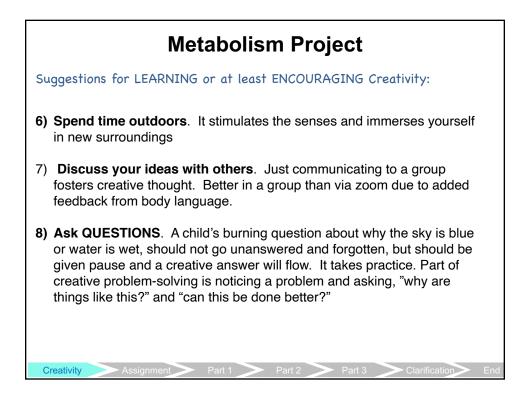


| Metabolism Project |
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| Suggestions for LEARNING or at least ENCOURAGING Creativity: |
| Below, are 8 ways to encourage your creativity: 1) Set aside time to keep notes about your random thoughts/questions you have throughout the day |
| 2) Set aside 5 minute each day to be quiet and think about nothing (meditation or mindfulness). |
| 3) Be mindful of your emotional state . It drives the creative process (mood-boarding). |
| 4) Play games. Best in groups; fosters "brainstorming" |
| 5) Risk failure ! Try to get beyond the fear of failure. Often in failures, breakthrough thinking arises. Think about Thomas Edison. |
| Creativity Assignment Part 1 Part 2 Part 3 Clarification End |



| Metabolism Project |
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| The Assignment: |
| #1 Work in teams. |
| Teams of 4-6 students will be set up from your lab sections. |
| Teams will be set up by end of day on Friday Feb 7 |
| #2 Pick a topic of interest to you. |
| #3 Discuss topics with your team |
| Rank the top 3 that the TEAM would consider working on further. |
| Set up a GoogleDoc or Folder to work on the documents Share the google docs with Dr. Tolan |
| Topics can be from anything in biochemistry or medicine, but try to think of some kind of metabolism at the biochemical level, particularly if it causes disease. A great source of topics are the thousands of inborn errors in metabolism. |
| You can create what you will submit for the assignment in any fashion you like: a typical essay, a video presentation, a work of art (with explanation), a poster, etc. It's up to you and your own creative ideas. Have fun with it. |
| Creativity Assignment Part 1 Part 2 Part 3 Clarification End |

