



STUYVESANT HIGH SCHOOL'S SPARK PROGRAM



TEL: 212 312 4800 x. 7260

COUNSELOR: Angel Colon
EMAIL: spark273@gmail.com

WEBSITE: Stuyvesant HS

ROBERT STERNBERG'S "TIPS TO ENHANCE CREATIVITY!"

From "Think Smart! 12 Ways to Avoid Brain Drain Poster (Free Spirit Publishing, 1999)"

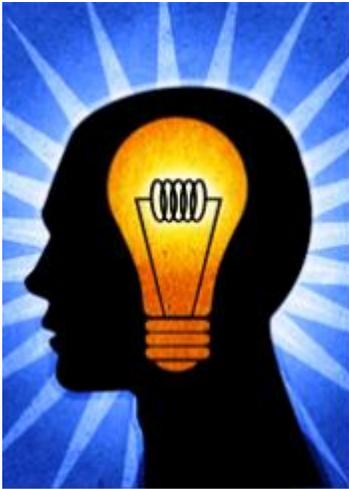
Questioning Inquiring Learning Thinking Creativity

1. Be motivated from inside, not outside

- **Work to please yourself, not parents, teachers or friends.** Find things that excite you.
- **Seek personal satisfaction** from a job well done.

2. Take time to think before you act

- **Don't get carried away** by the first idea that comes to mind.



- **Instead, keep thinking** until you're satisfied. Chances are you'll come up with a better idea.

3. Practice stick-to-it-iveness

- **Persistence pays, even when you're feeling** frustrated, bored or afraid you won't succeed.
- **On the other hand,** too much persistence can block progress, so know when to quit.

4. Find out what you are best at and then use those abilities

- **Now is a wonderful time** to discover and develop your true abilities.
- **Experiment, explore, take risk and challenge yourself.** You may find talents you didn't know you had.

5. Finish what you start

- **Follow through.** Failure to complete tasks and projects can cramp your creativity.
- **But if your current strategy isn't working, change it.** If you have many unfinished task or projects, choose one and get it done.
- **This success may motivate you** to tackle another task... and another.

6. Don't procrastinate! Procrastination smothers creativity

- **The things you know you should do can weigh on your mind,** crowding out creative thinking. If you're a procrastinator, do something about it today.
- **Don't procrastinate** in dealing with your procrastination.

7. Don't let personal problems drag you down

- **Everyone has personal problems** from time to time.
- **Life is full of joys and sorrows.** The best thing to do is accept this fact and take it in stride.
- **You may find that work** (or any form of tasks) helps take your mind off your problems.

8. Strike a balance in your life

- **Avoid taking on more or less** than you can handle.
- **If you try to do too much,** you'll spread yourself too thin.
- **But if you do too little,** you'll miss out on opportunities and accomplish less than you could.
- **Find the mix that is right for you.**

9. Know when to be creative & when not to be creative

- **Different kinds of thinking** are appropriate for different kinds of situations.
- **The key is learning** how to make the right judgment call.



- **For example,** don't waste your creativity when answering problems on objective, multiple-choice tests.
- **Save it for research projects.**

10. Make your environment a creative environment

- **Are your friends creative?** Do your parents and teachers support your creative efforts?
- **Is your room at home** an inspiring place to be?
- **Decide which parts of your environment are under your control,** and then change them if they need changing.
- **Creative people often** see things differently from the way others do.