

# Explorations into Creativity

## PSYC-4500

Spring 2020 Section 01 3 Credits 01/04/2020 to 05/05/2020 Modified 01/13/2020

*"All children are born artists. The problem is to remain an artist as we grow up." – Pablo Picasso*

Creativity is foundational to artists, and is also recognized as vital to the activities of scientists, inventors, entrepreneurs, and educators. But what is creativity? Is it a genetic birthright? A form of neurodiversity? A gift from God? From the Muses? A particular type of cognition? A learned behavior? Whatever it is, creativity is integral to what it means to be "human," giving voice to the divine inspirational spark within us all.

In this course, we will first turn our attention to studying the phenomenon of creativity the creative process, and the creative person, broadly-speaking. Second, we will explore creativity as it relates specifically to art-making, art therapy, and arts-based research. Finally, we will explore how creative and innovative thinking can lead to societal and cultural change. Throughout our studies we will engage in both theory and practice: studying academic literature about creativity, art therapy, and arts-based research, as well as putting these theories into practice through hands-on creative and artistic projects.

Please note that the emphasis will be on process rather than result, so don't worry if you don't think you are a "good" artist—you will not be judged for your technical abilities in this course. But you *will* be expected to stretch yourself in your courage to create, and to share some of your creative processes and products with the class.

## Description

An experiential exploration into the nature of creativeness. Relevant research will be related to students' attempts to discover their own creative potential.

### Requisites

Prerequisites:

PSY 201 or PSYC 1101

Corequisites:

## Contact Information

Professor: Dr. Nisha Gupta

Contact: [ngupta@westga.edu](mailto:ngupta@westga.edu)

Office: Melson Hall 205

Office Hours: Tuesdays, Thursdays, Fridays (by appointment only)

## Meeting Times

Thursdays 3:30-6PM

Nursing Building 110

## Materials

All weekly reading material will be made available as PDFs on Courseden.

**Required course materials:**

- Access to a computer to create a Creativity Blog that you update weekly before class
- Access to a camera phone or digital camera to take and upload digital photos
- Art supplies of your choice for the final art project

## Outcomes

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Upon completion of the course, students should be able to:

- Become familiar with various psychological theories and modalities of creativity, art therapy, and arts-based research
- Understand the usefulness of art as a vehicle of psychological expression, healing, knowledge, and social change
- Be able to apply theory in a hands-on way to their own creative practices
- Be able to create a medium-sized work of art
- Be able to reflect both theoretically on their own creative process

## Evaluation

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**50% Creativity Weekly Exercises and Blog posts:** You will create a Creativity web blog this semester, where you will write 13 weekly blog posts corresponding with creativity exercises assigned each week. The instructions to set up your blog are listed in a separate document on Courseden. The creativity exercises for each blog post are also listed in an additional document on Courseden. Each blog post should be 1-2 paragraphs in length. Each blog post **MUST** incorporate at least one reference from the reading assigned that week, to demonstrate that you are keeping up with the reading. Feel free to be creative and add images, video, songs, media, quotes, etc for each blog post.

The blog posts are **DUE THE NIGHT BEFORE** each week's class (Wednesday by 11:59PM). You must complete the blog post before class because we will spend a significant portion of class discussing students' process of doing the creativity exercise assigned for that week.

**25% Final Art Project:** You will be creating a medium-sized artistic work as your final project for the class. This could be a short story, poems, a painting, sculpture, musical composition, short film, video essay, graphic memoir, graphic novel, etc. The emphasis for this project is on engaging in the process and product of art-making as a vehicle for psychological experience, healing and knowledge—*not* on technical perfection as an artist. That being said, feel free to try an artistic medium in which you have very little experience. You will not be graded on anything "technical" as an artist, solely your effort in making the art. You can submit an electronic version of the project to me and bring it into our last day of class, to show others if desired.

**25% Final "Creative Process" Paper:** This should be a formal scholarly paper (10-12 page double spaced, APA format) that accompanies the above art project. In this paper, please write a detailed reflection of your creative process in creating the final art piece for this class. You must incorporate at least 5 references from this course's literature into your reflection. The emphasis of this paper should be about describing your *process* of creating the work, using relevant insights from the theoretical literature to frame your description. It is due on Thursday 4/30 at 11:59PM on Courseden, accompanying your final project.

