



CURI OGRAPHY

A MENTAL WELLNESS
PHOTOGRAPHY PROJECT





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ACKNOWLEDGEMENT

Singapore Association for Mental Health (SAMH) would like to express our gratitude to the National Arts Council and Issyshoots for providing us with the funding and support to carry out Curiography. We would like to acknowledge the facilitators Benjamin Chia, Benjamin Tan, Isabelle Lim and Ang Cheng Ann, Sunny who offered their time, effort and knowledge to the participants. Special shout out to Isabel Su who co-created this project with us. Last but not least, we would like to acknowledge the participants of Curiography who graced us with their presence, creativity and meaningful sharing. Thank you.

Organised by



With the support of



In collaboration with



S P O N S O R

"Mental Health is an integral part of overall health and well-being, and more can be done to break the stigma around mental illness. That is why we are pleased to forge closer collaboration with SAMH this year, to promote physical and mental well-being.

In addition to organising The Kindness Warrior Fights Mental Health Stigma virtual fitness race in November 2021, we are pleased to sponsor SAMH Curiography. Art therapy has been shown to be effective in helping individuals feel less alone in their experiences with mental illness, which can be empowering for those who struggle with hopelessness or depression. It is our hope that this partnership will increase awareness and provide accessibility to mental health services, and make a positive impact on our community."

- Dato' Victor Tan, CEO of TOP International Holding







has been uplifting lives and promoting mental wellness for all since 1968. Our clients include youths, adults and seniors. We are with our clients every step of their journey to wellness, while also providing emotional and practical support to their families and caregivers.

OUR CENTRES



SAMH Head Office

Rehabilitation:

SAMH Activity Hub

SAMH Group Homes

SAMH MINDSET Learning Hub/

MLH Cafe

SAMH Oasis Day Centre

SAMH YouthReach

Outreach Services:

SAMH Communications, Education & Engagement

SAMH Insight Centre

SAMH Mobile Support Team

SAMH Sports, Arts & Youth Integrated Team!

Creative Services:

SAMH Creative MINDSET Hub

SAMH Creative Sports, Arts & Youth!

V I S I O N

Mental Wellness For All

V A L U E S

Professionalism & Respect

Compassion & Acceptance

Hope & Empowerment

Engagement & Collaboration

M I S S I O N

To improve the lives of
persons with mental illness
and provide support for their
families

To promote acceptance and
respect for persons with
mental illness

To improve the mental
resilience of our community

CURIOUS HYPOARG

What is CURI O G R A P H Y ?

Curiography is a Youth Mental Wellness Outreach Project on motion photography exploring “What moves Your Curiosity?” for youths aged 15 to 30. Curiosity involves joyous exploration of new activities, places, and things which research has shown as an indicator of a love for learning and an increased sense of autonomy, competence and belonging.

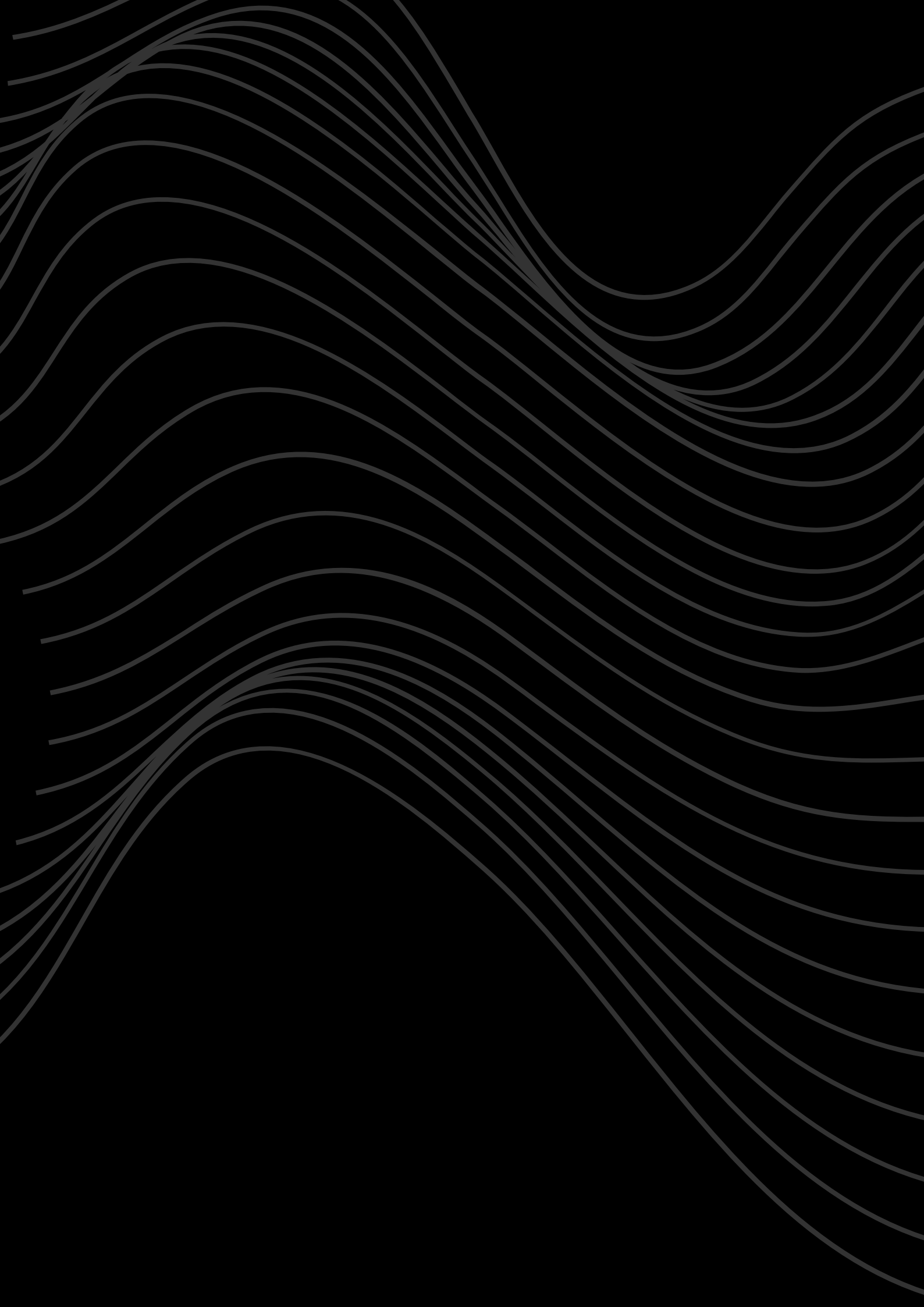
The objective of Curiography is to help youths find joyous curiosity in daily life through the exploratory nature of photography, equipping them with reflective skills to enhance their mental well-being:

Exploring Self: getting to understand your curiosity scale and motivation.

Exploring World: navigating the world through your lens of curiosity.

Exploring Joyously: exploring the emotion of joy in simply exploring.

In this exhibition, we showcase the works of 13 youths who participated in the project, together with our volunteer photographers.





BEHIND THE SCENES



BASIC PHOTOGRAPHY SKILLS

*The first day explored the Self, understanding our motivation for curiosity.
This was broken down into 3 parts :*

1) Discovering Curiosity

*Finding out the motivation behind your curiosity and how it is related to
your personality and mental wellness*

2) Photography Basics

Understanding rules of compositions and handling a DSLR / Phone camera

3) Hands-on

Trying out the DSLR shutter speed or phone camera settings









FIELD TRIP

The second day explored the World, navigating the world through the lens of curiosity.

The participants applied what they learnt in day 1 and explored their surroundings on the photo-walk.













