

How to be more creative 怎样才能更有创造力?

词汇: creativity 创造力

Do you get your best ideas when you are bored, or when you are out doing new things? What should we look for when we want to be more **creative**? Boredom and **stimulus** may be opposites, but studies into creativity suggest that actually we might need both.

Writing for BBC Culture, Clair Thorp looks at the role that boredom plays in the **creative process**. Many writers and artists credit being bored with helping them have their best ideas – JK Rowling **came up with** Harry Potter while on a long train journey. Thorp tells us how some researchers believe that boredom **drives** our brains to find something to do – leading to **creative ideas**. So, maybe we should take the advice of the **musician** Questlove and learn to ignore the **distractions** that we can find on our phones.

However, before we all start **planning** how to bore ourselves into creativity, Sandi Mann, an academic and author, warns that too much boredom can take away the **energy** we need for creativity. Many experts talk about the importance of finding new **experiences** in order to be more creative. Actor and writer Kayode Ewumi recommends getting on a random bus and seeing where you end up or learning a new musical instrument as ways to avoid **writer's block**. Professor Gerard Puccio, a professor of creativity studies, believes that having to look at new things, or old things **in a different light**, can force us to make **unusual** connections and come up with **innovative** solutions.

So, perhaps what we need is a balance – enough stimulus to make us look at things in different ways, and enough boredom to give us the **breathing space** to **work through** these thoughts.

词汇表

creative	有创造力的，有创意的
stimulus	激励（创作）的因素
creative process	创意过程
come up with	想出
drive	迫使，驱使
creative idea	创意
musician	音乐家
distraction	分散注意力的事物
plan	计划
energy	精力，干劲
experience	经历
writer's block	作者心理阻滞，神思枯竭，写不出东西
in a different light	从不同的角度（考虑某事）
unusual	不寻常的，独特的
innovative	创新的，新颖的
breathing space	喘息的空间
work through	推敲，斟酌

测验与练习

1. 阅读课文并回答问题。

1. What was JK Rowling doing when she first thought of Harry Potter?
2. What is the result of making our brains look for something to do?
3. According to Sandi Mann, what could be the problem with having too much boredom?
4. What creative activity does Kayode Ewumi suggest trying?
5. What does Gerard Puccio believe looking at new things leads to?

2. 选择意思恰当的单词或词组来完成下列句子。

1. People need time to _____ the thoughts in their head and think of solutions.

plan	drive	work through	come up with
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2. Being bored can be an important part of the creative _____.

energy	process	block	idea
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3. A combination of boredom and stimulus might help us _____ our most creative solutions.

experience	shut down	work through	come up with
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4. Making _____ connections can lead to new ideas.

standard	unusual	dangerous	few
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5. Trying something new is great for getting rid of _____.

stimulus	distraction	writer's block	breathing space
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答案

1. 阅读课文并回答问题。

1. What was JK Rowling doing when she first thought of Harry Potter?

She was on a long train journey when she first thought of Harry Potter.

2. What is the result of making our brains look for something to do?

We can get creative ideas when our brains look for something to do.

3. According to Sandi Mann, what could be the problem with having too much boredom?

She says that too much boredom can lead to not having enough energy to be creative.

4. What creative activity does Kayode Ewumi suggest trying?

He suggests trying to learn a new musical instrument.

5. What does Gerard Puccio believe looking at new things leads to?

He believes that looking at new things leads to making unusual connections and innovative solutions.

2. 选择意思恰当的单词或词组来完成下列句子。

1. People need time to **work through** the thoughts in their head and think of solutions.

2. Being bored can be an important part of the creative **process**.

3. A combination of boredom and stimulus might help us **come up with** our most creative solutions.

4. Making **unusual** connections can lead to new ideas.

5. Trying something new is great for getting rid of **writer's block**.