



# CONTENTS

01 A Feeling  
Of Itself

04 Behind  
the Needle

07 How-To Zine

10 Sweet Escape

02 Spirits

05 Introspect

08 Illustrated  
Poster Series

11 Hello My  
Name Is...

03 Letterpress

06 Light Series

09 Lion King  
Kinetic Type

12 Common Ground  
Social Media

13 Life Between the  
Lines - Capstone

**Hello,** my name is Jhoselyn Contreras and I am a latina graphic designer from South Jersey. I aim to bring my experiences, which range from all throughout the tri-state area, to life through work that evokes emotion and sparks meaningful connections. I approach each project with determination, patience, and an open-mindedness that allows me to explore new perspectives and ideas. With a desire to learn more, I aim to use anything within my capabilities, such as digital interfaces, print media, or interactive experiences, to bring new ideas to life.

01

# A Feeling Of Itself

“A feeling of itself” is a multilingual, multimedia, and multisite exhibition by LIVES IN TRANSLATION (LiT) in partnership with the Design Consortium (DC) at Express Newark (EN). “A feeling of itself” highlights the profound connections between language identity, immigration, and cultural legacy, through bilingual interviews conducted by Rutgers University-Newark students, engaging in warm conversation with family and friends.

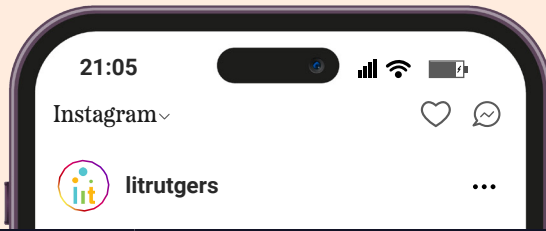


un  
a feeling  
sentimiento  
of itself  
en sí mismo

অনন্য  
a feeling  
অনুভূতা  
of itself

a feeling  
oku yeva evalo  
of itself  
eye muele

a feeling  
um sentimento  
of itself  
de si mesmo



un  
a feeling  
en sí  
sentimiento  
of itself  
mismo

Your're invited to experience:

**a feeling of itself** is an audiovisual exhibition exploring the intricacies of multilingualism. Created by **Lives in Translation (LiT)** in partnership with the **Design Consortium (DC)** at Express Newark (EN), this exhibition highlights the profound connections between **language, identity, immigration,** and **cultural legacy** through bilingual interviews conducted by **Rutgers University-Newark** students, engaging in warm conversations with family and friends.

A multilingual, multimedia, and multisite exhibition, brought to you by LIVES IN TRANSLATION in collaboration with the DESIGN CONSORTIUM.

**JOIN US** for an immersive afternoon filled with inspiring speeches, thought-provoking discussions, interactive audio-visual experiences, participatory recordings, and taste flavors reflecting the diverse cuisines of the languages represented.

Don't miss the appearance of the **Newark Story Bus**, adding an extra layer storytelling to this enriching event.

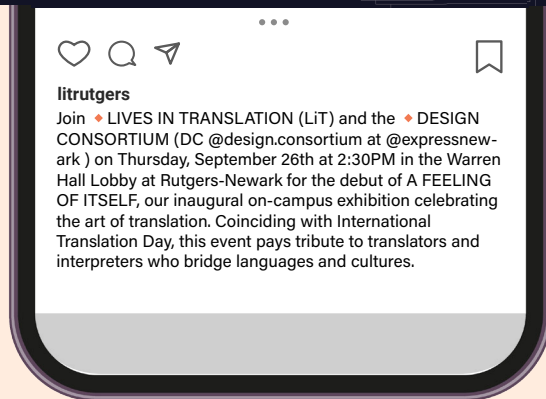
**Be a part of this celebration of language, culture and community!**




**Thursday, September 26th**  
**2:30 - 4:30 PM**

**110 Warren Street,**  
**Newark, NJ 07102**

ADMISSION IS FREE AND OPEN TO ALL





I'm not just  
translating  
ciendo tradu-  
was what  
se dijo said  
sino but also  
the meaning  
or el mensaje  
o pensamient thought

# Augmented Reality

ARTIVIVE is an AR tool that is used to enhance art with animations. Viewers are able to use their smartphones or tablets to experience the layer of augmented reality. Once downloaded, ARTIVIVE recognizes the image and starts the audio/images without needing to make an account.

Describe



Describe what  
como  
la translation  
traducción



Describe what  
como  
la translation  
traducción  
looks or  
se ve



Describe what  
como  
la translation  
traducción  
looks or  
se ve  
feels like in  
se siente



Describe what  
como  
la translation  
traducción  
looks or  
se ve  
feels like in  
se siente  
your brai  
en tu c



Describe what  
como  
la translation  
traducción  
looks or  
se ve  
feels like in  
se siente  
your brain  
en tu cerebro



02

# Spirits

Spirits is a type specimen website that demonstrates every unique characteristic of the letterforms. This interactive site allows the viewer to see 12 different font styles.

