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Artwork elements and principles of art

The following principles are recommended for organizations that conduct, sponsor, or regulate health research involving personally identifiable data. They can be transposed into professional guidelines, standard operating principles, regulations, or laws. Criteria and procedures should be established that are specific to the context. Overall in health research, cultivate an atmosphere of respect for the privacy of the people whose health experience is being studied. Collect or use personally identifiable data only if the research is worthwhile and identifiability is required for scientific reasons. Urge Institutional Review Boards and other ethics review bodies to become fully engaged with the privacy, confidentiality, and security aspects of subject protection, in secondary research on data as well as in direct experimentation. Respect such standard fair-use practices as announcing the existence of data collections, allowing data-subjects to review data about themselves, and the like. If for scientific reasons exceptions have to be made to normal practice, this should be discussed as part of the informed-consent process before the study starts. Attend sensitively to informing data-subjects and gaining informed consent. Safeguard personal identifiers as close to the point of original data collection as possible. Enforce a policy of "No access to personally identifiable information" as the default—then base exceptional access on need-to-know. Generally limit the cordon-of-access to personally identifiable data. Allow access for formally justified research uses and to appropriate researchers. Maintain and monitor access "audit trails." Remove data-subjects' personal identifiability as thoroughly as is compatible with research needs. If key-coding, aggregating, or otherwise removing personally identifying information, do so with adequate rigor. Maintain proper physical safeguards and cybersecurity measures. Periodically challenge them, to test their adequacy. Develop policies on seeking or allowing secondary use of personally identifiable data, and on the associated conditions and safeguards. Before either (a) transferring data to other researchers or organizations, or (b) using data for new purposes, make conscientious decisions as to whether to proceed and what the privacy protections should be. Then if proceeding, implement appropriate protections. Sensitize, train, and certify all personnel who handle personally identifiable data or supervise those who do. Make data stewardship responsibilities clear. Promote internal and external accountability. The seven elements of principled negotiation stem from the book "Getting to Yes," written by Roger Fisher and William Ury. The book highlights the benefits of principled negotiation, which is different from positional negotiation. While positional negotiation works on the basis of attempting to get the other side to accept your point of view, principled negotiation starts from the assumption that both sides have things that they want to accomplish and that a solution can be found that helps both sides to achieve their goals. Here are the steps in principled negotiation. The first step of a principled negotiation is to understand that both you and the other side have a certain set of interests, which is why both of you are at the negotiating table. Although you should know your own interests, understanding what the other side wants or needs will help you to leverage that knowledge to reach your desired outcome. Although you may have a preferred solution, there are likely a number of different outcomes that will work for you and for the other side. Find as many of them as possible and figure out which outcome is best. Remember to look at them from the other side's perspective to make sure that they are suitable. Creativity is a useful skill in finding additional options in a negotiation. Fisher and Ury talk about a "BATNA", which is a "best alternative to a negotiated agreement." Do not go into a negotiation without having a "Plan B" – a way to get some semblance of what you need without going through a negotiation. Once you have a Plan B or BATNA, you can negotiate from a greater position of strength because you are able to compare any negotiated solution to it and leave the negotiation if it is not better than your alternative. Success in negotiation depends, to a large extent, on your ability to persuade the other side to, at least to some extent, see the matter your way. One way to do this is to have legitimate standards that you can use to show the other party that you are being reasonable. Preparing these standards before you sit down at the negotiating table will give you the persuasive ammunition you need. Know what you need to tell the other side and, equally important, how you need to tell it to them. This could include everything from how you talk to whether you use notes or slides. Although your communication style may vary based on the other side's style, there is one crucial basic skill that can help you to communicate effectively. You should engage in active listening and demonstrate your listening by periodically restating what the other side says through the use of clarifying questions. An example of this would be if you were to say, "If I heard you correctly, you need to close this transaction by the end of the year no matter what. Is that correct?" The adage that people do business with people they like holds true in negotiation. Engaging in