

Cardon Orr
Mrs. Hoffman
Senior Project
12 March 2019

Orr 1

← MLA heading

MLA header →

The Loss of Skill

← title

→ Thesis: Traditional skills, known as Handicraft, were once necessities, and are still vital now as hobbies, but are rapidly disappearing, and need to be saved.

Point #1: Hobbies and necessities

← Norling, J. C., and Jim Sibthorp. "Research Update: Mental Restoration and Recreation" *Parks & Recreation*, vol. 41, no. 3, Mar. 2006, pp. 30-37. EBSCOhost, search.ebscohost.com/login.aspx?direct=true&db=aph&AN=20341105&site=ehost-live.

← Error-free bibliographic entry

← Summary: The main focus of this article is the mental benefits of recreation. At the beginning of the article the argument is made that while recreation has been studied, the benefits have not been widely observed. They focus on the benefits of parks and other recreational areas citing a study of running in the city, versus running in the city. They continue to discuss the benefits of environment, activity, and social aspects of trying to relax.

← "Less leisure research has focused specifically on the role of recreation activities such as sports, exercise or arts in mental (attention) restoration. However, literature suggests that recreation activity can have a positive effect on mood, stress and mental health. Heywood (1978) conducted one of the first studies investigating this relationship when he intentionally frustrated college students and then had them read, listen to music or watch television. He found that, universally, the participants who considered their activity as recreation exhibited lower levels of tension than those who were assigned to an activity not considered to be recreation."

← "In another study, McNaughten and Gabbard (1993) as reported by Tom-porowski (2003) evaluated computation speed and accuracy of 120 sixth-grade boys following paced walks in durations of 20, 30 and 40 minutes. They found that the walks had little effect on cognitive functioning in the morning, but that midday and afternoon evaluations showed that recreation resulted in significant improvements in mental functioning."

← "The study found that 30 and 40 minutes of activity showed better results than 20 minutes of activity. This suggests that when individuals become mentally fatigued (school afternoon versus school morning), mental capacity can be restored through participation in 30 to 40 minutes of recreation activity."

* ALL is single-spaced with only one space between sections. No excess spaces. Looks CLEAN!

organized by the points that will be in the paper Orr 2

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Point One - article two:

Trenberth, Linda. "The Role, Nature and Purpose of Leisure and Its Contribution to Individual Development and Well-Being." *British Journal of Guidance & Counselling*, vol. 33, no. 1, Feb. 2005, pp. 1-6. EBSCOhost, DOI:10.1080/03069880412331335849.

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Article
summary
5+ lines

Summary: This article discusses past studies of leisure and stress relief. It cites multiple studies on stress reduction, coping, mental and physical, and how they can be affected by recreation. It talks broadly about a new form of counseling based on analyzing a person's past or present hobbies. It reports another paper that puts recreation in the area of unscheduled time and points out that it has the most potential to make someone healthy. Finally, it concludes that more research must be done, but it is clear that hobbies reduce stress.

"The association between leisure and health is one that has been alluded to for some time. The theme that emerges from much of this literature is that leisure has the potential to reduce stress. The evidence to support this theme stems from a growing body of research that now points to the importance of leisure as a means of helping people cope with stress. This research has strong parallels with the psychological literature, particularly the notion that if coping strategies are classified as problem or emotion focused then leisure may operate as a form of emotion focused coping where the motives for engaging in leisure activities have stress reducing properties."

lots of
notes
from the
article

"Leisure counselling, as Juniper makes clear, functions as a powerful agent in the invigoration of a range of existing but inadequate coping skills, and can also act in an innovatory style when such key skills are absent. The main contribution of this paper lies in what Juniper describes as 'a methodology of application' for leisure counselling. Juniper presents a triad of techniques open to the leisure counsellor—distraction, anticipation and confrontation—and goes on to illustrate how each may be applied."

"The significance of leisure counselling and its role in health and well-being is also the theme of the paper written by Michael Leitner and Sara Leitner. These authors begin by making the point that if leisure is defined as free or unobligated time, then leisure is clearly the category of time expenditure that has the greatest potential for making people healthy. Therefore, they argue educating and counselling people on how to make best use of their free time can have a great impact on the physical and mental health of individuals. One of the aims of their paper is to explain how leisure counselling can be implemented as a therapeutic technique for the benefit of many different types of people. Leitner and Leitner first set out the goals of leisure counselling. These include, for example, gaining a basic understanding of leisure and recreation, understanding time management and leisure planning principles and being able to apply them in life and understanding how leisure behaviour can affect physical and mental health."

