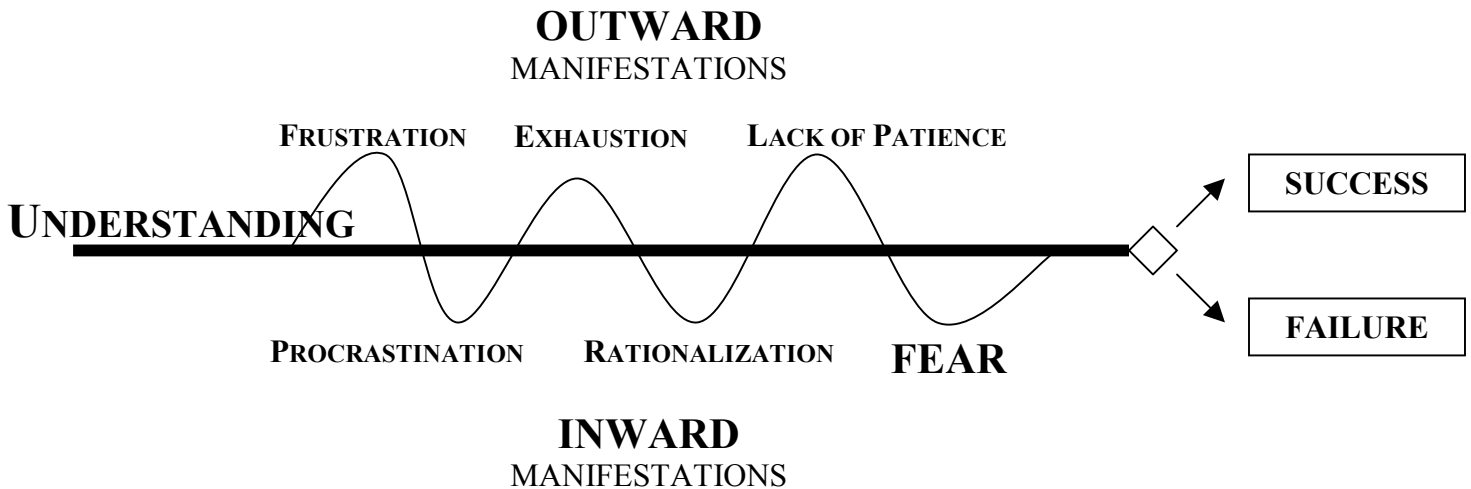


Photo 15

The creative process



1. **Understanding – (learning, classroom)** If you don't understand something you cannot proceed. Whether it is in the classroom or in life, you need a good understanding of whatever it is you're trying to do creatively.
2. **Frustration – (Lab, practical application)** Sometimes creativity comes quickly and other times it does not. Why is that sometimes you can work in the lab and get something done and other times you might as well give up. Creatively speaking you are not in the zone. How do you get into the zone?
3. **Procrastination – (My spare time)** When we're frustrated we tend to put off painful things especially if we don't understand it. Creativity can be painful. It intrudes on our spare time our "downtime" so it is easy to put it off. Sometimes put it off so much we lose all drive to accomplish.
4. **Exhaustion – (stress)** Once you have procrastinated, the deadline is approaching and you have to scramble to get something done. This leads to physical and mental exhaustion and a feeling of just doing enough to get by. Emotionally this is very dissatisfying.
5. **Rationalization (It turned out OK this time)** This leads to the mistaken impression that you did the best you could under the circumstances. Unfortunately you created those circumstances by the way you handled the creative process in the first four steps.
6. **Lack of Patience (Confidence)** Patience in yourself is important! You must always continue to learn and when you lack patience in yourself, you then undermine your confidence.
7. **FEAR (Afraid of the unknown)** Being creative calls on you to stretch yourself. It is OK to fear a new project or problem, but face it. Don't let fear cripple you. You can respect the problem and still be able to conquer it.