

Humi 1 - Creative Minds – Reflection Questions

Write 1 page each week: typed (12 font, double-spaced, in response to the 3 questions related to each week's topics. (There are no week 1 questions.) Be thoughtful and thorough; look for the deeper analyses; refer to specific points from the readings; use author's last name and page number. Ex: (Berns, p.21)

Reflection Question packet #1:

week 2

- 1) How does Berns (author of *iconoclast*) explain the difference between **vision** and **perception**? How do **YOU** understand this difference? Give an example.
- 2) Name at least two reasons why play is serious business (according to Stuart Brown). Then consider: is there an area of your life where you could benefit from an attitude of play? Explain your thinking:
http://www.ted.com/talks/stuart_brown_says_play_is_more_than_fun_it_s_vital.html

week 3

- 1) How have the Zapatistas reclaimed their freedom to learn, according to the “walk out” authors? How might you reclaim similar freedoms for yourself?
- 2) Were you aware that your own past experiences played such a role in shaping your perceptions (as described by Berns)? Give an example of how this has happened in your life.

week 4

- 1) What do you see as the most important parts of Ken Robinson's critique of public education? Do you agree with him? Why or why not? Link: Changing Education Paradigms: <http://www.youtube.com/watch?v=zDZFcdGpL4>
- 2) Berns suggests "taming the amygdala" through *reappraisal* and *extinction*, both of which entail using the prefrontal cortex to inhibit fear. What's a real-life situation in which you could try this? Be specific about what you could do.

Reflection Question packet #2:

week 5

- 1) Which of the multiple intelligences (as described by Howard Gardner) do you tend to use on a regular basis? Which would you like to develop, and why?

Link: http://www.institute4learning.com/multiple_intelligences.php

- 2) How is your own thinking influenced by the view of the world as machine, the body as machine, or life as machine? **AND** How can the “place-based” approach to problems described in the “walk out” South Africa chapter be helpful?

week 6

- 1) When have you been affected by the efficiency mindset, as described in this week’s “walk out” chapter, either at work or personally? What have been some of its impacts?
- 2) According to Berns, how does fear affect our perception of value and our willingness to fail? Reflect on a personal experience where you have seen this to be true.

- 3) After watching these two video clips, describe 1 or 2 ways you can imagine applying the knowledge of quantum physics to your approach to life:

- Double-slit experiment: <http://www.youtube.com/watch?v=DfPeprQ7oGc>
- Quantum entanglement and the power of intention: <http://www.youtube.com/watch?v=9QcKDvcnZrE>

week 7

- 1) Respond to Manish's statement (in “walk out”) that "in transactional culture, we use and throw away people, places, and ideas," and that, by contrast, "we are not really owners of anything."
- 2) Why does the brain like familiarity, according to Berns? How might this knowledge be useful to you?
- 3) Charles Eisenstein talks about "disrupting" people's "old stories" of how the world works by acting in new ways, out of a sense of interconnection and generosity. Respond to this possibility with examples from your own personal experience. Link: <http://www.youtube.com/watch?v=Mjoxh4c2Dj0>

Reflection Question packet #3:

Week 8

- 1) What are the lessons of The Great Toilet Paper Debate (in “walk out”), and how might you use these lessons in some situation in your life?
- 2) What does Berns have to say about “the youthful brain”? Compare this information with your own experience of yourself and/or others.
- 3) How might you use the knowledge of your brain's neuroplasticity, as described by Dr. Jeffrey Schwartz of UCLA?: <https://www.youtube.com/watch?v=qcrGIUHlu4M>

Week 9

- 1) How often do you find yourself playing *hero*? What are the results of your attempts? (Give an example.) When have you ever acted as *host* (as described in this “walk out” chapter), trusting others to do the work themselves? What were the results? (Give an example.)
- 2) Which of the subcategories of conformity do you see or experience most often in your life? Give an example, and explain the reasons for the conformity, given our in-class conversations around the social logic of conformity. Supplemental video link (10 min.) on Conformity: <http://www.youtube.com/watch?v=TrNluFrso8I>
- 3) How do you imagine mindfulness and/or meditation could affect your access to the creative mind?

Week 10

- 1) Respond to this claim, made in the “walk out” book: “*We are the ones we’ve been waiting for.*” Do you agree? ...or not? Either way, explain your thinking. How have these stories affected (if at all) your belief about the possibility of changing yourself and/or the world - either locally and/or globally?
- 2) How does Brene Brown say we deal with vulnerability? What does she say is the cost/result of this pattern? Do you agree with her? Why or why not?
Link: <http://www.youtube.com/watch?v=X4Qm9cGRub0>
- 3) Why does it take courage to forgive? Respond to the story of Azim Khamisa, including your own feelings, thoughts, and/or experiences.