



Art Impact Mindfulness Internship Program

2022 Evaluation Brief

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Introduction

The J. Paul Getty Museum offers myriad programs at both the Getty Center and Getty Villa for target audiences including adult learners, college faculty and students, K–12 teachers and students, and kids and families. In recent years, Getty has endeavored to address an identified gap and provide more opportunities specifically for teens. The Art Impact mindfulness program joins other successful Getty programs (e.g., Student Gallery Guides, Unshuttered, Teen Lab) in providing museum-based opportunities for teenagers in the Los Angeles area.

Getty Art Impact Program Overview

Art Impact is a multi-session museum education program that engages teen interns in mindfulness-based experiences with art. Key components of the program include teaching the interns the basic foundations of mindfulness meditation and encouraging them to incorporate mindfulness practices while engaging with art, as well as in their daily lives. Program activities introduce mindfulness concepts, encourage contemplative experiences with artworks through mindful looking, and promote reflection. The goals of the Art Impact mindfulness program called for participants to:

- Learn the basic foundations of mindfulness meditation (awareness of physical body, feeling of sensory experience, and thoughts in the mind through breath) and develop a practice for use both in the Museum galleries during on-site sessions and personal time in between sessions
- Develop vocabulary and competence in articulating experience during mindful looking sessions as well as about one’s personal practice
- Cultivate emotional skills, including perception, understanding, and empathy
- Develop techniques for integrating and deepening practice beyond the Museum program

Evaluation Overview and Methodology

WestEd, a national education non-profit, was hired to conduct external evaluation activities to help Getty better understand the perceptions and experiences of interns participating in the Art Impact program. To accomplish this, WestEd utilized pre-post internship survey data collected by Getty staff and conducted focus groups with Art Impact interns. WestEd utilized descriptive analyses to examine survey findings, including conducting descriptive comparisons, calculating response frequencies, and

examining open-ended responses to identify exemplar quotes. In addition, WestEd conducted two 60-minute virtual focus groups with the Art Impact interns on April 21, 2022. Each focus group included a WestEd evaluator to query interns and note their responses, as well as a non-involved Getty staff member to provide the required oversight and monitoring of the Zoom space in support of student online safety.

Focus group topics included myriad aspects of the interns' experience with the Art Impact program, including program structure (e.g., length and number of sessions, how the program should be changed), program components (e.g., mindfulness activities and engaging with artworks), and takeaways and lessons learned (e.g., how their perspective changed due to the program, how they intended to use what they learned in their everyday life). The WestEd team analyzed the notes from the focus groups to find important themes, detect connections between focus group and survey data, and identify exemplar quotes.

