

CREATIVE PROCESSES: THEORY AND PRACTICE

THE 3930H & EDG 3930H

An Interdisciplinary Course in Creativity

team taught by Carolyn Hopp, Ph.D (Education) and Sybil St. Claire (Theatre)

Contact Information:

Carolyn Hopp

315-G, CEDHP

Office Hours: T - TH - 10:00am - 1:00pm

Sybil St. Claire

Office: T205 (PAC)

Office Hours: T/H: 11:30 AM – 1:30 PM
W: 2:30 – 3:30 PM

E-Mail: Carolyn.Hopp@ucf.edu

Phone: 407-823-0392

Email: Sybil.StClaire@ucf.edu

Phone: 407/267-6815

This class has a Facebook page please join asap.

Creative Processes: Theory and Practice Fall 16

Course Description:

In this course in creativity students will explore/recover/discover and share their creativity. They will engage in the study of their own personal development as well as come to a place of knowing how others have developed their craft.

Guiding principles include:

- 1) Cultivating a "creative" approach is beneficial in all areas of life.
- 2) Studying theory that provides a new way to understand human development by placing creativity center stage.
- 3) Expressing our creativity is fundamental to our health and happiness.
- 4) Sharing our creativity, in turn, inspires others.

This guided exploration will explore the creative power that runs through all of us. Using a combination of modalities ranging from hands-on activities such as power masks and artist dates to book shares and journaling, students will encourage their artist not just to come out and play but to lead the way.

Course Objectives:

Students will:

- *Examine the concept of creativity through multiple lenses, including their own.
- *Cultivate a healthy and prolific relationship with their artist through hands-on activities and in-class seminar style sharing and discussion.
- *Explore creativity through multiple lenses including historical, psychological, theoretical, and spiritual.
- *Develop an individualized prescription for artful living.
- *Reflect on who they are, who they are becoming, and what they are a "clearing" for through daily journaling.
- *Attend and create events/ experiences designed to inspire creativity.
- *Explore and examine creativity through the lens of their own discipline.

KEY CONCEPTS:

1. Creativity is an essential aspect of what it means to be human.
2. Creativity is when an artist reframes ideas and experiences in order to generate new ideas. (Czikszentmihalyi)
3. Creativity occurs when an individual is faced with a problem that is ambiguous and proposes alternatives. (Dewey)
4. Artists have many ways by which they organize and form their work.
5. Creativity allows our internal thinking to be made visible and communicated to others.
6. Creation is a dialogue, not a monologue (Eisner).
7. Creativity requires judgment, reflection, and editing.

ESSENTIAL QUESTIONS:

Essential questions are NOT yes/no questions. They require deeper and more critical thinking and can be examined over time and from multiple perspectives. A good essential question:

1. Is *open-ended*; that is, it typically will not have a single, final, and correct answer.
2. Is *thought-provoking* and *intellectually engaging*, often sparking discussion and debate.

3. Calls for *higher-order thinking*, such as analysis, inference, evaluation, prediction. It cannot be effectively answered by recall alone.
4. Points toward *important, transferable ideas* within (and sometimes across) disciplines.
5. Raises *additional questions* and sparks further inquiry.
6. Requires *support* and *justification*, not just an answer.
7. *Rekurs* over time; that is, the question can and should be revisited again and again (McTighe & Wiggins, 2013).

The essential questions for this course are listed below. However, students are encouraged to design original essential questions for class discussions or to include in assignments. Make sure you state the specific essential question /key concept you are addressing/exploring.

1. Where do artists get their ideas? What can I make art about?
2. Does something have to be original to be art?
3. What is creative thinking?
4. What personality traits exist among creative people?
5. What feeds/limits creativity?
6. Are the arts an activity that you do, or an activity that you think about - or both?
7. What does it mean to be an artist?

Required Text: The Artist's Way by Julia Cameron, 10th Anniversary Edition (2002)

SUGGESTED READINGS FOR BOOK SHARE:

Creating Minds: An Anatomy of Creativity Seen through the Lives of Freud, Einstein, Picasso, Stravinsky, Eliot Graham, and Ghandi by Howard Gardner

Vygotsky and Creativity: A Cultural-historical Approach to Play, Meaning Making, and the Arts edited by M. Connery, Vera John-Steiner, and Ana Marjanociv-Shane

Releasing the Imagination: Essays on Education, the Arts, and Social Change by Maxine Greene

Applied Imagination by Alex Osborn

Managing Creativity and Innovation (Harvard Business Essentials) by Harvard University

Creativity: Flow and the Psychology of Discovery and Invention by Mihaly Csikszentmihalyi

The Origins of Genius: Darwinian Perspectives on Creativity by Dean Keith Simonton

The Creative Habit: Learn It and Use It for Life by Twyla Tharp

Creativity in Business by Michael Ray and Rochelle Myers

The Zen of Creativity: Cultivating Your Artistic Life by John Daido Looi

The Skinny on Creativity: Thinking Outside the Box by Jim Randel

On Creativity and the Unconscious: The Psychology of Art, Nature, Love, and Religion by Sigmund Freud

Where Good Ideas Come From: The Natural History of Innovation by Steven Johnson

Creativity: Theory, History, Practice by Rob Pope

The Artist's Muse: Unlock the Door to Your Creativity by Betsy Dillard

The Soul Tells Us a Story: Engaging Creativity with Spirituality in the Writing Life by Vmita Hampton

PARTICIPATION/ATTENDANCE AND ASSIGNMENTS

1) Participation/Attendance

Participation: You are expected to participate fully, to attend class, and to contribute to your own growth and to the growth of others. Failure to do so will negatively impact your grade.

