

Sophie Ashdown

Unit 3 Assessment - Curated Blog

Below is the summary of how I have achieved the Learning Outcomes for Unit 3, through analysis of my blog posts primarily since January 2026 but also referencing earlier blogs.

Unit 3 Learning Outcomes Assessment Evidence

Based on blog evidence from <https://sophieashdown.blog/> and [my five minute video](#).

Introduction

Throughout Unit 3, my blog has become both a record of my work and a way of reflecting on how my art practice has developed and changed over the course of this MA. Looking back over the posts from this year, I can now see more clearly the connections between different projects, ideas, and experiments that at the time often felt unrelated.

The blog documents not only finished work, but also tutorials, uncertainty, experimentation, changes in direction, exhibition preparation, research, and reflection. Over time the work has become increasingly focused around systems, data, structure, Constructivist ideas, and personal narrative.

One of the biggest developments during Unit 3 has been recognising that the different strands of my work are connected through a shared interest in translating personal experiences, behaviours, and emotions into my own type of data art that explores visual and physical systems and structures.

Some posts appear as examples in multiple Learning Outcomes because they cover more than one outcome. The explanation will explain how the post demonstrates the requirements of the relevant Learning Outcome.

Learning Outcome 1

Present evidence of a body of work that demonstrates a systematic enhancement of your knowledge and understanding. (AC Realisation)

This learning outcome is evidenced through the way my understanding of my own art practice became clearer and more focused during Unit 3. The blog posts from this year demonstrate increasing awareness of the themes connecting the work, particularly data, structure, personal narrative, and Constructivist aesthetics. I also include blog posts from before Unit 3 to demonstrate the body of work created over the course.

The posts show how my understanding developed through experimentation, tutorials, research, and reflection.

Key Evidence

[EOY Show – Words as Data](#)

This post demonstrates the continued development of my interest in translating language and information into my artwork. It reflects growing confidence in using data as an artistic material.

[EOY Show – Work in Progress](#)

Here I talk about the development of the work towards my piece(s) for the end of year show and demonstrates how earlier ideas around patterns, repetition, and data are continuing to evolve in more resolved forms as I continue to experiment.

[Future Practice](#)

This is a very reflective post that talks about how my understanding of my art practice has changed during the MA and identifies the recurring themes that now connect the work together.

[Tutorial Reflection – Realising Freedom](#)

This post demonstrates increasing understanding of my own methodologies and reflects on balancing structure with freedom and experimentation within the work.

[Adjusting or Disrupting?](#)

I spend considerable time here evaluating my process. This post reflects directly on how my practice has changed during the MA and demonstrates increasing understanding of the relationship between intuition, structure, process, and research.

[What is my work about?](#)

This is an important reflective post because it demonstrates increasing clarity and confidence in understanding the themes and concerns running throughout my practice. I really take time to consider the many elements that make up and affect how and why I make art.

[Research Project Presentation](#)

This demonstrates how research became more integrated into my art practice and how I developed a clearer understanding of the relationship between Constructivism, patterns, and data.

[Tutorial Reflections – Warm Data](#)

This post demonstrates increasing understanding of how data can hold emotional and personal meaning rather than just functioning as information. I reflect on how I can integrate this into my art.

[Making it Personal](#)

This post demonstrates a shift towards incorporating more personal experiences and narrative within my data based work.

[Bringing Data to Life](#)

This demonstrates the development of my understanding of how data can become tactile, visual, and emotionally meaningful in my art.

[Data as a Medium](#)

This is an important post because it shows a major shift in my thinking. I began to understand data not simply as information, but as something emotional, personal and capable of being translated into visual language.

[Exploring Data Options](#)

This post documents experimentation with different ways of representing and translating data into artworks and shows the continued development of these ideas.

[Life of Pi](#)

This work demonstrates my increasing interest in data, repetition, and maths, and how these can become visual and physical artworks.

[New Work](#)

This post shows the continued development of my artwork and increasing confidence in combining geometric patterns and Constructivist elements within the work.

[Interim Show Piece](#)

Here I talk about the development of my work for the interim exhibition and reflects growing understanding of scale, presentation, and how my ideas can translate into finished pieces.

[30/30 Challenge – What did I learn?](#)

In February 2025 I embarked on the Artquest 30/30 challenge where I created a new piece of art each day. This is an important reflective post because it shows how daily making helped develop my ideas, confidence, and process throughout the challenge.

30/30 challenge: multiple posts for the 30 works

Rather than list each individual artwork that I created for the 30/30 challenge that is in my blog, here are some links to my favourite posts during this period.:

[Days 1-3](#), [Days 4-5](#), [Days 6-7](#), [Day 8](#), [Day 11](#), [Day 17](#), [Day 18](#), [Day 25](#), [Day 30](#)

These posts demonstrate sustained experimentation and active studio practice. The 30/30 challenge allowed my ideas to develop through repeated making and helped recurring interests in ink drawing, patterns, repetition, Constructivism, and abstraction to become more visible throughout the work.