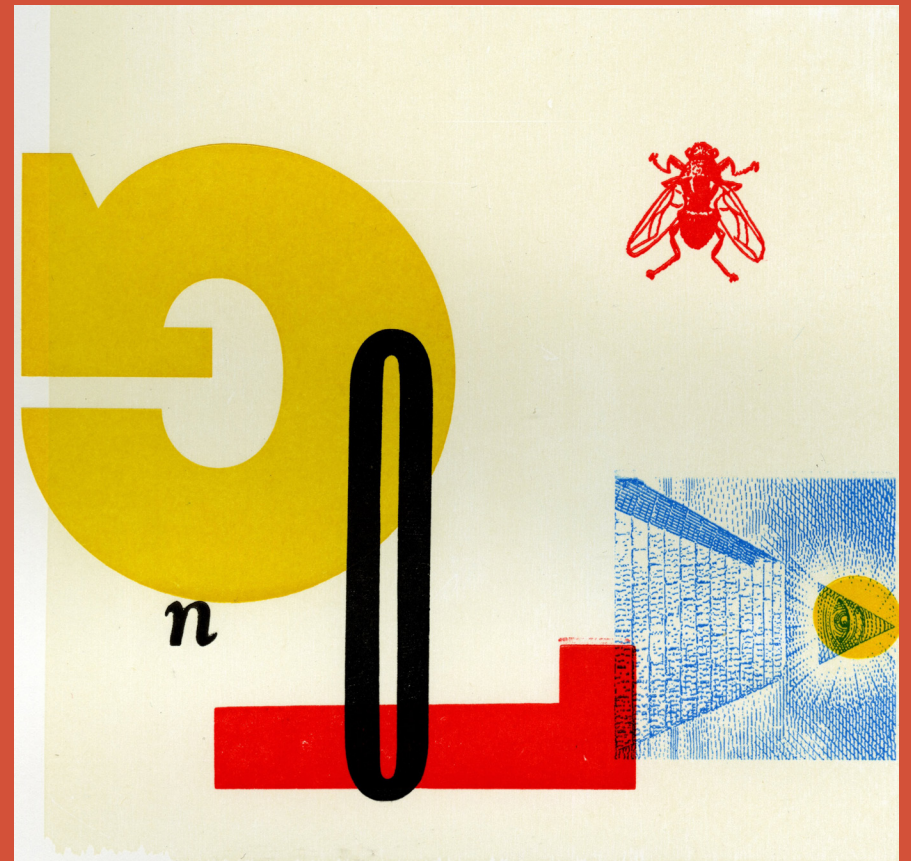




03

# LetterPress Prints

Letterpress prints were created through the use of a traditional printing press that presses inked type and images into paper.



# 04 Behind the Needle

Behind the Needle is an editorial that explores how the historical and cultural role of sewing and embroidery shaped the portrayal of women. From symbols of domesticity and tradition to acts of creativity and resistance, these crafts have long reflected societal expectations and women's evolving identities.







05

# Introspect

Introspect is a simulation experience designed to help individuals confront and navigate the fears of aging. By utilizing the AGNES (Age Gain Now Empathy System) suit, the project transforms movement and sensory perception to mirror the limitations of an older body. Featuring seminars, hands-on suit fittings, and immersive activities, Introspect fosters understanding, acceptance, and empathy toward the aging process.

## DIVE INTO A LIFETIME



  
INTROSPECT



**DIVE INTO A LIFETIME**

**SPEAKERS**

JOSEPH P. COUGHLIN  
DIRECTOR, INTROSPECT

DR. BJ MILLER  
PULMONARY CARE PHYSICIAN

CHRIS HENSWORTH  
ACTOR

**INTROSPECT**

Introspect is a landmark experience that allows people to live the life of their choice. With the help of a team of Introspect, we have built a system of innovation. We have the ability to help you live the life of your choice. We have the ability to help you live the life of your choice. We have the ability to help you live the life of your choice.

**SCHEDULE**

**Feb 8**

11:00 am AGNES "Behind the Star" Star Briefing  
12:00 pm Complete Science  
2:00 pm Lunch & Subscriptions  
4:00 pm Refreshments  
6:00 pm Refreshments

**Feb 9**

11:00 am "What really matters at the end of life?" Refreshing Change of A.  
12:00 pm Lunch & Virtual Reality  
2:00 pm Refreshments  
4:00 pm Refreshments

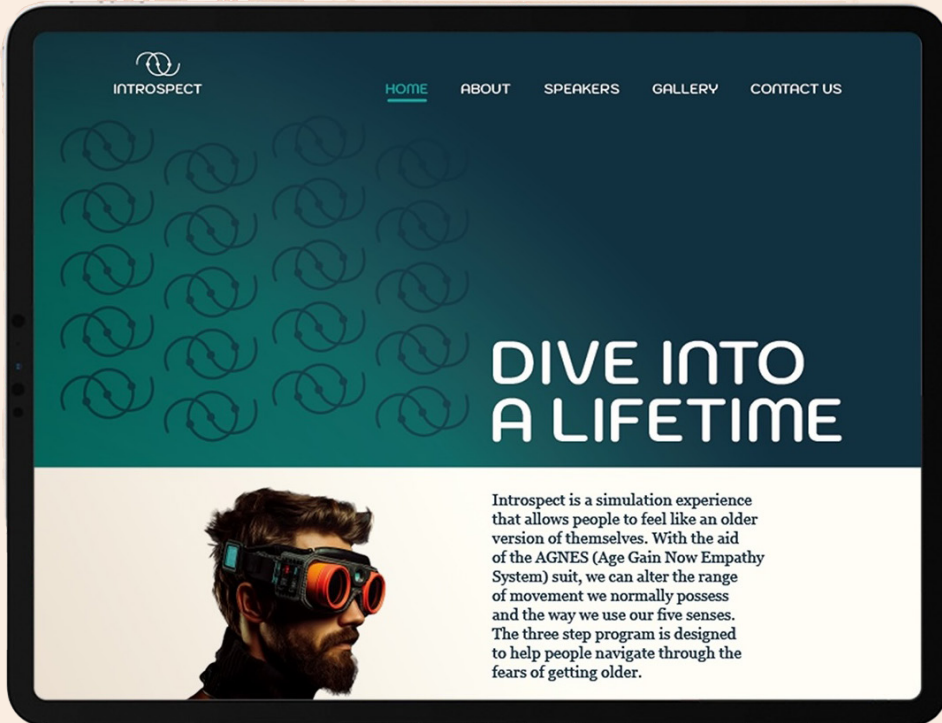
**Feb 10**

11:00 am Showing the best: Changing the path.  
12:00 pm Lunch & Overall Impact  
2:00 pm Refreshments  
4:00 pm Refreshments

**DIVE INTO A LIFETIME**

Feb 08 | 09 | 10  
Lawn Platoon  
New York, NY, 10036

INTROSPECT



06

# Light Series

This photo series uses Adobe Photoshop to create vivid neon lights and dynamic light, transforming ordinary images. Each image explores the relationship between light and shadow and how they affect the subject.