Attendance: You are allowed two excused absences, afterwards, each class missed will result in the loss of a half a letter grade. You will fail this course if you miss more than six classes. The expectation is that if you anticipate an absence that you communicate that to the Instructors beforehand and not the day of class.

Tardies: Please be on time to class, we have much to do and very little time in which to do it. Two late arrivals to class equal one absence. In this class your behavior affects everyone else. Please be a diligent and courteous member of your community.

Extra Credit: Perfect attendance will earn you 5 extra credit points.

Assignments

Our work will focus on key concepts and essential questions. Assignments are designed to include work and activities that engage students in finding and developing their creative selves.

1) Imaginary Lives DUE: Tuesday, September 6

You will come to class next dressed as one of your imaginary lives. Be prepared to discuss the Imaginary Lives assignment, your choices, and your motivation behind the choices. Why this life? What about it compels/interest you? How did you integrate one thing about this life into your week?

2) Icons (20 points/10 points each) DUE: September 13 & 15

During the course of the semester you will make and present to the class a Creativity Icon (that which feeds/inspires creativity) and a Creativity Monster Icon (that which impedes it) using the medium of your choice. Past icons have incorporated everything from ballet shoes, Mr. Potato Head, and a beer bottle to playing cards, milk jugs, and the TV. Include written narrative. See "Written Narrative" directions below. Upload with photo to Canvas.

3) Book Share (15 points) DUE: Tuesday, September 27, 29 & October 11 & 13

Creative in-class presentation. In small groups you will select a book to read and share with the class that pertains to creativity. Shares will consist of a written overview/critique of the book to be handed in, an oral presentation in class that includes a reflection on the impact of the reading, and leadership of class discussion.

- A. Upload written narrative to Canvas. See "Written Narrative Directions." See page 8.
- B. Complete and upload a Peer Evaluation for every member of your group. See page 22.

4) Art in Odd Places (10 points) Thursday, November 10

AiOP's mission is to stretch the boundaries of communication in the public realm by presenting artworks in all disciplines outside the confines of traditional public space regulations. AiOP reminds us that public spaces function as the epicenter for diverse social interactions and the unfettered exchange of ideas."

As part of Art in Odd Places we will collaboratively create "**meaningful shared experiences** in the public space" and cultivate a "thriving arts community" by supporting emerging and independent artists; "nurturing a deeper sense of ownership and care of Orlando amongst its residents;" and "shaping the global perception of our city and university as one known for innovation and creativity.

- A. Upload written narrative to Canvas. See "Written Narrative Directions." See page 8.
- B. Complete and upload a Peer Evaluation for every member of your group. See page 22.

Check out their website:

Website: <http://www.artinoddplaces.org/orlando/>

Examples of art/artists: <http://www.artinoddplaces.org/orlando/artists/>

5) Creativity Notebook (30 points – 10 points each) DUE: September 29, November 3, November 22

You will keep a creativity notebook to be turned in three times during the semester. Notebooks will include assigned written activities/reflections primarily from the text. Creativity Notebook sample activities included assignments such as *Identity Detective*, *Secret Lives I'd Like to Live*, and *20 Things I'd Like to Manifest in My Life*.

Students will have a choice of presenting their Creativity Notebooks in hard copy OR via Wix.com, a free resource for website design. Wix provides clear instructions for getting started. Once you design a website, you should upload the link to Canvas on the Creativity Notebook assignment page. The content of the notebook is clearly described in the syllabus. If using Wix is your choice, all of the notebook required content must be included, however, you are encouraged to use resources provided by Wix such as templates, images, etc.

6) Power Mask (10 points) DUE: October 18 & 20

Students will create a personal "power mask" molded from their face. Masks do not need to be "pretty" or "perfect." They should, however, express powerful aspects of self. Masks will be graded on personal self study and insight, as well as on creativity and class presentation. Include written narrative. See below for directions. Upload photo and narratives to Canvas by midnight on the day they are due.

7) Capstone: Disciplinary Connections (15 points) November 22, 29, December 1 & 6
(final)

In a final capstone project students will connect key concepts in creativity through the lens of their discipline, describe their creative process, and share their artistic journey using the modalities of their choice. Include written narrative. See "Written Narrative" directions below.

NOTE: Written Narratives Directions - Write a brief (two-three paragraph) narrative that explores the creation process and examines an "essential question" OR a "key concept." See pages 2 – 3 of this syllabus for essential questions and key concepts. Make sure you state the specific essential question /key concept you are addressing/exploring. Additionally, each assignment should reference the course reading list or other outside reading resources **by name**.

