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Why Electronic Scrapbook and Life Story?

Tell the Story of Your Life with Electronic Scrapbook hopes to inspire you to take up the creative journey of photography, collage-making and cultivate the habit of reflective mindful approach to document your life story, which is good for the body, mind and soul. At the end of the day, the process of self-reflection enables inner knowing to emerge and helps to crystalise one's own change initiative to make it happens in one's own context.
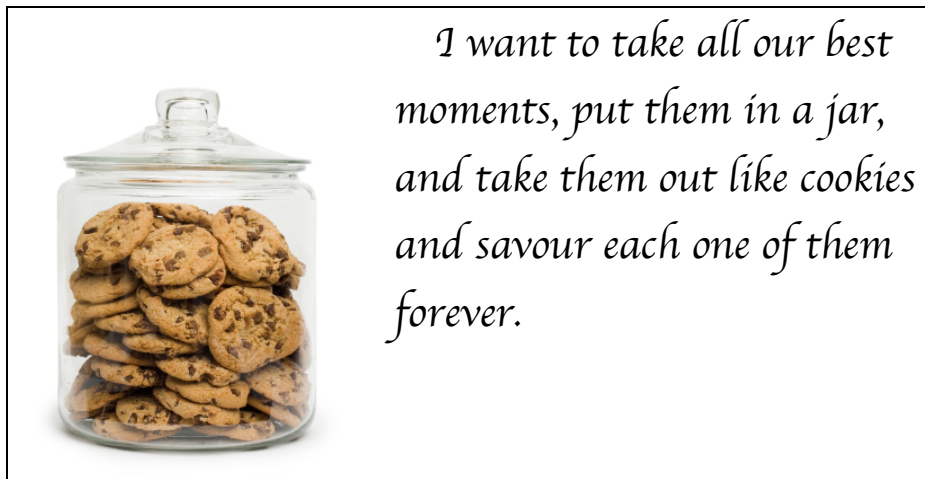
I want to take all our best moments, put them in a jar, and take them out like cookies and savour each one of them forever.

It does not matter what tools we use, traditional, digital or blended approach. Through the process, we slow down and begin to observe and smell the roses, reflect and rediscover, as we create meaningful and personal documentation of memory that can be a gift and passed down to our loved ones.

We are fortunate that with the advancement of mobile phone technology (iPhone was released in 2007 some 10 years ago), we are able to leverage on the new knowhow to do things that we used to accomplish using the Personal Computer. This means that people without the knowledge of Personal Computer can leapfrog and do wonders with their mobile phone. And we do so as long as we have network access, connecting to the content on the Cloud.

Of course, with such great power and convenience offered by the mobile apps on the mobile phone come great responsibilities (so said the Spiderman). We need to understand the elements of the cyber wellness and the unspoken norms so that we use the them appropriately. The concept of Cloud Computing, Cloud Storage and Cyber Security will be shared in the class.

Using scrapbooking as a way to document our story is not new. There are also many vendors that offer photobook printing that are based on electronic scrapbook. However, these tools are proprietary and restricted. The digital tools and approach taught in this class is open and free with no string attached. What this class offers is the best of both worlds. Going back to first principle and anchor on the fundamentals, and yet leverage on the new tools to get us on a new adventure of exploration and creativity. In the process, we can decide how best to blend different tools to create visual representation that best meet our needs.

For learners who are more technical savvy on traditional digital tools on the Personal Computer such as Adobe Photoshop Creative Suite, using the mobile app is a good way to complement the approach. The analogy I use often is that of brewed coffee versus instant coffee. There are times where we prefer brewed coffee, just savour the aroma, and take our sweet time for each sip of coffee. There are times where instant coffee will do the job, particularly when we already have everything on the smart phone to kickstart ideas that can be refined further. You can be cool just like the millennials whom are using such tools on the smart phone to make a mark on social media. Hence, we shall acquire a repertoire of tools and techniques, giving us flexibility to optimise the result based on the end in mind.

Overview of the three lessons

The three lessons cover a broad range of topics with the following learning objectives:
1) Better appreciation of Mobile Photography
Enable learners to have a better appreciation of good photos and be confident in taking pictures with their mobile phone.

2) Mindful Approach for better Well Being
Engage learners in meaningful, joyous and liberating journey that benefits the body, mind and soul. Learners will understand the key steps of photo management to get organise, i.e. to through the photos, pick up the gems, discard the unwanted ones and backup the rest.

3) Overcome Roadblock to be Digital Ready
Learners will get the opportunity to plug into the latest mobile technology, to be confident to turn pictures into collages and stitch them into slideshow based on family theme. The learners will learn how to share the result with friends via Google Photos and on social media platform.

