created a few days later. It omitted the detailed eyes from the first character design. I originally thought that I would make the character a volleyball player, but later changed it into a dodgeball player since the ball was easier to draw.

D: May 15th

Today, it was difficult for me to get back on track with my project since we had a lot of class interruptions from the school's Sports and Culture Festival, which just happened last May 11th and 12th. This made my progress go slower and demotivated me from doing the project. I then had to deal with a lot of distractions, such as my phone and social media. As a result, I had to do something, and I tried to strictly follow timeframes wherein I had to strictly work for 40 minutes without using my phone or doing anything else unrelated to the personal project. After every 40 minutes, I then have 10-minute breaks. This was effective and it got me back on track after a while. It made me make up for all the time that was lost due to distractions and procrastination. From now on, I will try my best to keep it that way until I finish everything.

E: May 22nd

I met with my Design teacher today and asked for some advice on what framerate I should use for my project. I wanted to ask some advice from him since my supervisor suggested that I should try asking advice from someone that has experience or knowledge about this field. I made him watch a video comparison between three different framerates: 15fps (frames per second), 30fps, and 64fps (Biscuitsalive, 2017). After showing him the video, I asked which one was best in terms of the workload and the quality. He suggested to not use 15fps since he said that it looks choppy and is really rough compared to the other two. Instead, he thinks that 30fps is a good choice, but the workload would be quite heavy for me, and the workload gets even heavier if I went with 64fps. He pointed out that 24fps is a good choice since it has a balance between the workload and the quality. He also mentioned that 24fps is the same framerate that movies in the cinema use, and our eyes will automatically smoothen out the movements. In this meeting, I appreciated his opinions and advices. I then made up my mind based on what he said today and make the animation video at 24fps.





2: Planning

A: Design Criteria

To measure the success of the product

No.	Criteria	In detail
	My project should...	

		My project should...
1	Be an original animation video.	Be digitally hand-drawn, where the animation video shows at least one negative effect of technology addiction and how to cope with it.
2	Have a title shown at the beginning of the video.	Show the title <i>Chained</i> in white letters, popping out at the center of the black screen.
3	Not go beyond 2 minutes.	Show the relevant information and message within 2 minutes; this already includes the title and the credits.
4	Have all the frames colored	Have each frame colored neatly with appropriate colors; the colors used should not reach the top right corner of the color square, for it is highly saturated and can be painful to some audience's eyes. 
5	Be at least 24 frames per second.	Not go below than 24 fps; it will be shown in a small window once the animation is troubleshooted in the animation software. 
6	Represent the addiction with a physical object.	Show that the person is a victim of technology addiction by drawing chains around their wrists and/or neck.
7	Clearly show at least 1 effect of technology addiction to the main character's social and mental health.	- Show that the main character is isolating itself from other people and his surroundings in his point of view. - Show that the main character is distracted from his class.
8	Clearly show at least 1 way on how to get rid of or avoid technology addiction.	- Show that the main character turns off his cellphone after being told to focus.
9	Have backgrounds.	- Clearly show where the main character or object really is, may it be outside or in a room.
10	Have the main character design with only one complex detail.	- The only complex detail that the main character will have is the shape of his hair. - The main character's face should not have anything else besides eyebrows, eyes, nose, and mouth.

11	Include credits at the end of the video.	Contain the people that took part in the making of the video; write my name as the animator and write the animation software used.
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B: Research Plan

No.	Dates	Objectives	Reason behind the Objective	Steps on how I did the Objective
1	Apr. 11	Decide on a topic and a global context.	- I have to narrow down what I want to work on for the project and to have a vision of what my product would be.	- Evaluate my personal interests that can be used in the project. - Choose a skill that you have been developing throughout the years. - Pick a topic that is relevant to the present.
2	Apr. 27	Finalize which resources that I will be using for the project.	- To cut down the other sources that are not as relevant as the chosen ones. - To evaluate the sources.	- Check the articles' authors and their backgrounds to see if they are reliable and legitimate. - Check if the articles are recently made and are not outdated.
3	May 3	Make a rough draft of the animation video's visual content (storyboard, character design).	- Gather ideas and narrow down which ideas to use and not to use. - Evaluate if the rough ideas fit with the main topic and global context.	- List down all the ideas from most relevant to least relevant. - Make sure that the storyboard and character designs are not too detailed, for it will take time to draw them for each and every frame. - Make sure the complex movements are only in minimal numbers to make it less difficult to complete the video.
5	May 12	Choose an effect of technology addiction and a technique to cope with it or avoid it.	- It will be the main message of the video.	- Refer to the sources that were chosen. - Make rough drafts on how I will show it through drawings. - Choose one final layout basing it on the difficulty and the quality.
6	Jun. 4	Finish applying the rough drafts and ideas on the frames.	- I can finalize and plan out how each frame will look like digitally.	- Scan through the storyboard that I created and review how the scenes would look like based on what you drew. - Create necessary changes if the scenes are too detailed or too hard to draw.
7	Jul. 22	Hand in report draft to my supervisor.	- I will be able to get feedback on my personal statement; to see if I can improve	- Work on the report regularly.

