Unstuck: Creativity in Art and Life
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Abstract
A persistent myth in modern society tells us that some people are gifted with creativity, and some people simply are not. In fact, human societies around the globe have relied on the creativity of each and every member in order to thrive throughout their histories. In this seminar, we will look at emerging research about creativity and learn strategies for tapping into and unleashing each student's creative potential. Processes for what is now commonly called "design thinking" will be unpacked as we study the techniques used by the world's leading design firms to cultivate innovation. We will practice exercises to stimulate innovative thinking and problem solving, empowering students to utilize their creative energies in their personal relationships and chosen fields of study.

Faculty Biography
Stephanie Sabo earned her MFA in art and writing from the California Institute of the Arts. She freelances as a textile designer while maintaining her independent art practice and contributing original research to current design discourse. Students she has mentored during her many years of teaching are now leading the way as art directors and technical designers in the trend-setting industries of fashion and graphic design. Professor Sabo teaches Design Challenge, an introductory general education course about design thinking for the Roski School of Art and Design.