

# Creative training to develop knowledge and skills

LTT C<sub>3</sub>,

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**SMALL  
ENERGIZER**

List as many items as possible that:

are red

are cold

are sour

are the size of a clenched fist

are used to move

are used to warm the body

The **art of creative thinking** is that special quality of the mind, that allows us to unravel seemingly unsolvable problems and create surprising novelty.

The joy of creative thinking:

- ✓ stimulation of fluency,
- ✓ flexibility and originality of thinking;
- ✓ practice thinking with questions;
- ✓ creative linking - working on combination thinking;
- ✓ applying transformational thinking;
- ✓ methodology of creativity training.

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**WYŻSZA SZKOŁA**  
Biznesu i Nauk o Zdrowiu w Łodzi

Six principles  
that facilitate  
creative  
thinking  
(*E. Nečka*)

The principle  
of diversity

The principle  
of deferred  
evaluation

The principle  
of rational  
irrationality

The principle  
of competent  
incompetence

The principle  
of fun

The principle  
of validity

## Six principles that facilitate creative thinking

**The principle of diversity** means that you should always look for as many solutions as possible, regardless of their quality. **"The more the better"**

**The principle of deferred evaluation** is refraining from judging, which is one of the most important obstacles to creative thinking.

**The principle of rational irrationality** is based on the skilful use of emotions and intuition in the phase of coming up with a solution, reason becomes useful only at the moment of judging.

**The principle of competent incompetence** means that anyone can solve a problem, even in a field in which they do not know, as long as they can count on the help of an expert.

**The principle of fun.** If the task is to be fun, it can't be boring. If the task is interesting, it is easier to find a solution to the problem.

**The principle of validity.** "The here and now are all that matters." You should forget about the surrounding reality and concentrate on the problem.

Stages of  
creative  
thinking by  
Guilford:

**Fluency**

the ability to quickly  
generate new ideas

**Flexibility**

variety of ideas.

**Originality**

the ability to create  
surprising connections  
and original  
associations.

**Elaboration**

the ability to refine an  
idea

# MIND MAP

# Mind Maps

- A **mind map** is a [diagram](#) used to visually organize information. A mind map is [hierarchical](#) and shows relationships among pieces of the whole.
- It is often created around a single concept, drawn as an image in the center of a blank page, to which associated representations of ideas such as images, words and parts of words are added. Major ideas are connected directly to the central concept, and other ideas [branch out](#) from those major ideas.
- Mind maps can also be drawn by hand, either as "notes" during a lecture, meeting or planning session, for example, or as higher quality pictures when more time is available. Mind maps are considered to be a type of [spider diagram](#).



# Mind Maps

## The process of creating a mind map in 6 steps:

STEP 1 - Define the main topic of the mind map. ...

....the main topic is the issue we want to map. It is the starting point for the entire mind map. It can be a thought, an idea, a keyword, a question, a problem.

STEP 2 Add major branches to your mind map. ..

....on the branches that come out of the central theme / image there should be the main keywords, the topics you want to map

# Mind Maps

## The process of creating a mind map in 6 steps:

STEP 3 - Add more keywords. ...

....after writing down the most general keys, attach further information, keywords, associations around the central topic (the so-called sub-branch)

STEP 4 - Maintain a hierarchy of concepts on your mind map. ...

.... the farther we move away from the central topic, the more detailed information should be found on individual branches