Evaluation Findings

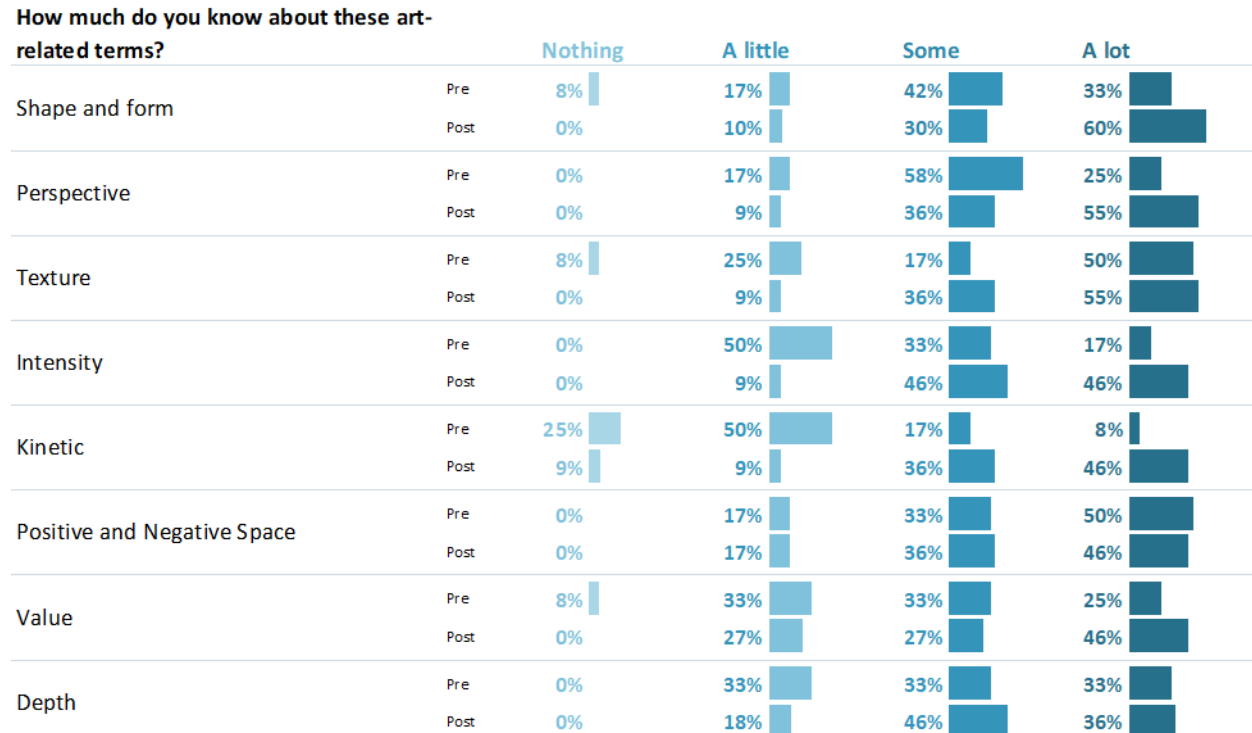
Overall, intern perspectives of the Art Impact program were overwhelmingly positive. Participants described learning several mindful meditation practices, applying those practices during enjoyable and edifying experiences with artworks, and utilizing their newfound skills in their everyday lives. Data from the post-program survey and participant focus groups revealed exceptionally positive feedback about the Art Impact program, as well as a call for Getty to both continue and expand the program.

Participant Knowledge

Art Impact interns were asked to rate their knowledge of various art-related topics and mindfulness topics on a four-point scale from *nothing* to *a lot*. Overall, Art Impact interns reported increased knowledge about the art-related terms from pre-survey to post-survey (Exhibit 1). The percentage who rated their knowledge as *some* or *a lot* increased for seven of the eight terms—in particular, the proportion of students reporting they knew *a lot* increased by more than twenty-five percentage points for five art-related terms:

- Kinetic (8% to 46%)
- Perspective (25% to 55%)
- Intensity (17% to 46%)
- Shape and form (33% to 60%)

Exhibit 1. Interns reported increased knowledge about all art-related terms queried.