CLASS SCHEDULE

Subject to change at Instructor's discretion

WEEK ONE: AUGUST 23 & 25

T: Introduction

TH: Introduction

HOMEWORK: (Due Week II)

1) Reading: Introduction (pg. xxi), Spiritual Electricity: The Basic Principles (pg. 1), The Basic Tools (pg. 9)

2) Artist Space – Find a space in your home that is solely for your artist. Make it your own. Take a photograph of it to share. Post a photo of your space with a narrative in your Creativity Journal.

3) Creativity Notebook: Most of your written activities will go in your Creativity Notebook, which will be handed in three times during the semester. Feel free to personalize with photos, artwork, doodles, scrapbooking, etc. Assignments should be typed but can be “decorated.”

Students will have a choice of presenting their Creativity Notebooks in hard copy OR via Wix.com, a free resource for website design. Wix provides clear instructions for getting started. Once you design a website, you should upload the website link to Canvas on the Creativity Notebook assignment page. The content of the notebook is clearly described in the syllabus. If using Wix is your choice, all of the notebook required content must be included, however, you are encouraged to use resources provided by Wix such as templates, images, etc.

4) Artist Contract: Page 23. Please re-type, fill out, and insert as the first page of your Creativity Notebook.

Task 6 Time Travel - Three Creative Champions

Task 7 Time Travel – Encouragement

Task 8 Imaginary Lives

Task 9 Blurts and Affirmations

Task 10 Walk (discuss, 1-2 paragraphs)

Check-In:

How many days this week did you do your morning pages? Ideally five days.

Did you do your artist date this week?

Other significant issues?

5) Manifestations - Write down 20 things you would like to see manifest in your life. Think big. Your wildest dreams can live in this list alongside everyday desires. Post it where you can see it daily. Include as page two of your Creativity Journal.

WEEK TWO: AUGUST 30 & SEPTEMBER 1

T: Discuss Homework/Getting to Know You

TH: Discuss Homework/Getting to Know You

Sign up for Book Share teams

HOMEWORK:

1) Read: Recovering a Sense of **Safety** (pgs. 25 - 40)

2) Create Creativity Notebook. Label in the following way:

Cover Page – Your Name, This Class, Your Discipline

Second Page - Creativity Notebook Checksheet (pg. 20 of this syllabus)

3) Complete Tasks 1 - 10 and the check in (pgs. 37 - 40) and place in your Creativity Notebook.

Tasks 1 Morning Pages (discuss, don't include, 1-2 paragraphs)

Task 2 Artist Date (discuss, 1-2 paragraphs)

Task 3 Time Travel

Task 4 Time Travel Horror Story

Task 5 Letter to the Editor

4) Imaginary Lives - Come to class next Tuesday, September 6 (dressed as one of your imaginary lives). Be prepared to discuss the Imaginary Lives assignment, your choices, and your motivation behind the choices. Why this life? What about it compels/interest you? How did you integrate one thing about this life into your week?

5) Visit Art in Odd Places website before Thursday, September 8th. Be prepared to discuss in class next week.

Website: <http://www.artinoddplaces.org/orlando/>

Examples of art/artists: <http://www.artinoddplaces.org/orlando/artists/>

WEEK THREE: SEPTEMBER 6 & 8

T: Share Imaginary Lives

TH: Art in Odd Places Introductory Meeting

Form Art in Odd Places Groups

HOMEWORK:

1) Read: Recovering a Sense of **Identity** (pgs. 41 – 59)

2) Creativity Notebook:

Complete:

Task 2 Where Does Your Time Go?

Task 3 20 Things You Enjoy Doing

Task 4 Reintegrating

Task 6 More Imaginary Lives

Task 7 Life Pie

Task 8 Ten Tiny Changes

Task 9 Select One

Task 10 Now Do It!

Check In:

How many days this week did you do your morning pages?

Did you do your artist date this week?

Other issues this week?

3) Create Creativity Monster and narrative (see assignments). Bring to next class to share. Post photo and narrative to webcourses.

4) Create Creativity Icon and narrative (see assignments). Bring to next class to share. Post photo and narrative to webcourses.

WEEK FOUR: SEPTEMBER 13 & 15

T: Share Monster & Creativity Icons

TH: Share Monster & Creativity Icons

HOMEWORK:

1) Read Recovering of Sense **Power** (pgs. 61 – 77)

2) Creativity Notebook:

Complete:

Detective Work questions (pgs. 73 – 74). Include questions.

Complete:

Task 1 Describe/draw your childhood room

Task 2 Five Childhood Traits You Liked

Task 3 Five Childhood Accomplishments

Task 4 Habits

Task 5 Friends Who Nurture

Task 6 Call a Nurturing Friend

Task 7 Inner Compass

Task 8 Five People You Admire

Task 9 Five People You Wish You Had Met

Task 10 Compare

Check In:

Morning Pages

Artist Dates

Synchronicity

Other Issues

3) Bring Creativity Notebook to class **or have website available** next T & TH (September 20 & 22) for homework discussion purposes.

