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The Sheridan Notebook

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Brandon McFarlane is the author of the book *The Sheridan Notebook*. Kristine Villeneuve and Devin Murray designed the images in the book *The Sheridan Notebook*.

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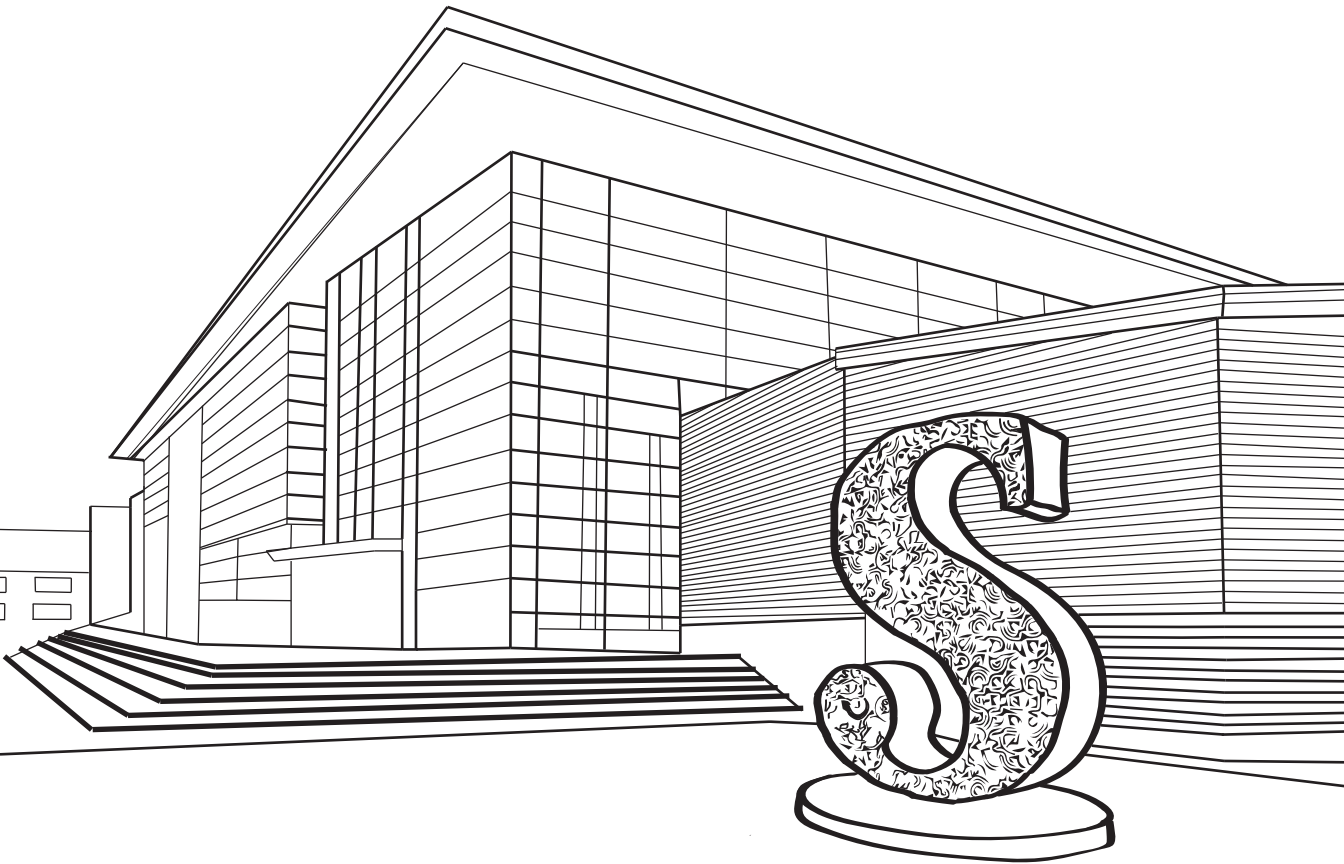
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Printing Instructions for *The Sheridan Notebook*

1. Download *The Sheridan Notebook* and **save it to your computer.**
2. Open the saved file and print the *Notebook* **on legal-sized paper** using Adobe's Booklet feature. (For instructions, see: <https://helpx.adobe.com/acrobat/kb/print-booklets-acrobat-reader.html>)
3. Save the SOURCE cover pages aside for future reference, and then fold the remaining printed pages in half to create *The Sheridan Notebook*.

The Sheridan Notebook



Introduction

The Sheridan Notebook was produced with the support of the inaugural Scholarly, Research, and Creative Activities Growth Grants; it is an integral component to a series of studies that seek to better understand (1) the impact of adult colouring on creativity and mindfulness, and (2) the educational potential of adult colouring. A growing volume of research suggests there is a noteworthy connection between mindfulness and creativity: mindful individuals through presence, openness, acceptance, and self-inquiry are able to adopt many perspectives and pursue multiple solutions when solving problems—characteristics held by highly creative and innovative individuals.