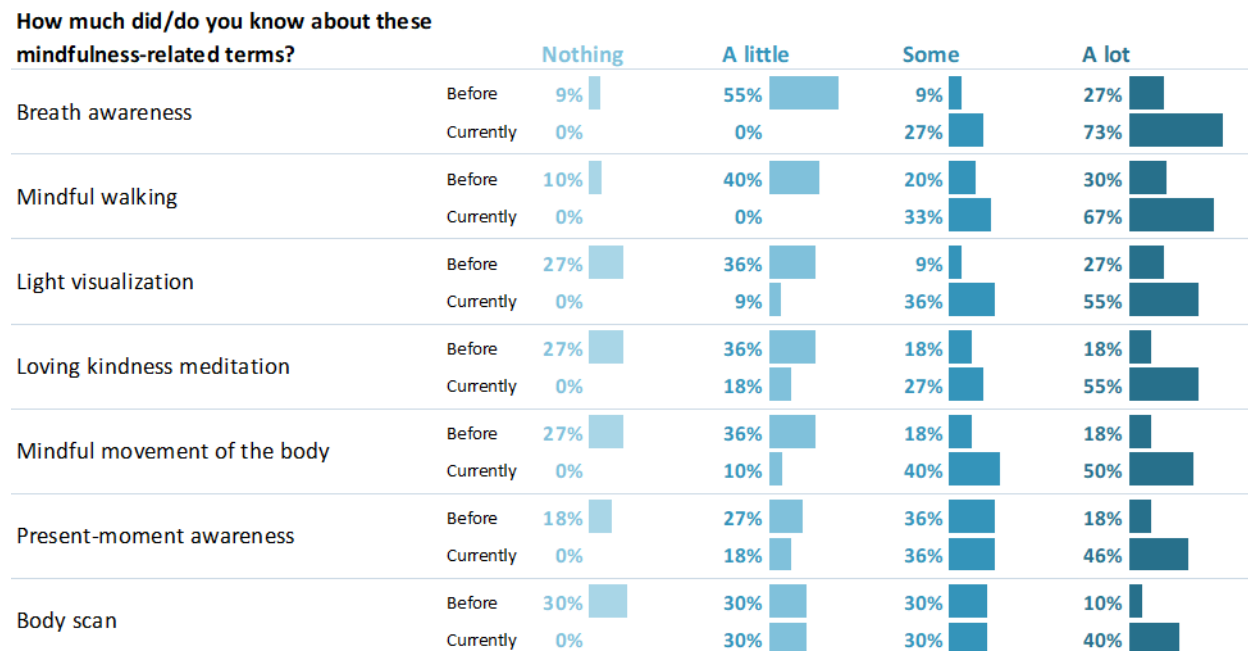
Note: Percentages may not sum to 100 due to rounding.

To measure knowledge of mindfulness-related terms, the survey utilized retrospective pre-test methodology, wherein participants were asked at post-survey to rate their level of knowledge at the end of the program on a four-point scale from *nothing* to *a lot*, as well as to reflect back and report what their level of knowledge was before the program began. This methodology served two purposes—avoiding making interns feel uncomfortable at the start of the program being asked about something they may have had no experience with, as well as preventing the response-shift effect, when participants’ frame of reference changes significantly during an intervention. Simply put, retrospective pretest methodology helps to counteract inflated self-reports at pre-survey, when participants may not know what they don’t know.

Overall, interns reported increased knowledge about all mindfulness-related terms. In particular, the proportion of interns who reported they knew *a lot* after Art Impact compared to before the program began increased for all seven mindfulness terms. In addition, the proportion of interns who reported that they knew *some* or *a lot* increased by at least fifty percentage points for four mindfulness terms:

- Breath awareness (36% to 100%)
- Light visualization (36% to 91%)
- Mindful movement of the body (36% to 90%)
- Mindful walking (50% to 100%)

Exhibit 2. Interns reported increased knowledge about all mindfulness-related items queried.



Note: Percentages may not sum to 100 due to rounding.

Participant Comfort

The evaluation also examined changes in participant comfort after participating in Art Impact, querying both level of comfort in talking about works of art and level of comfort in a space like the Getty Center using a four-point scale from *not at all comfortable* to *very comfortable*. Using retrospective pre-test methodology, interns reported feeling much more comfortable discussing art after Art Impact compared to before they participated. In particular, almost half of the interns reported feeling less than *comfortable* talking about works of art before participating in Art Impact; however, over 90% reported feeling *comfortable* or *very comfortable* doing so at the conclusion of the program (Exhibit 3).

Exhibit 3. Interns were much more comfortable talking about art after participating in the Art Impact program.



Note: Percentages may not sum to 100 due to rounding.

Participants also reported at post-test feeling more comfortable in a space like the Getty than they did at pre-test (Exhibit 4). Although a quarter of participants were less than *comfortable* in a space like the Getty before participating in Art Impact, 100% reported feeling *comfortable* or *very comfortable* at program’s end.

Exhibit 4. Interns were more comfortable in a space like the Getty after participating in Art Impact.

		Not at all comfortable	Somewhat comfortable	Comfortable	Very comfortable
What is your level of comfort in a space like the Getty?	Pre	0%	25%	33%	42%
	Post	0%	0%	46%	55%

Note: Percentages may not sum to 100 due to rounding.

