

QED

**YCISL FUN, FORM &
FUNCTION**

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QED: YCISL Fun, Form & Function
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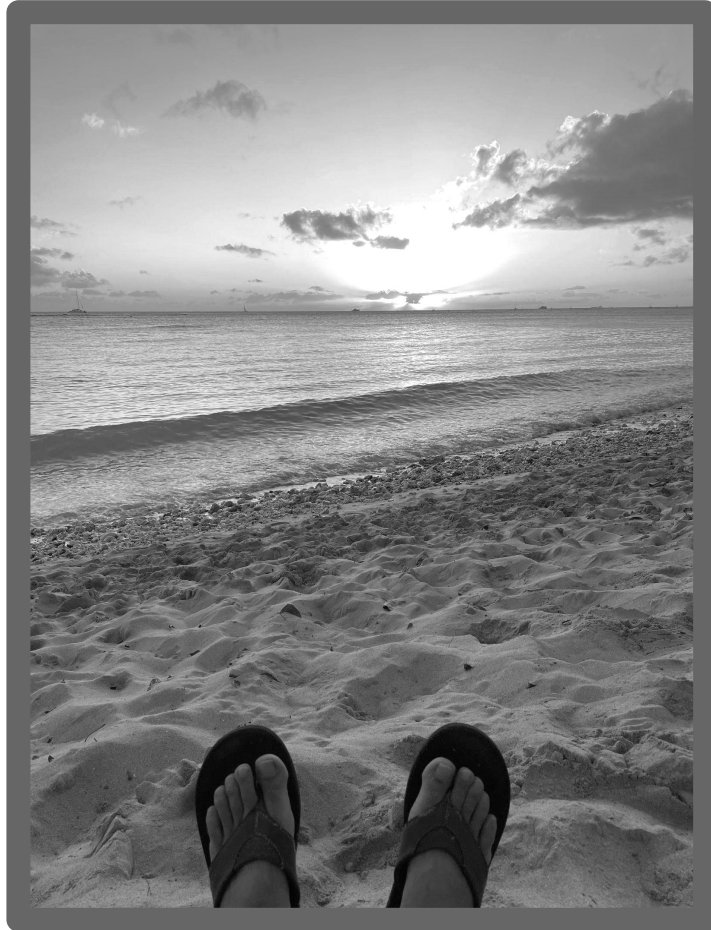
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Preface

This is a compilation of my favorite YCISL lessons. Underpinning these EQ-centric soft skills lessons was a whole lot of fun mixed in with the “human behavior-changing” goals & objectives. If the students were having fun, then I felt at liberty to have fun as well. And if we were all having fun, I could slip in some learning too. That was the plan & I think it *mostly* worked well. That’s the essence of what made it worth doing for over 10 years. A joyous 10 years, in fact.



This is the second YCISL e-book I have finished while on vacation in Waikiki.

The change-of-pace atmosphere is so inspiring & mindfully cleansing. As I

sit here overlooking Fort DeRussy Beach from the balcony, I am watching the sun rise, waves glide to shore, coconut trees swaying in the wind, &

boats headed out towards the horizon...all in a seemingly slow pace from my vantage point. So calming & reflective. Please enjoy.

Read Me

Read Me

The YCISL program's tagline is "Life Lessons in EQ." This e-book is a summary of those life lessons comprising brief descriptions about the idea's form & an example or two about how they were functionally implemented. We invite you to find inspiration from these concepts, & to practice empowered awareness & actionability for a more fulfilling personal story. Your personal story.

Creative Energy

#creativeenergy

While the YCISL program is derived from the idea that “schools kill creativity,” our focus is placed on creative energy to give it the more personally relatable form of a usable natural resource where exploration, discovery & empowered creative achievement are possible. With an enlightened level of awareness & action, we can apply our creative energy to our thinking.

Proof & Integration

#proof #integration

Proof & Integration are two of the levels on the YCISL leadership objectives schematic. In the transition to college, the Proof level associates with the demonstrable ability to accomplish growth & excellence in one selected specialty.

The Integration level during college refers to the mastery of numerous subject areas & integrating them into one's own expertise profile. We coached EQ awareness & action for both levels.

*Teamwork
&
Teambuilding*

#teamwork #teambuilding

Teamwork is the act of working together. Teambuilding is the effort to optimize the team. Both require EQ. Through a variety of team activities, the YCISL strives to explore our propensity for teamwork & teambuilding with regards to support, communication & sense of accomplishment through collaborative efforts. Small teams, large teams, one team, team pairs - we tried them all.