This book synthesizes adult colouring with the “In and Out” note-taking technique—developed by our colleagues at the International Center for Studies in Creativity—to provide students with a novel way to develop their mindfulness skills in the classroom and beyond. Colouring promises to enhance mindfulness while the note-taking strategy deepens learning and retention of course material.

The Sheridan Notebook testifies how we love to get creative at our campuses in Brampton, Mississauga, and Oakville; it showcases our willingness to take risks in the pursuit of innovation; it demonstrates how committed we are to fostering creativity in all its diverse forms. The Sheridan Notebook is also a gift to the broader community, a piece of our creative campus that will, hopefully, be widely adopted by students across the globe or anyone else who wants to practice mindfulness. Enjoy!

—Prof. Brandon McFarlane

—Illustrators: Kristine Villeneuve & Devin Murray

1 September 2016

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How to use the Sheridan Notebook

1. Print the Notebook on legal sized paper using Adobe's Booklet feature. For instructions, see: <https://helpx.adobe.com/acrobat/kb/print-booklets-acrobat-reader.html>
2. While attending a class or meeting, try to turn off all your mobile devices.
3. Colour the image and focus your attention on the action in the room.
4. Observe the environment and write, in point form, any important insights on the 'in' column. These notes should consist of key words, ideas, or feelings that you want to remember