Participant Interest

The pre-/post-surveys asked interns to rate their interest in engaging with pieces of art and mindfulness practices on a four-point scale from *not at all interested* to *very interested*. Ratings for art engagement were high at pre-test and remained stable, with 100% of interns reporting being *interested* or *very interested* at both survey administrations. Ratings for engaging in mindfulness practices were slightly more mixed—although the proportion of interns who reported being *very interested* increased by over twenty percentage points from pre- to post-survey, the percentage who assigned a rating below *interested* also increased from 0% to 18% (Exhibit 5).

Exhibit 5. Intern interest in engaging with art and mindfulness was high overall.

How interested are you in...		Not at all interested	Somewhat interested	Interested	Very interested
...engaging with pieces of art?	Pre	0%	0%	33%	67%
	Post	0%	0%	27%	73%
...engaging in mindfulness practices?	Pre	0%	0%	75%	25%
	Post	0%	18%	36%	46%

Note: Percentages may not sum to 100 due to rounding.

Experiences with Art

The Art Impact program had a profound impact on participants’ experiences with art. Interns unanimously expressed that they experience art differently due to the Art Impact program, giving examples related to increased understanding and enjoyment, expanded perspective, and deeper meaning.

During focus group conversations, participants shared that they understand and enjoy art more because of the Art Impact program. They reported being more in tune with the emotional side of art, both the emotion in the artwork and their own emotional responses to it. One intern described it as “the difference between looking at art and experiencing art”—a sentiment that drew strong agreement among the group.

Interns unanimously reported that they experience art differently due to the Art Impact program.

- *“It’s a more meaningful experience. There’s more depth to it. I’ve looked at lots of art before, but I never really experienced it like I do now.”*
- *“We took the time to actually take in and experience the art and to understand a lot better the meaning and the emotions it was bringing.”*
- *“I enjoy art so much more. I experience art with all my senses now instead of just visually.”*

Survey responses aligned with focus group findings—the percentage of participants who reported they enjoy looking at and engaging with art *a lot* increased from 75% at pre-survey to 91% at post-survey.

In discussing how participating in Art Impact changed their relationship with art, every intern mentioned something related to expanded perspective—physical, intellectual, or emotional. The discussed the effect of considering artworks from different physical perspectives, such as from above or below, close-up or far away. Similarly, they talked about visualizing themselves inside the artworks, such as inserting themselves to be part of a painting. They learned to reflect on what might have led the artist to make certain choices, and to consider both the artist’s perspective and how their own might be similar or different under the circumstances. One intern noted that even though they also create art, they had never really reflected on what another artist might have been thinking and feeling when creating an artwork.

In addition, interns reported finding deeper meaning engaging with artworks than they had prior to Art Impact. At post-survey, every intern reported having had a deep, meaningful experience with a work of art, compared to just 58% at pre-survey. Similarly, focus group discussions highlighted these meaningful experiences during which interns reported engaging deeply with artworks. One intern described this as a “unique experience” that they hadn’t felt previously, and another articulated how such an experience led them to understand the interplay between the artist, the artwork, and the viewer for the first time.

- *“The artist is important, but you matter too.”*
- *“When you have that really deep moment, you may see something that nobody has ever seen before.”*
- *“That painting spoke to me so much. It told me to keep going. I don’t know how I knew what it was saying, but the message was so clear.”*

Awareness and Application

The mindfulness activities taught during Art Impact sought in part to make interns more aware—of their breath, their thoughts, their emotions, and sensations in their body—and to give them tools to utilize both when engaging with art and in their everyday lives. Interns strongly indicated that participating in the program increased their awareness (Exhibit 6). Of particular note, on a four-point scale from *not at all* to *a lot*, almost 90% of participants reported that their awareness of their thoughts increased *a lot*.

Exhibit 6. Art Impact notably increased interns’ awareness of their thoughts, emotions, and bodily sensations.

How much did participating in the Art Impact program increase your awareness of:	Not at all	A little	Some	A lot
...your thoughts?	0%	0%	11%	89%
...your emotions?	0%	0%	33%	67%
...sensations in your body?	0%	11%	33%	56%

Note: Percentages may not sum to 100 due to rounding.

