

11/8/2017

## Student Wellness Wednesday: Exercise Creativity

“Creativity is the ability to introduce order into the randomness of nature.”

- Eric Hoffer

At the start of my biology classes, I (Kevin) struggled to understand the content until I recognized that these classes lacked something incredibly important: creativity. Creativity is essential for good science. How else can a scientist imagine the replication of DNA, or fathom that gravitational waves ripple through time and space across the universe? There is an art to science. It takes discipline and imagination to make something truly beautiful in science. What would it look like to exercise some creativity in your academic and/or personal journey? Below are a few tips:

1) **Read Fiction.** Heavy literature like James Joyce or Chaucer in order to stimulate the imagination. Try and pick up a book that is enchanting and can give that moment of suspended disbelief. Fantasy or science fiction books are always a good choice. Some of my favorite authors are Gabriel Garcia Marquez, Paul Auster, and Stephen King. Joining a book club is also a good way to get different opinions and expanded your way of thinking.

2) **Learn and practice a musical instrument.** This is also a good stress reliever. Taking up an instrument can help stimulate creativity. It is really learn an entirely new language. Music notation takes a lot of studying, but in the end it is a rewarding hobby. I've played the piano since I was about seven years-old and recently I started learning how to play the guitar. These are great things to come home to when you're tired or stressed about work. It's great to have a creative outlet.

3) **Painting.** Just take a blank canvas (purchased at any craft store), some paint, maybe a paint brush, and just go at it. Dump some paint on their and make a mess. Get out all frustrations. Or find a scenic space and start painting what is around you.

In the words of Einstein, “Creativity is intelligence having fun.” Have some creative fun this week whenever you can!

## **Upcoming JHSPH Student Wellbeing Events**

### **Nov 14: Cultivating Personal Values as an International Student 12:15-1:30 PM (W4030)**

Jointly sponsored by the Office of International Service and the JHSPH Office of Student Life as part of International Education Week. This interactive session is geared toward supporting international students studying within our JHU community. Participants will have the opportunity to identify their values while learning how to connect their values to their professional and academic goals. Lunch is included. [RSVP today!](#)

**Save the date:** Nov 27 Student Wellness Session Topic: Imposter Phenomenon. Details will be posted in next week's Wellness Wed!, 12:15-1:30 pm, W4030

## **FREE/INEXPENSIVE Local Things to Do/ Upcoming Events/Awareness Month Info**

1. Tonight, November 8, [JHU Forums on Race in America](#): Winona LaDuke *Native American activist and advocate for environmental, women's, and children's rights* discusses *environmental racism* Auditorium, Mason Hall, Homewood Campus. Reception at 6 pm, presentation at 7 pm.
2. Thur, Nov 9, Salsa Now will be hosting a [free workshop](#) followed by open dancing featuring a variety of dances including salsa, bachata, merengue, etc. All experience levels welcome. 8 - 10pm, The LaB, Homewood Campus, 3003 N. Charles St.
3. Sat, Nov 11, [The Art of Jazz](#), The Bromo Seltzer Arts Tower presents "Art of Jazz," a solo exhibition of paintings by Tommy Roberts. A free opening reception takes place Saturday, November 11, 2017 from 4:30 to 6:30pm where guests have the opportunity to view the exhibition, meet the artist and enjoy light refreshments. The reception also features a vocal performance by Elaine Foster, a guitar and harmonica performance by Bruce Hartley and music by Shades of Blue.
4. [Maryland Irish Festival](#), Nov 10-12, Timonium Fair Grounds (an easy light rail ride away!). Tickets are \$15-\$20.

5. [Maryland STEM Festival](#), Oct 31-Nov 12. Through ten days of collaborative, interactive, and dynamic events and activities throughout the state, the Festival displays Maryland's STEM success and further connects the current and future leaders in STEM. The Festival provides STEM opportunities to all of Maryland without requiring them to travel significant distances.
6. Awareness Month/Observances: [American Diabetes Month](#), [Native American Heritage Month](#),

With Warm Wishes for Wellness & Creativity

*Jessica & Kevin*

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