



# ATHINA ANNETTE MORATAKIS MITCHELL

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## The Desire to Be and Art Director

I remember when I first got into the advanced art program in sixth grade. I loved the classes so much that I stuck with it all the way until graduation, receiving college credits and recognition. **Ever since the, I've come to realize that art is not only a therapy to me but, a project.** Since I've been at Plattsburgh State University of Plattsburgh, New York, I've been working to expand my horizons and open new doors in the world of art. I graduated high school assuming that drawing and painting was what art was all about. But, the truth is, is that art is all around us. From the magazines we read while drinking our coffee, to the graffiti we pass while walking to work.

My objective is to stretch myself and expand my knowledge on the topic of art as much as I can. Spending the rest of my life committed to art is the way I wish to go. Even though I'm still in school, I have done everything in my power to feel connected to my major. For example, I am employed by the Advocacy and Resource Center, where I work with and communicate with individuals who suffer from a developmental disability. I've also done acting on the side, and clubs (specifically college ones). I was part of a PBS documentary, and a few other things that you can learn about me here on my website.

In my opinion communication isn't just using verbal/nonverbal language; it's an art. We can create new emotions and reactions for ourselves or others, just by using our social actions (communication skills). *We are capable of making someone laugh or cry, by strategically and artistically using our communication skills.* For example, In an ironic way, witnessing someone cry over the beauty of aesthetics or a Broadway performance, or even a speech, is art, meaning it's also communication. Quench your thirst you have for art knowledge, and join me in my stretch. Communication equals art.