In addition, at the conclusion of Art Impact programming 72% of interns reported they were *aware* or *very aware* of their breathing throughout the day, and 55% reported they were *aware* or *very aware* of their breathing when engaging with art. Focus group discussions reiterated these findings, with interns talking about how their Art Impact experience made them more aware of their thoughts, emotions, breathing, and physical sensations. One intern shared that newfound awareness of body sensation allowed them to recognize when their anxiety was rising, which afforded them the opportunity to “get out ahead of it” and utilize calming techniques. Another reflected on how increased awareness of their thoughts helped them to recognize and combat negative self-talk.

The skills learned in the Art Impact program did not stay confined to the internship—participants recounted numerous ways in which they applied these practices in their daily lives, utilizing mindfulness skills to calm themselves, to focus, and to experience situations more fully. Indeed, almost two-thirds of interns reported on the exit survey that they apply mindfulness/meditation skills in their everyday life to a *good* or *great extent* (Exhibit 7).

“I use the breathing techniques almost every time I get mad or frustrated or have a hard task.”

Exhibit 7. Interns reported applying mindfulness/meditation skills after program completion.

To what extent do you apply mindfulness/meditation skills:	Not at all	To some extent	To a good extent	To a great extent
...in your everyday life?	0%	36%	46%	18%
...when engaging with a piece of art?	0%	27%	64%	9%

Note: Percentages may not sum to 100 due to rounding.

Art Impact Program

Since the spring 2022 cohort represented an initial pilot of the Art Impact internship, the evaluation queried several aspects of the program in order to provide formative feedback for potential program refinement. Interns provided feedback on the elements and structure of the program, as well as their overall experience.

Program Components and Structure

Overall, interns gave exceptionally high marks to every element of the Art Impact internship program. They enjoyed gallery experiences, reflection sessions, and time to explore the museum independently (Exhibit 8), as well as experiencing various types of artwork onsite at the Getty Center and learning about an array of mindfulness practices.

Exhibit 8. Interns greatly enjoyed museum exploration, reflection sessions, and gallery experiences.

How much did you enjoy these program components?	Not at all	A little	Some	A lot
Independent museum exploration time	0%	0%	0%	100%
Reflection sessions	0%	0%	0%	100%
Gallery experiences	0%	0%	11%	89%
Brunch	0%	11%	33%	56%

Note: Percentages may not sum to 100 due to rounding.

When asked what they thought about looking at different types of art as part of their program experience, interns expressed universal approval. Several interns reported a prior tendency to think of

art as representing a limited selection of formats such as paintings, drawings, or sculptures. Art Impact expanded their understanding of art to include vases, clocks, multimedia installations, and dance; however, most dramatic was their realization that the Getty Center gardens represent art as well. In the words of one intern, “It opened my mind up about what art is—it blew my mind, really.” Other interns agreed, reporting that they look at art in a new way because of the varied types of art the program exposed them to.

Interns viewed the mindfulness meditation practices they learned as part of their Art Impact participation—such as breath awareness, body scan, and mindful walking and movement—as enjoyable, valuable, and useful. When the focus group asked interns to share their thoughts on the various kinds of mindfulness activities they learned and experienced, every intern shared at least one positive experience with a mindfulness activity, and several stated they couldn’t choose a favorite because they thoroughly enjoyed multiple practices.

“You get to be one with yourself and connect with your inner peace. You feel very grounded.”

- *“My most valued mindfulness experience was the time in the garden. Walking slowly, moving slowly, feeling every step, feeling every contortion of our muscles, enjoying that feeling and paying attention to how our body feels in every detail.”*
- *“My favorite was light visualization because it made me focus on every part of my body. It made me recognize and pay attention to parts of my body that I don’t ever intentionally think about.”*

Interns were also asked to provide feedback about the structure of the Art Impact program, including program duration, session length, and timing. Participants expressed universal agreement that six in-person sessions at the Getty Center were not enough. Most indicated that 10–12 in-person sessions would be ideal:

- *“I would love 12 sessions. The first six weeks we could familiarize ourselves with each other and the whole process like this was, and then the second six weeks we could vote on what to do deeper and what else to see in the museum.”*
- *“There is so much more we could have learned with more sessions. I feel like I just got a tiny taste.”*

Upon hearing that some mindfulness opportunities are a single session, interns firmly expressed that multiple sessions are far superior. One noted that a single session would be “too shallow, like learning a trick and moving on” and another suggested that although a single session could be interesting and enjoyable, “it’s not enough to really make an impact like this did.”