[New Series of Work](#)

This post shows the beginning of a more connected and focused body of work and reflects increasing confidence in developing sustained visual themes and ideas.

[Inspired by Wrapping Paper](#)

Inspired by wrapping paper, this shows how visual inspiration from everyday objects contributed to my experimentation with pattern, repetition, and composition.

[New Patterns](#)

This demonstrates ongoing exploration of patterns and repetition which later became increasingly important within my own art.

[Distracted by a Yoghurt Pot Lid](#)

This shows my openness to experimentation and shows how ordinary visual details influenced my development of ideas around pattern and structure.

[Turning a Failure into a Failure?](#)

Failure is a natural part of being an artist and this post reflects on unsuccessful outcomes. It shows how failure still contributed to the development of my ideas and art making process.

[Against the Norm](#) and [Update on the Cottage Drawing](#)

These posts demonstrate experimentation and willingness to challenge how I normally make art, helping to develop new skills and discover what I like and don't like. The update post also demonstrates the ongoing development and refinement of ideas through revisiting and reworking the piece.

Why these posts demonstrate Learning Outcome 1

Together, these posts demonstrate:

- development of a sustained body of work across the course
- increasing confidence and clarity of who I am as an artist and what I can do
- emergence of recurring themes including patterns, repetition, data, and personal narrative

- growing understanding of how research, reflection, and creating work all connect together
- development of a more coherent visual language and artistic identity
- experimentation with a wide range of processes, materials, and visual approaches
- increasing confidence in using personal experiences and emotions within the work
- importance of repetition, experimentation, and sustained making in developing ideas
- development of work from smaller experiments into more resolved exhibition pieces
- stronger awareness of how different projects connect together as part of a larger ongoing body of work

Learning Outcome 2

Synthesise and critically reflect coherently on your process whilst providing evidence of an active, independent and/or collaborative practice. (AC Process)

This learning outcome is strongly evidenced through the reflective and process-led nature of my blog posts throughout Unit 3. The posts demonstrate experimentation, uncertainty, tutorials, exhibition preparation, reflection, and active engagement with the development of the work.

Many of the posts specifically analyse my own process and demonstrate increasing confidence in recognising how I work and how my methodologies changed during the MA.

Key Evidence

[EOY Show – Words as Data](#)

This demonstrates my ongoing experimentation through testing ways of translating words into works of art.

[EOY Show – Work in Progress](#)

This demonstrates active engagement with making, experimentation, and exhibition preparation during the development of the final show work.

[Future Practice](#)

Here I reflect on how experimentation, uncertainty, and reflection became increasingly important in my work and process during the MA.

[Tutorial Reflection – Realising Freedom](#)

This is a particularly strong reflective post because it analyses my own process and reflects on allowing myself more freedom and openness within my work.

[Adjusting or Disrupting?](#)

This demonstrates critical reflection on the way my process has changed during the MA and analyses the tensions between different factors including intuition, structure, experimentation, and research.

[What is my work about?](#)

I reflect very personally here, demonstrating synthesis by recognising connections between different projects and identifying the recurring themes within my art practice.

[Banishing the Sphincter](#)

This art piece has been a problem child for some time and I tried to improve it with mixed success. Here I show my openness and willingness to take risks within my work and reflects on how my mindset has changed during the MA, even if I still wasn't completely satisfied with the final outcome of the updated piece. I've learned over the course how to accept this.

[New Constructivists Annual Show 2026](#)

I talk about the latest annual show for my New Constructivists group, demonstrating continued engagement with exhibition practice and participation within a wider artistic community.

[Tutorial Reflection – Interpretation and Experimentation](#)

I give some considerable reflection here on how viewers interact with my art and how I feel about it. I talk about experimentation, interpretation, and process-led development within my art practice.

[Tutorial Reflections – Warm Data](#)

This demonstrates reflection on how emotional meaning and personal narrative can be powerful within art and how I might use this concept in my data-based work.

[Tutorial Reflection – Wonky Tree](#)

Inspired by a tutorial with Jonathan, I reflect on how imperfection is actually the result of adaptation. I talk about how responding to feedback can result in useful experimentation, and how I approach whether a piece has to achieve perfection as I understand it.

[Making it Personal](#)

Through some tangible ideas about personal data in my art, I show here my increasing confidence in incorporating personal experiences and data into my art work.

[Data Art: Feeling Blue](#) and [Update on the Blue Data WFH Piece](#)

These posts document the ongoing development and refinement of a work in progress and demonstrates reflective engagement with process and decision-making.

[Bringing Data to Life](#)

Here I talk about experimentation with translating data into more tactile and visually engaging works.

[Complicating my Life](#)

This post reflects on complexity, experimentation, and pushing my work further conceptually and visually.

