



issue no. 3

ADJUSTING
THE SAILS

at the core

VULNERABILITY + DESIGN PUBLICATION

Artist's Foreword:

The concept of navigating around the unknown can seem utterly terrifying especially if you are a creature of habit like me. Questions like “what if it’s not worth it?” and “what if I screw up?” often haunt us. But that is when I always ask myself the same question: will I regret it later if I don’t try? If the first answer that pops into my head is yes, I go for it with 120% effort without EVER looking back at my worries.

I feel very privileged to have lived in 4 different countries, so I am able to adapt fairly quickly to being in different environments. Of course I love to stay home and watch anime but I get most of my inspirations from sharing stories with others - so meet new people and start a conversation! We all have more in common than we think, regardless of our profession. It’s scary and I, too, experience moments of panic when I first try things out, but it’s always extremely rewarding when at the end of every journey the anxiety gets replaced by excitement and wonder, followed by an “AHA” moment when everything clicks into place.

“You can’t connect the dots looking forward, only backwards.” This golden phrase by Steve Jobs may sound obvious and cliché but I go back to it every time I laugh with people I never thought I’d meet or accomplish things that I thought I couldn’t do. Real talk? I’m still the same person who screams during horror movies (never got better at those) but by facing uncertainties with audacity, we start seeing change in ourselves. When this mindset becomes a habit, you’ll notice the once doubtful voices in your head start whispering: don’t stay stagnant! Take a leap of faith, learn with all your might, and be curious.

Lily Lin
Cover and Page Artist

Editor's Letter:

This issue of At The Core is designed and curated from the coastal city of Kalmar in Sweden. In this somewhat of an unexpected and special release, I wanted to explore the topic of culture shock but ultimately address the necessity to brave the storm. What I’ve come to realize in my short amount of time so far is that the most challenging part isn’t the academics or meeting new people, it’s adjusting to the way of life. A way sharply different than my usual, but well-grounded and as valid as any. In the last few weeks, and just over three at the time I write this, I have been pushed out of my comfort zone in striking ways, both planned and unplanned. I’m meeting people I might’ve never bothered to talk to, and experiencing once-in-a-lifetime memories with these strangers that always become friends. I’m directing my focus on things other than work, which inherently gives me new perspectives in my field of study and a revised approach to how I envision the near future.

I find that too often, humans are prone to stay in their realm of comfort, convincing themselves that they’re pushing their boundaries. If one truly is surpassing their own limits, they’ll be facing challenges not even on their radar, and won’t have the slightest idea how to navigate. Life is too short to dismiss all that this Earth has to offer, so take a break from habit. Challenge yourself to take a leap of faith. Dare to do something that makes you scared. Be fearful of the unknown, and then tackle it head-on, making it into an experience that changes your life.

Ibby Day
Editor in Chief

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THE
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ATC is an independent, not-for-profit publication driven by passion and a goal of sharing stories and artwork that remind us that we’re all human at the core. If you’d like to be in our next issue, please email ibbyday@gmail.com.

Paper:
Hammermill 60lb Color Copy Digital Cover

ANMOL

UNTITLED

I've known I wanted to study abroad since I started looking at colleges. For a brief period I told my parents and everyone around me that I wanted to go to Australia for college itself, just because it was the farthest place in my mind. It wasn't because I didn't love the Bay Area or being close to my family, it was just the excitement and possibilities of moving across the world and creating a new life there was too much to resist. I ended up just moving across the US for school which was a pretty big adjustment, but not the big international experience I craved. When I was looking at schools I paid particular attention to the study abroad programs and their prevalence at the university, and one of the reasons I picked Wellesley was their emphasis on studying abroad as a major part of the interdisciplinary experience.

The places I wanted to go definitely differed; I considered Spain, India, and Australia, and eventually settled on London, UK. Between the convenience of no language barrier, the sheer amount of schools within London, the allure of the British accent and education, and the central location to many cities, it seemed like a pretty logical choice. I applied to LSE for a year-long program because it was important to me to set roots down wherever I go and to not feel like a tourist where as soon as I get fully settled in, it's almost time to leave. This is a decision that a lot of people were shocked by at Wellesley as a year seems like

Anmol Nagar
Abroad: London, UK (FA2019-SP2020)
Place(s) of Origin: New Dehli, India
Bay Area, California, United States
Washington, D.C., United States
Boston, Massachusetts, United States



such a long and significant time, but I think my argument was just that that was exactly what I wanted. I also had an academically rough sophomore year, especially second semester, and began to feel claustrophobic in my small suburban liberal arts school and was longing for a city, a bigger environment, and new faces.