reasonable, principled negotiation will help to maintain a good relationship with the other side's negotiator. As that relationship grows in strength, you will be better able to negotiate with this person based on the store of goodwill that has been built. Obviously, a successful negotiation closes with both sides committing to act on the negotiated settlement. However, commitments are important throughout a negotiation and start with the simple commitment to negotiate. As the sides work together to commit on the time and place of the negotiation, the manner of it and who can do what in the negotiation, they build positive momentum toward a final settlement. When people think of art, the first painting that pops in their mind is probably the Mona Lisa, but there are other important classical paintings. Take this quiz and find out how much you know about famous artists and their work!By Alexis RobinsonCrayons are steeped in the artwork of our childhoods. So how did these incredibly popular little sticks of wax and color actually come about? And who decides the color names?By Olsin Curran This site is not available in your country Last Updated on February 11, 2021 Coca-Cola is an adored product the world over. While keeping yourself in good health means moderating how often you enjoy this drink, Coca-Cola lovers will be happy to hear that there are plenty of uses for the soda pop that don't involve ingesting it. Impressively, Coca-Cola can be used to help you clean, get rid of rust, and even help maintain your garden. Whether you are looking for a way to finally get rid of those pesky stains, or just want to find new ways to love this drink, these 20 jaw-dropping and unusual uses for Coca-Cola will blow you away.Kill pests in your gardenCoca-Cola is also an effective pest control method for your garden. To rid yourself of plant munching slugs and snails, pour a small bowl of Coca-Cola and place it near your garden or flowerbeds. The smell will attract these crawling bugs and the drink's acidity will kill them.Defrost your windshieldIncredibly, Coca-Cola can also defrost your windscreen in the wintertime. Simply pour Coke liberally across your windshield and wait about a minute. The ice should turn to slush for easy removal.Clean your pansCoca-Cola is also useful in the kitchen, especially on burnt pans. For any pan with burnt on messes, pour a can of Coke into the pan and simmer. The mess should easily wipe away. You can also soak kettles and other kitchen items in Coca-Cola to remove scale and build up. Clean bugs from your windshieldAnother way Coca-Cola can aid in your car care is by removing bugs and gunk from your windshield. Soak a cloth in coke, then rub across your windshield. Just be careful not to get any on your paint job.Remove rust from your carCoca-Cola is also useful when removing rust. The simplest method is to dip crumpled tinfoil in Coca-Cola, then give the item a scrub and you should be rust free.Looseen rusty boltsSimilarly, use Coca-Cola to loosen up a rusty bolt. Simply unscrew the bolt half a turn and pour on Coca-Cola. Let it sit, then give the metal a wipe. The bolt and screws will be one hundred percent in no time.Remove stains from your fabricSurprisingly, Coca-Cola is incredibly helpful when removing stains from clothing and fabric. Coke will easily remove grease stains, as well as blood spots. Remember that Coca-Cola itself is brown, so stains on light fabrics might be better removed another way. Remove oil spotsAnother way to use Coca-Cola is to remove oil stains from cement. Whether it's your garage or your driveway, soak the stain in Coca-Cola for a few hours then hose off.Relieve jellyfish stingsShould you be unwilling to neutralize a jellyfish sting the traditional way (with urine) pouring Coca-Cola on the sting will also do the job.Clean your car engineCoca-Cola is also an effective ways to clean your car engine. Believe it or not, Coke distributors have reportedly been a fan of this technique for ages. Use it in cookingCoca-Cola is also a fantastic addition to many recipes. Using Coca-Cola to cook pot roast or steaks in will easily tenderize the meat for you. Mixing Coke with ketchup or barbecue sauce also makes for a delightfully sweet glaze. Clean your old coinsAnother way to use Coke to clean is to soak tarnished coins in the soda. About ten minutes should be enough to get rid of the muck.Clean your tilesIncredibly, Coca-Cola can also be applied to tiles to effectively clean grout. Let Coke sit on the tiles that need cleaning for a few minutes, then wipe away.Supercharge your compostCoke is also an impressive way to speed up your compost. The sugar in Coca-Cola feeds micro organisms, plus the acidity will help your compost break down faster.Remove gum from your hairCoca-Cola can also help you avoid a major hair disaster. If you have gum stuck in your hair, dip the gum into a small bowl of Coke and let it sit for a few minutes. The Coca-Cola breaks down the gum, allowing you to wipe it off. Fade unwanted hair dyeSimilarly, if you made a mistake with your hair dye, Coca-Cola comes to the rescue. It's probably best to get in the shower first, then pour Diet Coke over your hair. Let the soda sit for a few minutes, then wash your hair like normal. This method is effective in removing temporary hair dyes, but will likely only fade professionally applied dyes.Clean marker stainsCoca-Cola is also an easy way to remove marker stains from carpet. Apply a small amount of Coke, scrub the spot, then clean with soapy water. Again, remember that Coca-Cola is brown, so removing stains on white