*A Simple
Innovation
Framework*

#simpleinnovationframework

Our YCISL workshops involved a 5-day team project which was sequenced in a simple innovation framework comprising brainstorming, prototyping, engineering, test & readiness, & launch. This “simple” step-wise progression was to get from ideation to realization so that our strongest ideas are given shareable form & function. We did so using our creative energy for innovation & leadership.

*Promise &
Ask
Storyboard*

#elevatortpitch #promise #ask #storyboard

We coached an elevator pitch-style of presentation for our workshop project launches. The YCISL program adopted a framework for content-building & tweaking an elevator pitch through storyboarding as a prototyping method. Two of the most emphasized elements were the “promise” & the “ask” which are the main motivational reasons to remember any pitch.

Who am I?
& Your
Personal
Story

#whoami? #yourpersonalstory

Our YCISL “Your Personal Story” modules use emotional intelligence through attention to awareness & action. This time-segmented activity explores influences from the past, an identity in the present, & future objectives with a plan to get there. With this investment in mindfulness, we add passion & purpose to our EQ-framework which makes it easier to answer the question “Who am I?”

Types of Fast Thinking

#fastthinking

Creativity is a fast thinking process. To fully engage our creativity, we need to train ourselves for speed & not allow self-editing & self-doubt to impede our abilities. We highlight three types of fast thinking including active recall, associative architecture, & waggle dance reasoning. Each is a viable method to attain the flow & speed for creative fast thinking.

Positivity & Gratitude

#positivity #gratitude

Based on my observations of how positivity powers energy in sports, we adopted positivity as the necessary pre-condition for creative activity. This included genuine self-positivity, team positivity, & group positivity.

One mechanism for positivity was gratitude in which we focused on things that we are grateful for.

*Divergent-
Convergent
Thinking*

#divergentconvergentthinking

We built a feature list exercise around the notion of practicing divergent & convergent thinking. The push & pull of this thinking cycle simulates the information gathering, analysis, & decision making that is central to design thinking & leadership. In workshops, we set out using this method to design-think innovative water bottles with 3 impression-making primary features.

Life Lessons
in EQ

#lifelessonsineq

EQ gradually became a central element of the YCISL program. I learned about it through a Stanford colleague. Over time, it became clearer that the YCISL program was coaching creativity, innovation & leadership through EQ principles for lifelong benefit. Around 2015, we adopted the tagline “Life Lessons in EQ” and formulated the equation $KI+EI \rightarrow LI$.

KI = Knowledge Intelligence. EI = Emotional Intelligence.

LI = Leadership Intelligence.

*Play, Fun &
Smile*

#play #fun #smile

One of my mental “secrets” when opening a workshop was welcoming students to a party where I, as host, had the primary objective of everyone’s enjoyment. Play & fun were the main premise of many exercises, & smiles along with some laughter were indicators that the exercises were working. We had the ping pong game design exercise, & talked about fake vs real smiles differentiated by activated eye muscles.

*Asking
Questions
Design
Thinking*

#designthinking #askingquestions

Design thinking is a process advanced by Stanford's d.School for purposeful user-friendliness & usability. YCISL adopted a broader design-build concept involving an "asking questions" form of design thinking which relied on creative answers to compositional questions. We reviewed how to form a question using who, what, where, when, why & how, then practiced asking questions as a part of our creative fast thinking to create a vision.

*Hear,
Listen &
Understand*

#activelisting #reciprocallearning

In kick-off, a critical ground rule concerned active listening as a skill to communicate better & facilitate reciprocal learning. I talked about how the brain has to work harder to filter noise while listening (like in a restaurant), & how we need to lower listening filters that could distort our understanding. Sometimes, a student would look at the student next to them to disengage from dialog. An odd behavioral quirk & a humorous memory.

*If you
reached this
point...*

If you reached this point...

I hope each lesson was simple (& easy) to relate to. Now that awareness has been established, grab a highlighter & connect each lesson to your personal context & story. Imagine how any of these lessons may have elevated a past experience. What lesson would you use in a future experience? What about now? With this, I hope you find a quantum EQ rise in your creative thinking skills.

QED.

Q&D

*Look inside for key concepts embraced by the
creativity training coached in the YCISL
program. These concepts are being shared with
you to help shift your mindset & thinking
towards a more skillful approach to growing
EQ-based design thinking creativity as a
life-changing personal strength & resource.*