Participants were split on their perceptions regarding the length of each in-person session. Approximately one-third of interns indicated the session length was ideal; however, two-thirds of interns wished that sessions were longer.

- *“At first it was just right, but as we got to know each other and get deeper into what we were learning, I wanted them to be longer. It’s like the time started moving faster and faster the more we got into it!”*
- *“The reflection part at the end of each session was my favorite thing in the whole program, and sometimes it wasn’t enough time for it.”*

Finally, the Art Impact interns all agreed that having access to the Getty Center galleries before the museum opened was a valuable part of their experience. Early access was beneficial from a practical standpoint, allowing for quiet and focus particularly while interns were learning mindfulness practices. In addition, interns reported feeling “like VIPs” and that early access to the galleries conferred a specialness to the experience and further cemented their sense of community as a cohort, experiencing this special benefit together.

Program Experience

Art Impact spring 2022 interns unanimously voiced overwhelmingly positive sentiments about their experience in the internship. They used such adjectives as *inspiring, mind-blowing, deep, life-changing, awesome, and epic* to describe the program, and every intern confirmed on the post-survey that they

“This program is everything.”

got what they hoped for out of the Art Impact program. In addition, every participant reported being more open to new experiences thanks to their participation in Art Impact.

Interns shared at length about the sense of community that developed among the cohort, which built over time. Several participants characterized the group as family. Additionally, multiple interns described being more open or more vulnerable within the cohort than they were in their daily lives—less shy, more likely to speak up or share, less likely to keep to themselves—particularly in the latter part of the program. Participants also recounted deep affection for Art Impact program staff, and expressed a desire to keep in contact.

The cohort expressed universal agreement that they would encourage their friends and peers to apply for the Art Impact mindfulness program in the future. One intern remarked that “everybody could benefit from this program,” which garnered strong agreement among participants. Interns also conveyed a desire to return in the future to speak with new cohorts, sharing their lessons learned and giving back to the program.

In the interest of program refinement, the focus group queried what Getty could do differently in the future to improve Art Impact. Without exception, every intern reported that the program could not be improved other than expanding it—e.g., more cohorts, more sessions, longer sessions, additional mindfulness activities, more opportunities to practice, extended time for reflection. After multiple opportunities to suggest improvements, two interns simply proposed that the program could benefit from better food.

Interns expressed universal adoration for the Art Impact program and were unable to identify areas for improvement.

Key Takeaways

The most notable successes and takeaways from the Art Impact program centered on how interns reported that the experience changed them. Overall, participants described themselves as more curious, more in touch with their own emotions and experiences, and more open to new experiences as a result of Art Impact. Key takeaways included:

Increased curiosity

- *“This changes how you look at things. Now I take in more than meets the eye...I have bigger questions, and I’m more curious about things that might not seem super interesting at first.”*

Improved focus

- *“My focus is different now. I used to just think ‘get this done fast’ but now I focus and I’m more deliberate. I may spend more time or I may not, but I spend time more thoughtfully. I focus on what I’m doing.”*

Mindfulness practices in times of stress or difficulty

- *“Now I know so many ways to calm myself down. I can use breathing techniques or light visualization to ground me when I start to spin out.”*
- *“After I learned about using visualization when looking at art, I started using it in other things too, especially when I get upset.”*

More open to new experiences

- *“I’m 100% more open to new experiences thanks to this program.”*
- *“It’s weird how much this changed me. I feel like I can do things that I NEVER would have considered doing before.”*

Positive shifts in artmaking practice

- *“This experience has taught me to really enjoy the process of creating instead of just focusing on the finished product.”*
- *“It changed how I take photos—not just an automatic frontal shot, do it and move on, but to consider what the complex angles are and how choosing different angles changes things.”*

“It sounds kind of cheesy, but I learned that possibilities are endless. This program expanded my curiosity and my perspective and really opened my mind.”

