





EXERCISE: CREATIVITY “GAS STATIONS”

Table with 3 columns: OUT, AROUND, IN. Each column contains a description of activities: OUT (trip > 1 day), AROUND (leave environment), IN (where you are).

REFERENCES

Classic Texts on Creativity

De, B. E. (1992). Serious creativity: Using the power of lateral thinking to create new ideas. New York: HarperBusiness.
Kelley, D., & Kelley, T. (2013). Creative confidence: Unleashing the creative potential within us all. New York: Crown Business.
Osborn, A. F. (1948). Your creative power: how to use imagination. New York: C. Scribner's Sons.
Osborn, A. F. (1953). Applied imagination: Principles and procedures of creative thinking. New York: Scribner.

From the Art World

Tharp, T. (2008). The creative habit. Simon & Schuster.
Tharp, T. (2009). The collaborative habit. London: Simon & Schuster.

From the Business World

Allen, D. (2001). Getting things done: The art of stress-free productivity. New York: Viking.
Farson, R., & Keyes, R. (2002). The Failure-Tolerant Leader. Harvard Business Review, 80(8), 64-71.
Kelley, T., & Kelley, D. (2012). Reclaim Your Creative Confidence. Harvard Business Review, 90(12), 115-118.
Michalko, M. (2006). Thinkertoys: A handbook of creative-thinking techniques. Berkeley: Ten Speed Press.
Owens, D. A. (2012). Creative people must be stopped: 6 ways we kill innovation (without even trying). San Francisco: Jossey-Bass.
Von, O. R. (1990). A whack on the side of the head: How you can be more creative. New York: Warner Books.

Recent Scientific Studies

Erickson, K. I., Raji, C. A., Lopez, O. L., Becker, J. T., Rosano, C., Newman, A. B., & Kuller, L. H. (2010). Physical activity predicts gray matter volume in late adulthood The Cardiovascular Health Study. Neurology, 75(16), 1415-1422.
Mehta, R., Zhu, R. J., & Cheema, A. (2012). Is noise always bad? Exploring the effects of ambient noise on creative cognition. Journal of Consumer Research, 39(4), 784-799.
Opezzo, M., & Schwartz, D. L. (2014). Give Your Ideas Some Legs: The Positive Effect of Walking on Creative Thinking. Journal of Experimental Psychology: Learning, Memory, and Cognition. http://dx.doi.org/10.1037/a0036577
Vohs, K. D., Redden, J. P., & Rahinel, R. (2013). Physical Order Produces Healthy Choices, Generosity, and Conventionality, Whereas Disorder Produces Creativity. Psychological science, 24(9), 1860-1867.

Learning Opportunities

“d.school” (2014). Virtual Crash Course in Design Thinking. http://dschool.stanford.edu/dgift
Mumaw, S. (2013). Creativity Training: Generate Ideas in Greater Quantity and Quality. Lynda.com Course.
Riverdale + IDEO Design Thinking for Educators Toolkit. http://www.designthinkingforeducators.com