

B B C BITESIZE

LEANNE: If you're reflective at every stage of the process and record those reflections you'll progress so much more.

Make stuff, put it everywhere, make it visual, lots of pictures and collaging them together and having pages full of energy is really very, very useful when recording your work.

So when other people look at it they say "Wow, there's a lot of stuff in there."

WILL: It's never bad to record anything you do with your work. The important thing is do little and often as you go along.

HALIMA: I'll always keep a sketchbook with me in my bag and a lot of time when I am taking journeys I will be drawing and even if I am not drawing from something direct, it is about creating a vocabulary of marks.

KATE: It's very helpful when you draw something very quickly and spontaneously and write a note next to it and then you forget about it for a while and come back to it and because you have that note next to it you will remember why you drew that and it will make more sense to you.

HALIMA: Instagram as a platform has been useful to my work because I can be like oh these are things that are inspiring me and these are common threads that run through all the things I look at.

I'll focus on that colour that has been coming up a lot in the work that I've been doing. Maybe that's something I'm interested in and in a way it is like an online sketchbook.

LEANNE: Share it, blog about it, tweet about it, tell your friends. Tell people what you are doing and why you're doing it and it's very scary especially with something that's not finished but it will help you to reflect.