Recommendations

The evaluation—including the follow-up survey with interns (see Addendum)—informed the following recommendations for next steps for the Art Impact program:

- **Continue the Art Impact program.** Art Impact was an unqualified success, meeting or exceeding expectations across a variety of realms. Participants increased their art and mindfulness knowledge, developed increased awareness, and implemented mindfulness practices in their daily lives. In addition, interns were exceptionally satisfied with their program experience, to the point of deeming it *inspiring* and even *life-changing*. Evaluation findings strongly support investment in future Art Impact cohorts.
- **Expand the Art Impact program.** Interns reported that six in-person sessions at Getty were not enough for maximum program benefit, instead recommending an increase to 10–12 sessions. Expanding the program could provide participants with even more mindfulness skills and opportunities to practice them, potentially to their great benefit. However, care should be taken to keep Art Impact cohorts at or near the same size to avoid potential dilution of effects.
- **Invite members of the pilot cohort to engage with future Art Impact cohorts.** Interns indicated they would love an opportunity to speak with future cohorts—a practice that has been successful in other programs, including at Getty. Inviting an intern to return to the program and engage with new participants can benefit both the returning intern and the new cohort—for example, the experienced intern could share not only their program experience, but how they utilized what they learned in Art Impact after the program concluded.
- **Prioritize high-quality evaluation to measure the success of replication and scaling.** As Art Impact moves beyond the piloting stage, it is important to conduct both formative and summative evaluation to ensure the program continues to meet its goals with new cohorts and potentially expanded or modified programming.

Addendum

To examine adoption and potential impact of the Art Impact internship program, a follow-up survey was administered to participants approximately six weeks after program completion. All 12 spring 2022 Art Impact interns participated in the follow-up survey, which was administered online via the Qualtrics survey platform. Follow-up survey responses aligned with the positive findings from initial program evaluation overall. Key takeaways included:

Interns use and benefit from the practices they learned in Art Impact. At least 80% of interns reported using each of the seven key mindfulness practices they learned in Art Impact, and all interns reported using five of them (see Appendix A, Q2). In particular, two-thirds of interns reported using mindful walking and present-moment awareness *a lot* since the Art Impact program ended. Examples shared by interns included using breath awareness during a stressful exam, using mindful walking to clear their head, and using present-moment awareness to fully appreciate graduation day (Q2a).

Additionally, interns universally reported that the practices they learned in Art Impact improve their emotional well-being, increase their level of awareness, and help them manage difficult or stressful situations (Q3). Of note, at least 80% of participants reported these benefits to a *good* or *great extent*. Additionally, almost three-quarters of interns indicated that the program impacted their own art-making practice.

Art Impact increased interns' enjoyment of art. All interns reported that participating in the Art Impact program increased their enjoyment of art, with over 80% indicating their enjoyment increased to a *good* or *great extent* (Q7).

Art Impact increased interns' awareness across multiple dimensions. Interns universally reported that participating in Art Impact increased their awareness of their surroundings, thoughts, emotions, and sensations in their body (Q8). In particular, over 90% of interns indicated increased awareness of their surroundings to a *good* or *great extent*, and almost three-quarters reported increased awareness of their thoughts and emotions to a *good* or *great extent*.