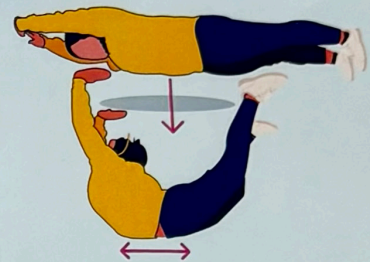




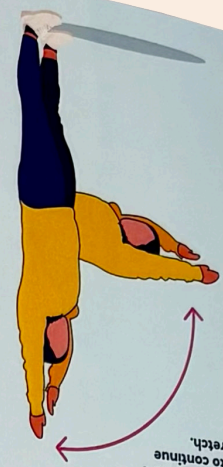


**1** Stretching is important. Before attempting a backbend, lay on the floor and practice going into a bridge.

Once in a bridge, rock your hips back and forth towards your arms and legs. Repeating this action allows your body to get used to the position and reduces likelihood of you doing a backbend.

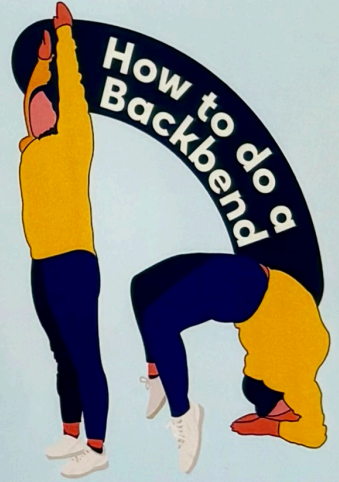
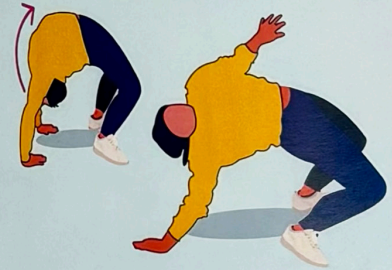
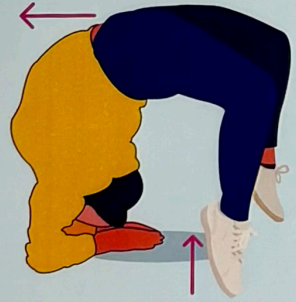


**2** Stand up and reach up towards the sky to continue changing the position your back is in. Bend forward at the waist to continue the stretch.



For an additional stretch, go on to your toes and push your waist towards your elbows. Your body will create a cube like formation and can be held for intervals of 15 seconds.

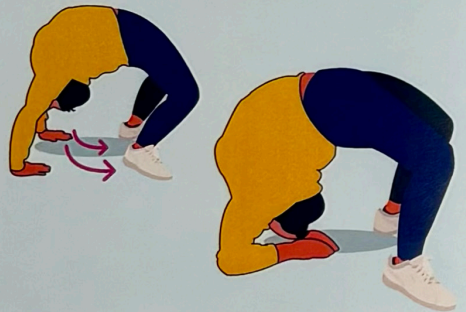
**5** To get out of this position, push back up into a bridge. Then while pushing up towards your stomach bring your arms forward. If you are unable to do this, once in the bridge position slowly lower your body to the ground. Be mindful of your head and avoid hitting it on the ground.



**3** Stand straight and relax. When you are ready bend backwards and let yourself fall back on to your hands. It is important to have "I can do it" mindset. Having doubts or overthinking can lead to hesitation which may cause your back to stiffen and lead to injury. If you are uncertain, place a pillow in the position of where your head will be. Practice bringing your hands up and down a wall to feel more comfortable with the actions.



**4** Once in this position, if you would like to take it a step further, carefully go down on to your elbows. Hold this position for intervals of 15 seconds. Do not force yourself to do this if you do not feel ready. You can work up to this by practicing every day.



08

# Illustrated Posters

This poster series, designed using Adobe Illustrator, for movies/tv shows with a focus on showcasing people.