# Mind Maps

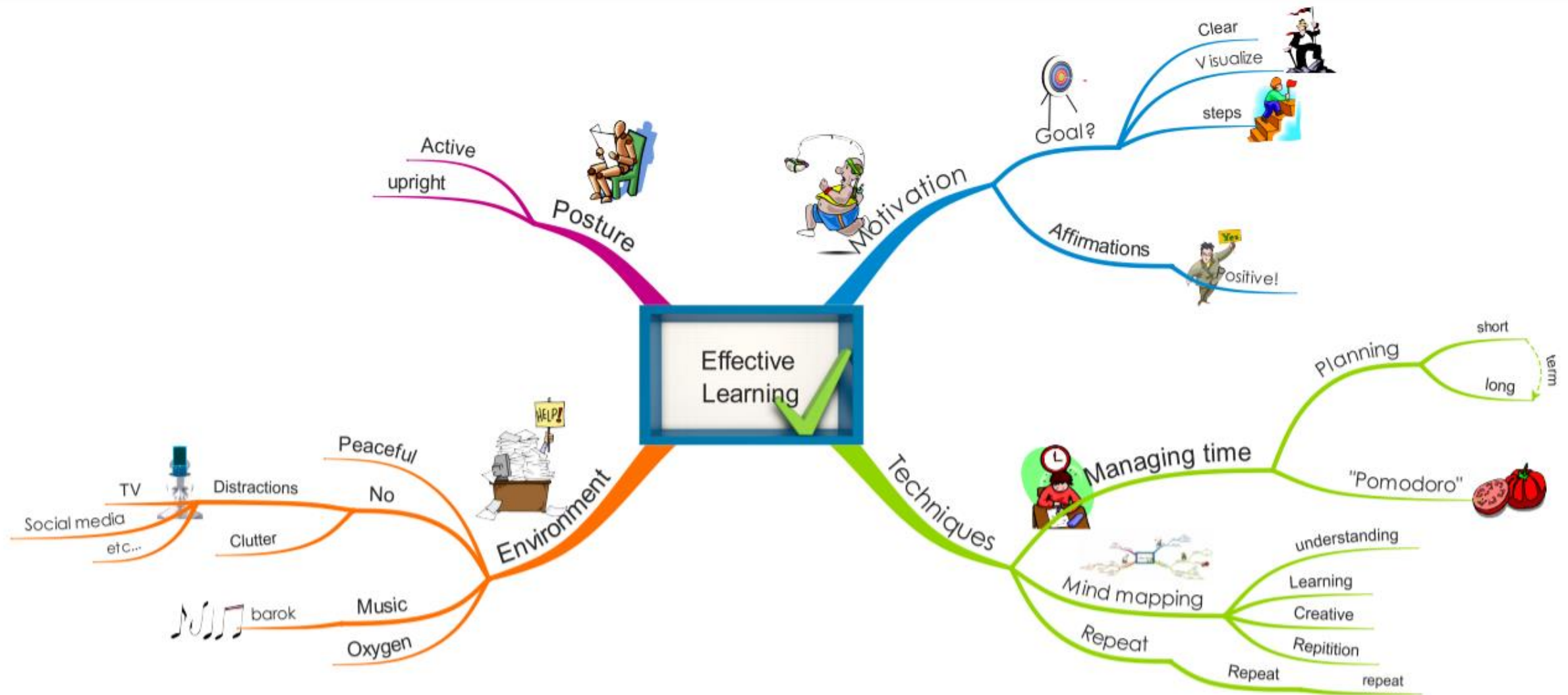
## The process of creating a mind map in 6 steps:

STEP 5 - Try to 'liven up' your mind map by adding color. ...

.... colors enliven the mind map and make the information on it more attractive.

