

We Are Born Creative Geniuses But Our Education System Dumbs Us Down, NASA Scientists Says.

“You are more powerful than you know and they fear the day you discover it!”

At TEDx Tucson, Dr George Land dropped a stunner when he told his audience about the shocking result of a creativity test developed for NASA but subsequently used to test school children.

With Dr George Land and Beth Jarman, NASA built a very specific test that would give them the way to successfully quantify the creative potential of NASA’s rocket scientists and engineers.

The test ended up being extremely fruitful for NASA’s purposes, yet the researchers were left with a couple of questions like where does creativity come from? Are some people born with it or is it learned? Or does it come from our experience?



HOW DID THE RESEARCHERS FOUND OUT?

The researchers at that point gave the test to 1,600 kids between the ages of 4 and 5. And the results shocked them.

A STAGGERING 98 PER CENT!

The test challenges the participants to look at the ability to create new and innovative ideas to certain problems, and the percentage of children who ranked in genius levels of creative imagination was a staggering 98 per cent.

BUT HERE'S THE REAL KICKER...

The two scientists decided to run a longitudinal study over a few years and tested the same students again when they were around ten years old.

At this point, the number of creative geniuses had fallen to about 30 per cent, and had dropped to 12 per cent by the time they were 15.

For the individuals who question the consistency of these outcomes – these outcomes have really been imitated more than a million times.



CAN WE REGAIN OUR CREATIVITY?

We have the ability to be at 98 per cent, says Land, according to Ideapod.com. From what they found from the studies with youngsters and from how brains function, there are two sorts of thinking that take place in the brain. Both utilize distinctive parts of the brain and it's a totally different kind of paradigm in the sense of how it forms something in our minds.

TWO SORTS OF THINKING

One is called divergent – that is creative ability, used for generating new outcomes. The other is called convergent – that is the point at which you're making a judgment, you're settling on a choice, you're trying something, you're reprimanding, you're assessing.

Divergent thinking works like an accelerator whereas convergent thinking puts a brake on our earnest attempts.

“If we operate under fear we use a smaller part of the brain, but when we use creative thinking the brain just lights up.”, states Land.

WHAT’S THE SOLUTION?

We need to find that five-year old again. That capability that we as a five-year-old possessed never goes away.

“That is something you exercise every day when you’re dreaming,” Land reminds us.

See also: [Here Are 11 Weird Signs That You Are Highly Intelligent. I Love #10!](#)

In the real world, spotting intelligent people isn’t quite as simple as looking for people who babble gibberish like Benedict Cumberbatch in Sherlock. But scientific studies have shown that there are a few traits which are linked to high intelligence – and some of these are rather surprising.



1. You took music lessons

Research suggests that music helps kids’ minds develop in a few ways:

- A 2011 study found that scores on a test of verbal intelligence among 4- to 6-year-olds rose after only a month of music lessons.
- A 2004 study led by Glenn Schellenberg found that 6-year-olds who took nine months of keyboard or voice lessons had an IQ boost compared with kids who took drama lessons or no classes at all.

Meanwhile, a 2013 study, also led by Schellenberg, suggested that high-achieving kids were the ones most likely to take music lessons. In other words, in the real world, musical training may only enhance cognitive differences that already exist.



2. You're thin

For a 2006 study, scientists gave roughly 2,200 adults intelligence tests over a five-year period and results suggested that the bigger the waistline, the lower the cognitive ability.

Another study published that same year found that 11-year-olds who scored lower on verbal and nonverbal tests were more likely to be obese in their 40s. The study authors say that smarter kids might have pursued better educational opportunities, landed higher-status and higher-paying jobs, and therefore ended up in a better position to take care of their health than their less intelligent peers.

Meanwhile, a more recent study found that, among preschoolers, a lower IQ was linked to a higher BMI. Those researchers also say environmental factors are at play, since the relationship between BMI and smarts was mediated by socioeconomic status.

3. You have a cat



A 2014 study of 600 college students found that individuals who identified as “dog people” were more outgoing than those who identified as “cat people,” according to a test that measures personality and intelligence.

