



SERENA PANDOS

JUNE 7 - JULY 31, 2018

Opening Reception

Thursday, June 7

6 - 8 pm

Charles and Dorothy Clark

Art Gallery

University of Texas Rio Grande Valley

ELABS Building

1201 W. University Dr.

Edinburg, TX 78539

(956) 665-3480



This exhibit is comprised of recent works on paper documenting my MFA graduate journey from representational to abstract genres. With special consideration to the elements and principles of design, such as line, color, shape and form, my work evolves into various compositions that are inspired by observation and creative intuition.

Paper, as an artistic medium, prompts contemplation about our origins as a civilized society. Although modern technological advancements have reduced our dependency upon paper as a form of communication, we continue to be grounded by paper for necessitating certain spiritual, emotional, intellectual and material development. As an artist administrator, paper is an essential tool for helping me structure my thoughts, my time, my priorities and goals. Getting

things down on paper is how I reconcile my personal ideals with reality. Participating in a visual arts practice, for me, is a panacea that provides me time for introspection as well as access to new ideas and solutions.

In 2016, I began a review of scholarly literature on the topic of arts and wellness in response to the wellness benefits that I discovered for myself through a visual arts practice. My research revealed that biomedical and neurological scientists have recently discovered that a visual arts practice, even in the absence of technical training or skill, signals for reduced stress, resilience and increased cognitive functioning. These scientific discoveries herald exciting times for the arts in the 21st century as resource for medical wellness. It's my greatest hope that my work will inspire and encourage others to join me in exploring the relationship between the arts and wellness.