# CREATING INFOGRAPHICS:

HANDS ON FOLLOW-UP

APRIL 24, 2025

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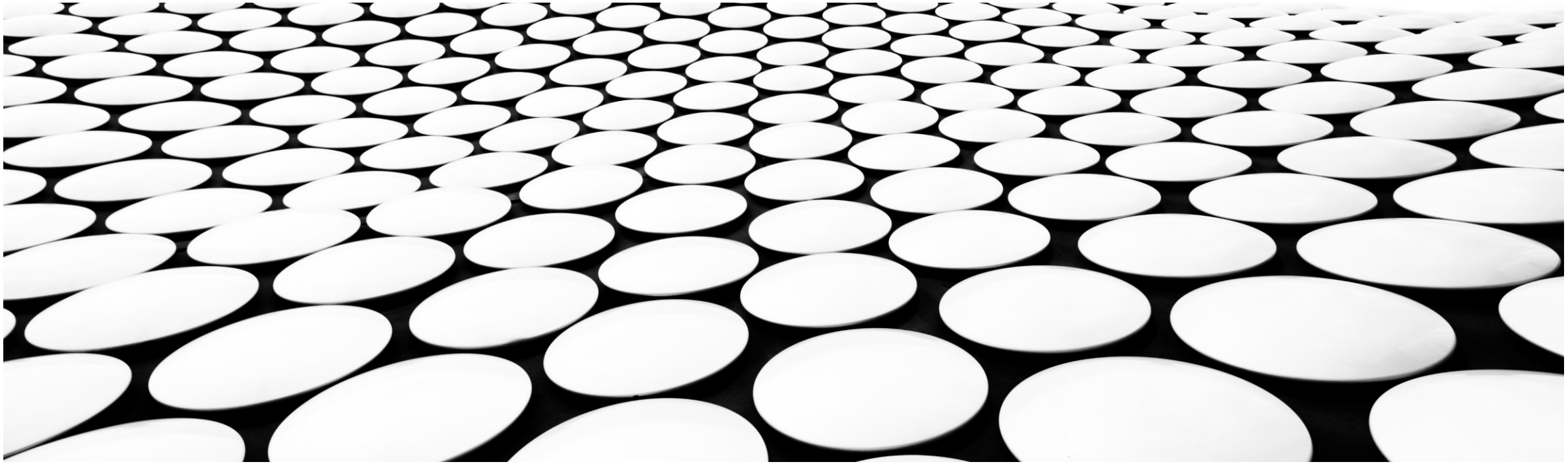
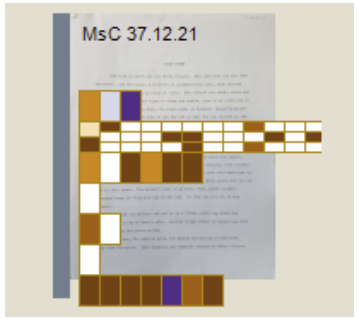
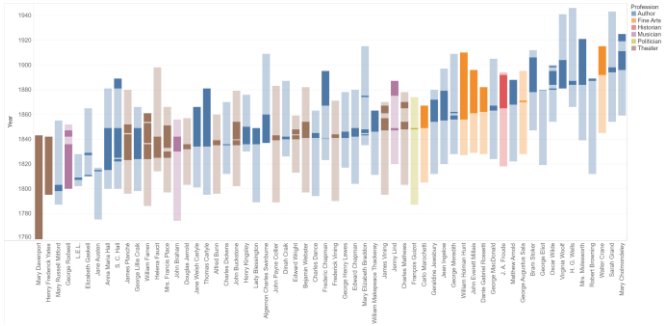
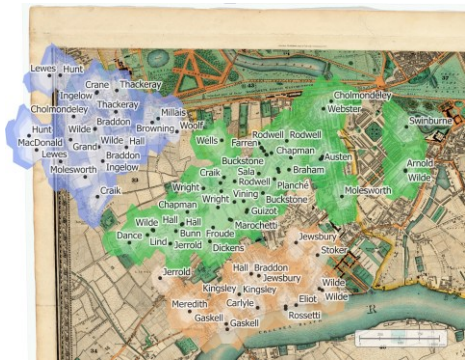


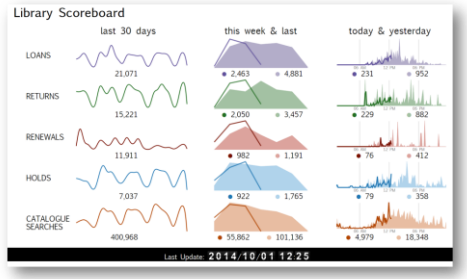
# WHO AM I

- John Brosz – reach me at JDLBROSZ@UCALGARY.CA.
- Data and Visualization Curator (Associate) at the Taylor Family Digital Library.  Acting head of Lab NEXT.  Have been in various library roles since 2012.
- PhD in Computer Graphics, Post Doctoral work in InfoGraphics / Data Visualization
- More at brosz.ca