Now that I'm here, I can say that I'm getting a lot of those things that I craved my sophomore year, and also learning to appreciate many things that Wellesley does and provides that I can't get here. The safety and community of a small college for example, the empowerment that is created from a predominantly female and non-binary student body, and the individualized academic attention from small class sizes are all things I have begun to miss from Wellesley, which are exactly the feelings I hoped to develop this year. It's incredibly important for me to come back to Wellesley for my senior year, missing it and being able to fully love and appreciate the opportunity I have.

Being in London has been a lot of adjusting and a lot of pushing my comfort zone. There's different food, public transport, social dynamics, living situations, and class procedures to get used to. All in all though, it's been so incredibly rewarding so far-- I needed to push my comfort zones in this way and am growing so much as a result of doing so. The sights, sounds, smells, and tastes here are so new and exciting and I'm so grateful to have this opportunity. I'm excited to travel, and to settle into my groove further until it's time for me to go back to the US in June!

LEO

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Leo Hosp
Abroad: Kalmar, Sweden (FA2019)
Place(s) of Origin: Vienna, Austria

INTERVIEW WITH LEO:

Q: How do you think being abroad will shape your identity?

Being abroad forces me to step out of my comfort zone in various ways. What feels like one of the most significant ones is leaving my safe social bubble back home. Through getting to know new people I have to communicate my identity over and over again, which kind of forces me to think about it more than I used to. So I guess the only answer I can give to this question is that even though I have no idea how exactly my identity will change during or because of being abroad, I am quite sure that it will. I am excited about questioning and exploring my own identity in this new place on my own and in relation with other people. I hope to become more safe in being myself without losing the fluidity that is an important part of me.

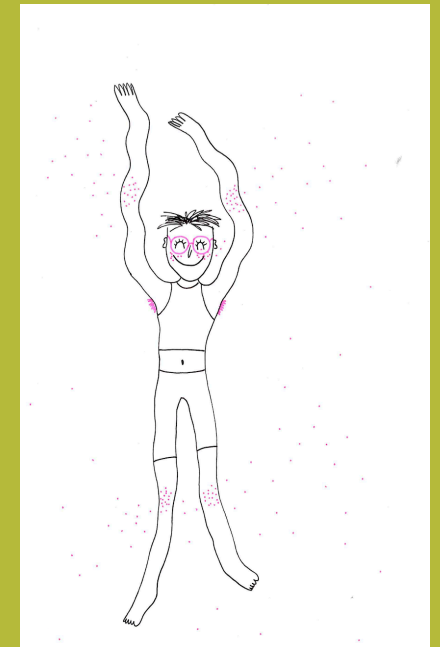
Q: How does your art reflect your identity?

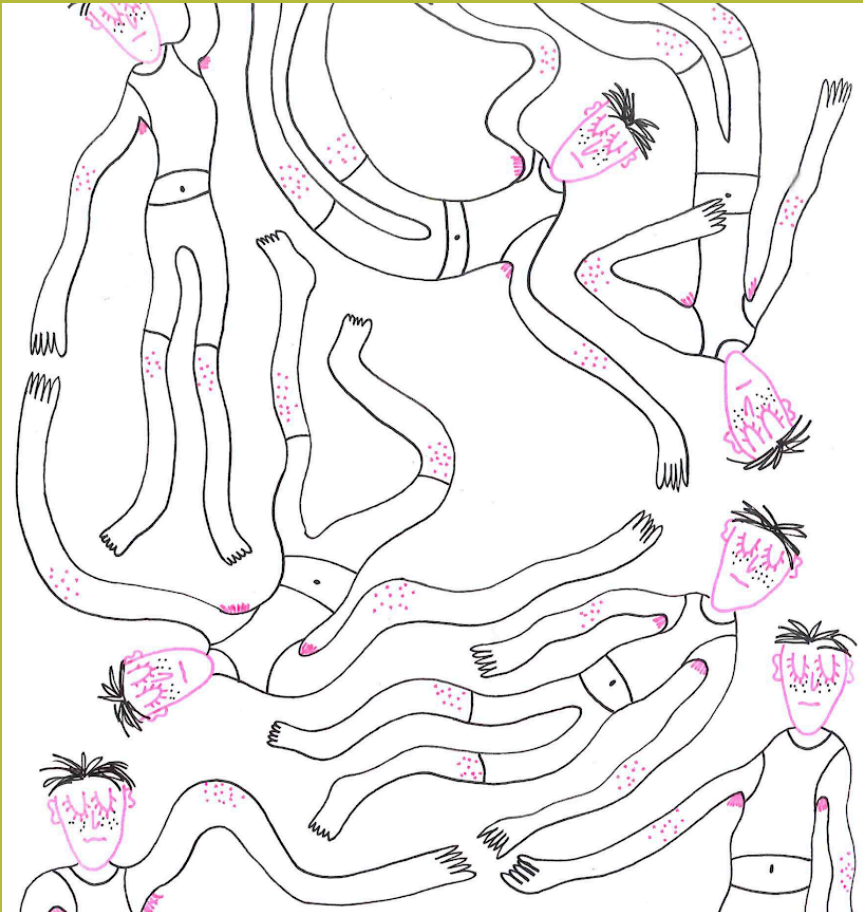
In my art I often work with different images of myself and my body. It is a way for me to explore my identity alone and