(repeat process until you have 6 sources total)

Point Two -Handicraft and History:

Nenadic, Stana, and Sally Tuckett. "Artisans and Aristocrats in Nineteenth-Century Scotland." *Scottish Historical Review*, vol. 95, no. 2, Oct. 2016, pp. 203–229. EBSCOhost, DOI:10.3366/shr.2016.0296.

Summary: This article analyzes the relationship between Aristocrats and artisans in Scotland in the 1800's. It goes into detail about how the artisans supported the aristocracy and vice versa. It also supports my earlier ideas by describing how the aristocrats used arts and hobbies to escape high pressure. They also spoke about how it helped connect them to their past.

"Additionally, attachment to 'romanticised' local, particularly Celtic, identities and awareness of the plight of the rural poor, generated personal and collective enthusiasm to preserve an increasingly valued 'peasant' culture focussed on skilled work.⁹Of course, Scottish country estates, and their owners, mindful from 1707 of the need for commercialization as a national project, had long supported the local skilled workforce through housing and employment and through the strategic encouragement of new crafts in the face of economic change."

"There was a romantic form of escapism in these types of craftwork among elite practitioners for not only did they fulfill the functions of 'hobbies' for a leisurely few, they provided a connection, however fanciful, with people, land and a sense of the past. It might be argued, therefore, that the Scottish aristocratic focus on artisans on their estates was one device, in the face of massive commercial and agricultural change, to retain ties with and emotional investment in inherited property through a small group of easily identified, sympathetic and manageable people with skills and culture that set them apart from the faceless masses and that they themselves could share through ownership of the goods that they made and through sometimes taking a direct personal role in such hand-based manufacture."

"Patronage of and participation in public exhibitions of craftwork forms one strand of discussion and the role of hand-made objects in public gift-giving forms another. Tourism, which states encouraged, sustained many areas of craft production with south-west Scotland and the highland counties providing examples. Widows who ran estates were involved in the development of artisan skills among local women, a convention that was further developed at the end of the century by the Home Industries movement, but also supported male artisans. Aristocrats, men and women, commonly engaged in craft practice as a form of escapist leisure that connected them to the land, to a sense of the past and to a small group of easily identified and sympathetic workers living on their estates. Artisans and workshop owners, particularly in rural areas, engage creatively in a patronage regime where elites held the upper hand and the impact on the craft economy of aristocratic support in its various forms was meaningful."

Point Two - article two:

Jena, Pradeep Kumar. "Indian Handicrafts in Globalization Times: An Analysis of Global-Local Dynamics." *Interdisciplinary Description of Complex Systems*, vol. 8, no. 2, Dec. 2010, pp. 119–137. EBSCOhost, search.ebscohost.com/login.aspx?direct=true&db=aph&AN=61082493&site=ehost-live.

Summary: This article was an analysis of the Indian handicraft market and its interactions with the global economy. I have chosen to use this article, because it talks largely about how the handicraft market in India is in the majority, but also how globalization has dampened its success and caused it to regress. I also found that it discusses the heritage of handicrafts and how the newer generations interact with the older generations and their craft.

"What we can see in the present-day modern world is that there is always a cross-cultural interaction between the 'local' and 'global' and the much-discussed 'global village', is now not just a possibility but a reality despite many contradictions. Talking about Indian Handicrafts, which constitutes a significant segment of the decentralized sector of the economy, its export has reached a commendable height. Indian folk art and crafts which are the integral parts of the Indian culture and tradition, are in high demand among the western consumers. Again, foreign fashion industry borrows a great deal from Indian appliquéd motifs Saree designs, an ethnic Indian wear. Needless to say, the borders between the world cultures are now eroding out and becoming irrelevant, therefore prompting to call it as a deterritorialized world. But notwithstanding, the real concern for many of us is that, can the 'local' really meet with the 'global' by truly sustaining its localness?"

"So it is in this backdrop that I analyze the case of Indian handicrafts and craftspersons in subsequent sections. My point of reference is, it is not always true that distinct societies are day by day becoming more and more alike. The local cultural values are not assimilated into the global or more particularly Western/American cultures; the argument that is forwarded by the Cultural Imperialism theses. Instead there is fragmentation and greater diversity in the cultural sphere bringing plurality/hybridity/heterogeneity. Globalization doesn't bring total homogeneity. 'Glocalization' is one of those scholarships that supported the latter discourse. This paper discusses how in the age of globalization Indian hand-made goods have become highly responsive to the choices of the global consumers. The global-local combination brings multiplicity to the local craft forms. This will be depicted here elaborately. But first let me give an outline of the Indian handicrafts in the modern liberalized market."