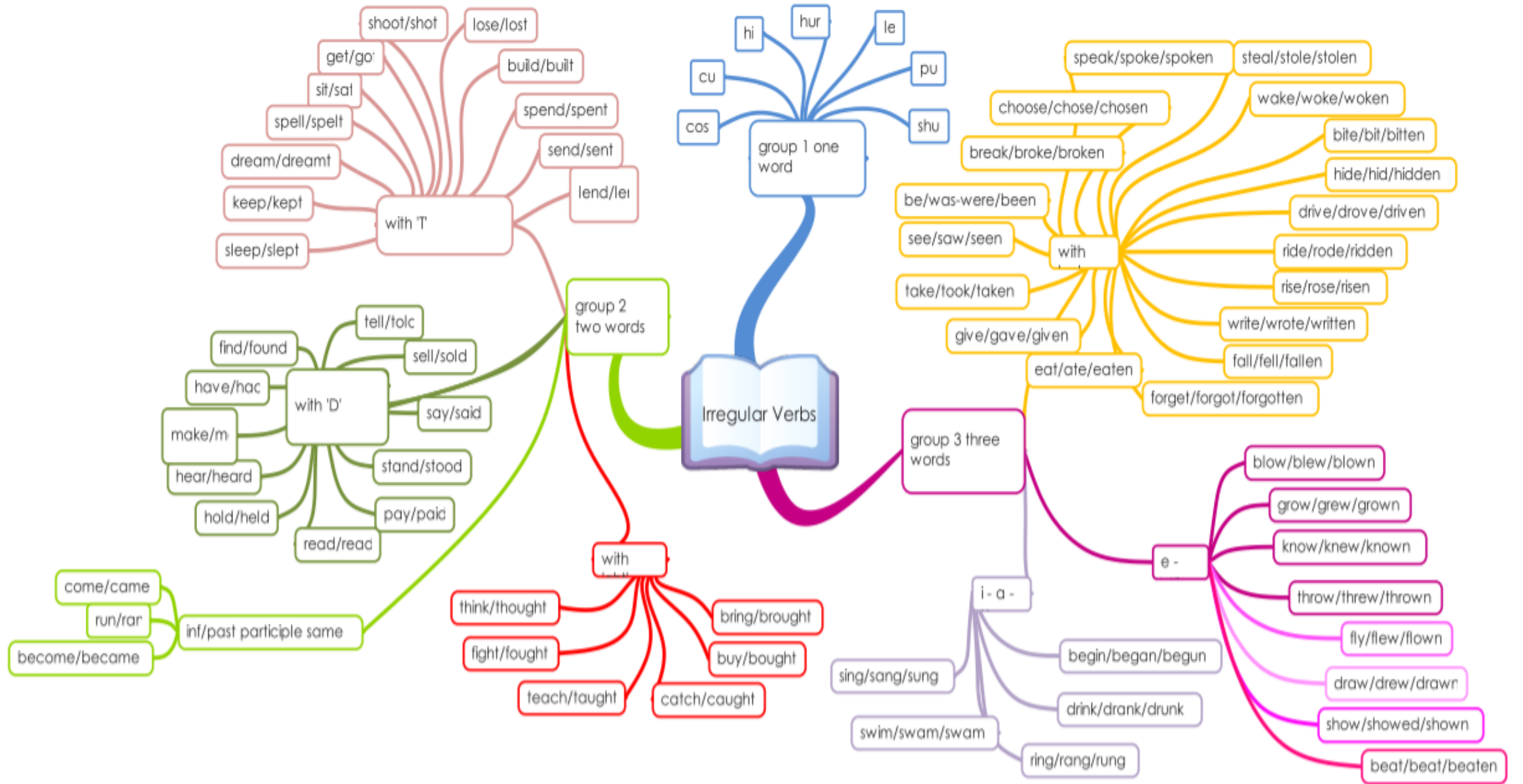
STEP 6 - Complete the map with simple drawings, graphics, symbols and icons.

