

GIFTED EDUCATION NEWS

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Featured Article: The Emotions that Make Us More Creative

By Scott Barry Kaufman

Artists and scientists throughout history have remarked on the bliss that accompanies a sudden creative insight. Einstein described his realization of the general theory of relativity as the happiest moment of his life. More poetically, Virginia Woolf once observed, “Odd how the creative power brings the whole universe at once to order.”

But what about *before* such moments of creative insight? What emotions actually fuel creativity?

The long-standing view in psychology is that positive emotions are conducive to creativity because they broaden the mind, whereas negative emotions are detrimental to creativity because they narrow one’s focus. But this view is too simplistic for a number of reasons.

It’s true that attentional focus does have important effects on creative thinking: a broad scope of attention is associated with the free-floating colliding of ideas, and a narrow scope of attention is more conducive to linear, step-by-step goal attainment. However, emerging research suggests that the positive vs. negative emotions distinction may not be the most important contrast for understanding attentional focus.

Over the past seven years, research conducted by psychologist Eddie Harmon-Jones and his colleagues suggests that the critical variable influencing one’s scope of attention is not emotional valence (positive vs. negative emotions) but *motivational intensity*, or how strongly you feel compelled to either approach or avoid something. For example, pleasant is a positive emotion, but it has low motivational intensity. In contrast, desire is a positive emotion with high motivational intensity...

To read the rest of this article, see:

<https://hbr.org/2015/08/the-emotions-that-make-us-more-creative>



Highlights from the

Districts:

HISTORY COMES ALIVE FOR GIFTED STUDENTS AT FSU SCHOOL IN TALLAHASSEE

Eileen Lerner's fourth and fifth grade gifted students from the FSU School learned about Anne Frank as part of the Anne Frank: A History for Today exhibition tour that came to the Museum of Fine Arts in Tallahassee. They participated in an activity designed specifically for their class, where they were given handmade "diaries" and asked to respond to two different prompts. The first was to write something they would want future generations to know about their world, and the second was to write what they would want to tell or ask Anne Frank if she were still alive today.

The students also had a guest speaker, Mr. Pieter Kohnstam, who grew up with Anne Frank, speak at their school.



Upcoming event:

FDOE Gifted Webinar:

March 8, 2016

Tiombe Kendrick-Dunn, former president of SENG, will join us to discuss issues regarding screening and evaluating gifted students from a school psychologist's perspective.

For info on how to join the webinars, email Kathleen.Casper@fldoe.org

BREVARD COUNTY'S CANINE COMMANDOS RECEIVES \$10,000 PETCO GRANT

Virginia Hamilton's Canine Commandos program that she started for her class of gifted students in Brevard County has received a \$10,000 "Helping Heroes in-store fundraising campaign" from Petco, in partnership with Natural Balance. The funds will go towards continuing the program where students work with shelter animals to provide them with training and affection in order to make them more likely to be adopted. The program provides social-emotional skill building practice for the students who come from throughout their district to work with the animals, and the community service from the students is appreciated by the animal shelter staff who enjoy working with the students and seeing the animals get more attention.

