

Sheridan College

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Creative Thinking: Theory and Practice

Student Infographics: Perceptions of creativity
in their programs of study

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Find Your Creative Side

Rabie Tarakji
Sheridan College

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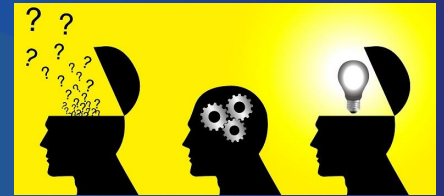


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What could lead someone to creativity

A creative day requires an active and engaged mind. Fill your day with exercises for your body such as stretching and your mind with books and knowledge.



When should you think creatively

Generally the mind begins to think creatively when challenged with a problem or trying to improve an existing concept.

Who is considered creative

Sounds so simple right? Actually, anyone can be considered creative but the only task we have is to activate our creative self.

Find Your Creative Side

Originality and effectiveness are the key components of creativity



Why creativity is important

Creativity leads to success and improvement for yourself and those around you. Your creative work could inspire someone else to find their creative side. It is also the best method of expressing yourself with the use of imagination and talent.

How creative people find ideas

The most important feature to find what you are looking for is the courage and confidence in yourself. Once you start, ideas begin to flow.

Where could creativity be used

You can be creative in so many different places ranging from your room to the kitchen to your workplace. It is only a matter of figuring out what you want to be creative with.