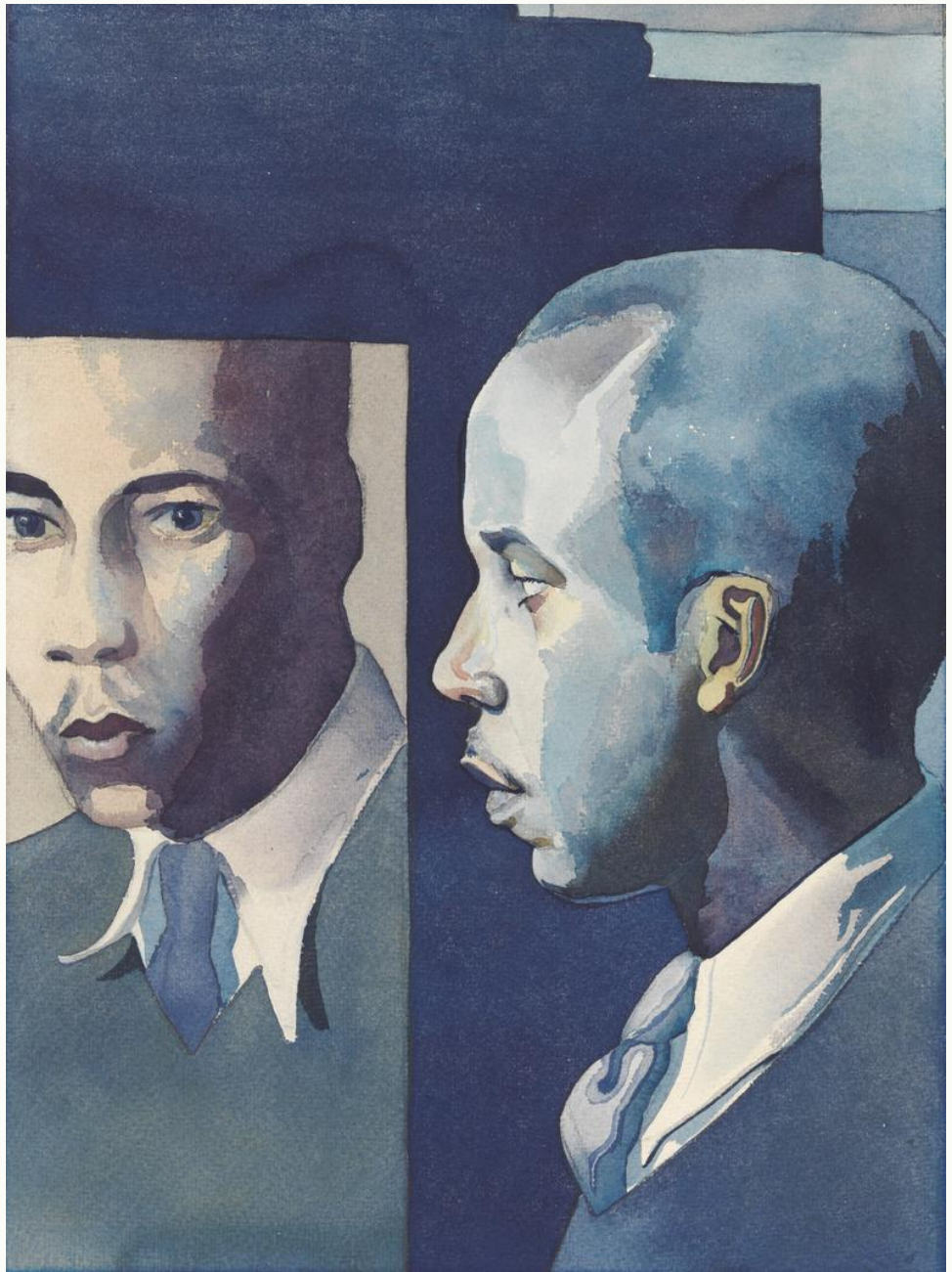
EDITING

The third day explored Joy, experiencing the emotion of joy from curiosity through expressive & reflecting writing.

The participants edited the photos that they took on the photo-walk and described their journey on curiosity over the 3 days.









CURIOGRAPHY

SELF
S**E**LF
S**E**L**F**
S**E**L**F**

UNDERSTANDING YOUR
CURIOSITY SCALE AND
MOTIVATION



S H A R K

Artist Profile:

Shark likes to study, read in her free time and take photos.

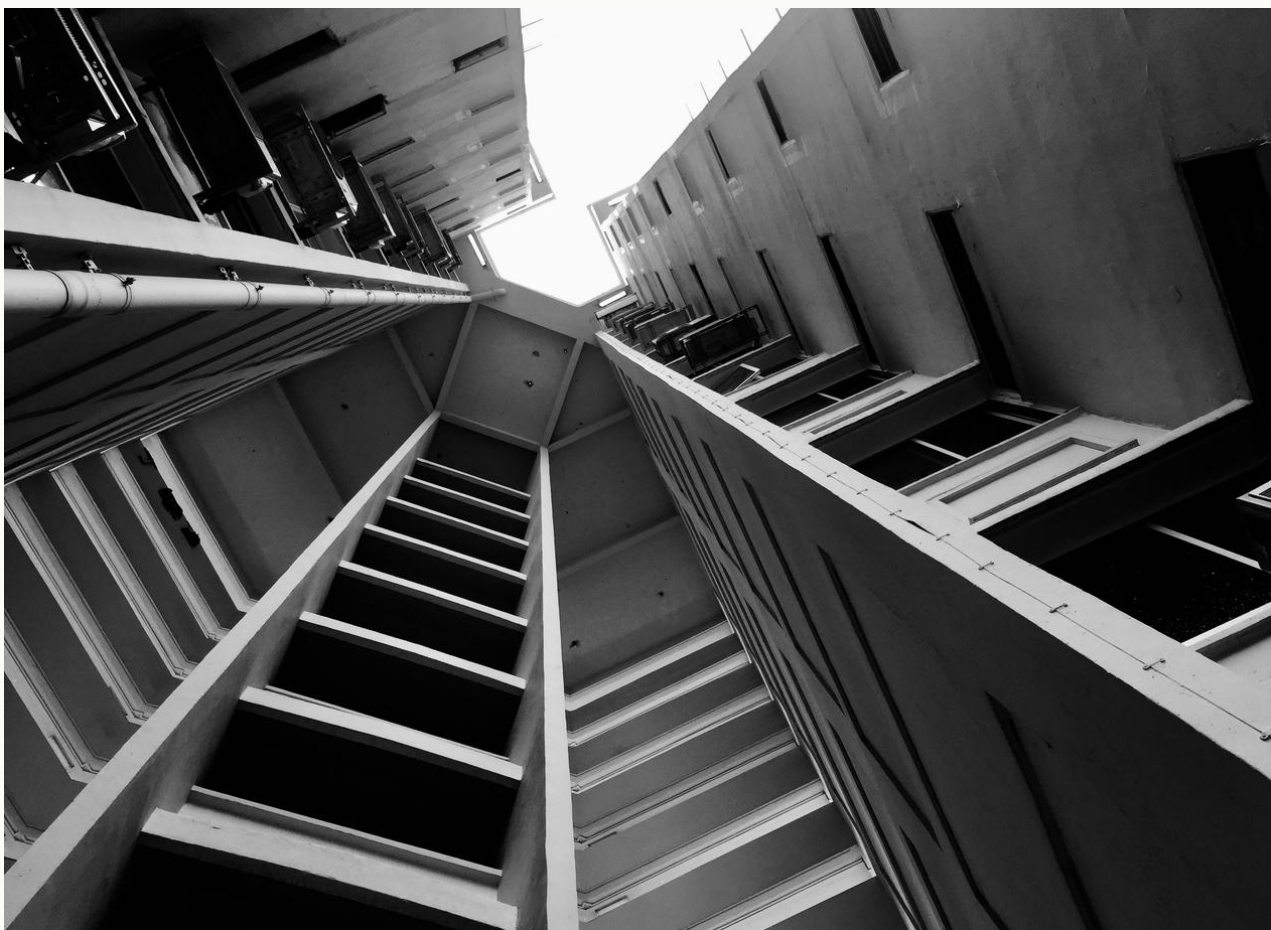
Prior to the session, Shark was excited to join Curiography as she wanted to learn about the different ways of taking a photo. During Curiography, Shark learnt about the importance of not only taking photos but also having fun and trusting the process.

She was also glad to have attended the sessions.

Artwork description

When taking pictures, sometimes changing the way we do things can help provide a different perspective and elevate the photo to give it character.

Just like looking at the building from a different angle.



C H E N H U I L I N G

T H E G R E E N C O V E R
2 0 2 1
P H O T O G R A P H Y

Artist Profile:

Hui Ling likes to play badminton and take photos.

