**Break the Chains by Wilfredo Menendez**

This digital collage is meant to represent a story that is deep inside my mind. This collage shows the story of the stress in my life. As a full-IB student there is a lot of stress in my life with all of the classes I am taking. I used this piece to represent the effect of this stress. Also I wanted to show what procrastination can do to our ideas and our minds.

I am a person who has a very creative and ambitious mind. There are many ideas that I have and I am very motivated to act upon them and then reality hits. I get overwhelmed with all of the other things going on in my life. There are parts of the piece like the lighting that just scream chaos and this is what I wanted to represent in my piece how the human minds are sometimes bound by the many things around us.

Another thing that I wanted to represent in this piece is how ideas in my mind are bound by procrastination and never happened. I aspire to be good at so many things but then procrastination slows all my plans. I want to get a scholarship one day to study psychology in college and also want to do well on my art. My freshman and sophomore years of high school I procrastinated more than anyone should. I would write my process journals for art the night before and stay up late, hence not doing my best. However, this year I plan on fixing that.

I also represented hope in this piece, to do this I made sure to make the cloud towards the bottom of the piece lighter representing the future. So far this year I have stayed on task in all my classes and I am doing everything in my power to make sure I can go to a good college and achieve my goals of being a psychological researcher or sociologist.

Overall, this piece is meant to show how many times us humans have creative ideas and we have the potential to do it, but there is just so much going on in our modern lives that these ideas get lost in our brains. We need to get these ideas back and act on them, because chances are that they could turn out to be great.