

Auditory Stimulated Stream of Consciousness Exercise (Onsite)

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Description: This exercise is designed to stimulate free writing associated with a goal or task to elicit understanding, stimulate identification of opportunities and issues that are in need of creative technical, social, service, or policy solutions.

Usage suggestions: This exercise can be used for HS students, UGs, Graduates, adults, professionals, etc.

Learning Objectives:

- Stimulate individual conscious and unconscious thought through free writing.
- Examine the difference between focused and unfocused thought
- Understand the filters that we place on ourselves for convention and rules.
- Breakdown barriers to elicit creative thought processes.
- Distinguish positive stimulation responses of creativity vs. distractors that inhibit creativity.

Materials List:

- Whiteboard with multicolored dry erase pens
- Room for "Stage area"
- Writing utensils
- Paper.

Pre-Work by Students:

- None

Time Plan (~30 minutes)

Exercise Setup:

1. Set up groups in whatever way the instructor chooses. Groups have been prechosen in our classes.
2. Students organize themselves with their group.

Exercise:

In class we will be practicing targeted stream of consciousness creativity. The instructor will give you a social/ entrepreneurial space and theme on which to write (Reframe of rural healthcare issues).

1. Each member in your team will write narrative that questions the perceived obstacles to Rural Healthcare. Try skipping the problem or using up is down for a given issue to identify something different. You will be writing with *Audio Stimulation* (music) while writing the issues in the form of technology, services and/or policy for 10 minutes. **Write the entire 7 minutes! Do not worry about correcting mistakes, grammar, or correctness.**
2. **Each member will share their findings within the group for 5 minutes (remember there are no silly or outlandish ideas and no judging)**
3. **Now collect your writings, formulate your top 3 reframed issues. Present your ideas for the entire class. (5 minutes)**
4. Reflect on your findings with the stream of consciousness writings and answer the following questions after the workshop.
 - a. Which segment were you able to come up with the most words, paragraphs, or ideas?
 - b. Were there differences within members of your group?
 - c. What worked best to keep you focused?
 - d. What was distracting?
 - e. What would you recommend for yourself in the future?

Deliverable:

- **Present 3 reframed issues from your team**