## Schedule

Date	Topic	Reading	Assignment due before class
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1/9	<b>Introduction and syllabus</b>	Syllabus	N/A
1/16	<b>Everyday Creativity</b>	Richards: "Everyday Creativity: Our Hidden Potential"	Blog post #1: "Everyday Creativity"  due the night before class by 11:59PM
1/23	<b>The Creative Process</b>	Rimm: "The Creative Person, Creative Process, Creative Dramatics"  Csikszentmihalyi: "The Flow of Creativity"	Blog post #2: "Creative Flow"  due the night before class by 11:59PM
1/30	<b>Creative Consciousness</b>	Freud: "Creative Writers and Daydreamers"  Glausiuz: "Distraction"  Haas "Creativity through Silence"	Blog post #3: "Daydreaming"  due the night before class by 11:59PM
2/6	<b>The Creative Person</b>	Csikszentmihalyi: "The Creative Personality"  Thomson: "Vincent Van Gogh: Starry Night"	Blog post #4: "In Van Gogh's Shoes"  due the night before class by 11:59PM
2/13	<b>Creativity &amp; Madness</b>	Jamison: "Touched by Fire"	Blog post #5: "Artist Profile"  due the night before class by 11:59PM

2/20	<b>Creativity &amp; Spirituality</b>	<p>Buckenham: "Creativity and Spirituality: Two Threads of the Same Cloth"</p> <p>Meyer: "The Lost Dialogue of Artists"</p> <p>Habens: "The Nine Muses"</p>	<p>Blog post #6: "Inner Muse"</p> <p>due the night before class by 11:59PM</p>
2/27	<b>Art Therapy: theory</b>	<p>McNiff: "The Arts and Psychotherapy: Overview"</p> <p>Learmonth: "Art Psychotherapy: The Woods Between Worlds"</p>	<p>Blog post #7: "Dialoguing with the image"</p> <p>due the night before class by 11:59PM</p>
3/5	<b>Expressive art therapy modalities</b>	<p>Malchiodi: "Expressive therapies"</p> <p>Mashiach: "When You Make a Movie"</p>	<p>Blog post #8: "Vehicle for Healing Expression"</p> <p>due the night before class by 11:59PM</p>
3/12	<b>Music Therapy</b>	<p>Heiderscheit "Introduction to Music Therapy"</p> <p>Pothoulaki: "Improvisational Music Therapy with Cancer Patients"</p>	<p>Blog post #9: "Music as Medicine"</p> <p>due the night before class by 11:59PM</p>
3/19	<b>No class: spring break</b>		

3/26	Arts-based research: theory	Barone: "Arts-Based Research: Ch1 and 3"  Gupta: "Illuminating the Trauma of the LGBTQ Closet"	Blog post #10: "Cinema as Research"  due the night before class by 11:59PM
4/2	Arts-based research: photovoice part 1	Ostaszewska: "Social Work and Participatory Method of Empowering Photovoice"  Bardhoshi: "On-Campus Experiences of LGBTQ Students through Photovoice"	Blog post #11: "Photovoice picture-taking"  due the night before class by 11:59PM
4/9	Arts-based research: photovoice part 2	Capous-Desyllas: "Using an Arts-Informed Eclectic Approach to Photovoice Analysis"  Chapman: "What is a picture worth?"	Blog post #12: "Photovoice writing"  due the night before class by 11:59PM
4/16	SPARC	No class	N/A
4/23	Art for social change & wrap up	LeVine: "When Art is the Weapon"	Blog post #13: "Art for social change"  due the night before class by 11:59PM
4/30	Final art project/paper due		Final papers and art projects submitted on Courshedn by 11:59PM

## \* Course Policies and Resources

## Attendance Policy:

Formal attendance will be taken in every class. More than three unexcused absences in the semester will result in a failure in the class.

# Syllabus

As this document corresponds with a dynamic entity (a class), this syllabus is subject to change.

## Institutional Policies

### Academic Support

**Accessibility Services:** Students with a documented disability may work with UWG Accessibility Services to receive essential services specific to their disability. All entitlements to accommodations are based on documentation and USG Board of Regents standards. If a student needs course adaptations or accommodations because of a disability or chronic illness, or if he/she needs to make special arrangements in case the building must be evacuated, the student should notify his/her instructor in writing and provide a copy of his/her Student Accommodations Report (SAR), which is available only from Accessibility Services. Faculty cannot offer accommodations without timely receipt of the SAR; further, no retroactive accommodations will be given. For more information, please contact [Accessibility Services \(https://www.westga.edu/student-services/counseling/accessibility-services.php\)](https://www.westga.edu/student-services/counseling/accessibility-services.php).