WEEK FIVE: SEPTEMBER 20 & 22

T: Discuss/Share Identity Homework

TH: Discuss/Share Power Homework

HOMEWORK:

1) Read: Recovering a Sense of **Integrity** (pgs. 79 – 90).

2) Creativity Notebook

Complete:

Task 1 Ideal Environment

Task 2 Describe Yourself at 80

Task 3 Remember Yourself at 8

Task 5 Review Growth Via Life Pie

Task 7 Extended Artist Date

Task 8 Make Space for New

Task 9 The Payoff for Staying Stuck

Check In:

Morning pages

Artist Date

Synchronicity

Other Issues

3) Prepare for Book Share next week (September 27 & 29)

4) Prepare to turn in Creativity Notebook #1 (Safety - Power)

Students will have a choice of presenting their Creativity Notebooks in hard copy OR via Wix.com, a free resource for website design. Wix provides clear instructions for getting started. Once you design a website, you should upload the website link to Canvas on the Creativity Notebook assignment page. The content of the notebook is clearly described in the syllabus. If using Wix is your choice, all of the notebook required content must be included, however, you are encouraged to use resources provided by Wix such as templates, images, etc.

Upload Written Narrative to Canvas **and website link (if applicable)**.

See "Written Narrative" Directions

Creativity Notebook due by midnight on the day it is due.

DUE Thursday, September 27

WEEK SIX: SEPTEMBER 27 & 29

T: BOOK SHARE #1 (1 group of 4 – 5 per day)

TH: BOOK SHARE #2 (1 group of 4 - 5 per day)

DUE: Creativity Notebook #1 (Chapter Safety - Integrity)

HOMEWORK:

1) Read: Recovering a Sense of **Possibility** (pgs. 91 – 104)

2) Creativity Notebook:

Complete:

Exercises pgs. 100 – 103

What would I try if it weren't too crazy?

What would I do if it weren't too selfish?

The Virtue Trap

Forbidden Joys

Wish List

Complete:

Task 4 If I Were 20 And Had Money

Task 5 If I were 65 and Had Money

Task 6 10 Ways I am Mean to Myself

Task 8 My Favorite Creative Block

Task 9 My Payoff for Staying Blocked

Task 10 Blame

Check In:

Morning Pages

Artist Dates

Synchronicity

Other Issues

3) Bring Creativity Notebook to class next Tuesday, October 4 for discussion purposes.

WEEK SEVEN: OCTOBER 4 & 6

T: Discuss/Share "Possibility" Homework

TH: Art in Odd Places Meeting

HOMEWORK:

1) Read: Recovering a Sense of **Abundance** (pgs. 105 – 115)

2) Creativity Notebook:

Complete:

Exercise on pg. 113 Money Madness

Complete:

Task 3 Throw Five Things Away

Task 5 Communication

Task 8 Clearing

Task 9 Acceptance

Task 10 Prosperity

Check In:

Morning Pages

Artist Dates

Synchronicity

Other Issues

3) Prepare for Book Share (October 11 & 13)

WEEK EIGHT: OCTOBER 11 & 13

T: BOOK SHARE #3 (1 group of 4 - 5 per day)

TH: BOOK SHARE #4 (1 group of 4 - 5 per day)

HOMEWORK:

1) Read: Recovering a Sense of **Connection** (pgs. 117 – 128)

2) Creativity Notebook:

Complete Exercises (pgs. 124 – 126)

Jealousy Map

Archeology: An Exercise

Complete:

Task # 7 (pictorial collage) and three other tasks of your choosing.
Label and Reflect.

Check In:

Morning Pages

Artist Dates

Synchronicity

Other Issues

3) Power Mask and Written Narrative (See Assignments) Due next week. Half the class on Tuesday, October 18 and the other half on Thursday, October 20.

WEEK NINE: OCTOBER 18 & 20

T: Share Power Masks (10 per day)

TH: Share Power Masks (10 per day)

WEEK TEN: OCTOBER 25 & 27

T: Art in Odd Places Group Reports

TH: Introduction to the Capstone

HOMEWORK:

1) Read: Recovering a Sense of **Strength** (pgs. 129 – 149)

2) Creativity Notebook:

Complete:

Task 1 Goal Search

Step 1: Name Your Dream

Step 2 Name One Concrete Goal

Step 3 In A Perfect World...

Step 4 In The World We Inhabit Now...

Step 5 What Action Can You Take...?

Step 6 List Your Dream...

Task 2 New Childhood

Task 3 Color Schemes

Task 4 Five Things You're Not Allowed to Do

Task 5 Style Search

Task 6 Ideal Day

Task 7 Ideal Ideal Day

Task 8 Live One Aspect

Check In:

Morning Pages

Artist Date

Synchronicity

Other Issues

3) Prepare to hand in *Creativity Notebook #2 (Possibility - Strength)*

Students will have a choice of presenting their Creativity Notebooks in hard copy OR via Wix.com, a free resource for website design. Wix provides clear instructions for getting started. Once you design a website, you should upload the website link to Canvas on the Creativity Notebook assignment page. The content of the notebook is clearly described in the syllabus. If using Wix is your choice, all of the notebook required content must be included, however, you are encouraged to use resources provided by Wix such as templates, images, etc.