in relation to others/society in experimental ways. I work with a mixture of realistic and imaginary elements, reflecting on myself with(out) my body both the ways I am received by the society and how I perceive myself.

Q: What is the hardest part of being true to yourself?

I think it is accepting that being true to myself is an ongoing process. Also, I find it hard not to abandon myself in challenging phases of my life, where I feel like I don't "function" the way I expect myself to.





RORY

Rory McCollum
Abroad: Kalmar, Sweden (FA2019)
Place(s) of Origin: Mt. Vernon, Iowa, United States
St. Paul, Minnesota, United States

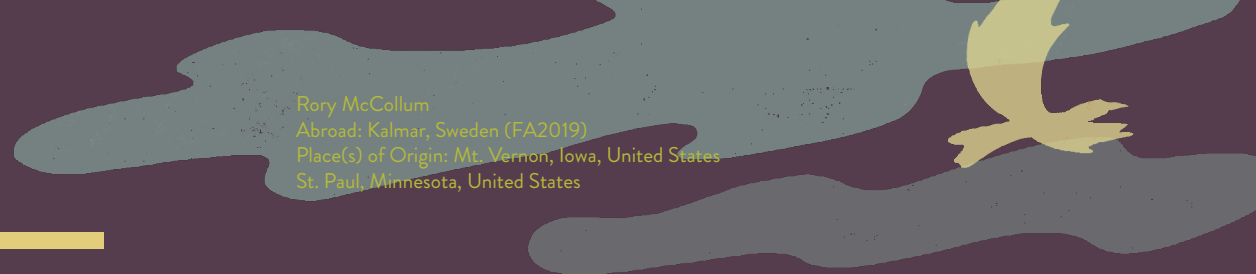
A WORK IN PROGRESS

Arriving in Sweden for study abroad was completely overwhelming; I was dropped off at my apartment with zero instruction and a person I met five minutes prior. That lack of direction became the overwhelming theme that continued throughout my first month abroad. Compared to the United States, guidelines in Sweden are limited. A lot is figured out on the fly, including classwork. Every assignment is an open-ended group project. We spend all day every day in lab, lecture, or working with a group, which is exhausting, but leaves evenings and weekends almost completely free. This is the opposite of my home institution, where I have less in-class time, but work on homework until bedtime. So, with all this newfound free time, I thought this would be the perfect opportunity to reset my life. And that seemed to work...for about a week. For one week, I was working out in the morning, making my bed and a healthy breakfast, and getting to school on time. I was even flossing twice a day! Even though I was still adjusting to life in Sweden, I was enjoying the process.

Cut to, 11:30 pm on a Thursday, being woken up by my housemates' annoyingly loud music. I had gone to bed early because I was exhausted from a week out in the field with my Freshwater Ecology class. Now, this was not the first time this person

had kept me up but for some reason, this time was different. I was furious and could not relax enough to go back to sleep. As I lay there fuming, I started crying and could not stop. Unfortunately, this was not one of those cathartic cries that makes you feel better. This was a serious sobfest, a nose-running, hiccupping, ugly cry that sent me spiraling. So, I texted my sister, turned on *The Holiday* (one of the best romantic comedies of all time) and was finally relaxed enough at the end of the movie (around 2am) that I was able to fall asleep. Needless to say, Friday was puffy-eyed and rough, and the rest of the weekend was spent in bed with romcoms for company.

