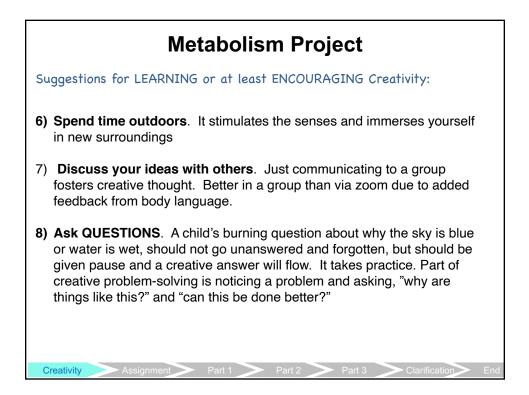


Metabolism Project
Suggestions for LEARNING or at least ENCOURAGING Creativity:
Below, are 8 ways to encourage your creativity: 1) Set aside time to <b>keep notes</b> about your random thoughts/questions you have throughout the day
2) Set aside 5 minute each day to be quiet and think about nothing ( <b>meditation</b> or mindfulness).
3) Be mindful of your <b>emotional state</b> . It drives the creative process (mood-boarding).
4) Play games. Best in groups; fosters "brainstorming"
5) <b>Risk failure</b> ! 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
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