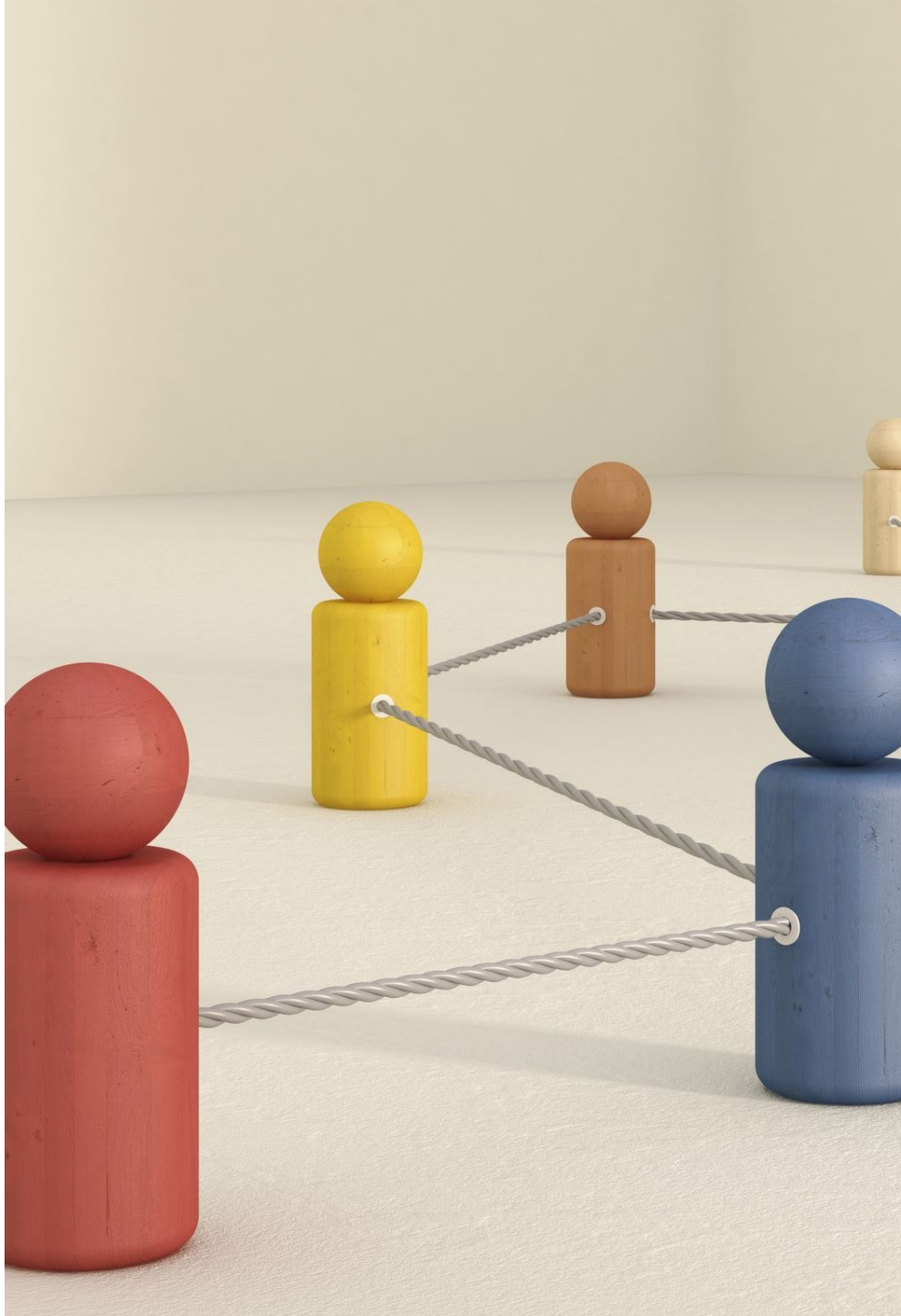





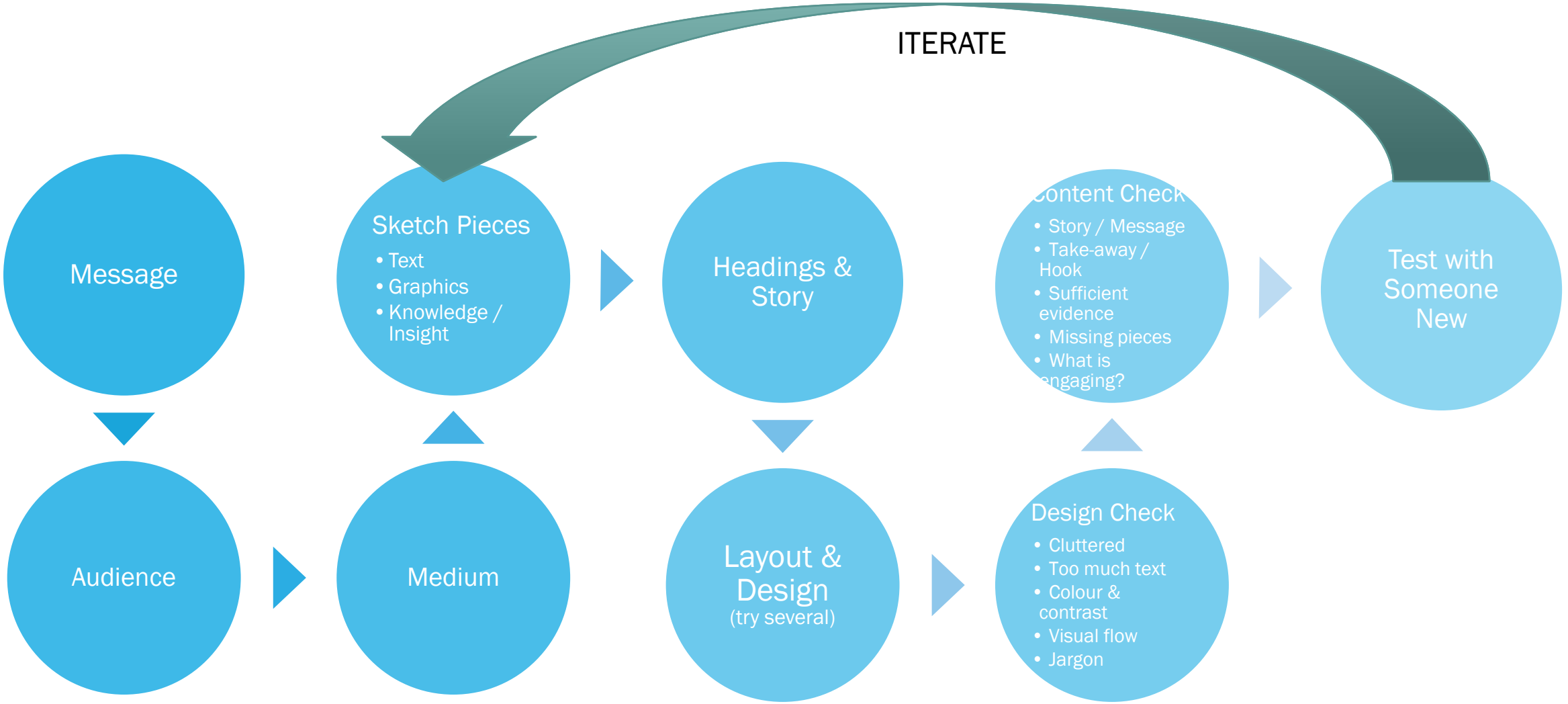


# TODAY'S PLAN

1. Small Recap – Infographic Creation Process
2. Case Study
3. Activity 1: Identify Message and Audience
   - Group sharing
4. Activity 2: Identifying Pieces of your Infographic
5. Walk through with Canva
6. Activity 3: Assembling the Infographic
   - Group Sharing



