Psychology of Experience & Creativity Enhancement

Psychology 233 – Summer 2009

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Primary Purpose: To explore psychological processes that enhance creative thinking and the quality of conscious experience.

<table>
<thead>
<tr>
<th>Day</th>
<th>Topic</th>
<th>To do (for that day)</th>
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<tbody>
<tr>
<td>1</td>
<td>Intro (&amp; some underlying theory)</td>
<td>(Be here now)</td>
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<tr>
<td>2</td>
<td>Playful Imagination (&amp; more underlying theory)</td>
<td>Read handout + PP-Intro (or TL10-1); use PP-I (or TL10-3) for “CIA Mission” at end of “Principles” handout</td>
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<td>3</td>
<td>Appreciative Awareness</td>
<td>Use PP-II, III, IV (or TL10-4 and 5) + bring display</td>
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<td>4 - 6</td>
<td>Mindfulness and more (Psychological Foundations)</td>
<td>Read a book from List #1; relate to your AP explorations &amp; think of ways to teach your book to the class; special extras</td>
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<td>7</td>
<td>Creativity Kickoff</td>
<td>Use PP-V &amp; VIII (or TL10-2)</td>
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<td>8</td>
<td>Creativity Festival (via group book presentations &amp; activities)</td>
<td>Read and use creativity book (List #2)</td>
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<td>9</td>
<td>Basic Enlightenment &amp; Synergy</td>
<td>Use PP-VI &amp; VII (or TL10-6 &amp; 7) {Recommended: EEHP, Chs. 5 &amp; 7}</td>
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<td>10</td>
<td>AP Modulation &amp; Multimodal Expression</td>
<td>Special Assignment</td>
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<td>11</td>
<td>Enlightenment/Synergy “Game” Festival</td>
<td>Revel in E/S book (List #3) &amp; integrate with your modulation and use of APs</td>
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<td>12</td>
<td>Outreach &amp; Celebration</td>
<td>Outreach Project (+ display)</td>
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PRIMARY PRODUCTS: (1) *Weekly insight lists*: up to two (max) typed pages listing what you discovered from your course-related readings and activities and from in-class presentations and activities; (2) occasional “displays” + regular class contributions of your ideas and experiences arising from the course.

MY USUAL GRADING CRITERIA: Your involvement with the course ideas and processes and the depth and sophistication of your ideas and your use of the course material. {Note on attendance: Participation in class is essential to the course. If you ever must miss a class, please leave a message in advance (658-2306) and interview at least two class members to find out specifics of what you missed (to include in your insight list).}
Choose One – List #1 (Psychological Foundations)

MINDFULNESS …Ellen Langer
FLOW …Mihaly Csikszentmihalyi
EXPERIENCE, ENVIRONMENT, AND HUMAN POTENTIALS …Herbert Leff (library)
LEARNED OPTIMISM …Martin Seligman
CREATIVITY IN CONTEXT …Teresa Amabile
THE HOW OF HAPPINESS …Sonja Lyubomirsky

Choose One – List #2 (Creativity Books)

THE PRACTICE OF CREATIVITY …George Prince (library only)
A WHACK ON THE SIDE OF THE HEAD …Roger von Oech
A KICK IN THE SEAT OF THE PANTS …Roger von Oech
THE CREATIVE JOURNAL …Lucia Capacchione
AWAKENING INTUITION …Frances Vaughan
METAPHORS WE LIVE BY …George Lakoff & Mark Johnson
DRAWING ON THE ARTIST WITHIN …Betty Edwards
THE CREATIVITY BOOK …Eric Maisel

Choose One – List #3 (Enlightenment / Synergy Books)

THE POWER OF NOW…Eckhart Tolle
HOW WE CHOOSE TO BE HAPPY …Rick Foster & Greg Hicks
THE ONLY DANCE THERE IS …Ram Dass
THE BOOK OF est …Luke Rhinehart (library or loan)
FEEL THE FEAR AND DO IT ANYWAY …Susan Jeffers
FREE PLAY …Stephen Nachmanovitch
THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE …Stephen Covey
GETTING TO YES …Roger Fisher & William Ury
HOW CAN I HELP? …Ram Dass & Paul Gorman
THE BOOK …Alan Watts
(+ other options to be discussed in class)