

Raminfard School of Arts

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The Benefits of Art Classes

By Daniel Raminfard

Introduction

Learning to draw and paint offers a number of benefits. Personal meaning, relaxation, self-confidence, creative thinking, improved concentration and an appreciation for other forms of arts are just a few things one can gain from learning to draw and paint. Sadly, many people believe you need 'talent' to draw or paint. Nothing could be further from the truth. You only need three things: a desire to learn, a few hours a week to practice, and a commitment to improve. That's it. Anyone can learn to draw and paint!

Personal Meaning

Students find personal meaning in their artwork in several ways. One way is to pick a subject matter that is important to them. Whether it's a portrait of a friend, family member, or pet, or a cityscape from personal travel, students connect to their work by choosing a subject that has personal relevance. Another way students find meaning in their work is by learning to develop their own style which again helps them identify with their work.

Relaxation

Drawing and painting is extremely meditative. With professional guidance, students receive immediate help if they get stuck or make a mistake. This minimizes frustration, and makes learning to draw and paint a truly relaxing experience. Another reason why art is so calming is that it instantly gratifies. We see the result of our work as we paint. We do not need to hope that something will happen - it just does! As a result students become fully engaged in their work and forget about any outside worries or concerns.

Self Confidence

Many people know how to start a painting but only few know how to finish it. Knowing that, students work hard to learn how to finish a piece of quality artwork and that makes them feel good about themselves. Also, since confidence plays a huge role in the quality of work students produce, it is the objective of the instructor to build-up student confidence and *then* help them improve their artwork. As students become better artists they feel better about themselves and their artwork.

Creative Thinking

Learning to draw and paint is not about absorbing information; it's about expressing an opinion. Before ever putting a pencil to paper, students must learn how to develop an idea. In doing so, budding artists develop their imagination. They learn to think abstractly giving them a vision of what the end product is supposed to look like. Eventually students learn to 'shut off' their inner monolog and tap into a visual and perceptual mode of thinking rarely used in day-to-day life. By learning to think abstractly and creatively students will enjoy a higher degree of intellect and make superior works of art.

Improved Concentration

Many students say they learn to let go of stress, worries and concerns by focusing on their artwork. They become submerged in the fun and challenges of painting. As we learn to draw and paint proficiently we begin to lose ourselves in our work, and fully commit our minds and hearts to the task at hand. This kind of mental exercise helps improve our concentration not just in drawing and painting, but in all facets of life.

An Appreciation for Other Forms of Art

Aside from my work as an artist, I've become an avid reader, cook, martial artist, guitarist, philosopher and amateur economist. Had it not been for the introduction to fine art classes as a kid, I would have never had the courage to expand my horizons. In art, one thing leads to another. While you may not learn to become a jack of all trades, you will learn to appreciate other forms of art be it music, dance, literature, or sculpture. Knowing the level of work required to perfect your own skills brings a new understanding to the work involved in other forms of art.

Conclusion

Drawing and painting requires hard work, but is by far one of the most rewarding gifts you can give to yourself or a loved one. The gift of art is not just for 'the talented'; it is for those who wish to build their confidence, learn to express themselves, and share the work they create with friends and family. As Nietzsche once wrote, *"Art is the highest task and proper metaphysical activity of this life."* No other activity is more rewarding. Please come see for yourself by enrolling at the *Raminfard School of Arts* today.