# RECAP – INFOGRAPHIC CREATION PROCESS



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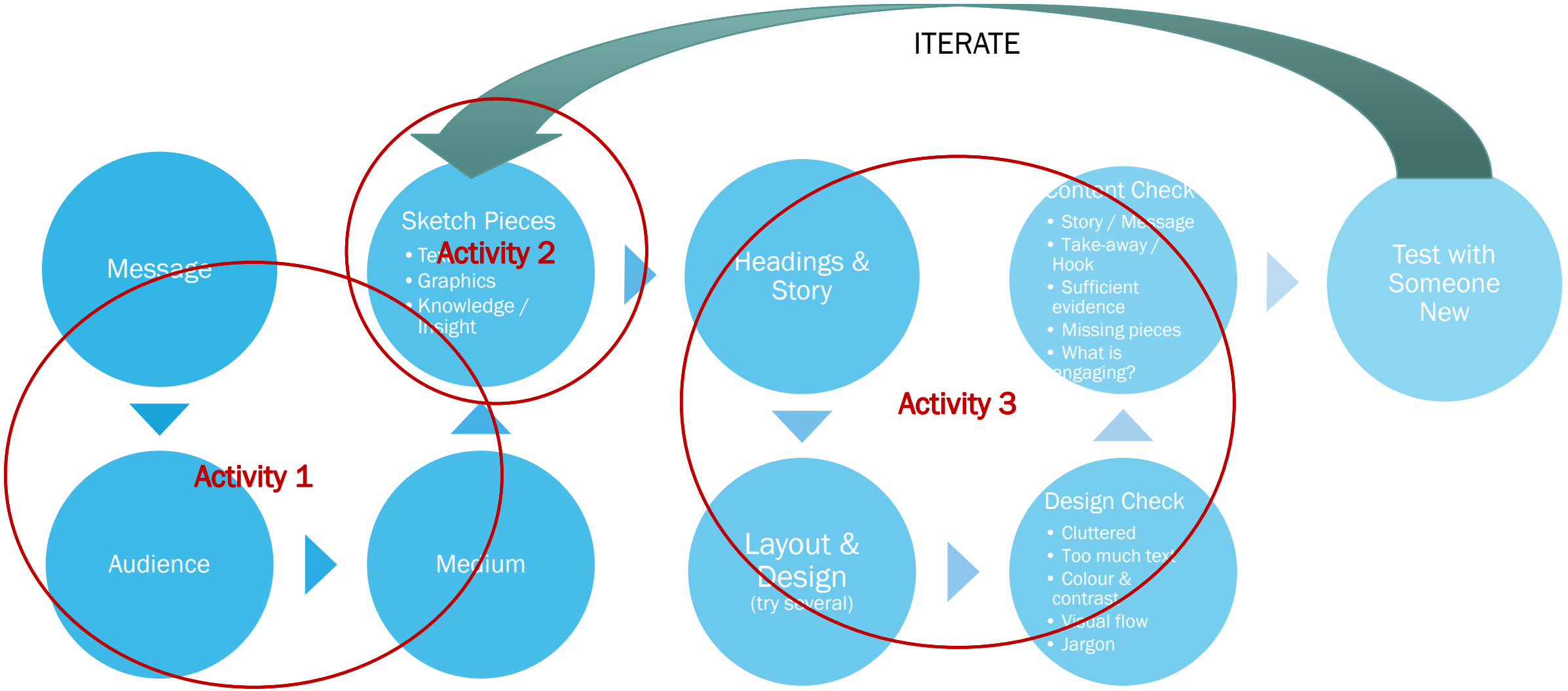

# CASE STUDY

Research Article

**The Impact of Reflective Practice on the Wellbeing and Competency of Supervisors and Frontline Staff in a nonprofit Community Youth Mental Health Provider**

David Lindenbach, Gina Dimitropoulos, Victoria Wood, Caitlin Bainbridge, Alida Anderson, Virginia Hervey, Paul D. Arnold & Emily Y. Wang ...show less

Published online: 23 Nov 2024

Cite this article https://doi.org/10.1080/0145935X.2024.2429656 Check for updates

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**Abstract**

This study examined the impact of reflective practice consultations on staff in a nonprofit provider of youth mental health services in Calgary, Canada. Three groups of participants completed surveys and qualitative interviews: frontline staff (n = 10) and supervisors (n = 14) who participated in reflective practice consultations, and a control group of supervisors with no additional support (n = 10). Survey results indicated that supervisors who took part in the reflective practice consultations showed quantitative improvements in resilience and reflective practice self-efficacy. Qualitative interviews indicated that establishing trust and safety facilitated use of reflective practice while feeling overworked impeded use of reflective practice.

**Keywords:**

Community provider | professional development | reflective practice | reflective supervision | youth mental health

https://doi.org/10.1080/0145935X.2024.2429656

Dr David Lindenbach – Research Director at Hull Services, UCalgary
Adjunct Associate Prof., Psychiatry

w/ Navroop Ghangas, Volunteer Research Student, Nursing

## Goal

- Newly published, exciting paper
- Want to expand its reach and make the results more accessible to a general audience

## Audience

- Convey findings to Hull's front line staff and managers

## Medium

- Paper handouts for service points, workrooms, bulletin boards
- More likely to reach busy personnel providing service to Hull clients
- Headings & graphic elements to grab attention; keep it to less than a minute to read it.

# ELEMENTS FROM THE PAPER

**Participant Quotes**

Learning to be vulnerable

- "It gives you that space to not have to be an expert, to not have to have all the answers"
- "It's just that space of being vulnerable. That we're as vulnerable as our clients. It's okay to have those feeling of unsureness"

Learning from others

- "That's one of the things that was really helpful: learning how other people were talking about things they are working through."

Increasing collaborative supervision

- "In reflective supervision, trying to help people come to ideas and do some of the problem solving themselves"

**Key Quantitative Finding**

One reflective practice consultation per month increased:

- Reflective practice skills by 19%
- Resilience by 11%

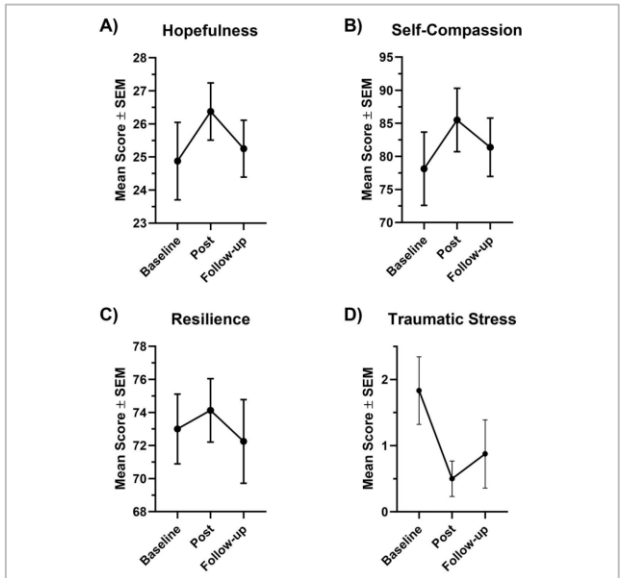



Figure 2. Change over time in mental health and wellness of frontline staff ($n = 8$) after five sessions of reflective practice over 5 weeks. Post surveys were sent at 5 weeks and follow-up surveys were sent at 12 weeks. A) Trait Hope Scale. B) Self-compassion Scale. C) Health Resiliency Stress Questionnaire Parts A and B. D) Health Resiliency Stress Questionnaire Part C.