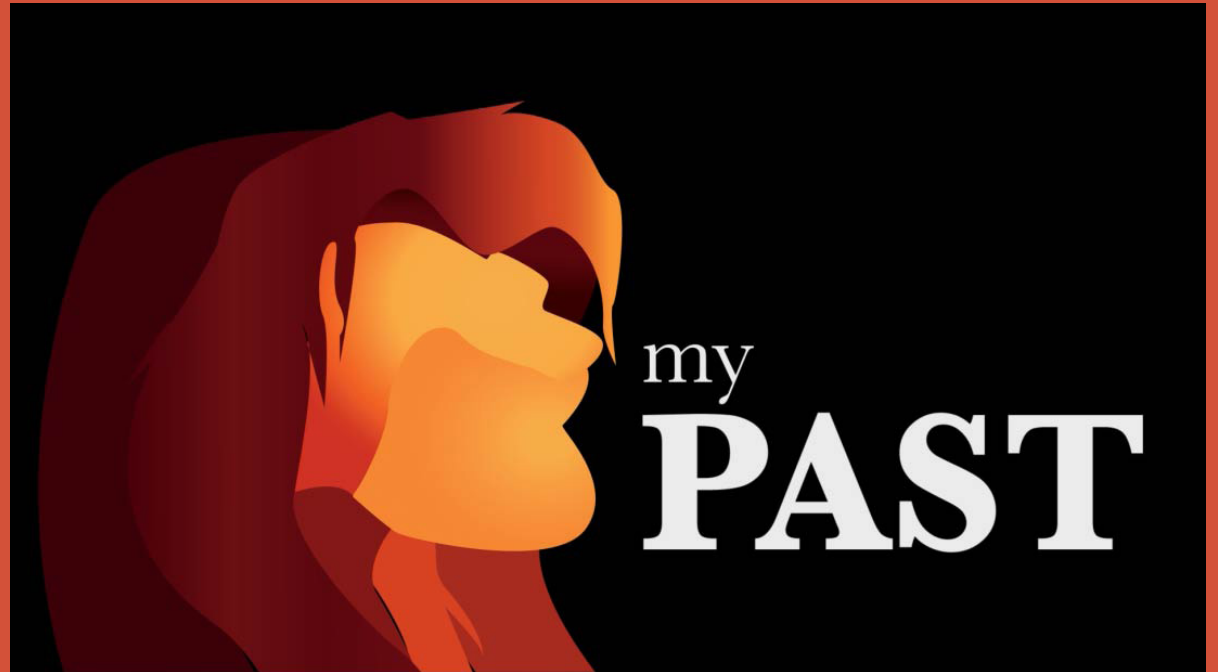




09

# Lion King Kinetic Type

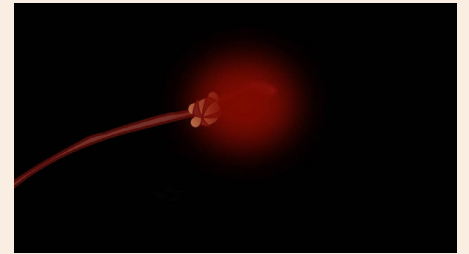
This kinetic type project brings to life a scene from *The Lion King* where Rafiki reminds Simba to learn from the past. Through the use of typography and a few illustrations, the wisdom and emotional weight of Rafiki's words are visualized.



But means  
going back I 'll

means  
I 'll

my  
PAST



OW

Geeez  
What was  
THAT for?

It doesn't matter

It doesn't matter  
PAST It's in the

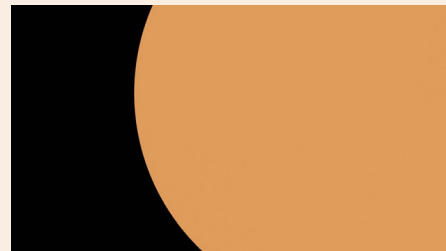
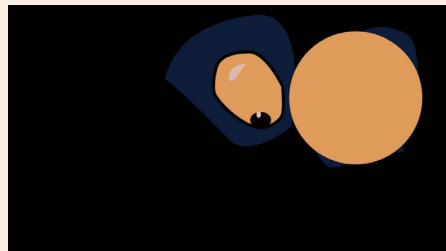
Yeah but it still  
HURTS