About the instructors

1) CHEONG, LAI SIONG

Cheong Lai Siong is an independent IT consultant, coach and facilitator and founder of Orchid Creative Pte Ltd. Leveraging on her 30 years of corporate management experience in the areas of IT and Business in a MNC. She had developed a methodology to help people to reflect, discover and formulate their own transformation agenda, using design thinking concept and digital tools such as photo journal and scrapbook. She conducts and facilitates customised workshops for parents, preschool teachers and the corporate. She is certified competent for ACTA (Advanced Certification for Training and Assessment) by Institute of Adult Learning in Dec 2017. She is currently a PA Trainer and conduct training in People's Association.

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Lai Siong had graduated from NUS in 1986 with Bachelor Degree of Social Sicence (Honours)

2) LEE, KOWLING

Lee Kowling is a mother of two, daughter and son. She started her career as a designer. Kowling is a known illustrator in the industry and has illustrated many works include, 'The Beaded Slippers' by Adeline Foo (2008-2009), 'I Don't Want to Dance!' by Suchen Christine Lim (2011) and the 'Pittodrie Pirates' Book Series by Lynette Morrison (2013-2014). She has numerous children's books published overseas, with Australians writers for 'The wombat Stoles My Shoe' by Katrina Griffiths and 'Hello Cyber Grannie' by Jane Tyrrell (2007 & 2016).

Kowling currently holds art workshops and classes for children as well as for adults of all ages. Kowling loves adventures and it is the travels memories that give her many inspirations in her arts.

Bookaroo Children's Literature Festival – invited to Delhi as a speaker on Seafaring Legends based on the Pittodrie Pirates series (2015)

Featured illustrator at the Singapore Writer's Festival – Developing and facilitating 2 workshops for an audience of 50 on creating your very own book for Little Lit. (2014)

Both instructors are extremely passionate about sharing their experience in photography, collage-making and toolset used in their creative journey.

> *I hear and I forget. I see and I remember. I do and I understand.*
> 荀子的名言:
> "不闻不若闻之,闻之不若见之,见之不若知之,知之不若行之。"

You will find the classes are planned in such a way that there are hands-on with introduction of concept, enabling the participants to appreciate, enjoy and have fun in the learning process. Interaction amongst the learners are encouraged as we tap on each other's experience. Please find the outline for the 3 lessons below:

Lesson 1: Essential Skills of Electronic Scrapbook

Electronic Scrapbook is scrapbook in digital format. Here we go back to the fundamentals of scrapbook to appreciate how latest knowhow can augment the creative process.

1. What is Scrapbook? Physical versus digital scrapbook.

2. Mobile Photography: what makes good pictures that resonate with viewers? See the extraordinary from the ordinary. Understanding Framing and Composition.

3. Photo organisation: Why it needs not be a pain to organise your photos so that you can find and search your photos when you need them. The learners will be introduced to Digital photo album concept, Google Photos, Cloud Storage and Security and good habit for Photo Management.

4. Collage making: With a little more thought to add variation and craft ideas to your photos, you can make dramatic difference to your creative journey. Learners shall install mobile apps to use them to create different collage design styles.

5. Preparation for Day 2: Select your personal photos and collages that you shall use for your family- theme slideshow.

Lesson 2: Plan and Design of Storyboard

In order to tell a story with slideshow, we need to plan and work on a story board.

1. Graphic Design for beginners: Understands the concept of what makes good graphic design, in terms of colours, shapes, topography, etc.

2. Story board elements: Plan and design your story board to tell your life story in a slideshow.

3. Design Guidelines and Template: The learners will work on their slideshow based on the guidelines and template.

4. The 7-step Story Telling Slideshow Creation Process: The learners will be introduced the 7 steps to create their slideshow. The learners will install a mobile app for the purpose of slideshow creation.

5. Preparation for Day 3: Finalise the storyboard, get ready the photos, collages and quotations for the slideshow.

Lesson 3: Produce and Present the Slideshow

Now is the time to put all we learnt and apply them to create and present the slideshow:

1. One-to-one instructor-led slideshow creation: The learners will take the opportunity to apply what they had learnt, putting everything together and create a slideshow with personal touch.

2. Social Media Sharing: Understand how one can share the result with friends via social media platform.

3. Learn how to create shorten URL, and generate a QR Code for ease of use.

4. Grand finale: When everybody is done, we will have a group presentation where they shall share their slideshow creation.

5. Reflection and Class Evaluation.

What to bring for the class

The learners shall bring their 4G Smart Phone where they have the ability to install new mobile app.