			something within the report.	
8	Jul. 24	Finalize both the product and the report.	<ul style="list-style-type: none"> - To look for minor mistakes (grammatical errors, misspellings, wrong formatting) - To polish the product (align frames, check the timing, fix mistakes) 	<ul style="list-style-type: none"> - Regularly work on the research and my personal statements. - Proofread the report for grammatical errors, spelling errors, etc.
9	Jul. 25	Turn in the report and final product.	Official deadline for completion of all requirements	- Regularly work on all the requirements.

3: Evaluation

A: Personal evaluation against Criteria

No.	Criteria My project should...	In detail The criterion was...
1	Be an original animation video.	Partly achieved; it is an original animation video where but it lacks other elements such as sound effects and background music.
2	Have a title shown at the beginning of the video.	Fully achieved; I was able to see the <i>Chained</i> in white letters. It was written in legible font, and it pops right out of the black screen.
3	Not go beyond 2 minutes.	Fully achieved; it was only 1 minute and 9 seconds. This already included the title and the credits.
4	Have all the frames colored	Fully achieved; I did not see any white or blank spots in the video. The colors used were also light and were not neon colors.
5	Be at least 24 frames per second.	Mostly achieved; some of the scenes were not in 24fps. Instead, some scenes were in 18-20fps. If I had
6	Represent the addiction with a physical object.	Fully achieved; I was able to draw chains around the main character's wrist and neck. It was also shown that the chains were connected to his phone.
7	Clearly show at least 1 effect of technology addiction to the main character's social and mental health.	Mostly achieved; the video was able to show that he isolates himself from his surroundings by looking on his phone wherever he goes. It also showed that he wasn't able to focus on his class anymore. I think it would be better if I showed his facial expressions as he reacts to his environment. That way, it might be able to portray a clearer message.
8	Clearly show at least 1 way on how to get rid of or avoid technology addiction.	Fully achieved; I was able to clearly show that the character turned his phone off after he was told to focus.

9	Have backgrounds.	Fully achieved; it was able to subtly show where objects are or where the main character is staying, may it be inside a room or outside.
10	Have the main character design with only one complex detail.	Fully achieved; the character's face did not have any other features. The hair was the only complex feature that the character had.
11	Include credits at the end of the video.	Fully achieved; I was able to write my name as the animator, the animation software I used, and a special "thank you" note for my family, friends, and teachers who helped me throughout the making of this project.

B: Peer Evaluation

Evaluation against the criteria

How much did the animation video achieve each of the criteria?	Response 1	Response 2	Response 3	Response 4
Be an original animation video.	Fully achieved	Fully achieved	Fully achieved	Fully achieved
Have a title shown at the beginning of the video.	Fully achieved	Fully achieved	Fully achieved	Fully achieved
Not go beyond 2 minutes.	Fully achieved	Fully achieved	Fully achieved	Fully achieved
Have all the frames colored	Fully achieved	Fully achieved	Fully achieved	Fully achieved
Be at least 24 frames per second.	Mostly achieved	Fully achieved	Mostly achieved	Mostly achieved
Represent the addiction with a physical object.	Fully achieved	Fully achieved	Fully achieved	Fully achieved
Clearly show at least 1 effect of technology addiction to the main character's social and mental health.	Fully achieved	Fully achieved	Mostly achieved	Fully achieved
Clearly show at least 1 way on how to get rid of or avoid technology addiction.	Fully achieved	Mostly achieved	Mostly achieved	Fully achieved
Have backgrounds.	Mostly achieved	Fully achieved	Fully achieved	Fully achieved
Have the main character design with only one complex detail.	Fully achieved	Mostly achieved	Fully achieved	Fully achieved
Include credits at the end of the video.	Fully achieved	Fully achieved	Fully achieved	Fully achieved

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