

Need to enhance creative thinking abilities

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PETALING JAYA: Every one of us was born creative but most of us lost the ability by the time we grew up because of self-imposed restrictions.

Educational psychologist Dr Leonard Yong said one could enhance one's creative thinking skill by doing away with those restrictions or premature assumptions.

"Let your imagination flow. Stop seeing things the way you expected to see them.

"Research showed that creative individuals are using both halves of their brains when solving problems but most adults use more of the left side of their brains," he said at the Developing Openness to New Ideas for Enhancing Creative Thinking seminar.

He said that was why most of them were solving problems the logical and "normal" way instead of being creative and trying something new.

Yong, who developed the LEONARD Personality Inventory (LPI), said every individual was creative in his or her own way and understanding one's personality will help one to develop his or her openness to new ideas.

He challenged his audience, at Universiti Tunku Abdul Rahman (Utar) here where he gave the talk yesterday, to do away with their self-imposed restrictions and let their thoughts run.

Through interactive sessions and games, Yong showed his audience how they were hampered by premature conjectures and could not think out of the box. He also used his module to help his audience understand their personalities.

"By understanding yourself, you can use your strong points to be creative and train yourself to be stronger in fields which you are weak in," he said.

Utar chairman Tun Dr Ling Liong Sik said most people were told to study hard ever since they were little but they were seldom taught how to study.

"But through this talk, they can learn how to be more creative and more productive when studying and carrying out their job," he said.