or light-colored carpets might be better achieved with another method.Clean your toiletCoca-Cola can also help you clean elsewhere in the house. To easily clean a toilet, pour Coca-Cola all around the bowl and let it sit. There's no need to scrub, simply flush and your toilet should be sparkling clean.Feed your plantsCoca-Cola is also a surprising way to add a little extra life to some flowering plants. Particularly with azaleas and gardenias, adding a small amount of Coca-Cola to the soil can deliver nutrients your plant may be low on. Get rid of bugs at a picnicThe last of our unusual uses for Coca-Cola is to safeguard your picnic or outdoor lunch from pests and wasps. Simply pour a small cup of Coca-Cola and set it out about a half hour before you start to eat. By placing the cup away from your site, bugs will be drawn to the soda and not your lunch.Featured photo credit: Omer Wazir via flickr.com Graphic design is the art and science of combining text and graphics to communicate an effective message in the design of websites, logos, graphics, brochures, newsletters, posters, signs, and other types of visual communication. Designers achieve their goals by combining the elements and principles of graphic design. Some concepts, such as contrast, are both elements and principles: the former, as a visual characteristic; and the latter, as the technique by which it's employed. In addition to the obvious ones such as images and type, graphic design elements include lines, shapes, texture, value, size, and color. Graphic designers for print and web pages use some or all of these elements to generate effective designs. The goal is usually to attract the viewers' attention and, sometimes, to motivate them to take a specific action. Lines are the most basic of the design elements. Lines can be straight, curved, thick, thin, solid, or not solid. They are used to connect two points, separate sections of a design, and focus the user's eye. Their qualities create emotion, movement, organization, and more. For example, a jagged line conveys emotion; a line that ends in an arrow forces the viewer's eye to look in a specific direction. A line that meanders among several elements guides the viewer from one element to the next and onward through the page. The basic geometric shapes are squares, circles, and triangles. They form boxes or borders on a design or solid shapes for decorative purposes. Icons, symbols, and dingbats are also considered shapes, and they add interest and clarity. Certain graphics techniques, such as the use of rhythm and shadow, create texture—the visual "feel" of an element. Texture can serve as a background, enhance overall appearance, and add character to other elements such as type and images. Lesley Shepherd Color attracts attention and conveys emotion and mood. For example, red represents strength, anger, or passion. Blue invokes peace, professionalism, or security. Value is a measure of darkness and lightness in an element or design. Value creates contrast and emphasis. For example, a light object against a dark background draws the viewer's eye. The size of an element in graphic design generally indicates its importance. The most important information is typically the largest on the page and draws the viewer's attention first. Most good graphic designs achieve visual balance by using symmetrical, asymmetrical, or radial symmetry around a visual center. In symmetrical balance, both sides of a page layout are the same in weight, shape, lines, and other elements. Asymmetrical balance occurs when the two sides of a website aren't the same, but they have similar elements. Radial symmetry places elements in a circular pattern. Although it is popular in print layouts, radial symmetry isn't seen much on websites because the circular placements are difficult to achieve. Occasionally, a graphic designer intentionally produces an unbalanced design, usually to focus attention on a single element. In design, as in other areas, you need to know the rules before you can break them effectively, but unbalanced designs can work. Alignment refers to lining up the elements of a design along the top, bottom, center, or sides of the elements. The aligned elements don't have to be of the same type. They are frequently aligned along the left edge of the layout. Different-size photos appear as a unit when they are aligned against the top or the bottom. Repetition duplicates the characteristics of similar elements to contribute to design consistency. Repetition can also create rhythm in a design. A series of bulleted points of interest in the same color, type, and size appear as a complete unit. crispjrcn / Getty Images Proximity maintains a relationship between items that go together. The elements don't have to be positioned closely together, but they should be connected visually. Contrast occurs with the juxtaposition of opposing elements: big versus small or dark versus light, for example. Contrast can highlight important elements of a design. Contrast is easily achieved with color, but it can also occur with texture, type, and graphic elements. Space is the part of a design that is left blank. Negative space is intentionally placed in the design. The margins and gutters between other elements are referred to as passive space. Space in a design adds emphasis to an area because the eye gravitates to the part of the design that is not empty. Effective graphic design takes into account both positive and negative space. Thanks for letting us know! Tell us why!

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