Week 6 Tutorial: Creative Environments

1. **a.** What are the 9 aspects that Csikszentmihalyi's associates with "flow"

   1. _____

   2. _____

   3. _____

   4. _____

   5. _____

   6. _____

   7. _____

   8. _____

   9. _____

   b. Discuss the relationship between creativity and flow.

2. Begin to consider the ways in which you might create an "atmosphere" of creativity (for example, using lighting and images, or activities such as chanting, arranging objects, improvising lyrics to bongo rhythms - whatever you can think of).
   In your own time, try to create an "atmosphere" of creativity using some of the techniques discussed, and report on the relationship between the altered environment, your altered mental state, and your subsequent thought processes and creative activity.

3. In small groups consider the following:

   a. What creative limitations are likely to be associated with your profession?

   b. List several technologies or software programs you are likely to use in your profession? What are some affordances and limitations that each technology or program allows or imposes?

   c. How have/might these affordances and limitations affect your practice?

4. Form into groups: each will explore the same idea using ONE of the following techniques. **Suggested idea:** redesign the campus to make it more appealing.

- **Method 1: Traditional Brainstorming**
    - i. One person is recordkeeper
    - ii. Define the problem or concept
    - iii. People should offer their ideas without any being dismissed
    - iv. Encourage people to build upon others' ideas
    - v. Encourage an uncritical attitude without criticism or evaluation

- **Method 2: Reverse brainstorming (same as brainstorming but):**
    - i. Identify the problem or challenge
    - ii. Reverse the problem or challenge (e.g from "how can I prevent" to "how can I cause"?)
    - iii. Brainstorm the reverse problem, without dismissing or judging ideas
    - iv. Reverse the ideas into solution ideas for the original problem or challenge

- **Method 3: Mind mapping**
    - i. Lay out paper in landscape style
    - ii. Place an image/word in the centre
    - iii. Use colours, images, symbols and codes to *meaningfully distinguish* categories or clusters of ideas
    - iv. Identify key words and use capitals for emphasis
    - v. Connect new ideas, with the lines thicker at the centre, and thinner as they radiate to the edges

- **Method 4: Concept fan**
    - i. Draw a circle in the centre with the name of the idea or problem inside
    - ii. Radiate lines to the right hand side with possible ideas or solutions
    - iii. If you get stuck, take a 'step back' by placing a broader view of the problem in a circle to the left of the first
    - iv. Use the new circle as a starting point to radiate new ideas
    - v. Keep stepping back if necessary

- **Method 5: Brainwriting:**
    - i. Each individual writes their ideas on a separate page, without discussion, for three minutes, without editing
    - ii. Gather the papers, shuffle and redistribute, and develop three more ideas on the paper you receive (build upon or create new ideas)
    - iii. After a series of rounds collate the different results

- **Method 6: Starbursting**
    - i. Place the problem in a six-point star
    - ii. Label the tips of each point: Who, What, Why, Where, When and How.
    - iii. Brainstorm each perspective

- **Method 7: Random input**
    - i. Find a random noun and integrate it into the brainstorm. This could be a word from a dictionary, the first word of a title of a book you see, or a random word from memory (e.g. if addressing the issue of "reducing car pollution" you might see the word "plant" and brainstorm: planting more

trees by busy roads, create a bio-scrubber for the car to convert CO_2, create a factory (plant) that processes gases contained from the exhaust (e.g. offloaded when you refuel).

- You may look for examples at URLs:
  http://www.mindtools.com/pages/main/newMN_CT.htm
- http://www.mindtools.com/pages/article/newCT_91.htm
  http://creatingminds.org/tools/tools_ideation.htm
- Each group will present their ideas
- As a class, discuss how the techniques did or may have affected the creative process

5. Edward de Bono's notion of "lateral thinking" involves each individual in a group taking on a particular "role":

- **White hat:** you are concerned with neutral information (what information is available, missing, needed, and how could it be acquired?)

- **Red hat:** you are concerned with feeling, intuition, hunches and emotion (what do you want or feel?)

- **Black hat:** you are concerned with caution and critical judgement (what are the limitations, lessons learned, warning signs, possible problems?)

- **Yellow hat:** you are concerned with optimism, solutions, and benefits (what is the best situation or outcome that could affect the situation and problem?)

- **Green hat:** you are concerned with creativity, new ideas, new perspectives, and hypotheses (you promote growth, development, provocation)

- **Blue hat:** you are concerned with keeping the process working, keeping and overview and keeping the roles in balance (ask for other hats, summaries, or priorities)

Conforming to a role, try and consider solutions to a common problem.

Suggested idea: decrease depression in Perth suburbs

- Each group will present their ideas
- As a class, discuss how the technique affected, or could affect, the creative process