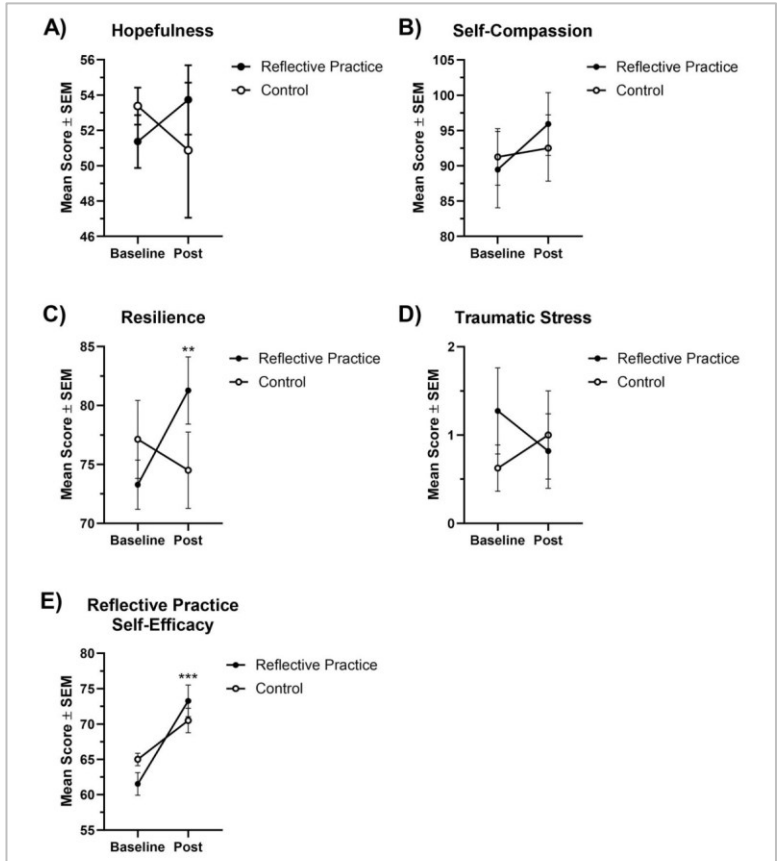



Figure 3. Change over time in mental health and wellness of supervisors after eight sessions of reflective practice consultation over 8 months ($n = 11$ Reflective Practice; $n = 8$ Control). A) Trait Hope Scale. B) Self-compassion Scale. C) Health Resiliency Stress Questionnaire Parts A and B. D) Health Resiliency Stress Questionnaire Part C. E) Reflective Supervision Rating Scale. $^{**}p < .01$ versus Baseline (Reflective Practice). $^{***}p < .001$ versus Baseline (Reflective Practice).

# WHAT PIECES DOES THIS INFOGRAPHIC NEED?

## Introduction

- What is reflective practice?
- Research – who did the research, the research took place at Hull Services

## Findings

- What was found in the study
  - Reflection practice helps staff maintain resilience
- Quotes to convey the qualitative nature of the study and show the insights

## Take Aways

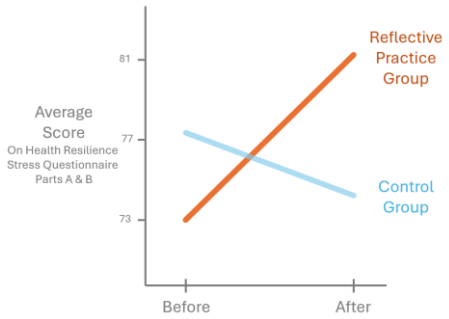
- What insights from the research could be useful to staff's practices
- See the study!

# INFOGRAPHIC ELEMENTS

**Colour Palette**

| CMYK | CMYK | CMYK | CMYK | CMYK | CMYK |
|---|---|---|---|---|---|
| 100-0-17-44 | 76-19-48-0 | 56-0-34-0 | 2-20-51-0 | 0-47-68-0 | 0-79-70-0 |
| RGB: 0-103-129 | RGB: 54-158-147 | RGB: 107-199-184 | RGB: 248-204-138 | RGB: 248-155-95 | RGB: 241-93-79 |

Change in Supervisor Resilience




## DEFINE REFLECTIVE PRACTICE

*A structured process that helps professionals reflect on their experiences to gain insights, improve skills, and support personal and professional growth.*

| Key Finding | Evidence |
|---|---|
| Improved Resilience | *Reflective practice boosted emotional resilience* |
| Enhanced Peer Support | *Shared reflection strengthened coworker bonds* |
| Safe Spaces for reflection | *Participants felt supported in tackling workplace challenges.* |

**Supervision**
*Use reflection for support and growth.*

**Family Engagement**
*Apply reflection to enhance communication*

**Team Meetings**
*Begin with reflection to foster collaboration*

### Why study was conducted?

To examine reflective practice's impact on well-being, competency, and workplace interactions.

### How was study conducted?

The study used surveys and interviews to assess reflective practice, involving frontline staff, supported supervisors , and a control group.

**Change After 5 Months of Monthly Reflective Practice**

| | Front Line Staff | Supervisors without Reflective Practice | Supervisors with Reflective Practice |
|---|---|---|---|
| Resilience<br>Health Resilience Stress Questionnaire Part A&B | Increase | Decrease | Increase* |
| Hope<br>Trait Hope Scale | Increase | Decrease | Increase |
| Self-Compassion<br>Self-compassion Scale | Increase | Increase | Increase |
| Traumatic Stress<br>Health Resilience Stress Questionnaire Part C | Decrease | Increase | Decrease |

* A 11% increase in resilience for the supervisors was measured to be statistically significant; the other trends did not meet this criteria.

# ACTIVITY 1: IDENTIFY IMPORTANT POINTS

1 Pick one of your recent projects.

What do you think are 2-3 useful things to know about your project for:

- General public
- Practitioners
- Peer Academics?

For each of these audiences, what minimum amount of information is needed to:

- Engage interest
- Trust this message
- Have sufficient background?

2 Share your answer with your table mates about the audience that you think you want to focus on.

3 What medium do you think works best for your message and audience?

# ACTIVITY 2: PIECES TO WORK WITH

1. What are your key elements that you think are important?
   - Write them down on sticky notes.
2. Try to include at least two of each type of general component

Visual

[colour, typography, graphic]

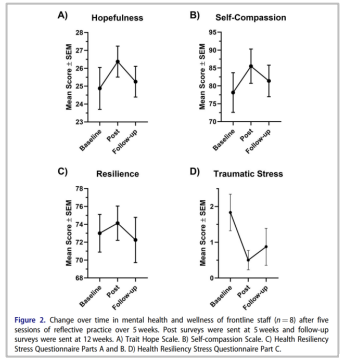
Content

[facts, data, statistics]

Knowledge

[insight/perspective]

3. Other elements to think about: colour palette, logos, fonts, tables, animations, videos.
4. Iterate. Try changing text to a picture or matching a picture to your text.