Upload Written Narrative to Canvas **and website link (if applicable)**.

See "Written Narrative" Directions

Creativity Notebook due by midnight on the day it is due.

DUE Thursday, November 3.

WEEK ELEVEN: NOVEMBER 1 & 3

T: TBA

TH: TBA

DUE: Creativity Notebook #2 (Possibility - Strength)

HOMEWORK:

1) Read: Recovering a Sense of **Compassion** (pgs. 151 – 162)

2) Creativity Notebook

Complete:

Task 1 Read Your Morning Pages

Task 2 Visualizing

Task 3 Priorities

Task 4 Creative U-Turns

Check In:

Morning Pages

Artist Date

Synchronicity

Other Issues

3) Final prep for Art in Odd Places.

WEEK TWELVE: NOVEMBER 8 & 10

T: Art in Odd Places – PLAY! (Final Planning)

TH: Art in Odd Places – PLAY! (The Event – held during class time).

HOMEWORK:

1) Read: Recovering a Sense of **Self Protection** (pgs. 163 -178)

2) Creativity Notebook:

Complete:

Task 1 The Deadlies

Task 2 Touchstones

Task 3 The Awful Truth

Task 4 Setting a Bottom Line

Task 5 Cherishing

Check In:

Morning Pages

Artist Dates

Synchronicity

Other Issues

3) Complete Art in Odd Places Self-Reflection Paper. DUE Tuesday, November 17 by midnight.

Discuss and assess your journey with this project. Please reference specific situations, assignments, and reading...

- *Strengths developed
- *Challenges encountered and how you overcame them
- *Surprises
- *What you have learned and how has it impacted you?
- *Aspect(s) of your creativity/personal growth that were cultivated through this experience
- *Ways in which you might apply what you have learned in the future
- *"I used to think_____but now I think_____."

WEEK THIRTEEN: NOVEMBER 15 & 17

T: TBA **DUE:** Art in Odd Places Self Reflection Paper

TH: TBA

HOMEWORK:

1) Read: Recovering a Sense of **Faith** (pgs. 193-202)

2) Read Epilogue (pgs. 203 – 204)

3) Creativity Notebook:

Complete:

Task 8

Task 9

Check In:

Morning Pages

Artist Dates

Synchronicity

Other Issues

Creativity Contract:

Re-type, fill out, include in your Creativity Notebook

4) Creativity Notebook # 3 Due Next Tuesday, November 22.

Students will have a choice of presenting their Creativity Notebooks in hard copy OR via Wix.com, a free resource for website design. Wix provides clear instructions for

getting started. Once you design a website, you should upload the website link to Canvas on the Creativity Notebook assignment page. The content of the notebook is clearly described in the syllabus. If using Wix is your choice, all of the notebook required content must be included, however, you are encouraged to use resources provided by Wix such as templates, images, etc.

A) Upload Written Narrative to Canvas **and website link (if applicable)**. Fix for all notebooks.

See "Written Narrative" Directions

Creativity Notebook due by midnight on the day it is due.

DUE Tuesday, November 22.

B) A 2 - 3 page typed reflection on the process of creating your Creativity Notebook, the readings, and the assignments. Place at the end of your Creativity Notebook.

Label Creativity Notebook #3: Final Reflections. Upload to Canvas/Wix as applicable.

Please address the following and label as follows:

Discuss and assess your journey in this class. Please reference specific situations, assignments, and reading...

*Strengths developed

*Challenges encountered and how you overcame them

*Surprises

*What you have learned and how has it impacted you?

*Aspect(s) of your creativity/personal growth that were cultivated through this experience

*Ways in which you might apply what you have learned in the future

*"I used to think_____but now I think_____."

*What's next?

5) Prepare for Capstone presentations.

WEEK FOURTEEN: NOVEMBER 22 & 24

T: Capstone (4 per day)

DUE: Creativity Notebook #3 (Compassion – Faith, Weeks 9 - 12)

TH: THANKSGIVING - NO CLASS

WEEK FIFTEEN: NOVEMBER 19 & DECEMBER 1

T: Capstone Project (4 per day)

TH: Capstone Project (4 per day)

WEEK SIXTEEN: DECEMBER 6 & 8

OUR FINAL: Tuesday, December 6 1:00 – 3:50 PM

Finish Capstone Projects (8 people)

Course Evaluation:

Art in Odd Places	10
Creativity Notebook (10 x 3)	30
Icons (10 x 2)	20
Power Mask	10
Book Share	15
Capstone Project	<u>15</u>
TOTAL	100

Grading Scale:

90-100	A
80-89	B
70-79	C
60-69	D
50-59	F

No work submitted = 0

Late assignments will not be accepted

Peer Evaluation
Book Share and Art in Odd Places

Your Name: _____

Group Member: _____

Group Member Role: _____

Rating Scale:

1 = Unsatisfactory

3 = Average

5 = Outstanding

2 = Weak

4 = Above Average

Topic	Rating	Comments
Actively participated in group meetings		
Followed through on commitments (contributed to project)		
Knowledgeable and prepared for presentation		
Collegiality (professional, positive, reliable, helpful)		

Total (out of 20) _____

Creativity Notebook Checksheet #1

Creativity Notebook # 1 Check Sheet

Include as second page of your Creativity Notebook

Check off all tasks you have completed

Beginnings:

- ____ Artist Space Photo
- ____ Artist Contract
- ____ 20 Manifestations
- ____ Me Collage with narrative

Safety (pgs. 25- 40)

- ____ Tasks 1 Morning Pages
- ____ Task 2 Artist Date
- ____ Task 3 Time Travel
- ____ Task 4 Time Travel Horror Story
- ____ Task 5 Letter to the Editor
- ____ Task 6 Time Travel - Three Creative Champions
- ____ Task 7 Time Travel - Encouragement
- ____ Task 8 Imaginary Lives
- ____ Task 9 Blurts and Affirmations
- ____ Task 10 Walk

Check-In:

- ____ 1. How many days this week did you do your morning pages? Ideally five.
- ____ 2. Did you do your artist date this week?
- ____ 3. Other significant issues?

Identity: (pgs. 41 – 59)

- ____ Task 2 Where Does Your Time Go?
- ____ Task 3 20 Things You Enjoy Doing
- ____ Task 4 Reintegrating
- ____ Task 6 More Imaginary Lives
- ____ Task 7 Life Pie

____Task 8 Ten Tiny Changes

____Task 9 Select One

____Task 10 Now Do It!

Check In:

____How many days this week did you do your morning pages?

____Did you do your artist date this week?

____Other issues this week?

Power (pgs. 61 – 77)

____Detective Work questions (pgs. 73 – 74). Include questions.

____Task 1 Describe/draw your childhood room

____Task 2 Five Childhood Traits You Liked

____Task 3 Five Childhood Accomplishments

____Task 4 Habits

____Task 5 Friends Who Nurture

____Task 6 Call a Nurturing Friend

____Task 7 Inner Compass

____Task 8 Five People You Admire

____Task 9 Five People You Wish You Had Met

____Task 10 Compare

Check In:

____Morning Pages

____Artist Dates

____Synchronicity

____Other Issues

Integrity (pgs. 79 – 90)

____Task 1 Ideal Environment

____Task 2 Describe Yourself at 80

____Task 3 Remember Yourself at 8

____Task 5 Review Growth Via Life Pie

____Task 7 Extended Artist Date

____Task 8 Make Space for New

____Task 9 The Payoff for Staying Stuck

Check In:

____Morning pages

____Artist Date

____Synchronicity

____Other Issues

____ "Written Narrative" (see page 8) included at the end of Creativity Notebook # 1.

Creativity Notebook Checksheet #2

Creativity Notebook # 2 Check Sheet

Include as second page of your Creativity Notebook

Check off all tasks you have completed

Possibility (pgs. 91 – 104)

(Exercises pgs. 100 – 103)

___ What would I try if it weren't too crazy?

___ What would I do if it weren't too selfish?

___ The Virtue Trap

___ Forbidden Joys

___ Wish List

___ Tasks

___ Task 4 If I Were 20 And Had Money

___ Task 5 If I were 65 and Had Money

___ Task 6 10 Ways I am Mean to Myself

___ Task 8 My Favorite Creative Block

___ Task 9 My Payoff for Staying Blocked

___ Task 10 Blame

Check In:

___ Morning Pages

___ Artist Dates

___ Synchronicity

___ Other Issues

Abundance (pgs. 105 – 115)

Exercise on pg. 113 Money Madness:

___ Task 3 Throw Five Things Away

___ Task 5 Communication

___ Task 8 Clearing

___ Task 9 Acceptance

___ Task 10 Prosperity

Check In:

- ____ Morning Pages
- ____ Artist Dates
- ____ Synchronicity
- ____ Other Issues
- ____ Two – Three Page Self Reflection Paper on the process.