Point Three - Losing skills and bringing them back:

Hubbe, Martin A., and Urs Buehlmann. "A Continuing Reverence for Wood." *BioResources*, vol. 5, no. 1, Feb. 2010, pp. 1–2. *EBSCOhost*, search.ebscohost.com/login.aspx?direct=true&db=aph&AN=48314063&site=ehost-live.

Summary: This article discusses the history and application of woodworking. It goes into detail about how these skills were used in the past, how they have changed, and new ideas that are influencing it today. It references other works and presents some of its own findings. It also addresses how wood is seen, talking about how perceived "defects" add to the character and originality of pieces. It also gives some background on tools, their evolution, and how their changes have changed woodworking techniques.

"Since times eternal, wood has been the primary material supporting humans' striving for survival. Thoreau captures this ultimate importance by saying that "It is remarkable what a value is still put upon wood even in this age and in this new country – a value more permanent and universal than that of gold." Guilds grouped around particular products and skills (carpenter, cabinet maker, woodturner, buggy maker, etc.) sustained and advanced humanity's knowledge and skills and passed it from generation to generation."

"He finds himself marveling at the workmanship of the traditional barn builders. Drawing on their collected experience and attention to detail, such builders were able to build structures to last a lifetime. The wood in each item of the barn was chosen for a reason. Aspects such as density, grain patterns, shrinkage behavior, and rot resistance all were considered. Indeed, the whole community depended on their knowledge of wood and woodworking in order to maintain a prosperous livelihood."

Point Three - article two:

Farkas Duffett Research Group. "Learning Less: Public School Teachers Describe a Narrowing Curriculum." *NAAPPD*, Common Core, Mar. 2012, pp. 1-20. <http://greatminds.net/maps/documents/reports/cc-learning-less-mar12.pdf>. Accessed 12 Dec. 2019.

Summary: This source is an article from a research group that surveyed 1001 schools and teachers for information about curriculum and shifts in focus. It found that the arts, languages, music, and even social studies, are being undermined by what some would consider the two most hated subjects, english, and math. They also focus on the effect of Standardized Testing, but I will not use this info in my paper.

"According to most teachers, schools are narrowing curriculum, shifting instructional time and resources toward math and language arts and away from subjects such as art, music, foreign language, and social studies. □ Two-thirds (66%) say that other subjects "get crowded out by extra attention being paid to math or language arts" □ Math (55%) and language arts (54%) are the only two subjects getting more attention, according to

most teachers; in sharp contrast, about half say that art (51%) and music (48%) get less attention, 40% say the same for foreign language and 36% for social studies (for science, it is 27%)”

“These findings suggest that curriculum narrowing is more prevalent in elementary schools. □ The vast majority of elementary school teachers (81%) report that other subjects are getting crowded out by extra attention being paid to math or language arts (62% middle school; 54% high school) □ About half (51%) of elementary school teachers say that when struggling students get extra help in math or language arts, they get pulled out of other classes; the most likely subjects are social studies (48%) and science (40%) □ 59% of elementary school teachers report that social studies has been getting less instructional time and resources (28% middle school; 20% high school); 46% say the same about science (20% middle school; 14% high school)”

“Curriculum narrowing runs counter to the sensibilities of teachers, who hold a broad definition of what a good education means. □ 83% of teachers say that “even when students are struggling, electives are necessary – they give students something to look forward to and are essential to a well-rounded education”; only 12% say that when students are struggling “electives may need to take a backseat” ”

LOOKS CLEAN!

Orr 7

Works Cited

← title

Farkas Duffett Research Group. "Learning Less: Public School Teachers Describe a Narrowing Curriculum." *NAAPPD*, Common Core, Mar. 2012, pp. 1-20.

<http://greatminds.net/maps/documents/reports/cc-learning-less-mar12.pdf>. Accessed 12 Dec. 2019.

Hubbe, Martin A., and Urs Buehlmann. "A Continuing Reverence for Wood." *BioResources*, vol. 5, no. 1, Feb. 2010, pp. 1-2. *EBSCOhost*,

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Development and Well-Being." *British Journal of Guidance & Counselling*, vol. 33, no.

1, Feb. 2005, pp. 1-6. *EBSCOhost*, DOI:10.1080/03069880412331335849.

Perfectly formatted. Double-spaced w/no additional spaces between bibliographic entries. Alphabetical order, Error-free initial graphic, entries.