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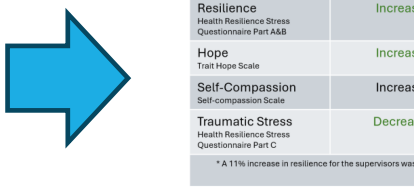

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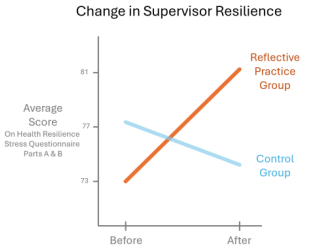


WALKTHROUGH

# CANVA

- Free, web-based graphic design tool.
- Designed for projects like: posters, infographics, social media posts, small videos, presentations, etc.
- Note, many similar freemium web-based tools exist as alternatives: Venngage, Piktochart, Infogram, Easel.ly, Visme.

## Pros

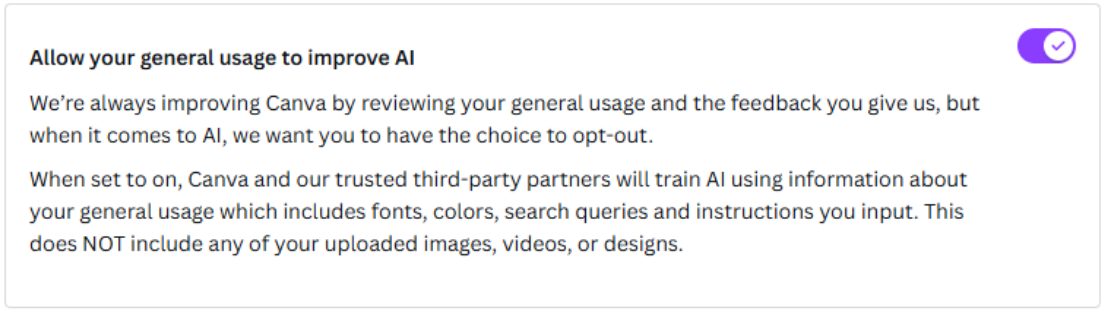
- Many templates
- Drag & drop
- Multiple output formats
- Colour palettes and templates
- Large selection of graphics, stickers, fonts, etc.

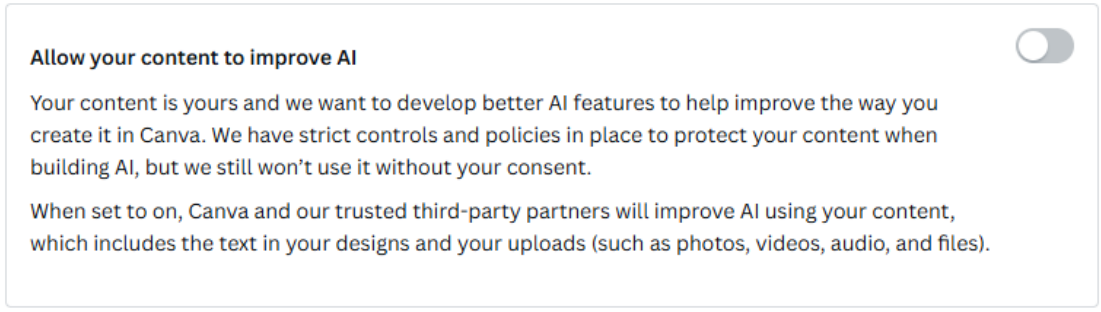
## Cons

- Unable to resize templates
- Limited design freedom once you've picked a theme
- Some elements not available with free account
- Limited options to import from other software

# INTELLECTUAL PROPERTY & PRIVACY

You have all the rights to your creation.  However, if you've used third-party content such as licensed content from the Canva library in your design, your ownership is subject to those third-party rights.

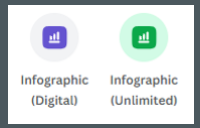


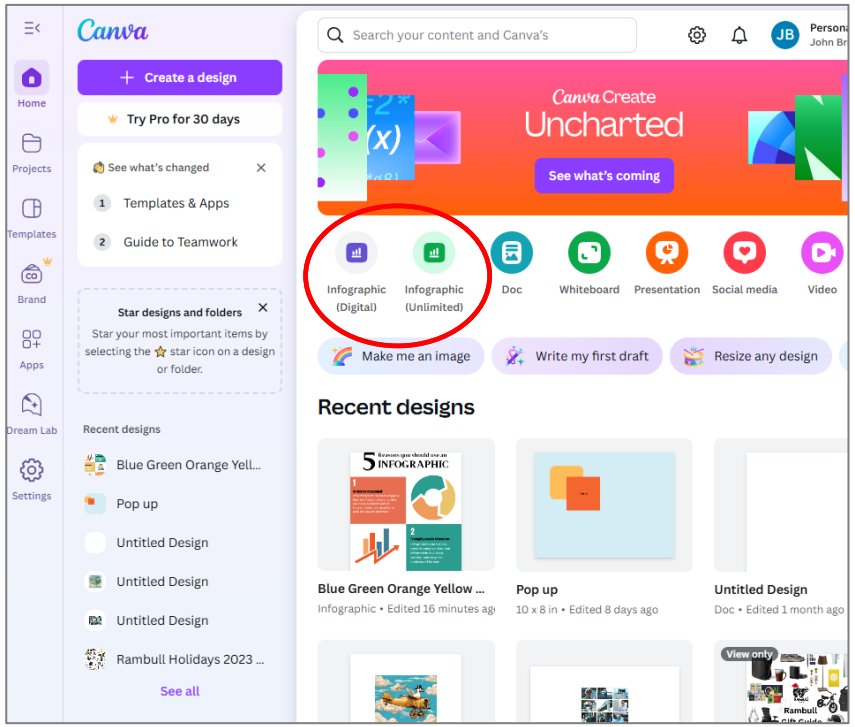

- https://www.canva.com/policies/intellectual-property-policy/
- https://www.canva.com/policies/privacy-policy/