Yeah but it still  
HURTS

Oh yes  
the  
HURT

Oh yes  
the  
past HURT

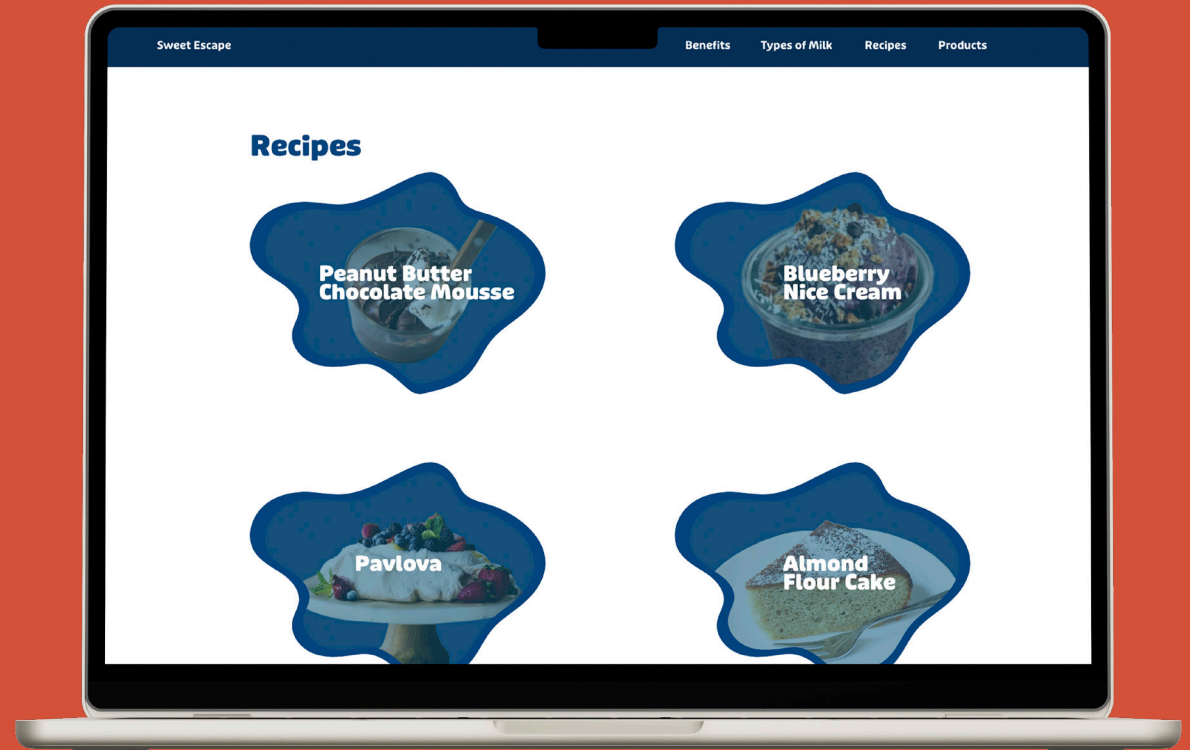
But  
the way

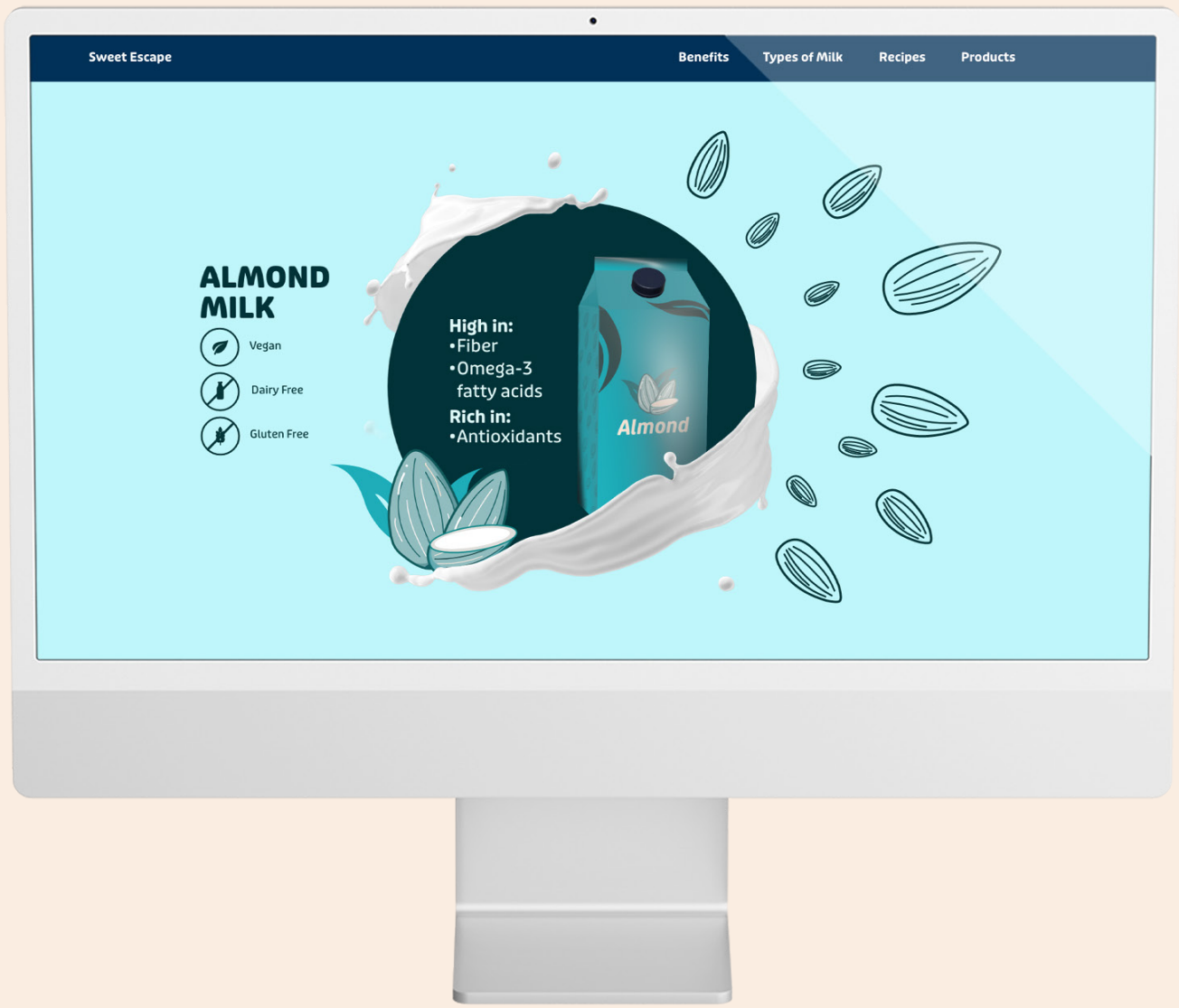


Learn from it.

# 10 Sweet Escape

This website explores delicious, easy-to-follow recipes, educates viewers of the health and environmental benefits of going dairy-free, and features a shop for the viewer to browse a selection of dairy-free alternatives right from the site.





11

# Hello My Name Is...

Hello My Name Is is an interactive experience that explores the complex feelings of being overworked in the restaurant industry.

It is an interactive publication designed to express the feeling of being overwhelmed, anxious, and stressed through the use of interviews. The audience will be able to listen to the interviews on a microsite through the use of QR codes.

This publication also features real world orders that were gathered to this project. The tickets are layered in between each interview so the audience can feel time passing as they flip through.



#3	8:12 AM	8:16 AM
IT IS NOT THAT HARD		NOT A REAL JOB
Table 12, Guests: 4		e 3, Guests: 4
1 Bowl OATMEAL		D CK
BB		EGG(1)
1 OML		SCRAM
BROC		SM FRUIT
GP		W! OML
ONI		AMER
SPIN		BAC
FRUIT		TOM
NO BREAD		FT
1 OML		NEDICT
AMER		HF
HAM		
HF		
W		
1 COMBO		
SCRAM		
BACON		
HF		
Rye		
1 SD SAUS		

#8	8:17 AM	8:18 AM
ANYONE CAN DO IT		JUST SMILE
Table 19, Guests: 2		17, Guests: 2
1 FT-APP/PEC		L
1 COMBO		ER
OH		IS
BACON		
CK		W
1 SD HF		