[Edinburgh Patterns](#), [Retail Patterns](#), [Airport Patterns](#), [Pattern Walk along the Thames](#), [Pattern walk in Richmond](#), [Pattern Walk in Oxfordshire](#), [Pattern Walk in Dorset](#)

These posts demonstrate my continued exploration of patterns and shapes. Every day my eyes are drawn to patterns around me.

Why these posts demonstrate Learning Outcome 2

Together, these posts demonstrate:

- sustained and active practice
- experimentation and process-led enquiry
- reflective thinking
- willingness to take risks and change direction
- increased confidence with uncertainty and unresolved ideas
- responsiveness to tutorials and feedback
- ongoing engagement with exhibition and professional practice
- stronger understanding of my own methodologies and working patterns

Learning Outcome 3

Summarise and evaluate your overall progress and formulate a constructive plan for continuing Personal and Professional Development. (AC Communication)

This learning outcome is strongly evidenced through the reflective blogs written primarily during Unit 3, which evaluate how my understanding, confidence and practice changed during the MA and consider how the work may continue after the course.

The more recent posts especially demonstrate increased self-awareness and a clearer understanding of the themes, methodologies and concerns that now connect the practice together.

Key Evidence

[EOY Show – Work in Progress](#)

This demonstrates reflection on the development of the final work and the progression of ideas during Unit 3.

[Future Practice](#)

This is one of the strongest examples for this learning outcome because it reflects directly on how my understanding of myself as an artist changed during the MA and outlines how I would like the work to continue developing in the future.

It discusses:

- the development of the practice during the MA
- recurring themes within the work
- continuing interest in systems, structure, and data
- future ambitions for larger and more immersive works
- the importance of reflection and ongoing experimentation

[Tutorial Reflection – Realising Freedom](#)

Here I reflect on changes in my mindset and process during the MA and demonstrates increasing confidence and openness within my art practice.

[Adjusting or Disrupting?](#)

This post reflects directly on how the MA has changed the way I think about process, research, structure, and artistic identity.

[What is my work about?](#)

I do some deep reflection here that demonstrates increasing clarity and confidence in understanding the recurring concerns and themes within my practice.

[Banishing the Sphinx](#)

The work on this piece of art demonstrates reflection on my confidence, risk-taking, and changes in mindset during the MA.

[Research Project Presentation](#)

By talking about presenting my project I demonstrate my development in research confidence and the ability to communicate and reflect on the emerging direction of my work.

[Derwent Art Prize, British Art Fair, Aboriginal Art](#)

These posts show continued engagement with professional artistic practice beyond the university environment.

[Tutorial Reflections – Warm Data](#)

This summary of part of a tutorial with Jonathan shows increasing understanding of how emotional meaning, personal narrative, and data-based work can connect across my practice.

[Making it Personal](#)

This demonstrates increasing confidence in bringing personal experience into my work and recognising the importance of personal narrative within my art practice.

[VAA Session: Thriving as an Artist](#)

This post shows engagement with professional artistic development beyond the university environment. It reflects on what it means to sustain an artistic practice professionally and shows increasing confidence in considering the future direction of my practice after the MA.

[5-Minute Video](#)

My five minute video summarises overall development across the course and reflects on artistic growth, which specifically contribute to this learning outcome.

Why these posts demonstrate Learning Outcome 3

Together, these posts demonstrate:

- reflection on artistic growth and development
- increased confidence in my artistic identity
- clearer understanding of recurring themes within the work
- evaluation of how my practice changed during Unit 3
- ongoing engagement with exhibition and professional practice
- consideration of how the work and research may continue developing after the MA

Conclusion

Looking back across Unit 3, I can now see much more clearly how the different parts of my practice connect together. At the time, many of the projects felt quite separate, but through writing the blog and reflecting on the work, I have realised that the same themes keep reappearing throughout the practice such as patterns, systems, data, repetition, and personal narrative.

One of the biggest changes during the MA has been becoming more confident in understanding myself as an artist. Earlier in the course, I think I was often searching for certainty or trying to “get things right”, whereas now I feel much more comfortable with experimentation, uncertainty, and allowing ideas to develop gradually through making, reflection, and discussion.

The course has also helped me understand that process is just as important as finished outcomes. Some of the most important developments in the work came from tutorials, failures, changing direction, testing ideas, and recognising connections between projects that I didn’t fully understand at the time.

I also feel that my practice has become much more personal during Unit 3. Although the work increasingly uses patterns and data, I have realised that the work that is most meaningful to me is really about people, relationships, behaviours, memory, and lived experience.

Perhaps most importantly, the MA has helped me move from feeling like someone who was “trying to be an artist” towards feeling more secure and confident in my own artistic identity and process. I don’t feel that I have reached a final complete answer to where my work is taking me, but I now feel much clearer about the directions I can go in and the questions I want to keep exploring after the course finishes.

One thing I do know is that I will miss this course very much. Thank you so much to Jonathan and everyone at CSM, plus my amazing course-mates who I hope to keep as friends for life.