

The Anatomy of the Creative Act

PROCESS-

Saturation/Preparation-

(Why did you pick today's materials? Did you notice a lot of self-censorship? Did you have Functional Fixedness- habits?)

Incubation-

(Did you have to think about how to create your image or did you jump right in?)

Illumination-

(When you starting creating your image- What happened, did you notice the time? Did you notice the other people in the classroom, etc.? Did you experience *Flow*?)

Mihaly Csikszentmihalyi- Is a psychological state of consciousness. *Flow* is the almost effortless, yet highly focused state of consciousness. If you lost track of time and the rest of the class, you experienced *Flow*.

PRODUCT-

Translation or Verification-

(Describe your Mandala in a few words? What symbols emerged? If you gave this image a title, what would you call it?)

Helpful hints:

You will be answering these questions as part of the final presentation, therefore it is recommended that you take notes throughout the semester.

- What was your image making experience like at the beginning of the semester?
- Did it change throughout the semester? If so, how? If not, why not?
- Did you try new materials? Why or why not?
- Are there any similar images or themes that emerged throughout the semester? (i.e., personal archetypes or universal archetypes)
- What was it like to create imagery in a group setting vs. creating alone?
- Add any additional thoughts or reflections from additional readings or topics covered throughout the semester.