1 SD WHIP
1 FT





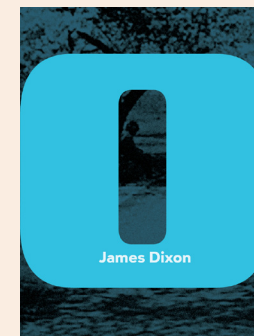
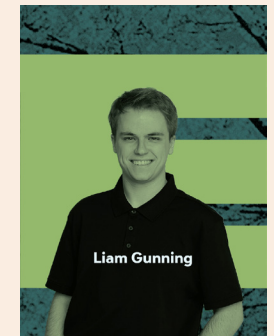
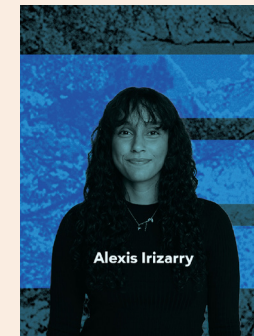
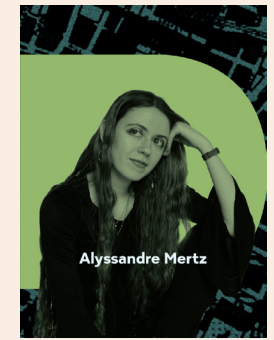
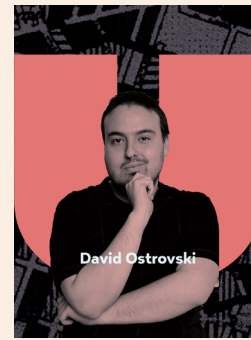
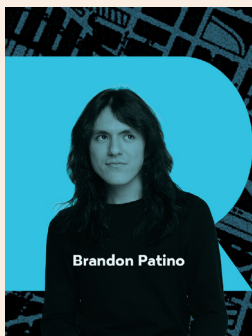
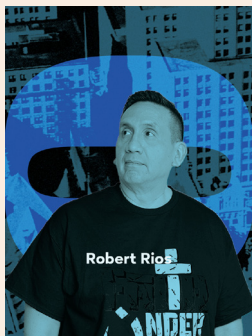
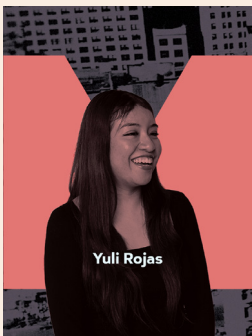
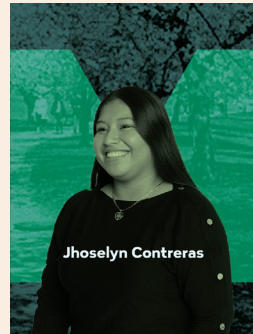
# 12 Common Ground Social Media

Under the direction of Professor Chantal Fischzang, I expanded the exhibition's brand into a series of Instagram posts highlighting the 2025 Capstone Designers.

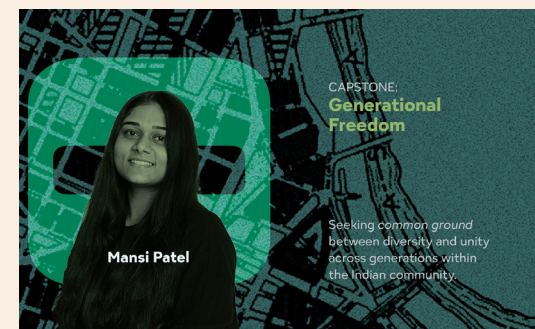
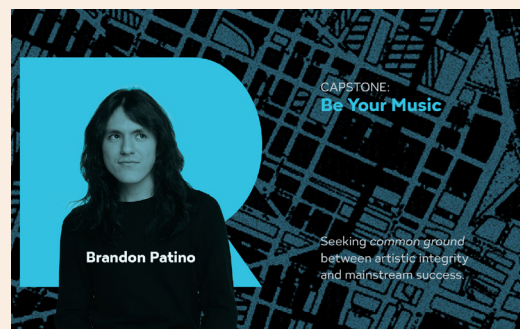
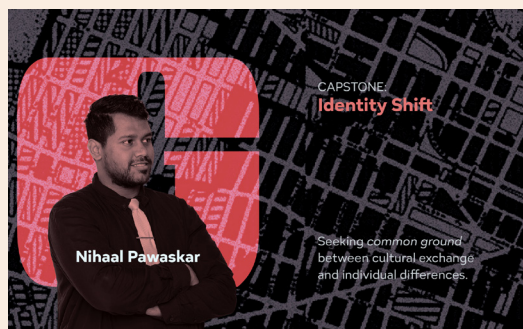
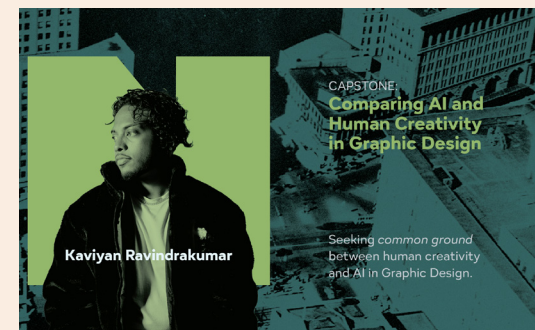
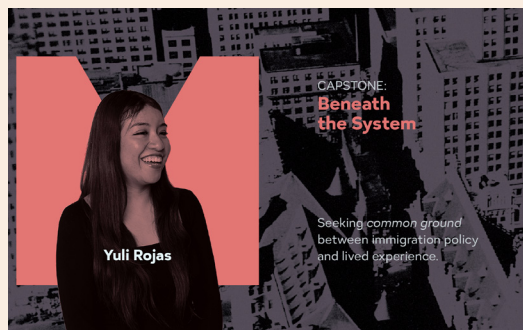
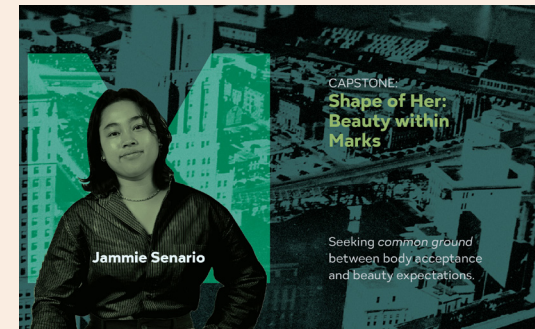
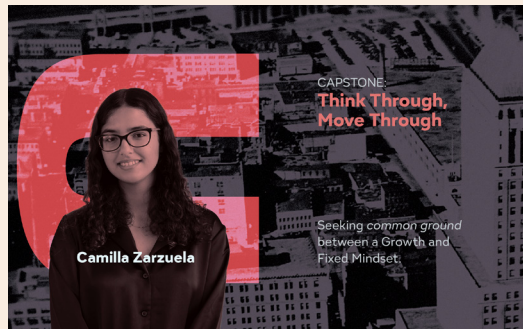
I worked alongside Camilla Zarzuela to develop and refine the language for 21 student highlight posts, ensuring clarity and consistency across all abstracts and project descriptions. We organized the photo session at Shine Portrait Studio and directed the portrait photography that was incorporated in the exhibition social media and website.