During Curiography, Hui Ling enjoyed light photography and the use of shutter speed.

Artwork description

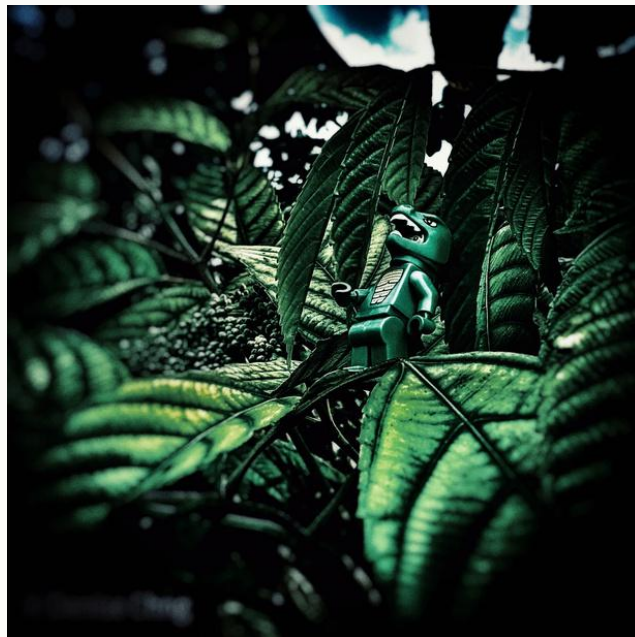
The green cover can be spotted from a distance.

Hidden is a national day flag. Morning glare makes the trees look hollow. The feeling of nostalgia overcomes me when I look at the photo.





SHEN YANG
TOY PHOTOGRAPHY
2021
PHOTOGRAPHY



Artist Profile:

Shen Yang is a hobbyist photographer who likes to explore the sights and sounds of the tropical island of Singapore.

Artwork description

Lego allows the freedom of creativity to express one's comical desires. This photograph relinquishes the life of common struggles by typical male Singaporean as he transitions from *Ah Boy* to *Ah Man* during his National Service. Along the journey, he picked up new life skills and became a *hokkien peng* to adapt to the culture of National Service.

MELISSA LIM

THERE IS HOPE!

2021

PHOTOGRAPHY

Artist Profile:

Melissa is on a journey to recovery from a mental health condition. She seeks help from professionals and attends SAMH Creative SAY! for activities. She decided to join Curiography as she was curious to know what kind of skills she could learn.

Through Curiography, she learned about composition in photography and how to use these photographs to tell a story of her journey.

Artwork description

We may feel like we are the bird, who stands out and doesn't look like the rest. However, through support from professionals and community services such as SAMH Creative SAY!, things will get better, you will recover, and one day and surely, you will bloom like a flower and shine in the dark.







SHEN YANG
LUMINOUS
2021
PHOTOGRAPHY

Artist Profile:

Shen Yang is a hobbyist photographer who likes to explore the sights and sounds of the tropical island of Singapore.

Artwork description

Light photography is experimental in nature and the results are often unknown. On a deeper level, it is a reflection of the progress that mankind has made from the age of darkness to the golden era of lighting with the invention of the light bulb by Thomas Edison. The dynamism of the human spirit to innovate and create a better world lurks deep in humanity's desire.

IDROPCHOCO

THE STORY OF THE YELLOW BUMBLEBEE
2021
PHOTOGRAPHY



Artist Profile:

Idropchoco is a creative individual who likes to take photos and play games.

Artwork description

Once upon a time, there is a yellow bumblebee riding his motorcycle around the city, but he got lost going back home. The yellow bumblebee wanted to ask for directions but there was no one around to ask. He was frustrated but he caught the eyes of the photographer in front of him and felt relieved.

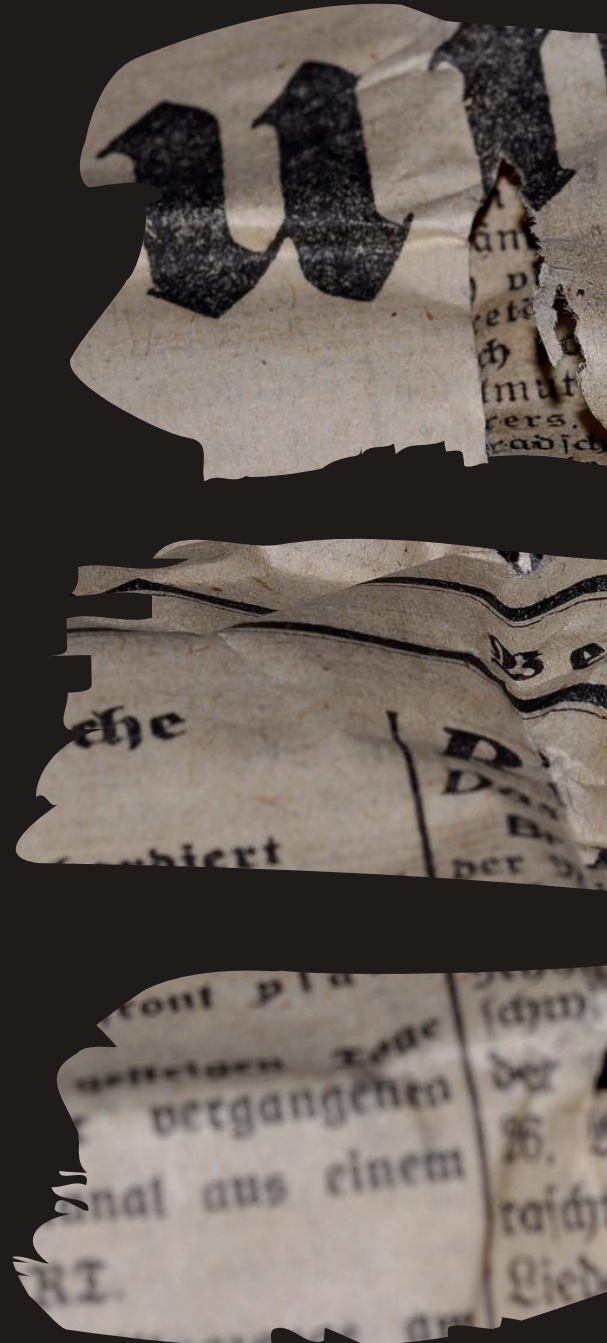
The photographer looks at him closely by zooming in on the yellow bumblebee. The photographer looks at the troubled yellow bumblebee and went closer to figure out what happened. The bumblebee smiled with happiness when he saw someone he could ask for help. The photographer led him the way to get back and he reached home safely.

If you don't give up on something you truly believe in, you will find a way. – Roy T. Bennett



CURIOGRAPHY

NAVIGATING THE WORLD
THROUGH YOUR LENS OF
CURIOSITY





WORLD





FREDDIE

A VISIBLE TOUR
2021
PHOTOGRAPHY

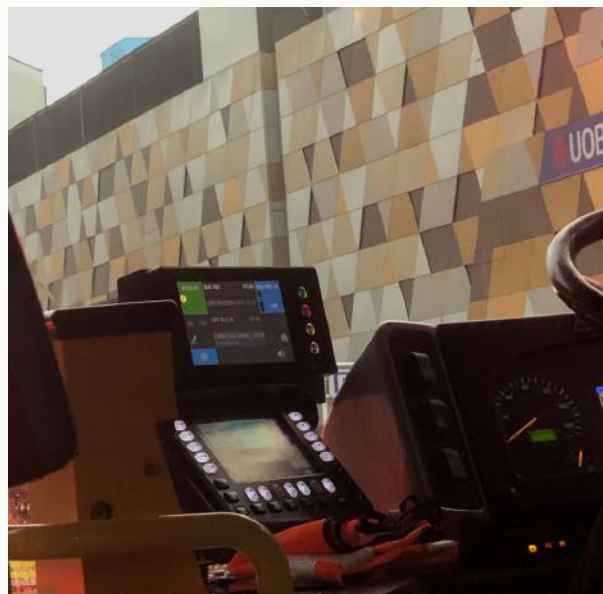
Artist Profile:

Freddie (17 years old) attends Delta Senior School and loves trainspotting. During the Curiography sessions, he felt excited and happy.