This low moment inspired a realization. Less work does not equate to more happiness. Having my weekends and evenings to myself sounds great in theory, but is less great for my reality. After a lot of thinking and a long discussion with a friend, I was able to identify why what appears to be a gift is instead causing me to struggle. Back home free time is filled with extra-curriculars that I love. So even though I'm busier, I'm doing things that make me feel fulfilled and happy. I also struggle to appropriately budget free time because it's a luxury I haven't been afforded in a long time. All I want to do is lounge, eat, and watch TV, because my brain tells me that I should move and think as little as possible when given the chance. This is okay when I have maybe an hour each day to do this, but it becomes an issue when it's 3+ hours every day. So, now that I know what's going on, how do I change it? Quick fixes, like joining a club, seems simple enough, except that I don't speak the same language as everyone else and I hate feeling like I'm inconveniencing others. Just knowing the problem and understanding solutions doesn't necessarily give me the motivation to act. So even though I had that realization, I haven't gotten out of the loop. I have a couple good days, then a couple bad ones. This is just my reality right now, so instead of getting down on myself for feeling down, I'm working on accepting each day one at a time, while always trying to make each one as good as possible.





Johnathan Huang
Abroad: Berlin, Germany (SU2019)
Place(s) of Origin: Dallas, Texas, United States

INTERVIEW WITH JOHNATHAN:

Q: What did you really admire about the culture in Germany?

I actually loved so much about Germany that I don't know if I can even answer this question concisely. I think the biggest difference between their culture versus LA culture specifically is the pace of life is a lot slower, and that provides for a lot more things than I expected. People are not so much in an aggressive rush to get to places and to get things done, meaning the overall energy on the streets is more tranquil than it is stressful. It also means that more people find themselves the time to take the nice walk home rather than the fast Uber ride home, and it was just wholesome all around. On Sundays, practically no stores are open, because the people there take the day off to spend time resting or with family and friends. If you take a walk to the nearest park on a Sunday, you will see the grassy hills covered in little picnic blankets and people, enjoying street dancers, outdoor karaoke, and just each other's company. On top of all

of this, even with the slower pace of life, I did not feel like I was getting any less done in one day. I almost often felt more productive and less stress and anxiety about my obligations for that day. It was weird but I liked it a lot. Another thing I loved so much was the kind of dirty but comfortable aesthetic of the city. Because design schools like the Bauhaus originated so close to cities like Berlin, the influence of good design is so evident in all pockets of life, from the advertisements on the streets, to store exteriors and interiors, to the types of museums there. It was amazing to be surrounded by art and design at all times, and it definitely contributed to my personal admiration for the city.

Q: How did your study abroad affect your art or creative process?

A big part of what we focused on was research and concept-building, and just coming up with a topic on our own that interests us. We were given a lot of time for this beginning stage, and at ArtCenter, this was really the first time that I've been given that much time for research. With that being said, I think I definitely learned the true value

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JOHNATHAN



of having a solid concept and learning within art more through research than through designing/making. Most of the classes at ArtCenter that I've taken are about improving technical prowess rather than refining the other side of the process, which is the ideation stage, and I think being exposed to this different method of the creative process taught me about the importance of balancing both. As far as art wise, because I attended a graphic design oriented trip, I actually got to just dive straight into playing with a more graphic design sensibility, which has definitely had an affect on my work now, as well as the classes I am taking. I learned a lot from not only Simon and Caro but also from all my new graphic design friends, and I think that being exposed to that different side of thinking was really nice for me to be able to think on both sides of the street.



Q: For someone who has the resources to go abroad, why would you recommend it?

Being someone who has lived in America my whole life, I really learned so much about the world outside of the US, and how much more of a difference a different lifestyle can make on your own lifestyle. Because Berlin's vibe is very open-minded and chill, I felt like I blended in quite easily, which allowed me to really figure things out about myself. I think it is always a good thing to spontaneously throw yourself into an unfamiliar environment, because you really have to grow and adapt on your own terms. You are able to meet new people and expand your circles, which especially for us artists, is never a bad thing. You might click with some people so well that your experiences together feel like they extend beyond just the program. This isn't just exclusively within the context of a study abroad program, but just going out and seeing places you aren't familiar with and taking in new bits of life in general can never result poorly, because no matter what the situation or place is, you will always learn a lot. You will also have a lot of fun (of course) and try a lot of new food and drinks, which is always a plus.



