



Lauren Arcega
Breaking Out of Your Boundaries

I am a freshman in Adelphi University's Nursing Program, where all first-year students are required to take a First Year Seminar course. I chose Restorative Justice and Art because I wanted to learn about the relationship of art and Restorative Justice, and explore its benefits in other fields. Early in the semester, our professor, Argie Agelarakis, invited the class to serve on the Fall 2026 poster selection committee for Artivism's 12th season.



Apart from collectively selecting the poster, there was also an individual opportunity to join the opening presentation live on Zoom to announce the selected poster. For most of my life, I rarely tried new things—whether tasting unfamiliar foods or meeting new people. I gravitated toward what felt comfortable. Now my approach is to push past those fears and insecurities I carried before starting college. I am now stepping out of my comfort zone and taking action by participating in activities that would otherwise frighten me. Professor Agelarakis' invitation was the perfect opportunity for me to put my new way of thinking into practice and that's exactly what I did.

This experience marked a new beginning for me. I took this step because when joining a new community doors can open and relationships can be built upon to discover new experiences, while breaking out of your boundaries. Therefore I took the chance and became the committee's spokesperson and announced on the live Zoom presentation the selected Fall 2026 poster, designed by Vicki Rosenthal!



Art created by Lauren Arcega



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After introducing myself, discussing the poster selection process, announcing the selection, and listening to the selected artist Vicki Rosenthal, I was touched by her passion for painting. It was then that I realized that I want to find something I can be equally passionate about. She expressed herself so deeply through her art that you could truly feel her emotion.

My key take-away from this artivism experience is that in expressing myself creatively I can highlight issues that matter not only to me, but also to the community. In retrospect, the little things in daily life that stand out to me often resonate broader social themes and collective experiences. These shared perspectives recognize that art can bring people together, spark conversation, and inspire change.