or revisit. Just include enough information to trigger your memory or provide a source for further exploration. E.g. "creativity = novelty + usefulness."
5. Use the "out" column to acknowledge and record anything that distracts you. If you're bored, acknowledge it and write "bored" in the 'out' column. If you're anxious because you can't remember if you left your window open and it might storm, acknowledge this worry by writing "window open?". Recognize the anxiety, start colouring, and refocus your observation on the immediate situation.
6. After the session, review your notes. Look at all the 'ins,' evaluate your level of understanding, and develop the notes by referring to secondary sources such as your textbook, PowerPoint slides, handouts, or by asking the instructor or a classmate for clarifications.
7. Review all the 'outs.' Solve any easy challenges or tasks. Then, reflect upon the other 'outs.' Are there any consistent distractions that you can address?
8. Reflect upon how you can improve your study habits and mindfulness in future sessions. Acknowledging, accepting, and sometimes addressing these issues should help develop your mindfulness skills and your ability to live in the moment; two skills that will boost the effectiveness of your study habits.



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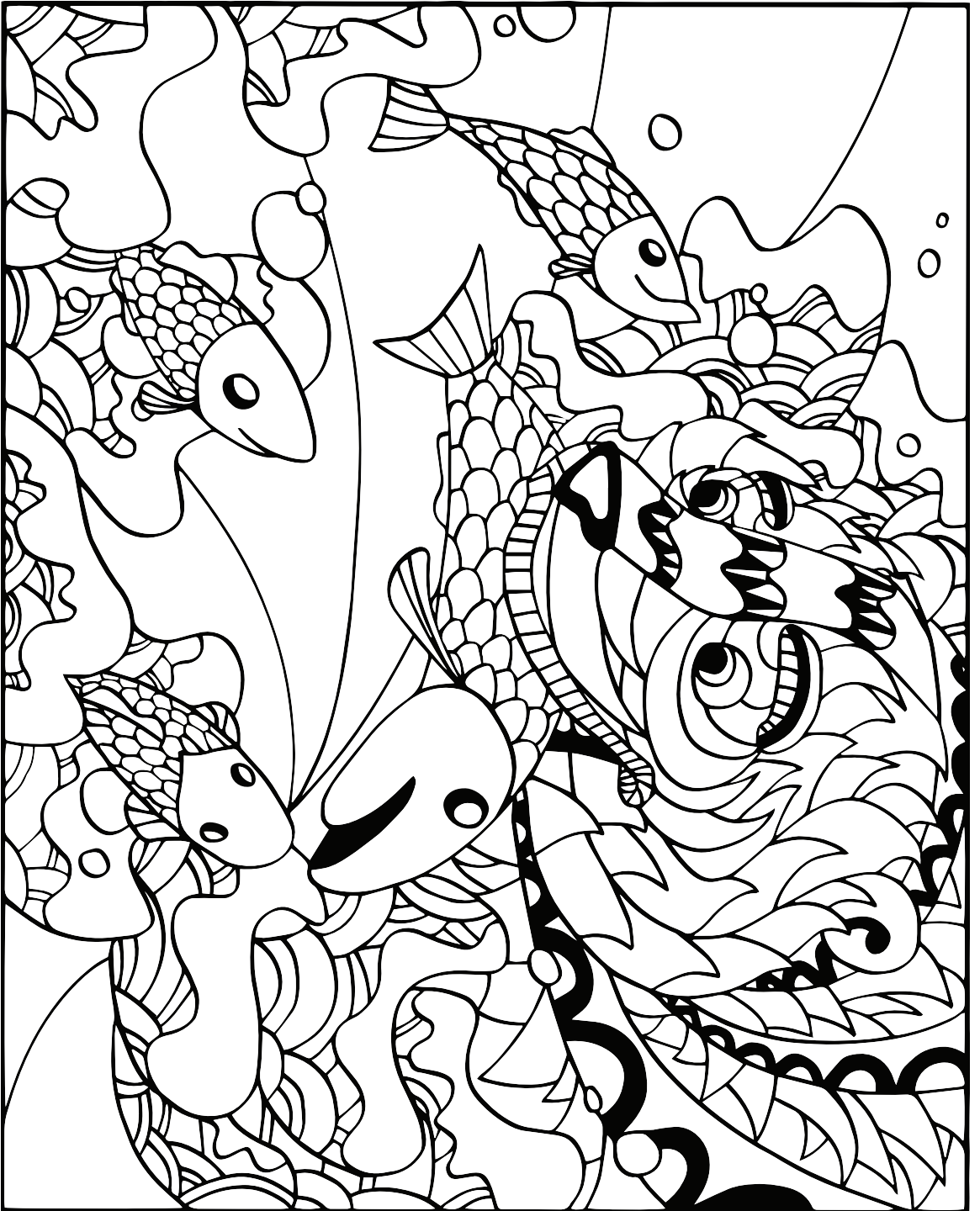
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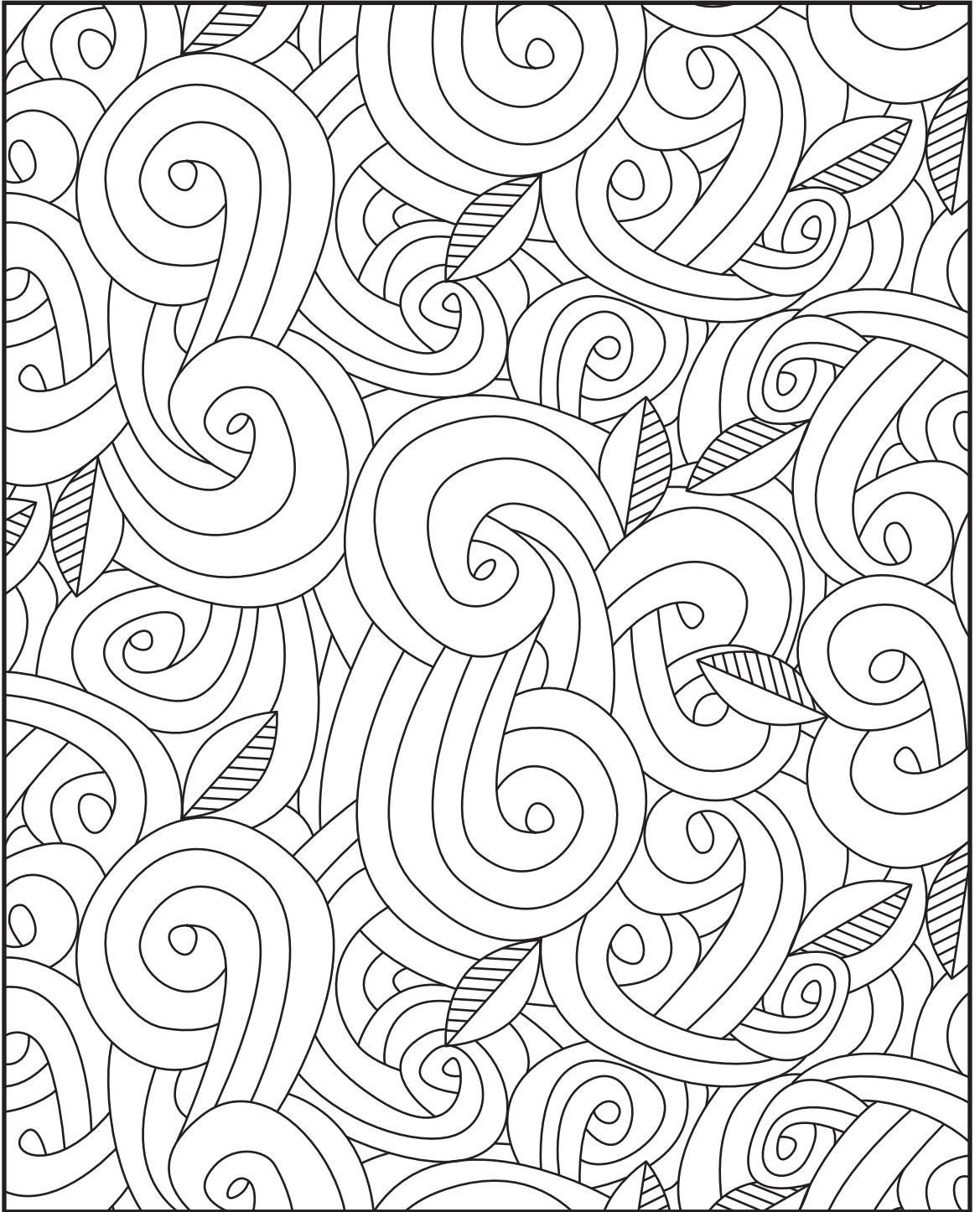
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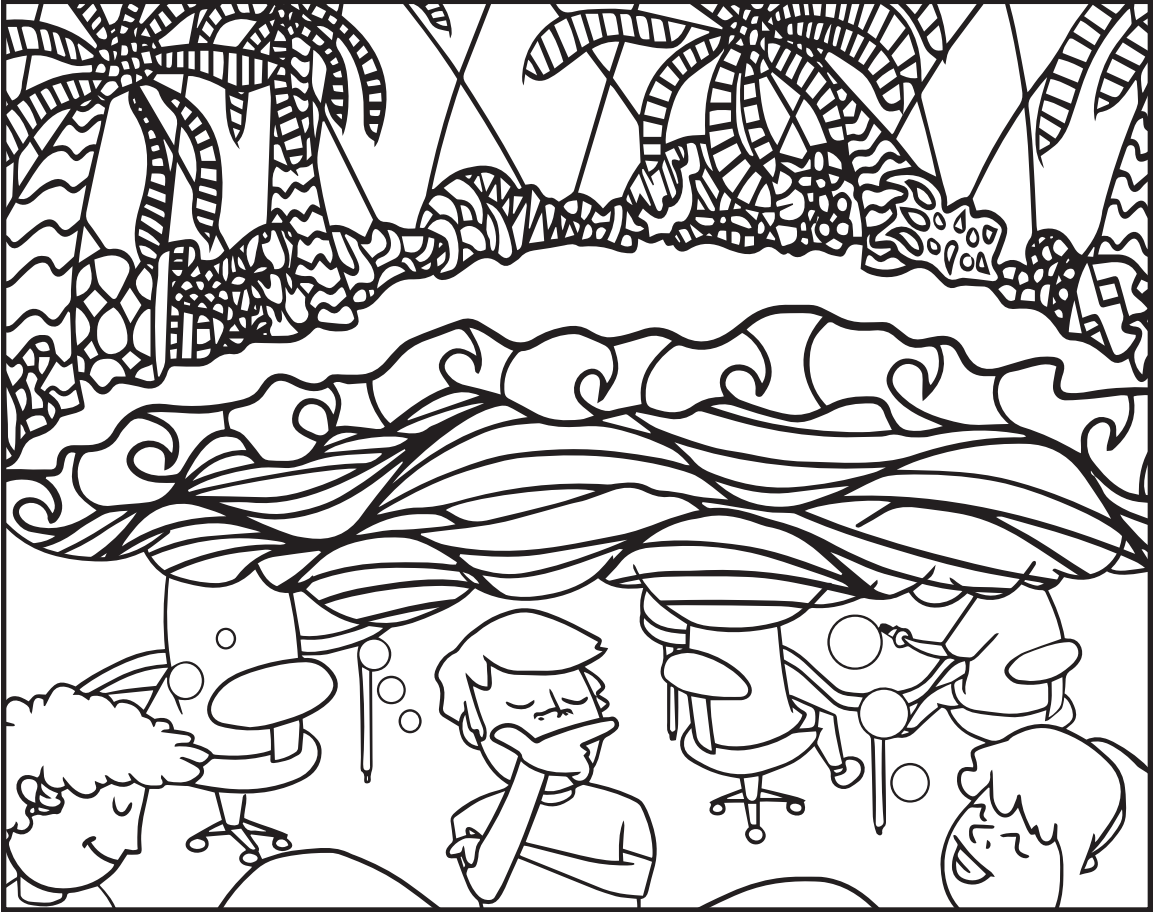