JOOYEON

UNTITLED

Last year, I studied abroad in the US for one year. It was my first time living in foreign country, so I was nervous at first. To be honest, I had a difficult time when I just got to Irvine. Everything was new and speaking in English was so stressful that I wanted to go back to my hometown. Also, I set many goals and I was worried that I couldn't reach them. These concerns made it hard to adapt to a new environment. However, I figured out that this is a good opportunity to try everything I want and even though I can't achieve my goals, experience in the US itself would help me grow up. After I noticed that I felt more comfortable, I could enjoy my exchange life. I made lots of friends from various countries and travelled a lot. This experience broadened my perspective. I thought I had had a broad perspective. But every time I met new people they taught me a lot and I could learn the new way to think. Also, I became more independent.

In Korea, lots of people live with their parents until they get married. So, they don't have an opportunity to become totally independent and so do I. That's why this experience made me independent. I should have done everything by myself like finding a place to live. I am so proud of myself that I spent one year by myself in the US. I feel like I finally became a real adult.

Living in foreign country is a tough experience. And sometimes you might feel lonely. But I'm sure this experience made me stronger. If someone is hesitating to decide to go to foreign country as an exchange student, I would recommend it.

Jooyeon Hong
Abroad: Irvine, California, USA (WI2018-FA2019)
Place(s) of Origin: Seoul, South Korea





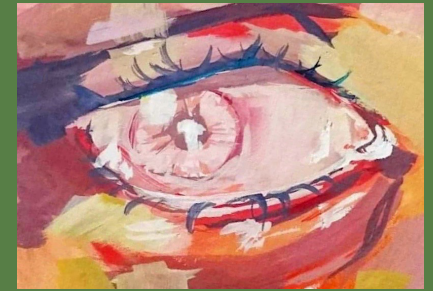
ellyn_casali@hotmail.com || @ellyn_casali

ELLYN

INTERVIEW WITH ELLYN:

Q: What do you find the hardest about being in another country? How are you coping with it?

The hardest thing about being in another country now is the fact that this isn't a holiday. I'm here for more important reasons and more than I'd care to admit, I'm constantly worrying about my next move and how I'm going to make this huge opportunity count. I want my hard efforts from these past two years to mean something. I don't want to frick it up. This feels like a very crucial time for my professional development as an artist. Despite the amazing feelings of living on my own free from the claustrophobic town I grew up in, finally studying something that I am passionate about and gripping my life with both hands... I am terrified of failing, falling back into dead-end jobs, and just getting stuck in life. This fear is my driving force and my ultimate Achilles heel, and being in another country really highlights these worries on a daily basis. It's hard. I cope with these crushing thoughts like everyone else I guess...exercise, listen to some tunes. I play my ukulele obviously, call home and hang out with friends. I frick around and drink some water because at the end of the day it's just me and my water bottle against the world, and it's probably the dehydration



tickling my Achilles heel...but honestly, it's the simple things that bring me back down to earth and help make things not feel so hard. I know I am capable, I just have to not let those catastrophic thoughts strike me down when I am stepping out of my comfort zone, especially when I'm in another country.

Q: How do you think your time at university will change you as an artist?

As a fresh new university student with zero prior education in the field of art/design, I have only a whole three years ahead of me. Not daunting at all...I had no proper expectations to start with but I'm beginning to draw some as time progresses. I think my time here at university will polish me like the sea does a rough pebble! It's going to be the pivotal point in my life that defines me as an artist, in terms of my style and what I want to make of my art. I expect that uni will change my art style, to something that has more of an impact towards sustainability and "Change". I am studying Visual Communication and Change after all. I will become a better artist, refine and diversify my skills, widen my worldview, and through my art; become a better advocate for change in the world. That last one might be a bit of a stretch, everyone probably has that goal somewhere in their mind when they decided to study Visual Communication

Ellyn Casali
Abroad: Kalmar, Sweden (FA2019)
Place(s) of Origin: Whitsundays, QLD, Australia

