



Eleana Garcia
"Sound of Silence"
Senior Collection

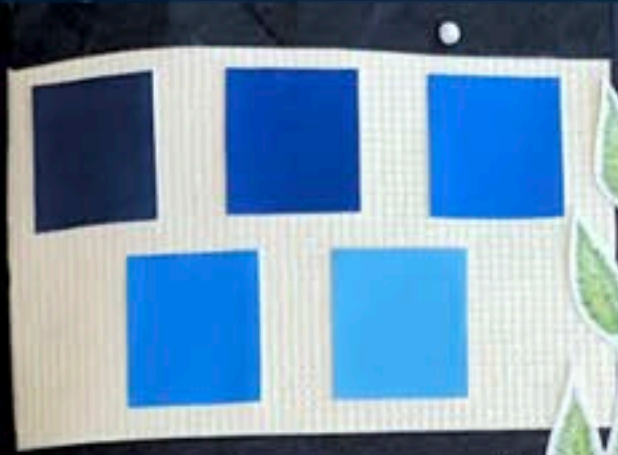
concept research

"Quiet"
It's a label that others have placed on me ever since I was a child. At first, it didn't bother me and I didn't think much of it. Over time, though, I started to get sick of hearing it. It seemed like "quiet" was the only thing people ever noticed about me, and a lot of the adults in my life would go out of their way to point it out. They made it seem like a bad thing - something I would have to change about myself and outgrow. Their comments left me feeling guilty and inadequate, and I wished I could just be like everyone else.

HELLO
my name is
quiet



"Why're you so quiet?"
The label of "quiet" stuck with me and followed me wherever I went. I got used to not sharing my thoughts and ideas unless directly prompted. I wasn't confident or comfortable enough to do so on my own, and if anything, I would just try to make myself as small as possible. I became an observer - an onlooker from afar. I watched others have conversations and express themselves loudly, and I found my own silence rewarding in comparison. I couldn't help it though - silence had become my "normal" language.



"She's so quiet"
The process of healing in mental health and accepting yourself is a journey. Although I developed these thought patterns and habits as a child, they are still things I think and do today. After I started college and began to have different experiences, I was finally able to start thinking about my quietness in a new light. It isn't a bad thing or a good thing - it simply is, and it has its strengths and weaknesses just like anything else. With this in mind and a strong will to persevere, I am able to forge my own path and face challenges despite the odds.



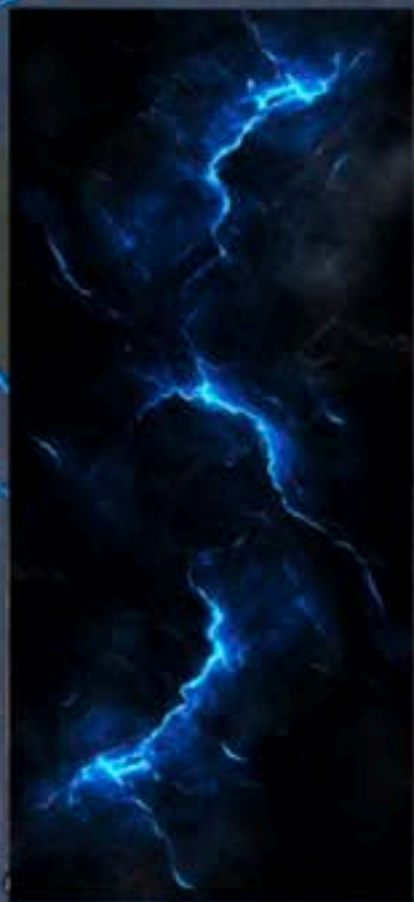
HELLO
my name is
quiet



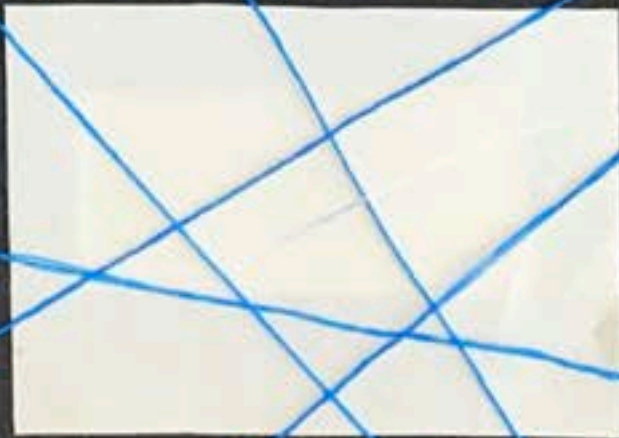
Having grown up with a mix of American and Hispanic culture, I was often surrounded by people who valued loudness and extroversion. Not all introverts are quiet, but like quiet people, introverts are often faced with the expectation that they must change (sometimes be more extroverted) in order to succeed. Being witty, charming, and persuasive are seen as desirable traits, and having these traits is quite advantageous in the workplace and when socializing. Not all cultures are the same though, and it is possible for an introvert, or a quiet person, to succeed in a world built for extroverts and loud people.



In Japanese culture, *Chinmoku* is an example of a tradition that celebrates silence. The concept traces back to ancient Japanese philosophies, particularly those under Zen Buddhism; people believed that silence was a gateway to inner peace and enlightenment. *Chinmoku* represents an appreciation for what lies beneath the surface, and it is seen as a sign of respect, wisdom, and emotional depth. Silent communion is present in all parts of Japanese daily life, and it helps create a comfortable shared space where everyone can be seen and heard. While this culture is not something I have personally experienced, it is nice to know that there is an appreciation for people like me out there.



A loud culture isn't a bad one, but it does create an environment in which quiet people struggle to thrive in. What is "bad" isn't being quiet, but rather, it's not expressing yourself. This is something I have struggled with a lot, and it has caused me a great deal of heartache. The path to healing isn't always a smooth trail, but what matters is having the fire and the passion to continue, regardless if you crash and burn. My strength and courage to try didn't come from nowhere, though.





Collection Description

"Sound of Silence" is a S/S 27 women's evening wear collection inspired by the experiences of a quiet person in a sea of louder voices. It is easy to get overlooked and feel like you need to change yourself in order to be heard, but the collection hopes to inspire women to not be afraid to test the waters and to be confident in the unique ways of expressing themselves. The collection uses elements in nature as a symbol for the quiet experience: when we allow ourselves to grow roots and take up space, we bloom into our full potential.

Lightweight, flowy fabrics like chiffon and silk are used to create organic, cascading silhouettes, and surface details like floral appliqués and leafy trims support the soft and elegant mood. The primary color palette includes a range of blue hues as well as black and white; furthermore, the secondary color palette includes a few green tones, a light yellow, and silver accents. The chosen colors represent colors most commonly seen in nature, and the black and white represent the shifts in thinking that it takes to empower yourself despite perceived shortcomings. The target customer is women aged 24-28 who are rising professionals in their field. She exudes confidence and doesn't need many words to command a room. She knows who she is and she is determined to succeed in her own way.

Illustrations



Look 1 Photos



Look 2 Photos



Look 3 Photos



Look 4 Photos



Look 5 Photos



Look 6 Photos