Artwork description

I regularly take transport to get around Singapore and am often curious about the components that make up transportation.

That was my biggest influence in wanting to capture my journey around Singapore through transportation









ANTON TSE

LIFE BETWEEN THE FRAMES
2021
PHOTOGRAPHY

Artist Profile:

Anton's initiation into photography started early in life, on holiday trips with family. Over the years he went through the crucible of taking photographs for girlfriends, developing an eye for composition and structure. Eventually coming across Curiography, Anton rediscovered the simple joy of photography as an art form, while refining his skills.

Anton hopes that through his photographs, people will engage with the innocence that comes with capturing a moment in time

Artwork description

I decided to take these photographs because I wanted to embrace the spontaneity and freedom that came with photography as an art form.

It was initially difficult for me because I had a fixed perception of photography, but through the mentorship during Curiography, I rediscovered the joy of taking photos of commonplace scenes as we were walking about. This led me to reflect on how I had a particular fixed view of the world, but having the space to safely explore my curiosity without expectations allowed me to open my eyes to new possibilities and to see beauty in things that I would have normally discounted.



SHARK

UNDER CONSTRUCTION
2021
PHOTOGRAPHY

Artist Profile:

Shark likes to study, read in her free time and take photos. Prior to the session, Shark was excited to join Project Curiography as she wanted to learn about the different ways of taking photos. During Curiography, Shark learned the importance of not only taking photos but also having fun and trusting the process. She was glad to have attended the session.





Artwork description

The bright yellow and the stop signs reminded me of construction workers and how they have greatly contributed to Singapore.

CRYSTAL

COVID

2021

PHOTOGRAPHY

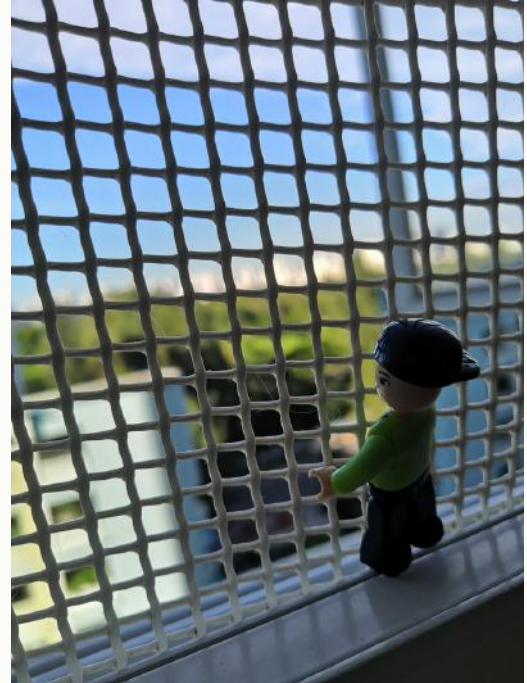
Artist Profile:

Crystal likes to take photos that have more than one perspective. She also likes to play sports and cooking. She is enthusiastic and full of energy.

Crystal joined Curiography because she was interested in what Curiography can offer. She managed to learn a new editing application, Snapseed, which helps to enhance the picture. Participating in Curiography helped to strengthen her skills in taking photos through different perspectives. It had also helped her see situations from different angles, whether it is 'good' or 'bad'.

Artwork description

Inspired by the COVID situation. The first picture is a guy holding a cup & enjoying the view. This can be seen as either enjoying the view or being trapped inside the house, looking beyond the horizon. The second picture partly reflects the the lack of freedom as if trapped in a jail due to the COVID situation.



CURIOGRAPHY

joy

EXPLORING THE EMOTION
OF JOY IN SIMPLY
EXPLORING

45ly

MATTHEUS
WHAT I LIKE
2021
PHOTOGRAPHY





Artist Profile:

Mattheus (17 years old) attends Delta Senior School, loves taking photographs of flowers and playing with cats.

Using his interest has helped shape the photographs that he took.

Artwork description

As we were walking past the HDB blocks, there were garden-fresh rosy flowers that were very nice and colorful which made them very eye-catching.

Between the bushes, there was a cute cat sleeping soundly among the busy people at the market.



VERON

GLOWING LOVE

2021

PHOTOGRAPHY

Artist Profile:

Veron is a friendly and nice person who likes to take selfies, do art-and-craft as well as play with musical instruments.

After Curiography, Veron was more curious to know about the meaningful life that people living in this neighborhood experience.

Artwork description

As we were walking past the HDB blocks, there were fresh gardens giving out a little love and concern for those who need it. It is also kind of a blessing.

SHEN YANG

CITY IN NATURE
2021
PHOTOGRAPHY

Artist Profile:

Shen Yang is a hobbyist photographer who likes to explore the sights and sounds of the tropical island of Singapore.

Artwork description

The transformation of Singapore from a visiting village filled with *longkangs* to envisioning a city in nature did not happen by accident. Residents of Singapore are able to enjoy the sights and sounds of nature within walking distance from their doorstep. The human desire to interact with other forms of life in nature is known as biophilia by Harvard naturalist Dr. Edward O. It is an innate reflection that we are part of nature and help to sustain life on this planet we have called home.



FAITHELSAHOPE



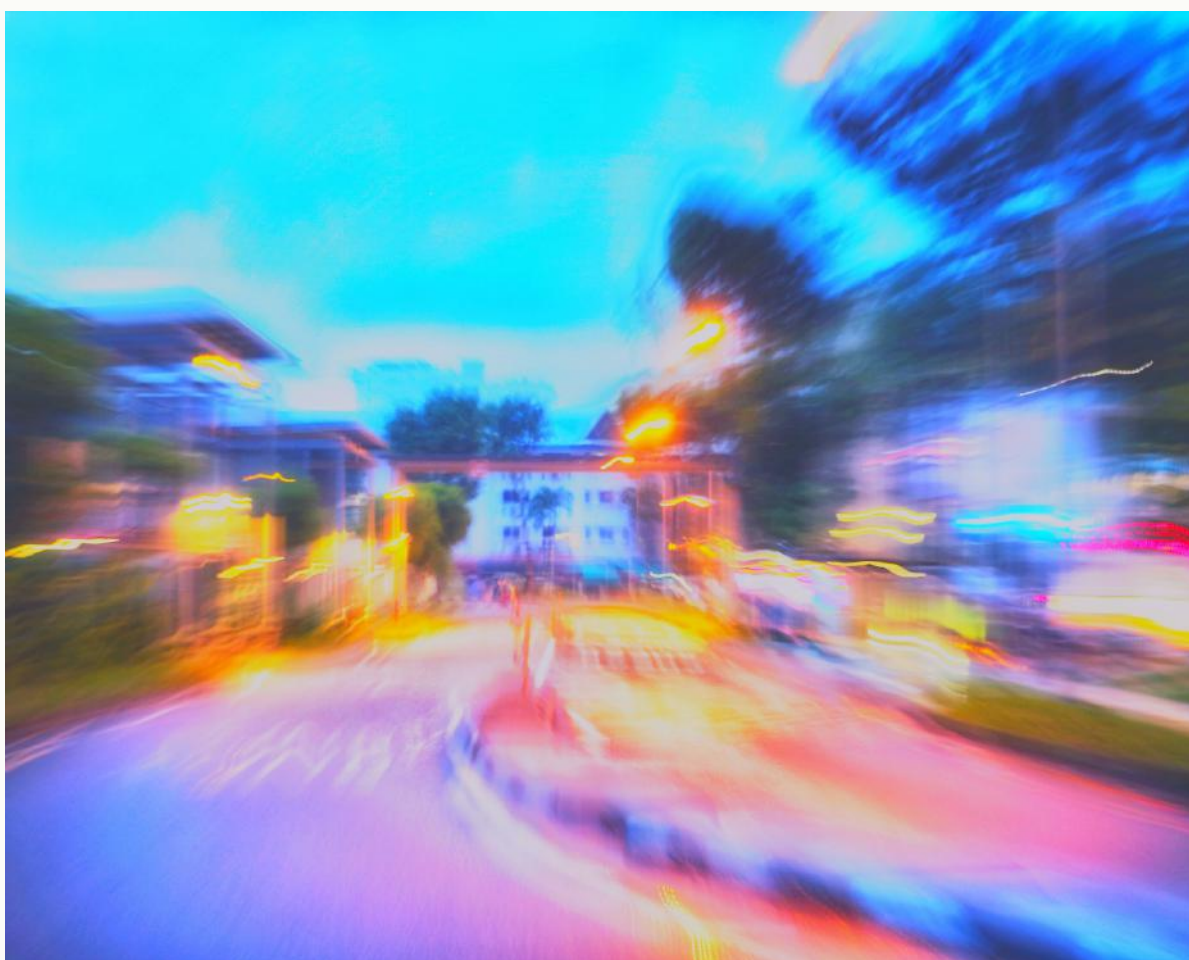
TRUSTING TOMORROW IN HIS HANDS
2021
PHOTOGRAPHY

Artist Profile:

FaithElsaHope is just a girl who loves drawing and painting. FaithElsaHope is also in love with photography and a disney lover.