# Instagram Feed



# Carousel Posts



**CAPSTONE:**  
**D-Nation**

Seeking common ground between democracy, dictatorship, and dynasty.

**David Ostrovski**

**CAPSTONE:**  
**PAUSE**

Seeking common ground between commercial productivity/efficiency and radical rest.

**Jia Ni**

**CAPSTONE:**  
**The Bookeasy**

Seeking common ground between book bans and children's freedom to read.

**Alyssandre Mertz**

**CAPSTONE:**  
**Brian Beretta**

Seeking common ground between romanticized and realistic violence in popular media.

**Niko Mclean**

**CAPSTONE:**  
**KnowCare**

Seeking common ground between insured and free healthcare.

**Vyllette Mcknight**

**CAPSTONE:**  
**Imagi**

Seeking common ground between creativity and structure in everyday life.

**Nathalie Lantigua**

**CAPSTONE:**  
**Skin Deep**

Seeking common ground between body positivity and mental well-being.

**Jazmyne Johnson**

**CAPSTONE:**  
**To Belong**

Seeking common ground between authenticity and conformity.

**Alexis Irizarry**

**CAPSTONE:**  
**Man Up**

Seeking common ground between progressive and traditional expectations of masculinity.

**Liam Gunning**

**CAPSTONE:**  
**Fair Tags: The Cost of Being Her**

Seeking common ground between gender equity and price fairness.

**Elizabeth Frias**

**CAPSTONE:**  
**The Flow**

Seeking common ground between identity and self-expression.

**James Dixon**

**CAPSTONE:**  
**Life Between the Lines**

Seeking common ground between movement and restriction.

**Jhoselyn Contreras**

# 13 Life Between the Lines

Life Between the Lines is an interactive campaign that examines the privilege of unrestricted movement and the barriers faced by undocumented individuals and those with protected status in the United States. Through a participatory stamp wall, a pop-up passport installation, and an immersive Augmented Reality experience, Life Between the Lines invites audiences to engage with the unseen struggles of those who cannot travel freely. It also challenges visitors to consider what it means to have their movement restricted—whether by borders, policies, or status—and how these limitations shape identity, opportunity, and belonging.

