LIFE EXPERIENCES SHAPE GRAD’S ARTWORK
New Grad Draws Inspiration from Psychology
by Sarah Leiser

For recent graduate Quinn Goodrich, her artwork reflects her life journey. Goodrich creates art to express her thoughts, feelings and experiences. Now with dual degrees in studio art and psychology, Goodrich hopes to inspire others to turn to artwork as a tool of self-expression.

“Art is so important to my mental health, and I think it is an underutilized tool in the process of treating mental illness. By creating art, I hope to show others its importance and vitality to expressing the human experience,” said Goodrich, who plans to pursue a Master’s degree in art therapy.

Goodrich’s most recent work is inspired by her time studying abroad in Cape Town, South Africa.

“I fell in love with Cape Town and all of its wonderfully diverse people,” said the Nebraska native. “I totally freed myself from trying to be still present in my life in the U.S., and I really created a unique and honest life of my own in Cape Town. This experience was life changing, to say the least.”

After returning to the U.S. and DU, Goodrich struggled with how to convey the life changing experience in her artwork. “I was trying to cope with leaving this place that had made such an obvious mark on my being.”

She created compositions using charcoal, graphite, spray paint and acrylic. She also uses printmaking because of its versatility. Goodrich’s art will be on display during the BA exhibit in May in the Vicki Myhren Gallery. It will include a combination of larger and smaller works, most of which reflect her experience in South Africa.

“The current pieces are dealing with memory, reassembled pieces and drawings of protea, a flower of South Africa,” said Catherine Chauvin, associate professor of studio art and printmaking. “Quinn has made some breakthroughs in her work this quarter and we look forward to hearing of her successes.”

Goodrich is on campus through the spring exhibition, and is assisting in the printmaking studio. Following graduation, she hopes to return to Cape Town to explore possible printmaking residencies.