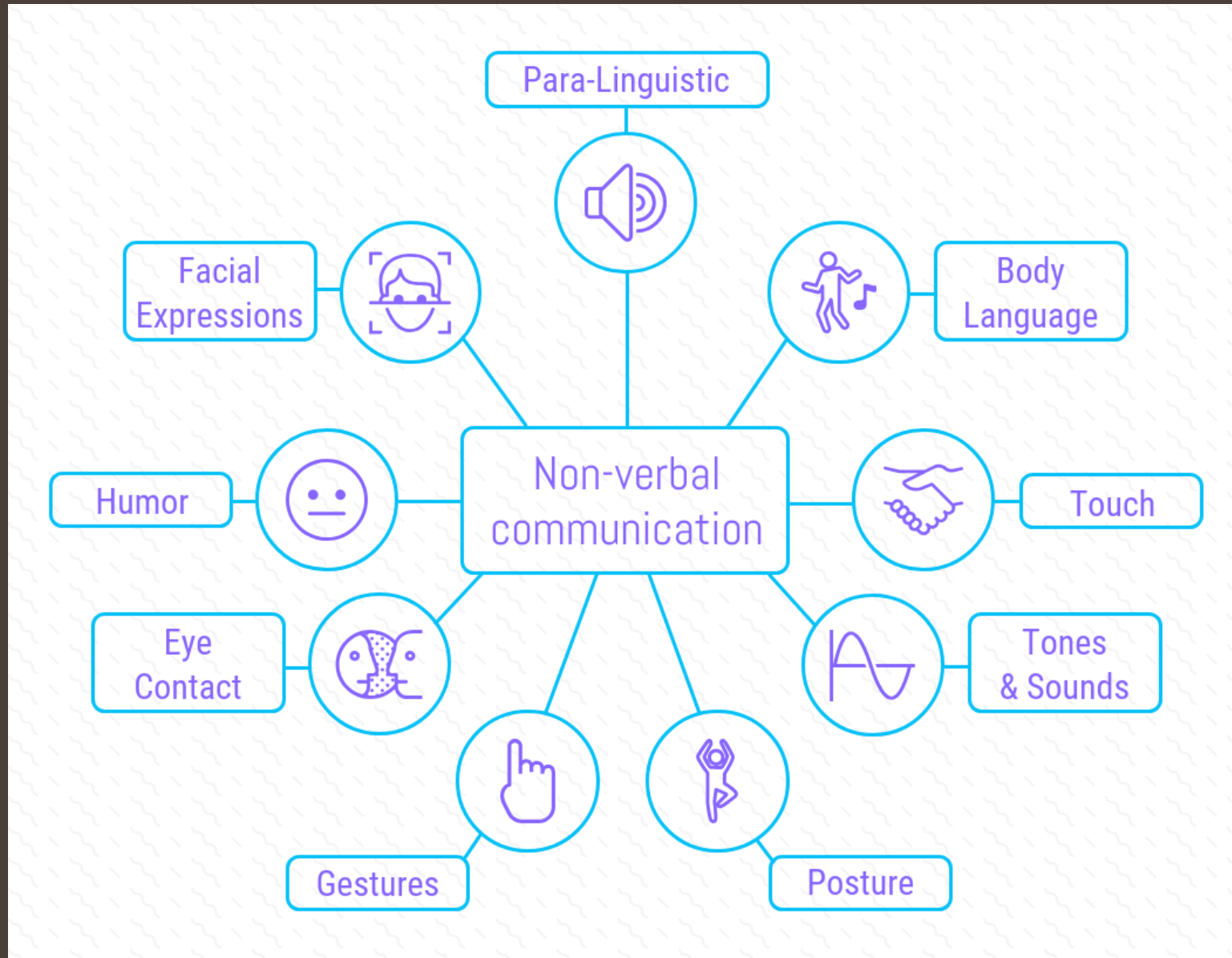
... adding simple drawings to a mind map is a valuable element of information processing