Artwork description

When I Captured This Picture,
I Just Marveled At The Beauty Of Nature & The Maker Of The Universe.
At Times Of Uncertainty, I've Always Wondered To Myself:
Does The Creator Of The Earth & Sky Would Care About Me?
But The Flower Of The Universe Reminded Me,
That It Cared Even The Littlest Details Of Our Life.
He Cared About;
This Love Is Far And Wide,
Flower Of The Universe,
A Child Of Mine.
Even In The Uncertainty Of Life,
I'll Always Remember The People You Placed In My Life.
That They Have Always Loved Me.
And That I Can Keep Trusting My Future In His Hands;
That It's True He Cares For Even The Animals & The Creatures Of The Planet, What About Us?
He Does The Same The Sacrifice Of His Love And Compassion For The Universe.
This Place We Call Home To A Safe And Precious Place In Our Lives.



FAITHELSAHOPE
A HOPE AND A FUTURE
2021
PHOTOGRAPHY

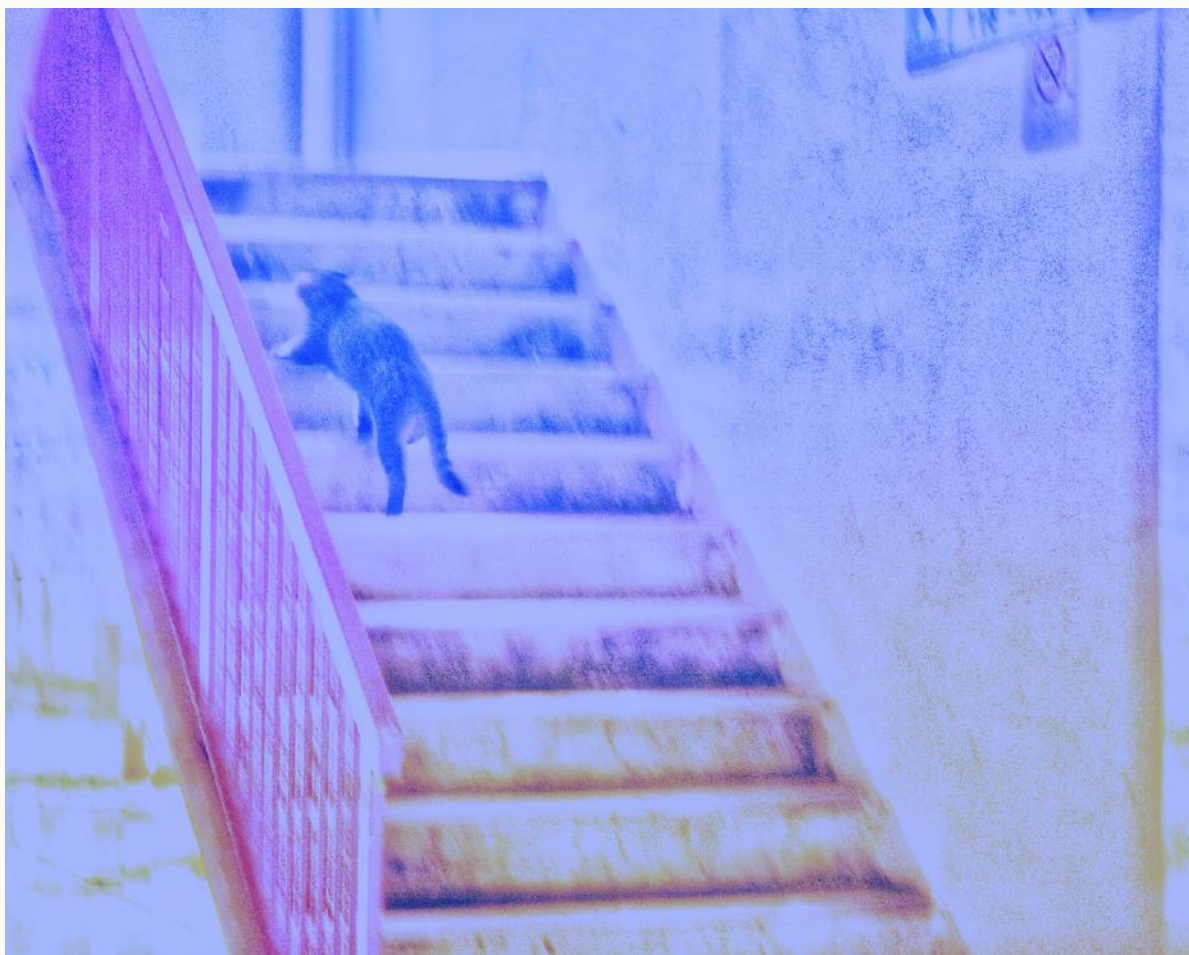
Artist Profile:

FaithElsaHope is just a girl who loves drawing and painting. FaithElsaHope is also in love with photography and a disney lover.

Artwork description

When I Captured This Picture,
I Thought Of A Future, How It Was So Zooming In,
I Wonder of My Hope And Future,
Will I Ever Finally Be Able To Let Go And Move Forward?
Somewhere Deep Within Our Darkness, There's Always A Light

At The End Of The Tunnel;
As I Continue Living In This Tiny Little Red Dot,
I'm Grateful For Friends And People Around Me,
That Gives Me A Hope And A Future
The Nature And Beauty Of Singapore,
I'm Grateful That Were Zooming In To Climate Change !
And To Be Living In This Beautiful Island And Sky!