Jhoselyn Contreras



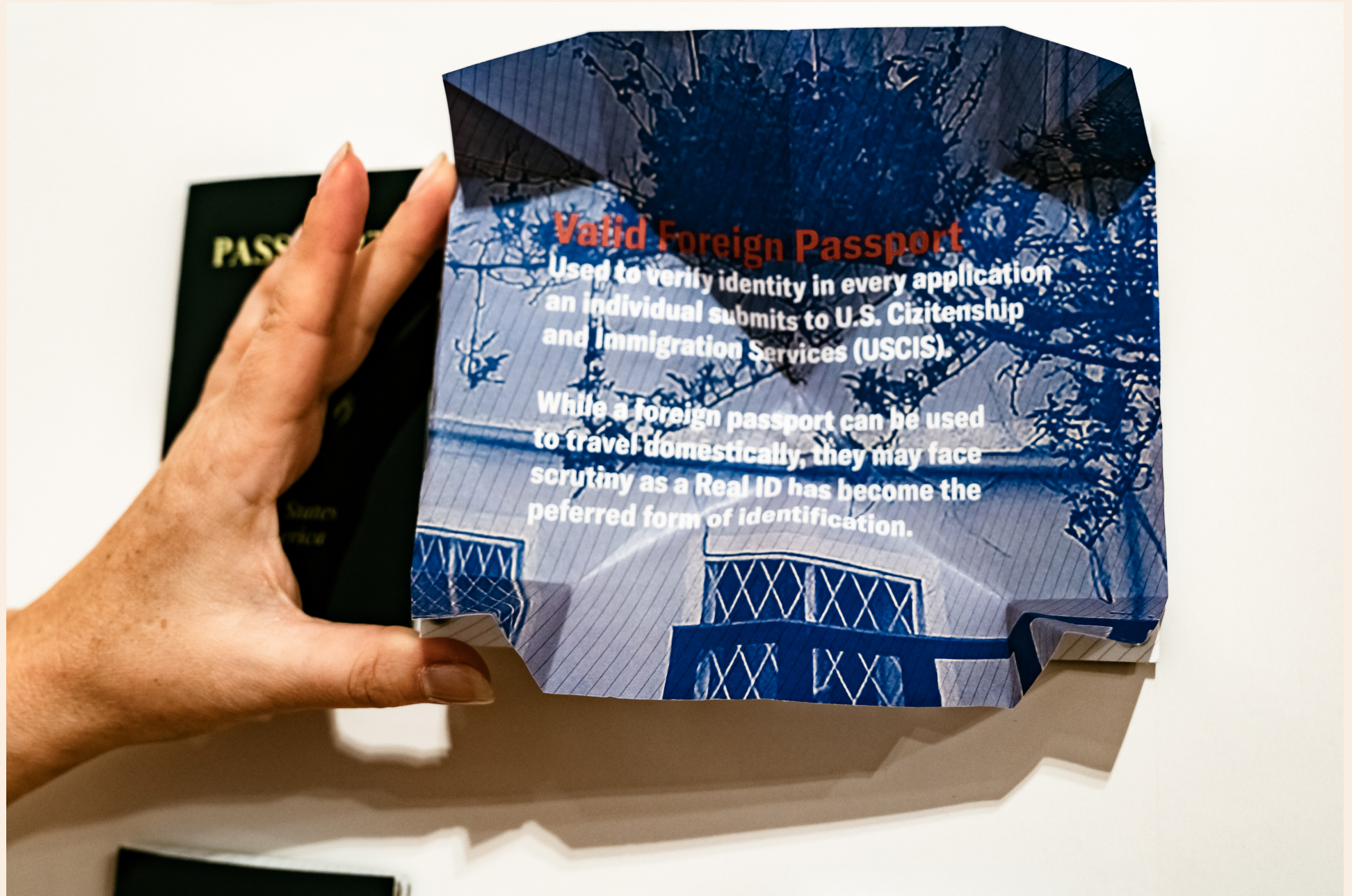
Life Between the Lines | page 37

# 2 Year Subscription

16 handcrafted pop-up passports represent the complex, repetitive reality of life under DACA and similar temporary protections. For many, staying in the United States feels like having a two-year subscription granted access, but without full benefits, and always under review. These documents must be constantly renewed, tracked, and defended, serving as a reminder that belonging is conditional. When opened, each passport reveals layered imagery and information that speaks to the anxiety of not knowing what the future holds or how to navigate the maze of documents. The accumulation of documents reflects a lifetime of proving worthiness of navigating identity, presence, and permanence in a country that does not fully claim you.

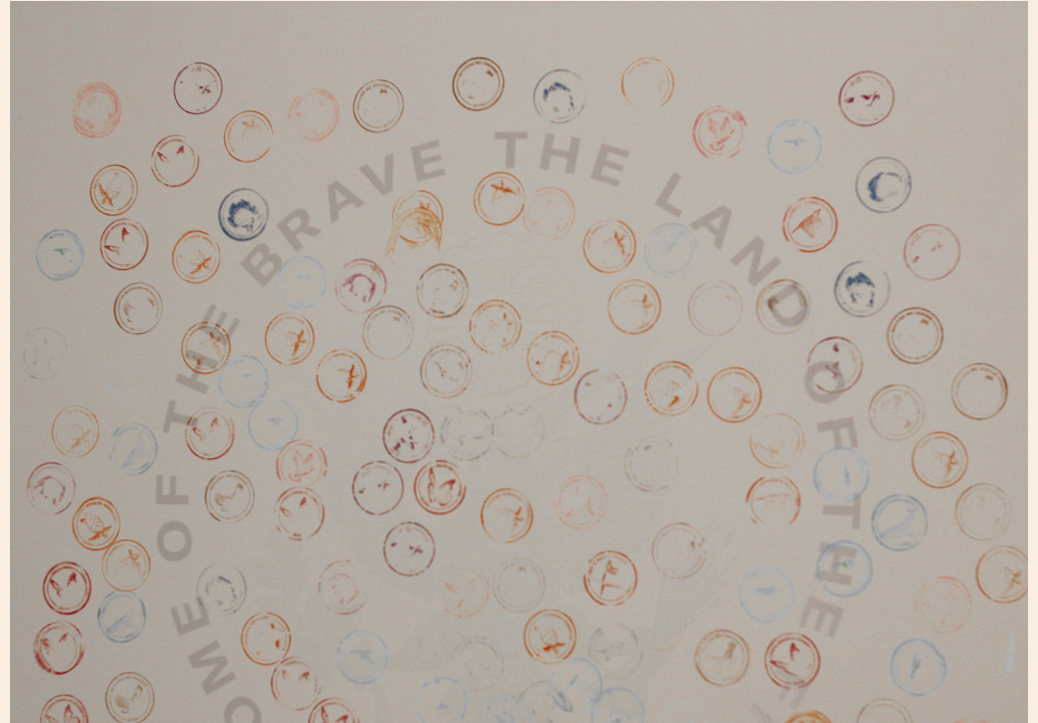






# Marking Our Migration

An interactive installation invites the audience to stamp the origins of their families onto the wall, using one of fifteen custom-designed stamps representing different countries and regions. As participants add their marks, a white emblem of the United States gradually reveals itself surrounded by layers of ink, symbolizing how the nation is shaped by the movement of people. Inspired by passport stamps and migration patterns, this piece celebrates stories of arrival while prompting reflection on who is allowed to move freely—and who is not.





# If I Could Fly...

An AR experience that reveals intimate moments lost due to distance, immigration status, and travel restrictions. Viewers witness life events that could not be shared in person, echoing the emotional impact of being physically absent while remaining deeply connected. For those with DACA or undocumented status, movement is not a right but a privilege denied. This piece invites viewers to step into the experience of loving across borders, watching life happen from afar, longing for the moments one can't get back.



**Thank you!**  
[conjhose.com](http://conjhose.com)