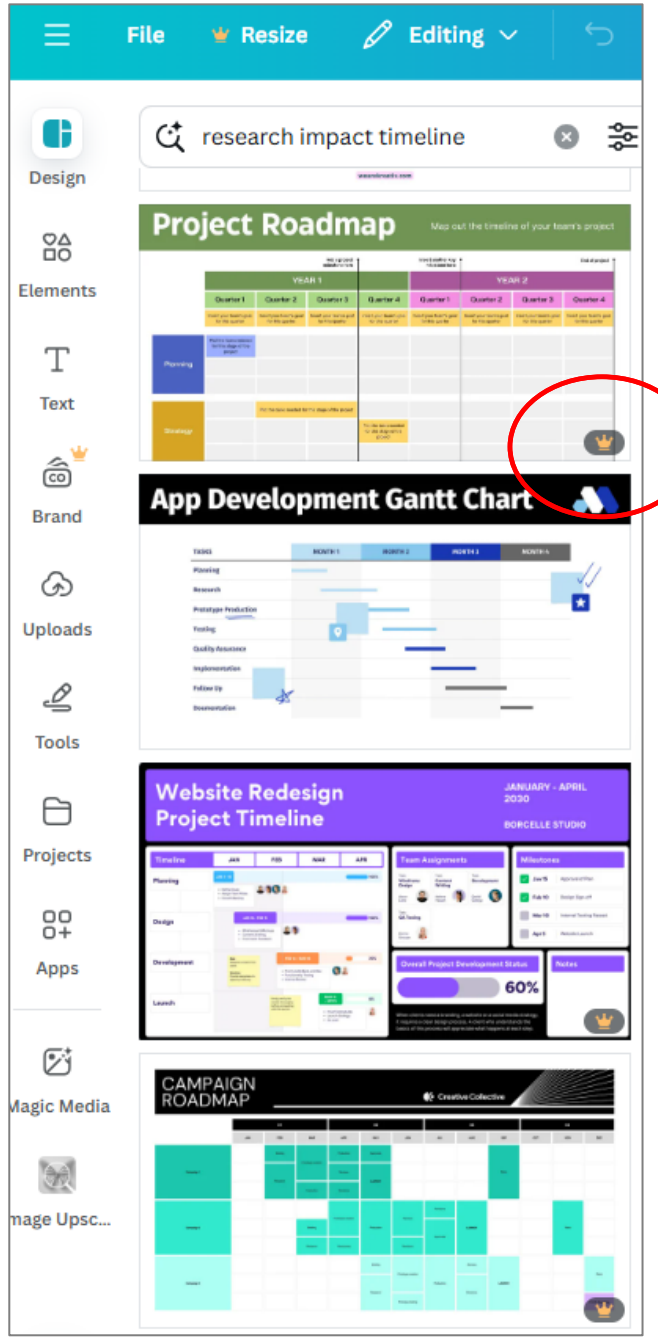
# START A PROJECT

- Click “Infographic (Digital)” or “Infographic (Unlimited)”