FAITHEL SAHOPE

LEAPING INTO THE
UNKNOWN
2021
PHOTOGRAPHY

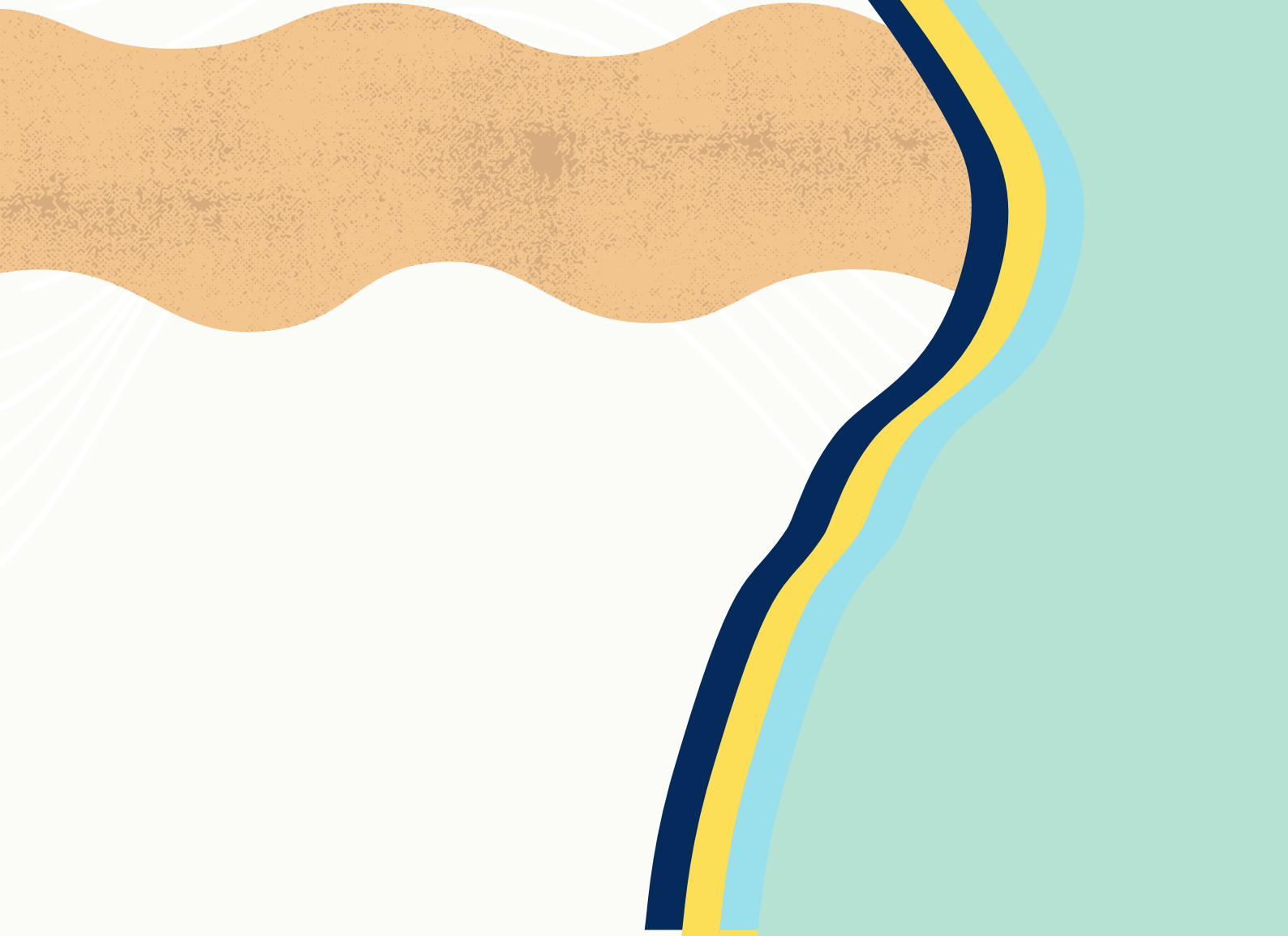
Artist Profile:

FaithElsaHope is just a girl who loves drawing and painting.
FaithElsaHope is also in love with photography and a
disney lover.

Artwork description

When I Captured This Picture,
Into The Unknown, It Might Sounds Scary,
But When Life Cycles And Everything Around Us,
Are So Frozen , With Everything That Withers Away,
It Gives Birth To Something New!
Even When A Cat Tries Leaping Into A New Future,
It Might Be Scary At Times,
But I'm Trusting My Future Into A God, Without Knowing;
What Will It Be Like For Me, Everyone Has Certain Darkness;
But I Hope To Encourage Myself And Everyone Else To Brace It,
And Go Into The Unknown,
Know That He Has A Hope And Future For You!
Just Trust Again.

Facilitators!



A stylized illustration of a person's profile in light teal, facing right. The background is a light cream color with thin, white, wavy lines that resemble topographical lines or ripples in water. A thick, wavy, orange-brown band runs horizontally across the middle of the image, partially obscuring the person's face. The word "Experience" is written in a bold, black, 3D-style font, tilted diagonally upwards from left to right, and is positioned over the orange-brown band.

Experience

BENJAMIN CHIA



BENJAMIN CHIA

A PHOTOGRAPHER

Wallflower, spectator and sponge are synonymous to the word photographer in my world. I often find myself observing human behaviour, soaking in the atmosphere and learning new things on the job.

Photography is a gift to me as much as I share it with others to benefit their cause. I am grateful for the experiences and the privilege I enjoy just being a documenter invited to record events as they unfold. I view documenting the natural, unadulterated world as something vital and imperative to my job scope. My name is Benjamin Chia, the Founder / Creative Director behind Studio Benjamin - A one-stop content creation business with a vision to produce compelling visuals with purpose

Project Curiography was an edifying experience for me as it brought two of my passions together – working with people and creativity in crafting visual content. I really enjoyed sharing my aspects of photography with the participants and teaching them the technicalities and handling operations behind a digital camera. The social interaction and conversations that took place outside of the delivery of workshop material were what made it meaningful, getting to know the participants who opened up after spending a few moments learning how to take a good photograph. I felt like the camera gave them a way to express themselves and to connect internally with their thoughts and emotional state.

I was invited to take part in this project by Benjamin Tan and plan the workshop with him, hence I thought I was just merely helping him out and didn't have any prior expectations beforehand apart from lending my own personal experience and expertise. In the end, I received much more in the form of meaningful interactions we enjoyed with the participants, seeing them gradually become more confident in handling the camera to express themselves



*When it all began
15 February 2020*

A masked passer by walking on the premises of Guocco Tower. This photograph was taken with my Sony A7III mirrorless camera on 15 February 2020. Back then, everyone was new to the habit of wearing masks every day. Those few months in 2020 marked a drastic drop in business for a lot of us who were self-employed in the creative industry.

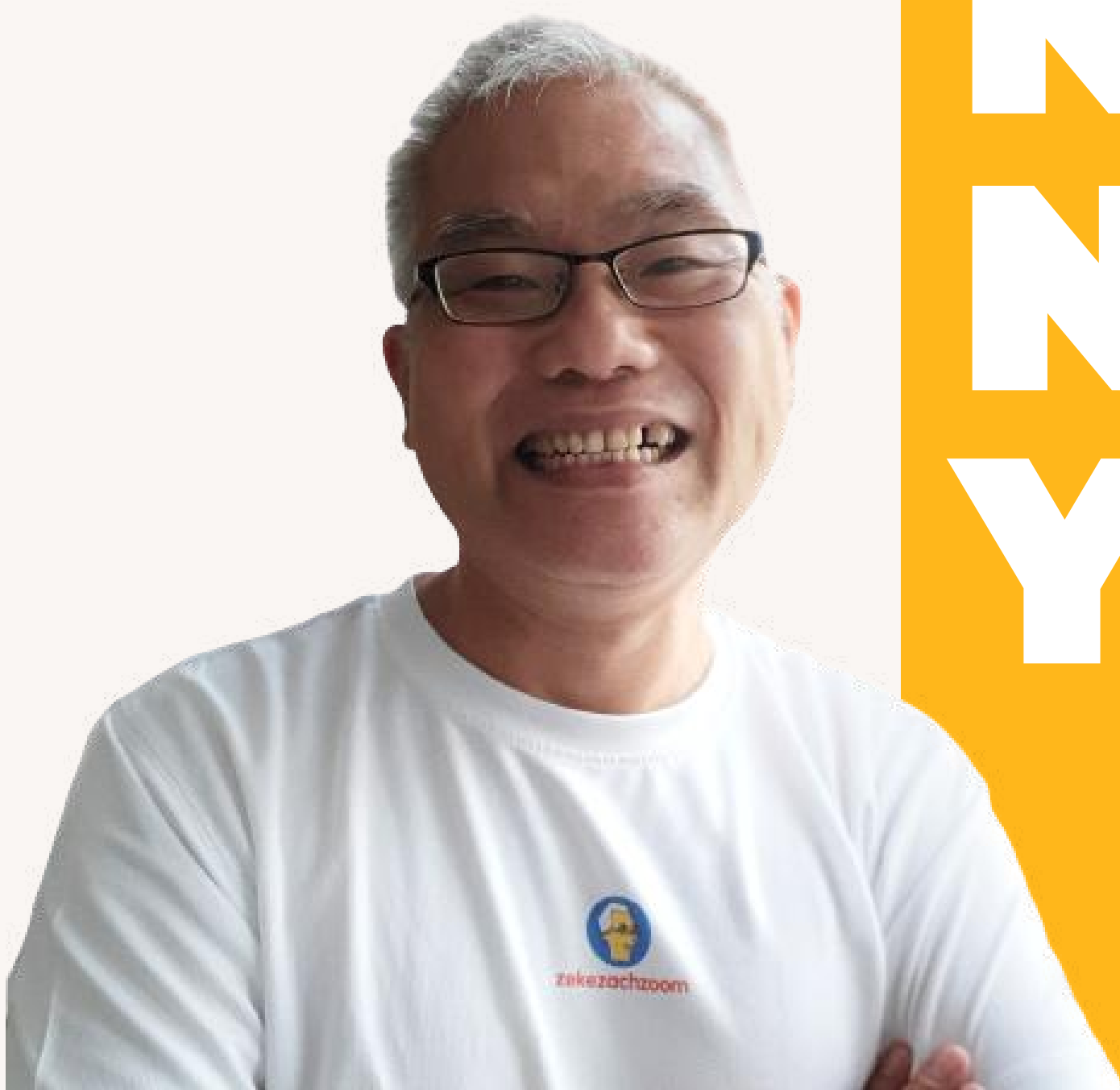
Along with a couple of friends in the same industry, we found solace in going about on photo walks and capturing how our lives were slowly evolving. We could not have foreseen the impact Covid-19 would have on our lives, and how long it was going to take us to ride out this storm, or perhaps, if the pandemic was here to stay as part of our normal lives.