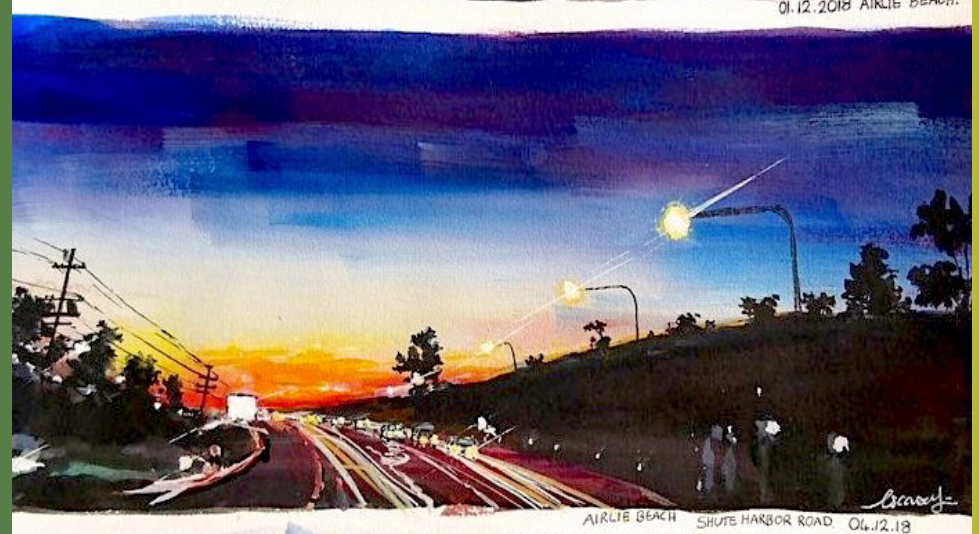
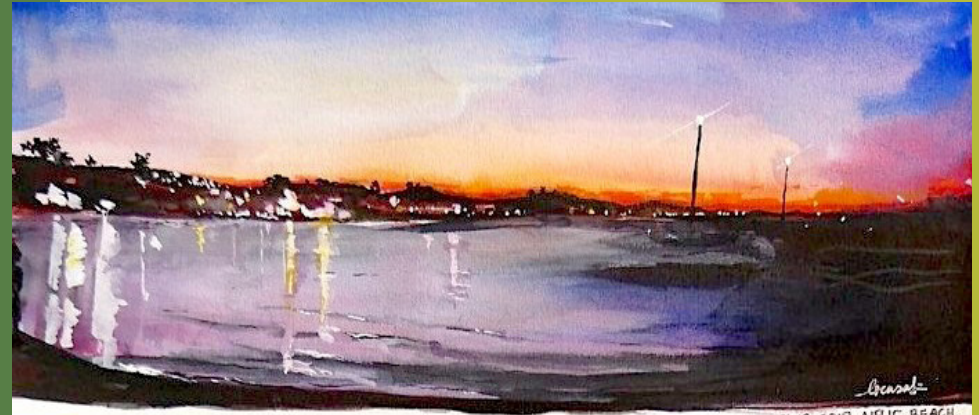
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+ Change. But like I told my sister when she decided to cut all her hair off that one time at the hairdresser - go big or go home. Aside from my expectations, I do think that my time here at university will help increase my confidence and help me achieve quality in my work and perhaps the level of professionalism that I already see in some of my peers.

Q: What is a specific abroad memory or experience that affected the way you live your life?

I couldn't trace back just one memory from my first time abroad in 2017 that affected the way that I live my life, but I would have to say it was experiencing having a dad for the first time in my life and a second mum, two more sisters and another brother and a whole extended family of cousins, aunts and uncles and the kind of grandparents who I never had before. Having all these people so warmly accept me into their family instantly made a place on the other side of the world feel like home. It was an experience that broke me out of a shell I didn't know I was in my entire life.

desensitized me more than anything else in my life and my first experience abroad after graduating was at an art school, coincidentally, and it made me realise how much I didn't feel like my own person. I eventually made great friends and could express myself more, I had room to grow into my own opinions and personality more than I ever could have in the small town that I grew up in. I rediscovered my passion for art and it's an experience that I believe led me here, to pursue it professionally. I owe it to my mum and brother for helping make it happen. I owe it to my host mum for seeing my artistic tendencies before I even realised and transferring me to that art school, since I was originally placed in a more science-oriented school for my exchange year. I owe it to my host dad for simply being my dad and I owe it to my whole host family for being a significant turning point in my life, they've all affected the way I live my life and a big part of the reason why I am here, studying art and chasing the life that I know makes my mum proud.





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