

Elisha Cardin



Senior Project Topic— Creating a mural that revolves around my mental health; I will use the mural as a coping source and portray my thoughts and moods through paint and drawings.

Senior Paper Topic— Safe and healthy coping mechanisms are more constructive towards one's' mental health rather than negative or harmful coping sources.

Fieldwork— Learning new forms of art such as mixed media with a skilled artist.

Product— Completed painted mural.