Nevertheless, the stark contrast of a lone figure against this geometrical backdrop of rectangles and lines steers our attention to that of the lady in the middle. This sole focus on a single subject is akin to the spotlight on mental health issues these days.

Cases of suicide and domestic violence have become much more widely reported and many a court case results in offenders being sent for psychiatric assessment. This goes to show that the pandemic has taken a toll on the psychological well-being of Singaporeans. Hence, when there was an opportunity to conduct a photography workshop with the Singapore Association of Mental Health through my friend Benjamin Tan, I relished the opportunity to edify other people throughout creative expression.

Photography is a great platform for creative expression and a way to communicate messages that we as humans may not be able to fully articulate through words. I have personally seen first-hand how some of the participants of the workshop grew more open and confident of themselves after being taught how to operate a camera and photograph their surroundings at will. I truly believe the arts are a powerful tool to help preserve our mental health.

SUNNY



SUNNY ANG

A TOY PHOTOGRAPHER

Sunny Ang has been a toy photographer for almost 6 years. Since starting this hobby, he has shot photos for The Lego Group, conducted toy photography workshops at various primary schools, Library@Orchard, Apple at Orchard, ArtScience Museum and SAFRA.

His toy photos are instantly recognizable by their quirky and hilarious take on pop culture accompanied by his now-iconic red quotes. He has also been actively trying to promote this niche genre of photography through Facebook Live interviews and blog posts.

Even though I had just one session and did it in a virtual setting, I was happy to share my knowledge. I wished I had the opportunity to have the sessions in person, but work schedules and COVID put a stop to that. Regardless, during the session, I looked forward to the client's work and their thoughts behind their photo. It was also fun to hear the other facilitator's interpretation of the client's photos.

I am very passionate about toy photography and hope to see this niche genre of photography spread locally. Any opportunity to do so, I would be happy to sign up for the chance to do it. I also wanted to understand the thought process of the clients and the issues they encounter while conceptualizing their images.

I have always been curious about all kinds of things and always observing my surroundings. As a creative, being curious makes me excited and want to learn new things and incorporate newly acquired knowledge into my art. Curiosity definitely has a positive impact in my life.



*Keyboard Warrior, shot on 8 August 2021
Captured by Sunny*

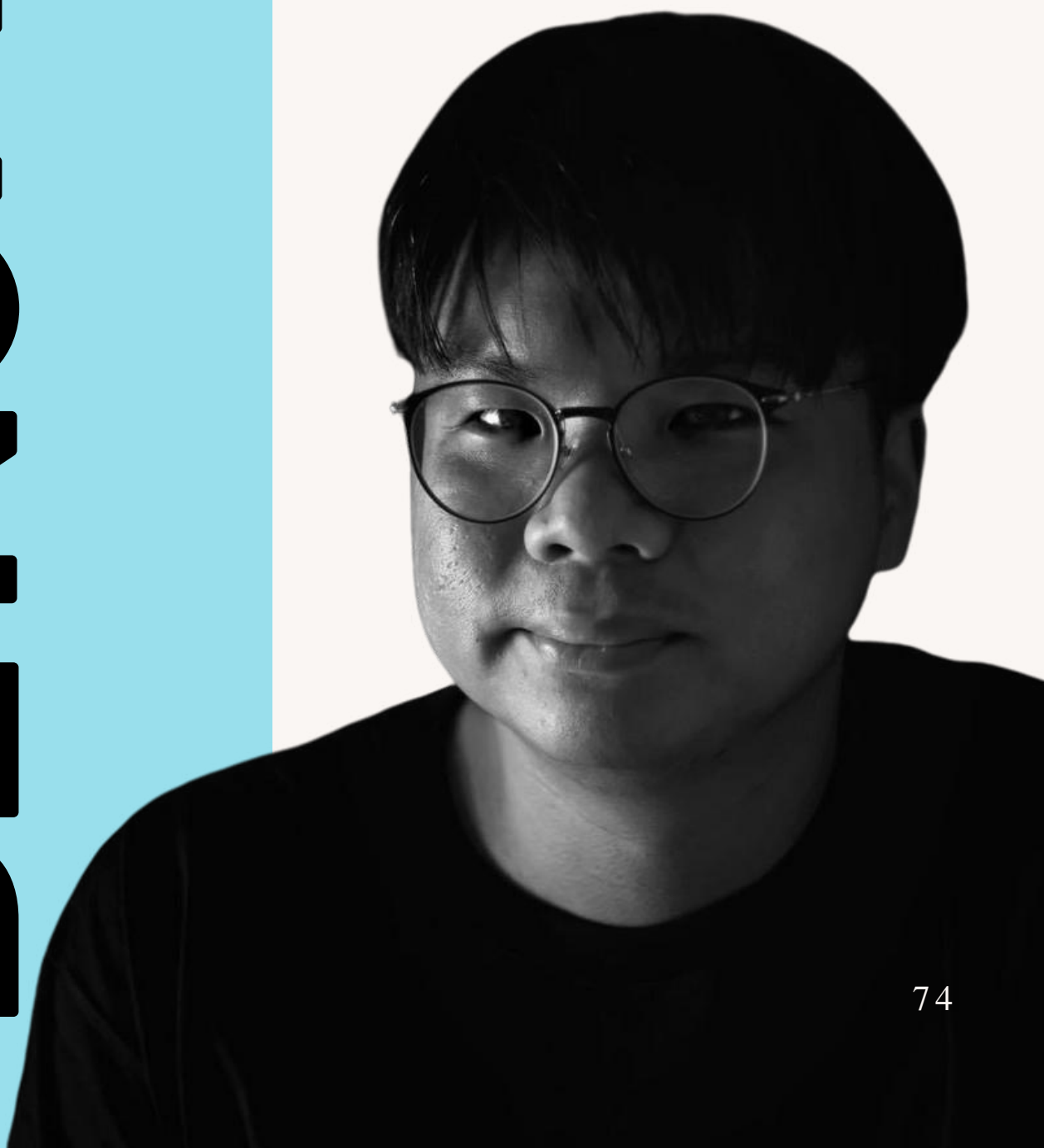
I have always enjoyed literally interpreting words into visuals. The keyboard was no longer working and came in handy as a prop. Setting up the shot sometimes takes a while and in this case, the keys were carefully placed to have a sense of balance and I made sure the keys CTRL, ALT, DELETE were presented subtly.



*Spin Cycle, shot on 19 September 2021
Captured by Sunny*

I have always been curious about all kinds of things and always observing my surroundings. I love incorporating everyday mundane objects (in this case, the drum of a washing machine) into my photos and make them be seen in a different light when they are worked into my story with my toys. Whenever possible, I try to create images that are totally unexpected and this is always the fun and challenging part. This keeps me motivated and thinking hard on what to create next.

BENJAMIN TAN



B E N J A M I N T A N

A P H O T O G R A P H E R

Benjamin started his journey in photography since 2014 while on his first solo travel experience. Google, YouTube and Instagram have been his best friends when honing his photographic eye and knowledge. “Don’t try, don’t know” is his mantra and failure has been commonplace in his journey. Yet, by some form of stubbornness in him, he is still doing it.