But guess what? Those same cat people scored higher on the part of the test that measures cognitive ability.

4. You learn from your mistakes

Intelligent people recognise that they have made mistakes – and learn from them quickly.

A study by Michigan University researchers found that people who believe they can learn from mistakes – rather than believing that intelligence is ‘fixed’ – will actually take the opportunity to learn, while others miss it.

5. You can argue intelligently

People who can argue points without offending other people – and without ‘digging in’ and ignoring other viewpoints – tend to be more intelligent.

Dr Travis Bradberry, author of Emotional Intelligence 2.0, says, ‘ When you approach a disagreement with emotional intelligence it has the opposite effect—it strengthens the relationship by showing the other person that you respect him or her, even when you don’t agree with his or her opinion.’

A neurological study conducted by Jason S. Moser of Michigan State University has shown that the brains of smart people actually react differently to mistakes.

6. You don't think you're intelligent

People who are above average intelligence don't tend to think they are clever – but stupid people do, a phenomenon known as 'the Dunning-Kruger effect'

Dunning and Kruger wrote, 'Across four studies, the authors found that participants scoring in the bottom quartile on tests of humor, grammar, and logic grossly overestimated their test performance and ability. Although test scores put them in the 12th percentile, they estimated themselves to be in the 62nd.'

7. You're messy

A study published in "Psychological Science" by the University of Minnesota Carlson School of Management's Dr. Kathleen Vohs revealed that working in an untidy room actually fuels creativity.

In the study, 48 participants were asked to come up with unusual uses for a pingpong ball. The 24 individuals working in neat rooms came up with substantially less creative responses than the individuals working in cluttered rooms.

So if you are a pack rat, tell everyone you're just fueling your sense of creativity and innovation the next time someone tells you to clean up your act.

8. You enjoy being alone



Researchers from the LSE and Singapore Management University analysed data from a large survey involving 15,000 people aged 18 to 28 – who also underwent IQ tests.

They found that, for both low-IQ and high-IQ individuals, living in highly populated areas was linked to unhappiness. But for highly intelligent people, even socialising with friends was linked to unhappiness.

The researchers write, 'More intelligent individuals experience lower life satisfaction with more frequent socialization with friends.' 'The effect of population density on life satisfaction was therefore more than twice as large for low-IQ individuals than for high-IQ individuals.'

9. You worry a lot

A growing body of research suggests that anxious individuals may be smarter than others in certain ways, according to Slate's coverage of several different studies on anxiety.

In one study, for example, researchers asked 126 undergrads to fill out questionnaires in which they indicated how often they experienced worry. They also indicated how often they engaged in rumination, or thinking continuously about the aspects of situations that upset them, as psychologist Dr. Edward Selby reported in Psychology Today.

Results showed that people who tended to worry and ruminate a lot scored higher on measures of verbal intelligence, while people who didn't do much worrying or ruminating scored higher on tests of nonverbal intelligence.

10. You're physically lazy

Many of us tend to look down on slobs who sit watching Netflix all night and never drag themselves to the gym.

But physical laziness might actually be a sign that someone is a deep thinker, a new study has suggested.

Researchers from Florida Gulf Coast University rated 60 volunteers using a 'Need for Cognition' test – dividing them into 'thinkers' and 'non-thinkers'.

They then monitored their physical activity for a week – and found that the 'non-thinkers' tended to be much more active than the thinkers.

The researchers write, 'High-NFC individuals seem more content to "entertain themselves" mentally, whereas low-NFC individuals quickly experience boredom and experience it more negatively.'

'The relationship between cognition and physical activity is an important question for the human experience, and the interaction likely extends across the lifespan.'

11. You're the first child in your family



First born children are usually the cleverest, with measurable differences in IQ as early as age one – and it's thanks to their parents.

Researchers at Edinburgh University found that all children received similar levels of emotional support from their parents – but first borns had more support with tasks which developed their thinking skills.

Researchers say the findings could help to explain the so-called birth order effect when children born earlier in a family enjoy better wages and more education in later life.

Researchers observed 5,000 children from birth to age 14, testing them every two years with assessments including reading recognition.



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