

HOW TO IMPROVE CREATIVE THINKING SKILL.

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From your leisure time to your profession, creativity can fuel success and fulfillment in all facets of your life. However, how can you spark your creative inspiration? And why is honing one's capacity for creative thought so crucial? We'll look more closely at creativity and creative thinking in this post, both within and outside of the workplace. Continue reading to discover simple ways to infuse your life with greater creativity and the reasons it's such a worthwhile endeavor for your job and beyond. Describe creativity. Being creative is a vague term with a variety of meanings, so depending on who you ask or where you look, you'll probably receive a different response. Examining the root word first is helpful as a starting point.

KEY WORDS: creative, improve, job, root.

Coming up with something original is the goal of creative thinking. The final objective is to come up with a strategy or answer that isn't immediately apparent, and maybe even go one step farther after that! Examining, honing, and experimenting with concepts are necessary for creative thinking. It's something you probably do without even realizing it every day. It may be as easy as moving the furnishings in your room or changing an ingredient when cooking! The "creative" aspect focuses on coming up with novel concepts, inventive fixes, or novel approaches to problems. The "thinking" portion entails taking these concepts or solutions and giving them careful thought, taking into account how they will function from various viewpoints and angles. Although creative and critical thinking may very well be different sides of the same coin they are not identical. (Beyer, 1989; p. 35)

Three quick techniques to become more creative It's one thing to talk about creativity and creative thinking – but how do you actually get your creative brain to start sparking off ideas? You probably engage in it on a daily basis without even recognizing it. It may be as simple as switching up an ingredient in your cuisine or rearranging the furniture in your room! The "creative" part of the job involves coming up with original ideas, clever solutions, or fresh perspectives on issues. The "thinking" part involves taking these ideas or solutions and carefully considering how they will work from many perspectives and angles. Three easy ways to boost your creativity Speaking about creativity and creative thinking is one thing, but how can you really trigger your creative mind to produce original ideas? various approaches seem

to work for various people, therefore creativity is not a precise science. We've outlined three simple things you can start doing here. Creative and critical thinking skills are considered essential for students (Crane, 1983). Halpern (1996 p.5) defines critical thinking as "...the use of cognitive skills or strategies that increase the probability of a desirable outcome." Other definitions include: the formation of logical inferences (Simon & Kaplan, 1989), developing careful and logical reasoning (Stahl & Stahl, 1991), deciding what action to take or what to believe through reasonable reflective thinking (Ennis, 1991), and purposeful determination of whether to accept, reject, or suspend judgment (Moore & Parker, 1994). In a comprehensive attempt to define critical thinking, Pascarella and Terenzini (1991) compiled the following, "...critical thinking has been defined and measured in a number of ways but typically involves the individual's ability to do some or all of the following: identify central issues and assumptions in an argument, recognize important relationships, make correct inferences from data, deduce conclusions from information or data provided, interpret whether conclusions are warranted on the basis of the data given, and evaluate evidence or authority: (p. 118).

Giving your brain the chance to indulge and explore in a creative space will help to strengthen it when you need to tap into creativity in other areas of life. Let yourself some time to yourself. You may make creative expression a ritual, just like you would with exercise or a good diet. Allocate a certain period of time on a daily or weekly basis for engaging in a creative activity that brings you delight. This could be learning a new language, crafting, or performing an instrument. When you need to use creativity in other aspects of your life, giving your brain the freedom to experiment and explore in a creative setting will assist to improve it.

2. Try something new

In order to come up with fresh ideas, we need to expose ourselves to fresh situations. A 2018 study in the *Journal of Cross-Cultural Psychology* found that diversifying our experiences can improve creativity. It could be as simple as taking a different route on your commute home or reading a book about a topic you're not familiar with. Getting off your usual track outside your routine can support creativity.

2. Make a fresh attempt

We have to put ourselves in new situations if we want to generate new thoughts. According to a 2018 study published in the *Journal of Cross-Cultural Psychology*, broadening our horizons can foster more creativity. It may be as easy as reading a book about a subject you're unfamiliar with or taking a new route on your way home. Breaking away from your routine and going in a different direction might foster creativity.

3. Work yourself out.

According to a *Frontiers in Human Neuroscience* study, moving your body has been shown to stimulate your intellect. Simple activities like taking a block walk or riding a bike along a trail can spark creativity and open doors. One of the best ways to incorporate creative practice into your daily life is to enroll in a course in a creative subject that you find interesting. Consider picking up an instrument if you have a passion for music. Seek out a writing course, like The Open University's Start Writing Fiction, if you want to read. It all comes down to choosing something you enjoy doing while also being challenged and inspired; this way, you're more likely to remain with it.

In conclusion, How to boost and nurture creativity. Consider following these steps if you want to develop or improve your creative thinking skills: Approach things with curiosity

Deciding to be curious about things and ideas that may seem complicated at first, but can be a great way to start your journey of developing your creativity. Even the most complex tasks can seem interesting if you approach them in the right way. Focus on the benefits that being curious brings, such as gaining more knowledge about things that intrigue you in daily life. The willingness to search for and understand new ideas can greatly influence your creative thinking skills. To practice open-mindedness, when approaching even the most familiar situations you should consider how someone else might deal with it. This could help you relate to the experiences and knowledge of others and look at things from a different perspective.

Like many other skills, creative thinking can be taught over time, even if some people are born with the aptitude to interpret reality creatively. By giving it some thought, you could find that it enhances the quality of your work and has a significant impact on how you tackle challenging assignments. Additionally, these abilities can help you stand out from the crowd and catch recruiters' attention if you're actively seeking for work or trying to change careers. Career Development Guide for Careers. Finally, we consider some topics that have been prominent in discussions of creativity to see what this analysis of problem-solving has to say about them. (PsycINFO Database Record (c) 2016 APA, all rights reserved)

The best ways to develop your capacity for creative thought. Whichever business you work in or intend to work in, you should approach some jobs and challenges in a creative way. You can accomplish short- and long-term objectives, add unique ideas to initiatives, and assist in finding solutions to common problems by utilizing your creativity. In addition to providing you with some examples of professions that appreciate creative thinking, this post focuses on how to cultivate and preserve creative thinking skills.

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