Connection (pgs. 117 – 128)

Exercises (pgs. 124 – 126):

- ____ Jealousy Map
- ____ Archeology: An Exercise
- ____ Task # 7 (pictorial collage) & Three others tasks of your choosing. Write In.
- ____ 1. _____
- ____ 2. _____
- ____ 3. _____

Check In:

- ____ Morning Pages
- ____ Artist Dates
- ____ Synchronicity
- ____ Other Issues

Strength (pgs. 129 – 149)

Task 1 Goal Search:

- ____ Step 1: Name Your Dream
- ____ Step 2 Name One Concrete Goal
- ____ Step 3 In A Perfect World...
- ____ Step 4 In The World We Inhabit Now...
- ____ Step 5 What Action Can You Take...?
- ____ Step 6 List Your Dream...
- ____ Task 2 New Childhood
- ____ Task 3 Color Schemes
- ____ Task 4 Five Things You're Not Allowed to Do
- ____ Task 5 Style Search
- ____ Task 6 Ideal Day
- ____ Task 7 Ideal Ideal Day
- ____ Task 8 Live One Aspect

Check In:

____ Morning Pages

____ Artist Date

____ Synchronicity

____ Other Issues

____ "Written Narrative" (see page 8) included at the end of Creativity Notebook # 2.

Creativity Notebook Checksheet #3

Creativity Notebook # 3 Check Sheet

Include as second page of your Creativity Notebook

Check off all tasks you have completed

Compassion (pgs. 151 – 161)

____ Task 1 Read Your Morning Pages

____ Task 2 Visualizing

____ Task 3 Priorities

____ Task 4 Creative U-Turns

Check In:

____ Morning Pages

____ Artist Date

____ Synchronicity

____ Other Issues

Self Protection (pgs. 163 – 178)

____ Task 1 The Deadlies

____ Task 2 Touchstones

____ Task 3 The Awful Truth

____ Task 4 Setting a Bottom Line

____ Task 5 Cherishing

Check In:

____ Morning Pages

____ Artist Dates

____ Synchronicity

____ Other Issues

Autonomy (pgs. 179 – 191)

Three tasks of your choosing. Label.

____ 1. _____

____ 2. _____

____ 3. _____

Check In:

____ Morning Pages

____ Artist Dates

____ Synchronicity

____ Other Issues

Faith (pgs. 193 – 202)

____ Task 8 What Would You Most Like to Create?

____ Task 9 Five People You Can Talk To About It

Check In:

____ Morning Pages

____ Artist Dates

____ Synchronicity

____ Other Issues

____ “Written Narrative” (see page 8) included at the end of Creativity Notebook # 3.

____ “Creativity Notebook: Final Reflections” (see page 20) included at the end of
Creativity Notebook # 3.

DUE DATES

Tuesday, September 6	Imaginary Lives
Tuesday, September 13	Monster & Creativity Icons
Thursday, September 15	Monster & Creativity Icons
Tuesday, September 27	Book Shares #1
Thursday, September 29	Book Shares #1
Thursday, September 29	Creativity Notebook #1 (Safety – Integrity)
Tuesday, October 11	Book Shares #3
Thursday, October 13	Book Shares #4
October 18 & 20	Power Masks
Thursday, November 3	Creativity Notebook #2 Due (Possibility – Strength)
Thursday, November 10	Art in Odd Places
Tuesday, November 22	Creativity Notebook #3 (Compassion – Faith)
Tuesday, November 22	Capstone
November 29 & December 1	Capstone
Tuesday, December 6 (1:00 – 3:50 PM)	Capstone

RUBRICS

Creativity Icon/Monster Rubric (10 points)

Criteria	Excellent (10 = 100%) 5	Very Good (9 - 8.5 = 90 - 85%) 4.5	Fair - Unsatisfactory (8 - 6 = 80 - 60%) 4
Icon	Clear explanation of creativity icon/monster/ and how/why it inspires/impedes creativity; includes photo of icon.	Clear explanation of creativity icon/monster and how it enhances/impedes creativity; includes photo of icon.	Explains icon in basic terms; lacks explanation of how the icon impacts creativity.
Narrative	Explores creative process; examines and states an essential question or key concept; references outside reading sources; ideas are articulated with clarity; no errors in language usage.	Explores creative process; addresses an essential question or key concept; ideas are articulated with clarity; few errors in language usage.	Loosely addresses an essential question; ideas are not consistently clear; numerous errors in language usage.

Book Share Rubric (15 points)

Criteria	<p style="text-align: center;">Excellent (15 – 14 = 100 – 93%) 5</p>	<p style="text-align: center;">Very Good (13-12 = 87-80%) 4.33</p>	<p style="text-align: center;">Fair - Unsatisfactory (11-10 = 74 – 67%) 3.66</p>
Content	<p>Selected book is aligned with creativity; overview of book makes clear connections to creativity; explains impact of reading on perceptions and learning about creativity; made connection to individual discipline.</p>	<p>Selected book is aligned with creativity; overview of book makes connections to creativity; explains impact of reading on perceptions about creativity; made limited connection to individual discipline.</p>	<p>Selected book is loosely aligned with creativity; Made limited to no connection to individual discipline.</p>
Discussion	<p>Discussion includes essential learning from reading; connects major theme of reading to creativity; class discussion relates book to outside reading; invokes different perspectives from students.</p>	<p>Discussion refers to individual learning from reading; connects major theme of reading to creativity; class discussion relates to book being shared.</p>	<p>Discussion refers to topics from reading; makes limited to no connection to theme of creativity.</p>
Narrative	<p>Explores creative process; examines and states an essential question or key concept; references outside reading sources; concludes with a synthesis of the reading; topics; ideas are articulated with clarity; no errors in language usage.</p>	<p>Explores creative process; examines an essential question; concludes with a synthesis of the reading topics; ideas are articulated with clarity; few errors in language usage.</p>	<p>Examines an essential question; references book being shared; ideas are not consistently clear; numerous errors in language usage.</p>