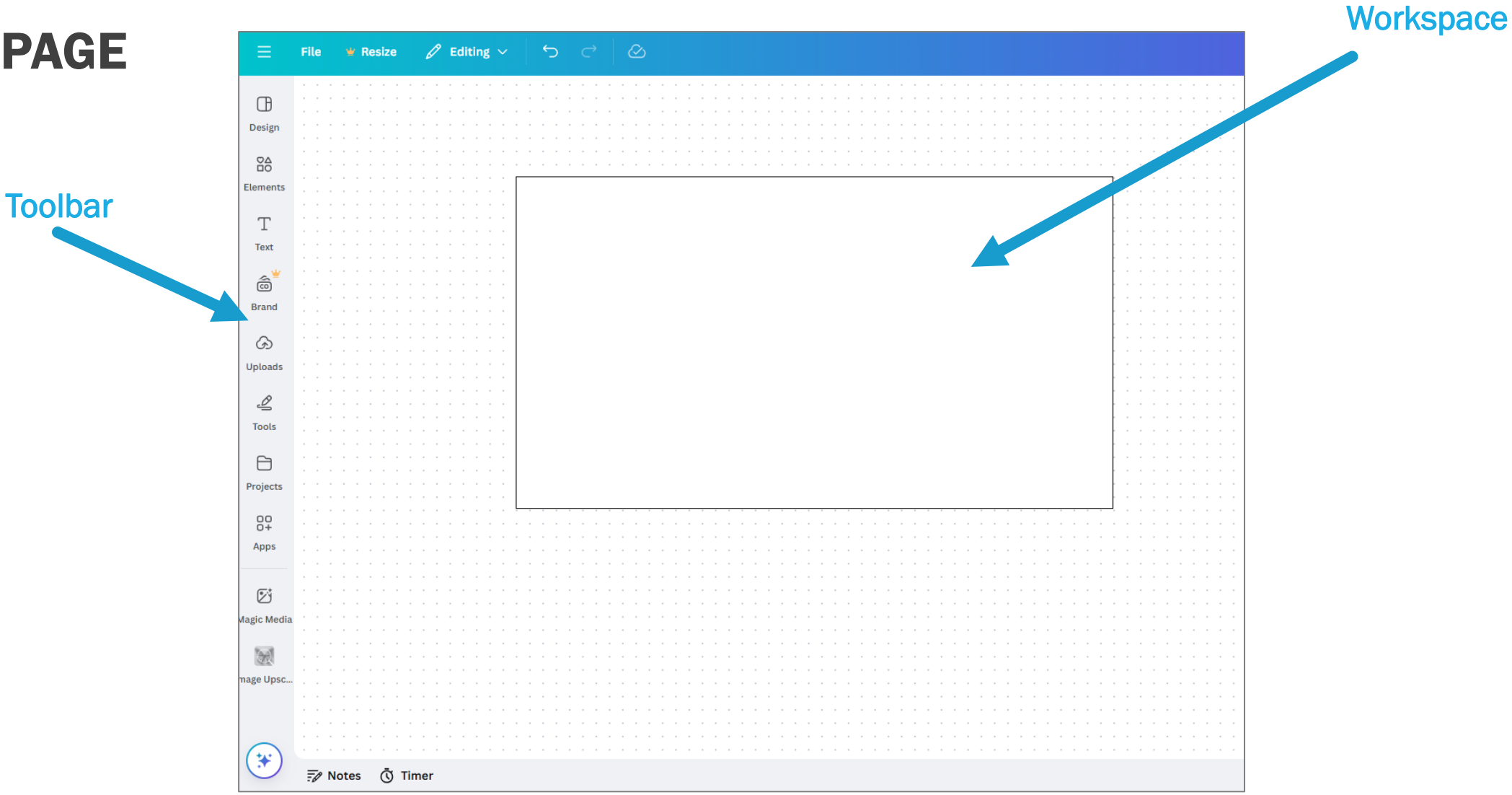



- Search & Explore templates



# DESIGN PAGE


Workspace
Toolbar
File
Resize
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Design
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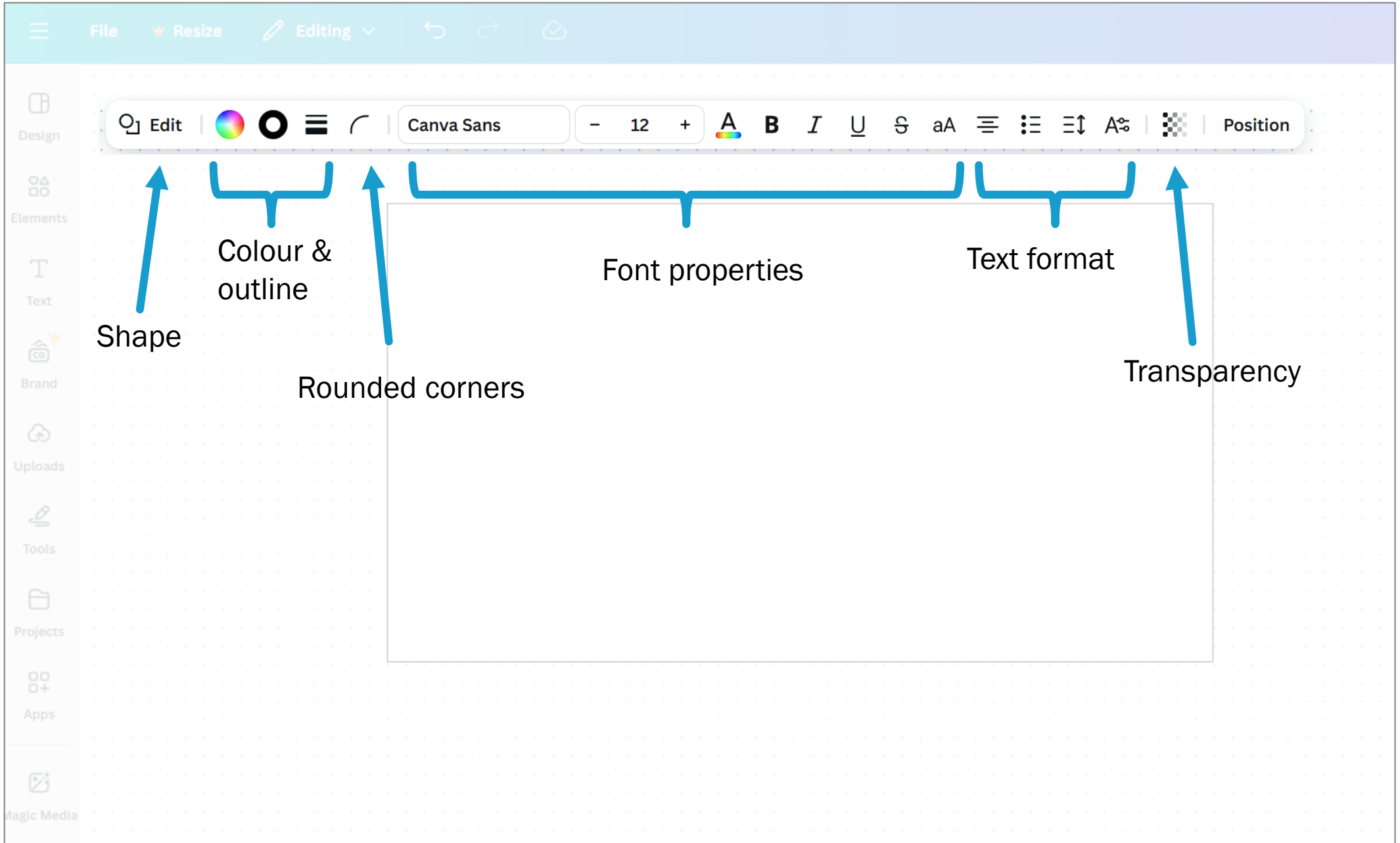
Text
Brand
Uploads
Tools
Projects
Apps
Magic Media
Notes
Timer


File
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Elements
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Brand
Uploads
Tools
Projects
Apps
Magic Media
Edit
Canva Sans
12
aA
Position
Shape
Colour & outline
Rounded corners
Font properties
Text format
Transparency

## SAMPLE ACTIVITIES

- Changing background colour
- Adding a shape & customizing it
- Guides
- Adjust transparency
- Layers & element order
- Frames & Images