I was a little apprehensive at the beginning on whether we could deliver a meaningful session for the participants. But everyone really surprised me throughout the session as their personality changed the moment they held a camera. I was ultimately glad that everyone took something away from the experience and that I’ve seen them gain more confidence after the workshop

I hoped that participants could gain an appreciation on how a camera works and that they can use the skills to kickstart their photographic journey wherever they are.

Curiosity gave me a boost in my self-confidence. If I hadn’t tried photography, I wouldn’t have known if I could do it. And even if I couldn’t do it, I would gain more knowledge in it. That alone gives me the assurance that I have so much to learn and that I can keep learning if I choose

Curiosity has always been a way for me to find out more about the world around me. The only difference now is that I do it with my camera, and capture a visual snapshot and memory of what I have just photographed. It keeps me enthusiastic and gives me energy to be proactive about learning and being humble enough to know that there is so much more beauty and wonder to the world and the people around us. It gives me a sense of purpose and a goal, so that I do not feel so lost in life. In that way it is a form of catharsis when I have had a rough day.



A penny for these individuals' thoughts when they are alone at that very time I took the shots of them.

June 2021



Captured by Benjamin



K S S I

ISSY

A PHOTOGRAPHER SEEING THROUGH SILENCE

'I see my deafness as a strength, not a barrier. My world of silence sharpens my sense of seeing, and helps me focus while I wait for the moment. I love capturing the raw emotions and body language of people. When I am not on a shoot, I'm on the streets observing life through my lens.'

Curiography is my first workshop with hard of hearing teens. I marched into the room confidently with a script and a sign language interpreter present. Despite the participants' limited vocabulary during the self introductions, I went according to my plan. However, as time passed, I felt that it was going downhill. My aim was to conduct an enjoyable and two-way communication workshop.

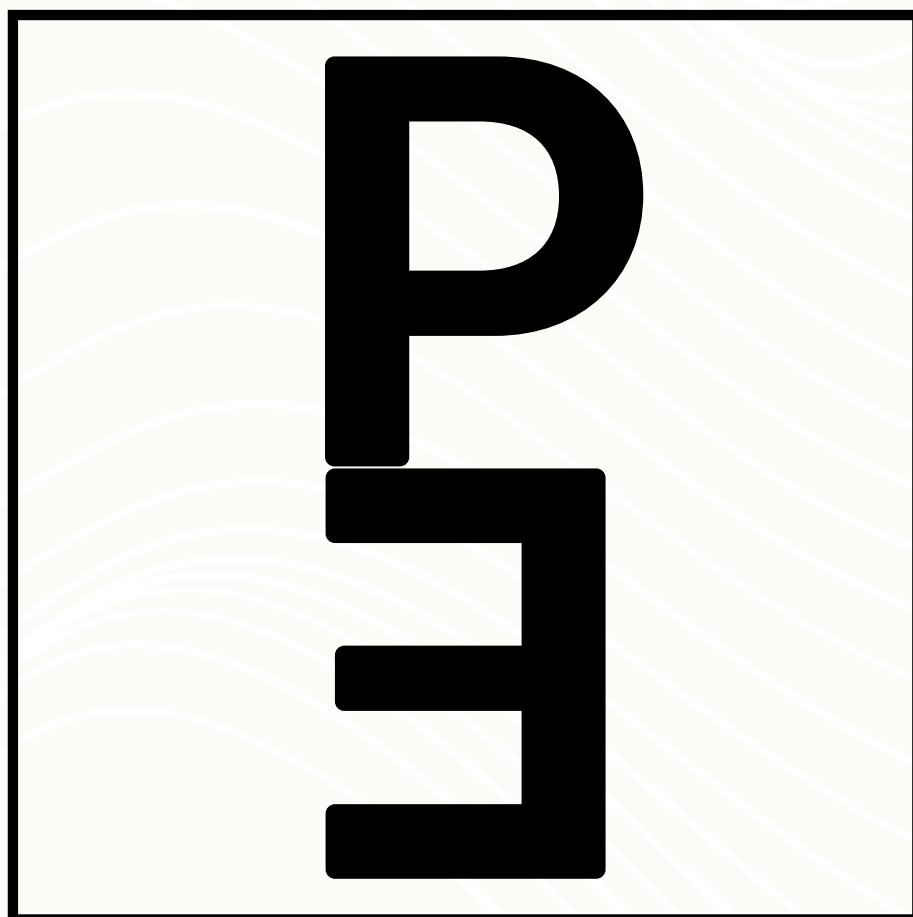
So halfway through technical terms, I switched roles. Me being a participant and letting the teens be instructors was the best decision I made. Initiating role-play allowed the SAMH staff and I to be on the same level as them. The teens were excited to explain when I asked simple questions such as why the person was posing that way or when I mentioned that there was a shadow of the leaf and asked them how the shadows were formed – we were playing a guessing game. By giving them more space to think and share their observations about my images. They would eventually learn what makes great images in their own terms. The more questions I asked, the more curiosity was generated – given that they knew almost nothing about why I took these images in certain ways. What we got in return was tons of fun and endless laughter to the point that we actually ran out of time. They really love to observe and share their thoughts!

Despite the smaller turnout due to the pandemic, it actually allowed the participants to be individually engaged intimately. It also allowed me to break the communication barrier easily with the help of the interpreter and SAMH staff while having their full attention. By putting aside the technical photography terms, it allowed the participants to enjoy capturing moments as it is. This online exhibition presents their simple curiosity through images.





Constant news and reminders on television, the emptiness of the park downstairs, articles on the increasing number of food deliveries were what convinced our grandma to stay at home during the first stage of the pandemic when my family could not.



**PARTICIPANTS'
EXPERIENCES**

C U R I O G R A P H Y

"It was initially difficult for me because I had a fixed perception of photography, but through the mentorship during Project Curiography, I rediscovered the simplistic joy of photography as an art form, while simultaneously refining my skills"

- Anton Tse

"I decided to join Project Curiography as I was curious to know what kind of skills I could learn. Through Project Curiography, I learned about composition in photography and how to use these photographs now to tell a story of my journey."

- Melissa

" During the sessions for Project Curiography, I felt excited and happy"

- Freddie

" By going through Project Curiography, it has helped to strengthen my skills for taking photos in different perspectives. Moving forward, it helps me see situations from different angles whether it is 'good' or 'bad'. "

- Crystal

" After Project Curiography, I was more curious to know about the meaningful lives that people living in this neighbourhood have."

- Veron

" During Project Curiography, I learned the importance of not only taking photos but also to have fun and trust the process. I was glad to have attended the session"

- Shark

EVENT FINDINGS

During Curiography, participants were given the **Five-Dimensional Curiosity Scale Revised (5DCR)*** to understand an individual's level of curiosity .

The 5 dimensions includes:

- 1) Joyous Exploration
- 2) Deprivation Sensitivity
- 3) Thrill Seeking
- 4) Social Curiosity (Overt)
- 5) Social Curiosity (Covert)

Joyous Exploration is the highest for each group. This could be attributed to:

- Increase in wanting to learn about something new/novel like photography
- Increase in finding out how to work with others

Stress tolerance is the lowest for each other. This could be attributed to:

- Sense of fear in one's own capabilities and expectations, especially in trying out something new
- Worries about damaging borrowed equipment

It is worth noting that with the right amount of support from peers, volunteers and staff, it helped minimise the participants' fears and worries of trying something new. Hence, despite the low stress tolerance of many participants, it was mitigated with ample support by the community which provided them with a positive experience overall.

**Kashdan, Todd & Disabato, David & Goodman, Fallon & Mcknight, Patrick. (2019). The Five-Dimensional Curiosity Scale Revised (5DCR): Briefer subscales while separating general overt and covert social curiosity. 10.31219/osf.io/pu8f3.*

C L O S I N G

Curiosity is having the desire to know, to explore new avenues and possibilities, to be interested in both personal experiences and the world around us. This desire to look outwards is essential for positive mental health and can help create a balanced perspective of the world.

Cultivating a growth mind-set can help us be more open to new experiences despite feeling fearful of failure which serves as a reminder of the journey of being alive. Keep an open mind and ask away!

We would like to thank everyone who had been through this journey with us, to continue to learn about themselves, to grow from this experience and to share their discovery with the people they know and love. We would also like to thank Isabelle, a former colleague who helped set up the foundations for Curiography.

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