Power Mask (10 points)

Criteria	Excellent (10 = 100%) 3.33/3.34	Very Good (9 - 8.5 = 90) 3	Fair - Unsatisfactory (8 - 6 = 80 - 60%) 2.66
Mask	Mold of face; captures essential features	Mask captures most features	Mask captures few or no features
Presentation	Presentation explains essential features of mask and how they express aspects of "powerful self."	Presentation explains some essential features and/or of mask and aspects of "powerful self."	Presentation explains few essential features of mask and/or how they express aspects of powerful self.
Narrative (2-3 paragraphs)	Explores creative process; examines and states an essential question or key concept as it applies to the creative process; references outside reading sources; ideas are articulated with clarity; no errors in language usage. (3.34)	Explores creative process; examines an essential question; ideas are articulated with clarity; few errors in language usage.	Examines an essential question; ideas are not consistently clear; numerous errors in language usage.

Creativity Notebook (3 @10 points each)

Criteria	<p style="text-align: center;">Excellent (10 = 100%) 5</p>	<p style="text-align: center;">Very Good (9 - 8.5 = 90 – 85%) 4.5</p>	<p style="text-align: center;">Fair - Unsatisfactory (8 – 6 = 80 – 60%) 4</p>
Content	Includes all assignments in checklists; well organized according to directions; demonstrate excellence in self-study, personal growth, and execution of notebook tasks.	Includes most assignments in checklists; organized according to directions; demonstrates self-study, personal growth, and execution of notebook tasks.	Missing multiple assignments; lacks organization; lacks demonstration of personal growth and quality of execution of notebook tasks.
Narrative	Explores creative process; examines and states an essential question or key concept as it applies to the creative process; references outside reading sources; ideas are articulated with clarity; no errors in language usage.	Explores creative process; examines an essential question; ideas are articulated with clarity; few errors in language usage.	Examines an essential question; ideas are not consistently clear; numerous errors in language usage.
*Creativity Notebook #3 only: Final Reflections	Responds to all reflection questions; substantive synthesis of course experience; ideas are articulated with clarity; no errors in language usage.	Responds to all reflection questions; synthesis of course experience; ideas are articulated with clarity; few errors in language usage.	Lacks response to all reflection questions; minimal to no synthesis of course experience; lacks clarity of ideas; numerous errors in language usage.

NOTE: Notebook #3: Excellent = 3.33 or 3.34, Very Good = 3, Fair – Unsatisfactory = 2.67.

Art in Odd Places (10 points)

Criteria	Excellent (10 = 100%) 2.5	Very Good (9 - 8.5 = 90 – 85%) 2.25	Fair - Unsatisfactory (8 – 6 = 80 – 60%) 2
Created an event	Created an artistic event in keeping with the theme of PLAY	Created an event with an artistic theme	Presented a group of artistic activities
Expression of Creativity	Demonstrated creativity, collaboration, risk-taking, and resourcefulness in process and product	Demonstrated creativity and collaboration, and risk taking	Activity designed to create interest only
Attitude	Helpful, active, focused creation of an immersive artistic experience	Helpful, active, focused creation of an artistic experience	Presented artistic experience; lacked focus and willingness to be helpful
Reflection Paper	Utilized discipline specific vocabulary effectively throughout; answered all writing prompts; labeled prompts as directed; presentation of content includes clarity of expression/writing style; excellent grammar, punctuation, spelling, and sentence structure. Substantive discussion.	Utilized discipline specific vocabulary effectively throughout; answered most writing prompts; labeled prompts as directed; presentation of content includes clarity of writing style; errors in grammar, punctuation, spelling, and sentence structure.	Utilized vocabulary with some errors in meaning; answered half or less of writing prompts; lacks clarity of writing style; numerous errors in grammar, punctuation, spelling, and sentence structure.

Final Capstone (15 points)

Criteria	Excellent (15-14 = 100 – 93%) 5	Very Good (13-12 = 87-80%) 4.33	Fair-Unsatisfactory (11-10 = 74 – 67%) 3.66
Artistic Journey	Presentation uses modalities that enhance the explanation	Presentation uses different modalities	Presentation uses single modality
Creative Presentation and Audience Engagement	Creative presentation engages audience using the modalities of your choice.	Creative presentation; audience not consistently engaged in presentation.	Inconsistent creativity in presentation and audience engagement; lacks perspective through the lens of your discipline.
Narrative	Evidence of connections to key concepts in creativity through the lens of your discipline; describes creative process, shares artistic journey using modalities of your choice, references course text and outside reading.	Some connections to key concepts in creativity through the lens of your discipline; shares artistic journey using modalities of your choice, references course text.	Some connections to key concepts in creativity; lacks perspective through the lens of your discipline; somewhat shares artistic journey using single modality; references course text.