Appendix A. Getty Art Impact Follow-Up Survey Results

1. How aware are you of your breathing throughout the day?

Not at all aware	Somewhat aware	Aware	Very aware
8%	17%	50%	25%

2. How much have you used these practices since the Art Impact program ended?

	Not at all	A little	Some	A lot
a. Breath awareness	--	17%	33%	50%
b. Body scan	8%	25%	42%	25%
c. Light visualization	17%	17%	25%	42%
d. Mindful walking	--	8%	25%	67%
e. Mindful movement of the body	--	25%	33%	42%
f. Loving kindness meditation	--	33%	25%	42%
g. Present-moment awareness	--	--	33%	67%

2a. Please describe a situation where you used one of these practices. *[reported verbatim]*

- *Going on long drives with my family I use present-moment awareness when I get bored. It helps me feel more at peace and less negative.*
- *When I need to clear my head I go for a mindful walk around the block.*
- *Once of the situations I used these practices is when I am working out I focus on my breathing and learning to keep my body relaxed. Also, in times when I feel anger I stop and breathe to keep myself in the right head space. I have also been doing meditation and using light visualization to have a good start to my day.*
- *When I walk my dogs I make sure to take a moment to focus on my breathing and the feeling of the air.*
- *I used breath awareness when I had to take a stressful exam. I think it helped my grade.*
- *I was in a place where it started to get very overwhelming for me and I used present-moment awareness to help me calm down. I felt much better afterwards.*
- *I used present-moment awareness the day I graduated. I really took in what was around me and what was happening in that important moment.*
- *I use all of the practices, mostly when I feel myself getting annoyed.*

3. To what extent do the practices you learned in the Art Impact program:

	Not at all	To some extent	To a good extent	To a great extent
a. ...help you manage difficult or stressful situations?	--	18%	36%	45%
b. ... improve your emotional well-being?	--	20%	50%	30%
c. ...increase your level of awareness?	--	18%	36%	45%
d. ...impact your own art-making practice?	9%	18%	36%	36%

4. Since Art Impact ended, to what extent do you find moments of curiosity in your everyday life?

Not at all	To some extent	To a good extent	To a great extent
--	18%	45%	36%

4a. Please share an example. [reported verbatim]

- *I look at art a different way now, not just one.*
- *When I don't like a piece of art I'm making or I'm not enjoying the process of creating, instead of giving up on it now I wonder how I can make it more interesting for myself and visualize better versions of what I can do.*
- *I want to know what people are thinking when they are doing things or making something.*
- *Thanks to Art Impact my curiosity has increased to the point where I ponder what the world would look like in negative colors.*
- *I find myself asking more questions. I also ask more questions about a piece when visiting an art museum now.*
- *When I go for walks outside, I find myself looking at things more closely and in a very curious way if that makes sense.*
- *I just wonder more. There's so much to wonder about.*

5. Since Art Impact ended, to what extent do you find yourself being curious about works of art?

Not at all	To some extent	To a good extent	To a great extent
--	27%	45%	27%

6. Since Art Impact ended, have you sought out art experiences (other than at school or an internship)?

No	Yes
18%	82%

6a. If not, do you intend to seek out art experiences?

No	Yes
--	100%

7. To what extent did participating in Art Impact increase your enjoyment of art?

Not at all	To some extent	To a good extent	To a great extent
--	18%	18%	64%

8. Since participating in Art Impact, to what extent do you find yourself more aware of:

	Not at all	To some extent	To a good extent	To a great extent
a. ...your surroundings?	--	9%	36%	55%
b. ... your thoughts?	--	27%	36%	36%
c. ...your emotions?	--	27%	36%	36%
d. ...sensations in your body?	--	36%	27%	36%

9. To what extent did participating in the Art Impact program make you more understanding of others?

Not at all	To some extent	To a good extent	To a great extent
--	10%	40%	50%

10. What kind of impact did your participation in Art Impact have on you? [reported verbatim]

- *It taught me to be more aware and calm.*
- *I would say it had a great impact. I'm not a person who is really excited about things but I was definitely always looking forward to the program. This experience changed me in many ways. I am now more observant and aware of myself and things around me.*
- *It made me see things really differently and made me experience stuff better.*
- *I'm more sociable.*
- *This experience changed me because it helped me meet new people. I opened up a lot more than before.*
- *It gave me a better understanding of art. Less what a piece looks like and more what it feels like.*
- *It made me feel more open to try and do more things in life. To take chances because you never know you might like it until you try it.*
- *It honestly helped me realize more of why I want to work with art and in the art profession while appreciating art more. The experience really opened my eyes and helped me become more aware of everything.*