# BEYOND THE DESIGN

COLLABORATING

NOTES & COMMENTS

ACCESSIBILITY CHECKS

# SAVING & EXPORTING

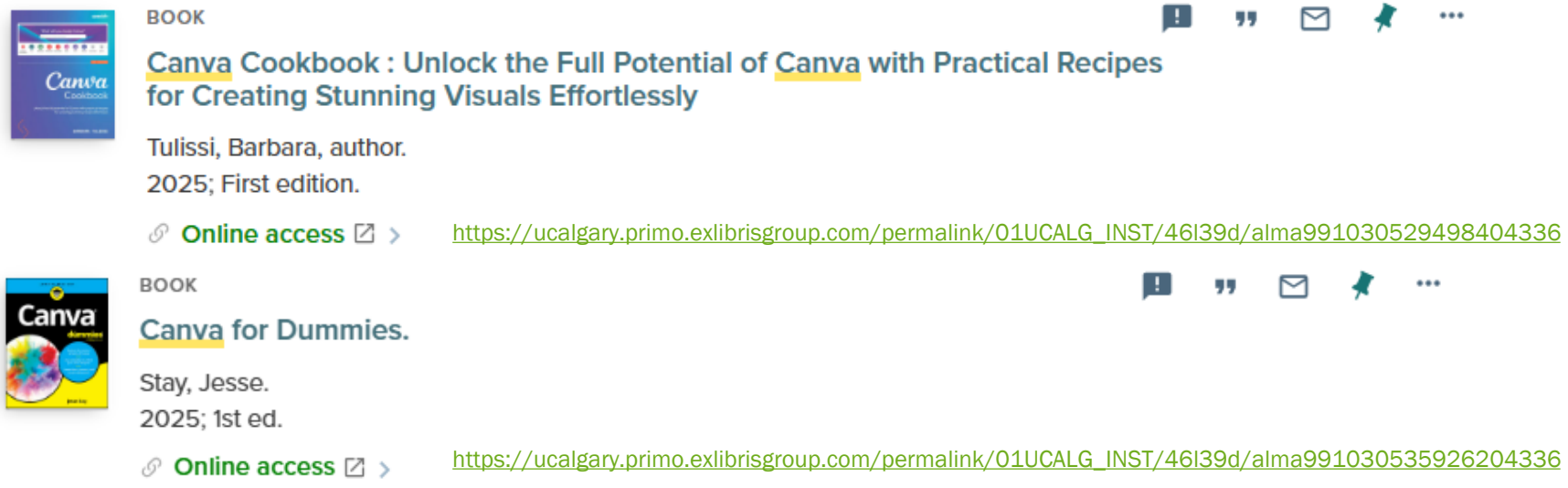
ORGANIZING FILES

DOWNLOAD IMAGE/PDF

EMBEDDABLE HTML

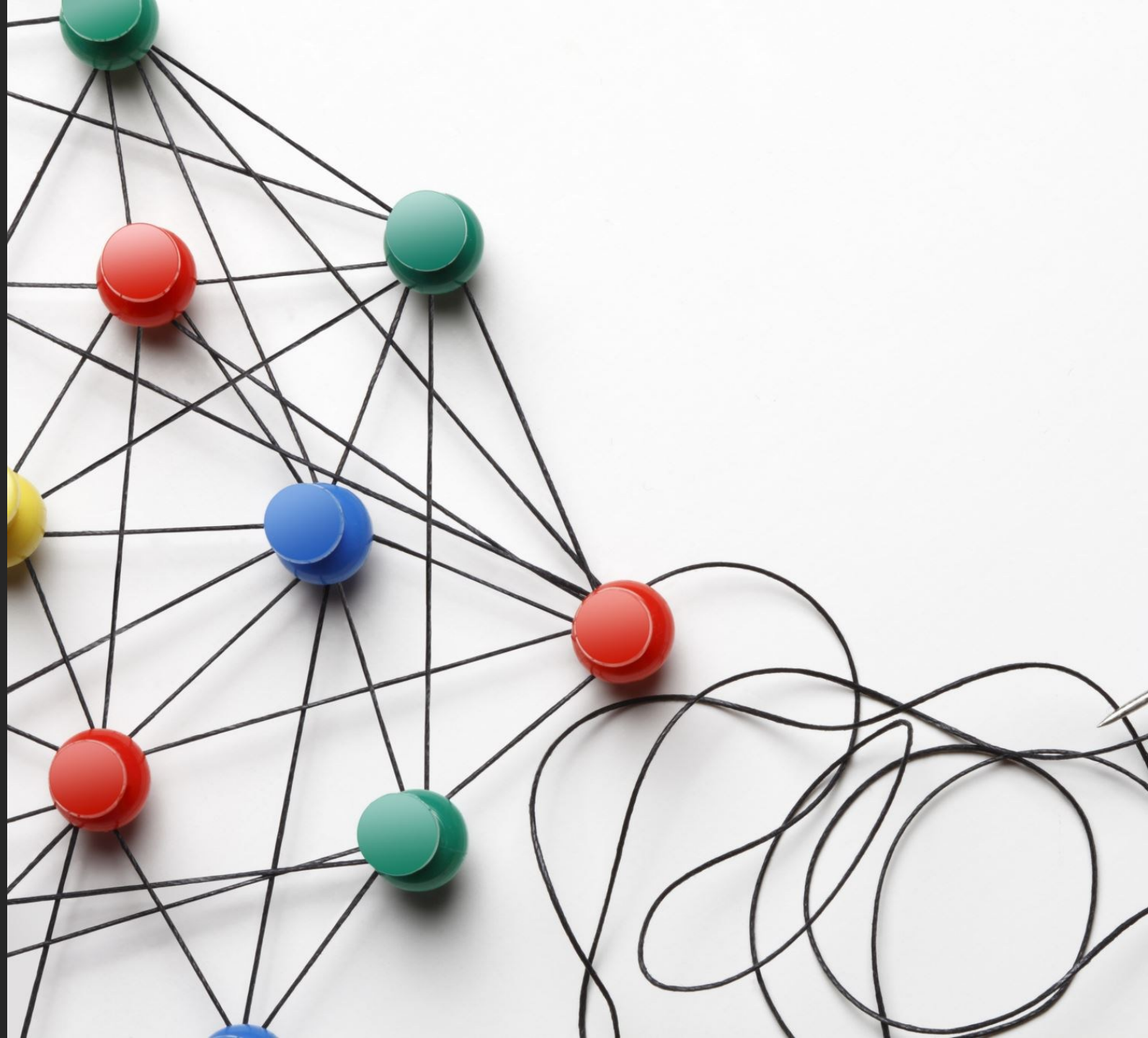
# MORE CANVA RESOURCES

- Canva https://www.canva.com/learn/how-to-canva-beginners-guide/
- Canva's Design School https://www.canva.com/design-school/courses/canva-essentials
- University of Guelph Library https://guides.lib.uoguelph.ca/Canva



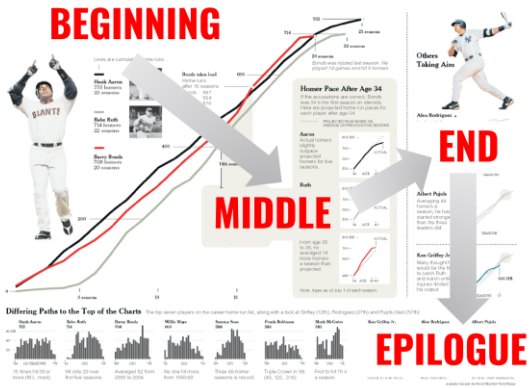
# ASSEMBLING THE INFOGRAPHIC

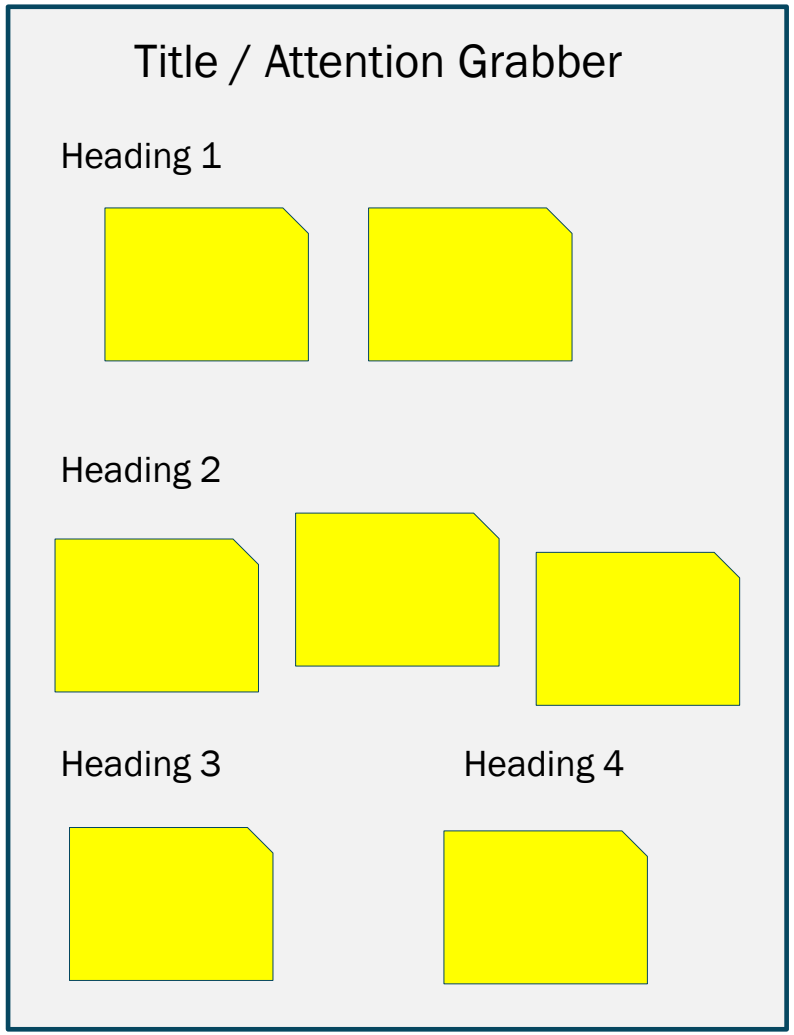
ACTIVITY 3



# Assemble Your Infographic

- What are the pieces of your “story”?
  - Likely just 3-6 elements
    - Intro, Content, Conclusion
- Direct viewer’s attention from piece to piece





# SHARE WITH YOUR TABLE

# THANK YOU FOR COMING

CONTACT JDLBROSZ@UCALGARY.CA

SLIDES: HTTPS://BROSZ.CA/SLIDES