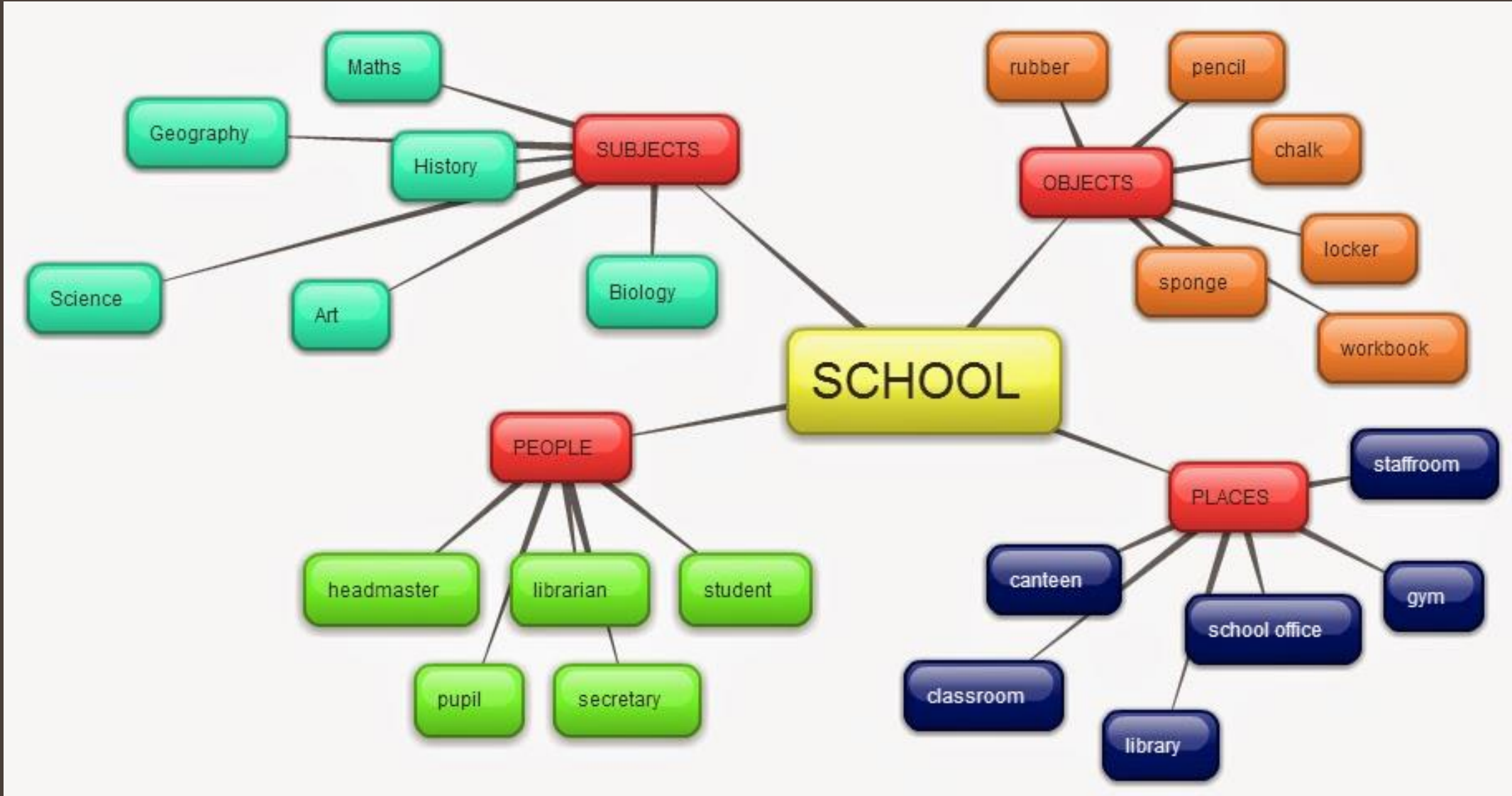


Practical mind map about study and learning habits.

Source: <https://www.biggerplate.com/mindmaps/gepPfkoo/effective-learning>







Source: <http://ang1b.blogspot.com/p/zadanie-5-mapa-mysli.html>

## Applications to create mind maps

- 1. GitMind – <https://gitmind.com/>
- 2. Freeplane
- 3. Freemind
- 4. Coggle
- 5. Mindomo
- 6. Bubbl - [www.bubbl.us](http://www.bubbl.us)
- 7. Canva
- 8. Miro
- 9. Popplet - [POPPLET.COM](http://POPPLET.COM)



# CREATE YOUR MIND MAP

1. SPORT
2. PEOPLE
3. TRAVEL AND TRANSPORT
4. FILMS
5. HISTORY
6. NATURAL ENVIRONMENT
7. WORK
8. HEALTH

Other topics: environment, biology, chemistry, physics, mathematics, art, music, etc.

Source: <http://ang1b.blogspot.com/p/zadanie-5-mapa-mysli.html>

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