**Center for Academic Success:** The [Center for Academic Success \(http://www.westga.edu/cas/\)](http://www.westga.edu/cas/) provides services, programs, and opportunities to help all undergraduate students succeed academically. For more information, contact them: 678-839-6280 or [cas@westga.edu](mailto:cas@westga.edu).

**University Writing Center:** The [University Writing Center \(https://www.westga.edu/writing/\)](https://www.westga.edu/writing/) assists students with all areas of the writing process. For more information, contact them: 678-839-6513 or [writing@westga.edu](mailto:writing@westga.edu).

### Online Courses

UWG takes students' privacy concerns seriously: technology-enhanced and partially and fully online courses use sites and entities beyond UWG and students have the right to know the privacy policies of these entities. For more information on privacy and accessibility for the most commonly used sites, as well as technology requirements visit the [UWG Online \(https://uwgonline.westga.edu/\)](https://uwgonline.westga.edu/) site.

Students enrolled in online courses can find answers to many of their questions in the [Online/Off-Campus Student Guide \(http://uwgonline.westga.edu/online-student-guide.php\)](http://uwgonline.westga.edu/online-student-guide.php).

If a student is experiencing distress and needs help, please see the resources available at the [UWG Cares \(http://www.westga.edu/UWGCares/\)](http://www.westga.edu/UWGCares/) site. [Online counseling \(https://www.westga.edu/student-services/counseling/index.php\)](https://www.westga.edu/student-services/counseling/index.php) is also available for online students.

### Honor Code

At the University of West Georgia, we believe that academic and personal integrity are based upon honesty, trust, fairness, respect, and responsibility. Students at West Georgia assume responsibility for upholding the honor code. West Georgia students pledge to refrain from engaging in acts that do not maintain academic and personal integrity. These include, but are not limited to, plagiarism, cheating, fabrication, aid of academic dishonesty, lying, bribery or threats, and stealing.

The University of West Georgia maintains and monitors a confidential Academic Dishonesty Tracking System. This database collects and reports patterns of repeated student violations across all the Colleges, the Ingram Library, and the School of Nursing. Each incidence of academic dishonesty is subject to review and consideration by the instructor, and is subject to a range of academic penalties including, but not limited to, failing the assignment and/or failing the course. Student conduct sanctions range from verbal warning to suspension or expulsion depending on the magnitude of the offense and/or number of offenses. The incident becomes part of the student's conduct record at UWG.

Additionally, the student is responsible for safeguarding his/her computer account. The student's account and network connection are for his/her individual use. A computer account is to be used only by the person to whom it has been issued. The student is responsible for all actions originating through his/her account or network connection. Students must not impersonate others or misrepresent or conceal their identities in electronic messages and actions. For more information on the University of West Georgia Honor Code, please see the [Student Handbook \(https://www.westga.edu/administration/vpsa/handbook-code-of-conduct.php\)](https://www.westga.edu/administration/vpsa/handbook-code-of-conduct.php).

## UWG Email Policy

University of West Georgia students are provided a MyUWG e-mail account. The University considers this account to be an official means of communication between the University and the student. The purpose of the official use of the student e-mail account is to provide an effective means of communicating important university related information to UWG students in a timely manner. It is the student's responsibility to check his or her email.

## Credit Hour Policy

The University of West Georgia grants one semester hour of credit for work equivalent to a minimum of one hour (50 minutes) of in-class or other direct faculty instruction AND two hours of student work outside of class per week for approximately fifteen weeks. For each course, the course syllabus will document the amount of in-class (or other direct faculty instruction) and out-of-class work required to earn the credit hour(s) assigned to the course. Out-of-class work will include all forms of credit-bearing activity, including but not limited to assignments, readings, observations, and musical practice. Where available, the university grants academic credit for students who verify via competency-based testing, that they have accomplished the learning outcomes associated with a course that would normally meet the requirements outlined above (e.g. AP credit, CLEP, and departmental exams).

## HB 280 (Campus Carry)

UWG follows University System of Georgia (USG) guidance: [http://www.usg.edu/hb280/additional\\_information#](http://www.usg.edu/hb280/additional_information#) ([http://www.usg.edu/hb280/additional\\_information](http://www.usg.edu/hb280/additional_information))

You may also visit our website for help with USG Guidance: <https://www.westga.edu/police/campus-carry.php> (<https://www.westga.edu/police/campus-carry.php>)

## Mental Health Support

If you or another student find that you are experiencing a mental health issue, free confidential services are available on campus in the [Counseling Center](#). Students who have experienced sexual or domestic violence may receive confidential medical and advocacy services with the Patient Advocates in [Health Services](#). To report a concern anonymously, please go to [UWGcares](#).