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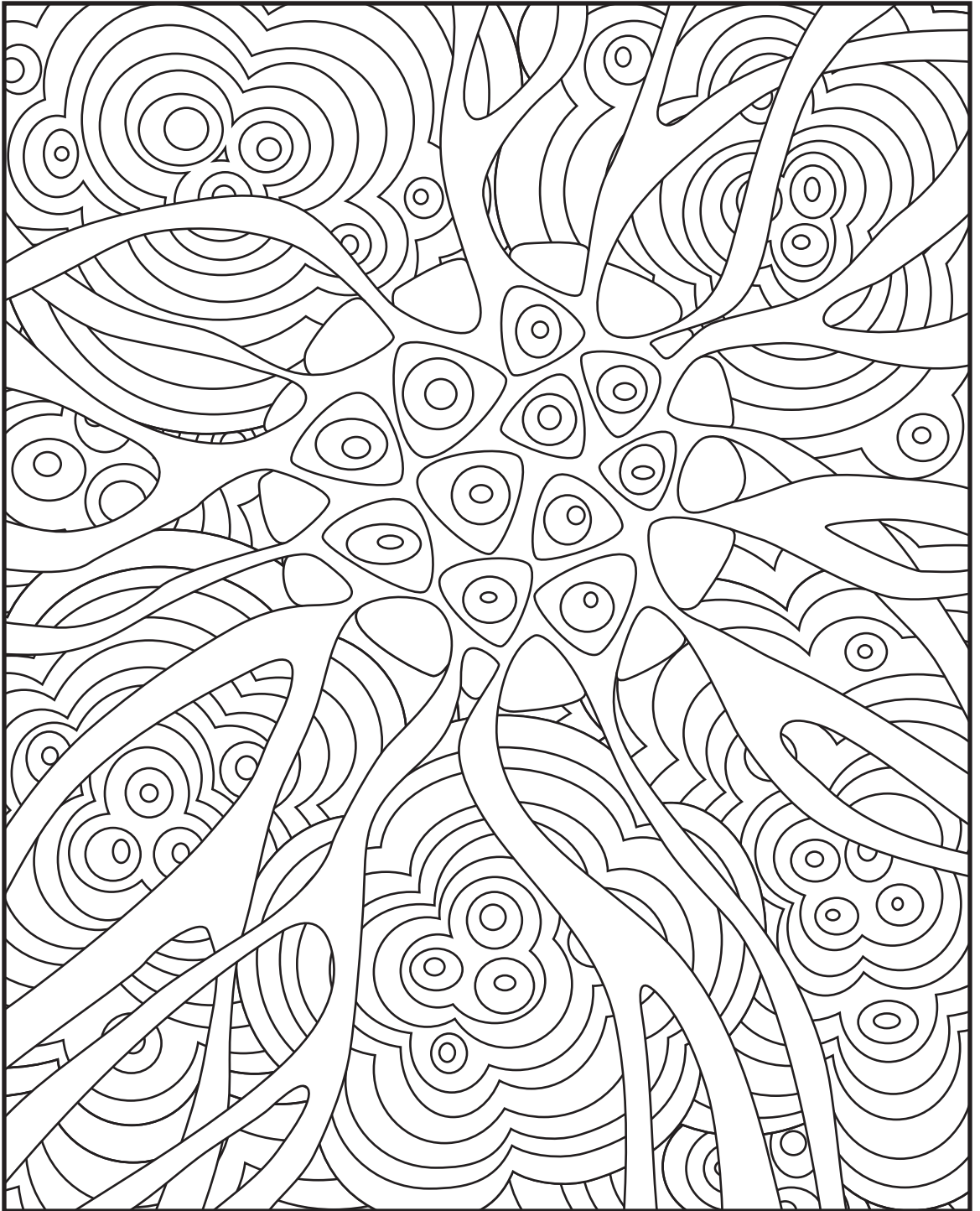
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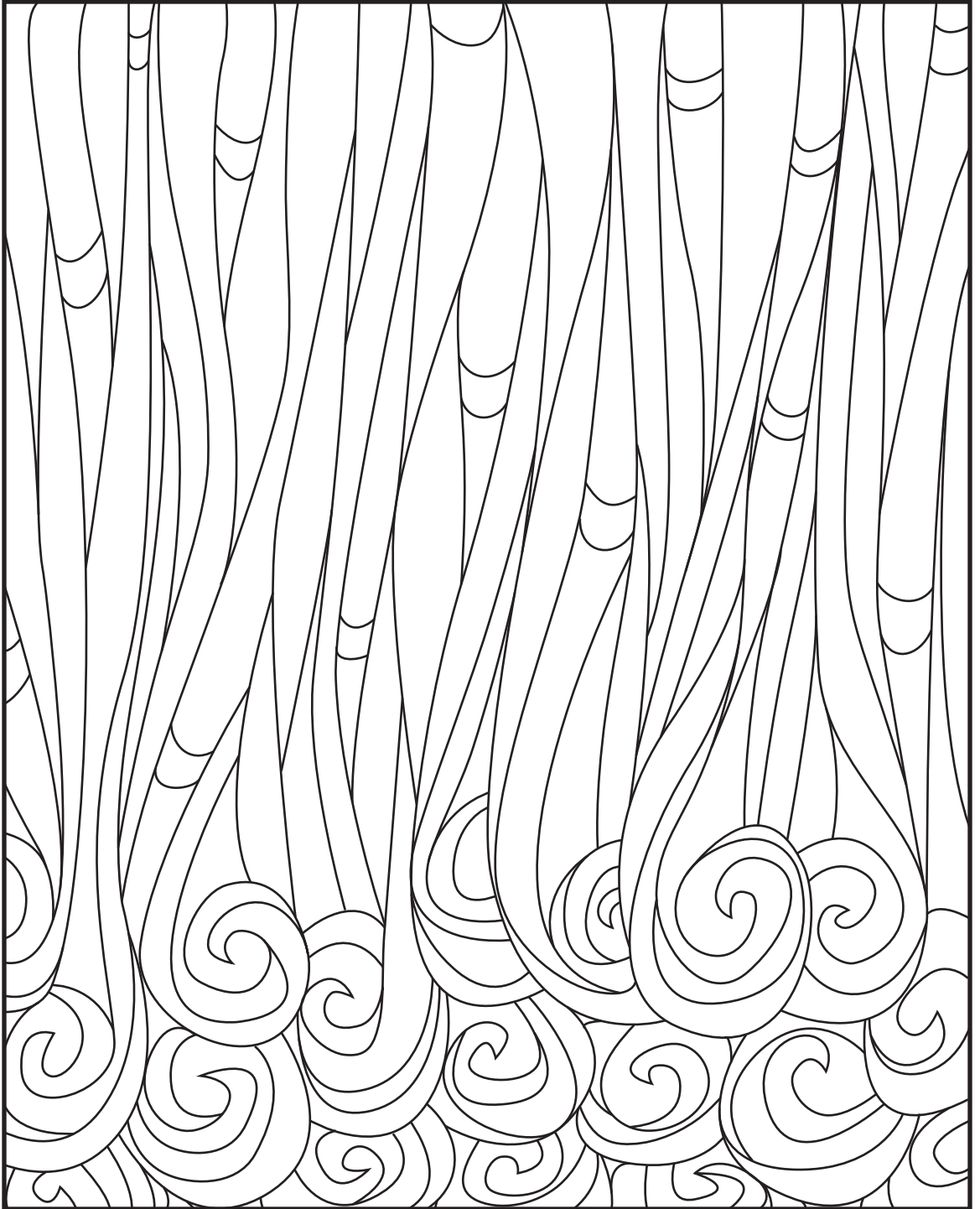
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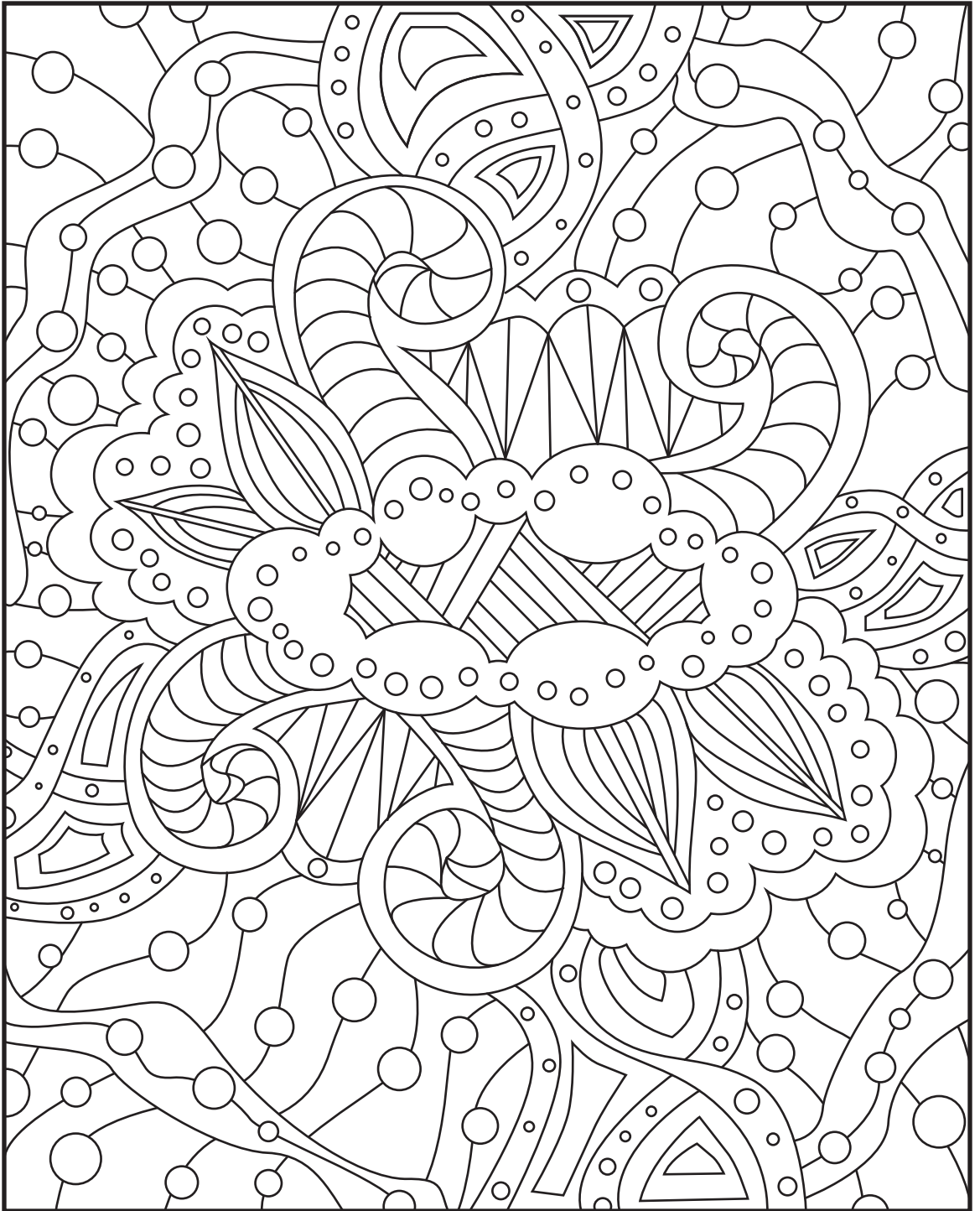
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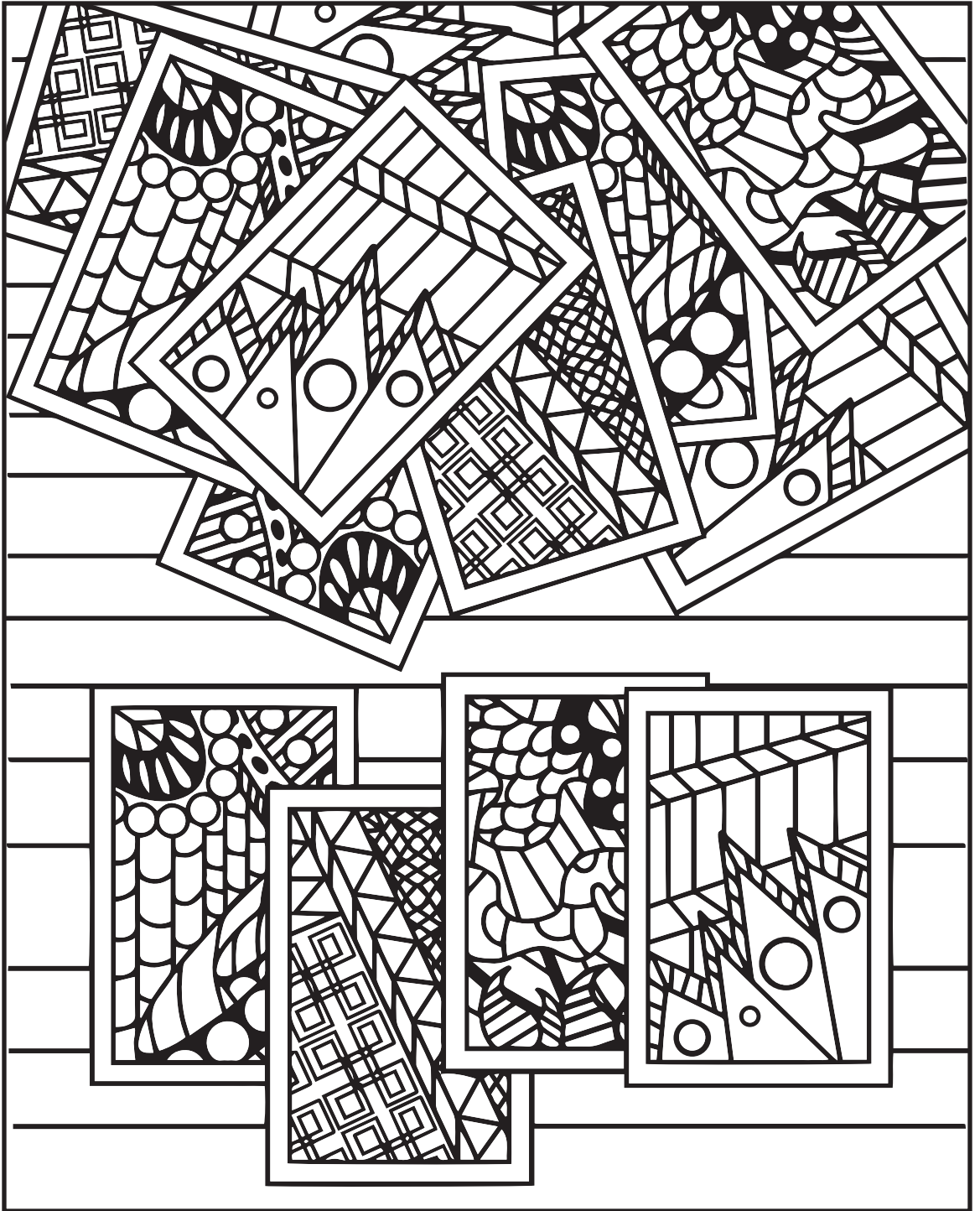
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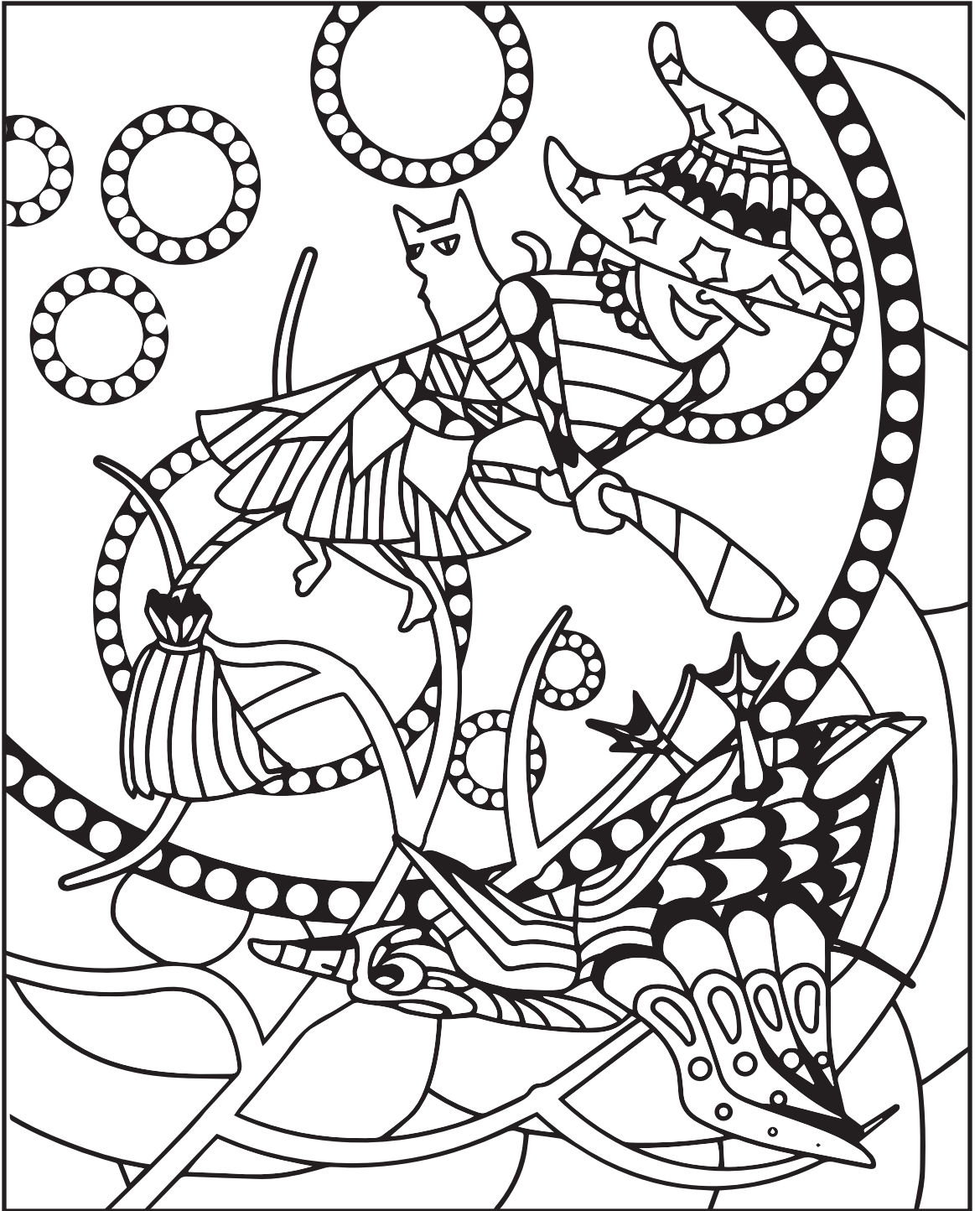
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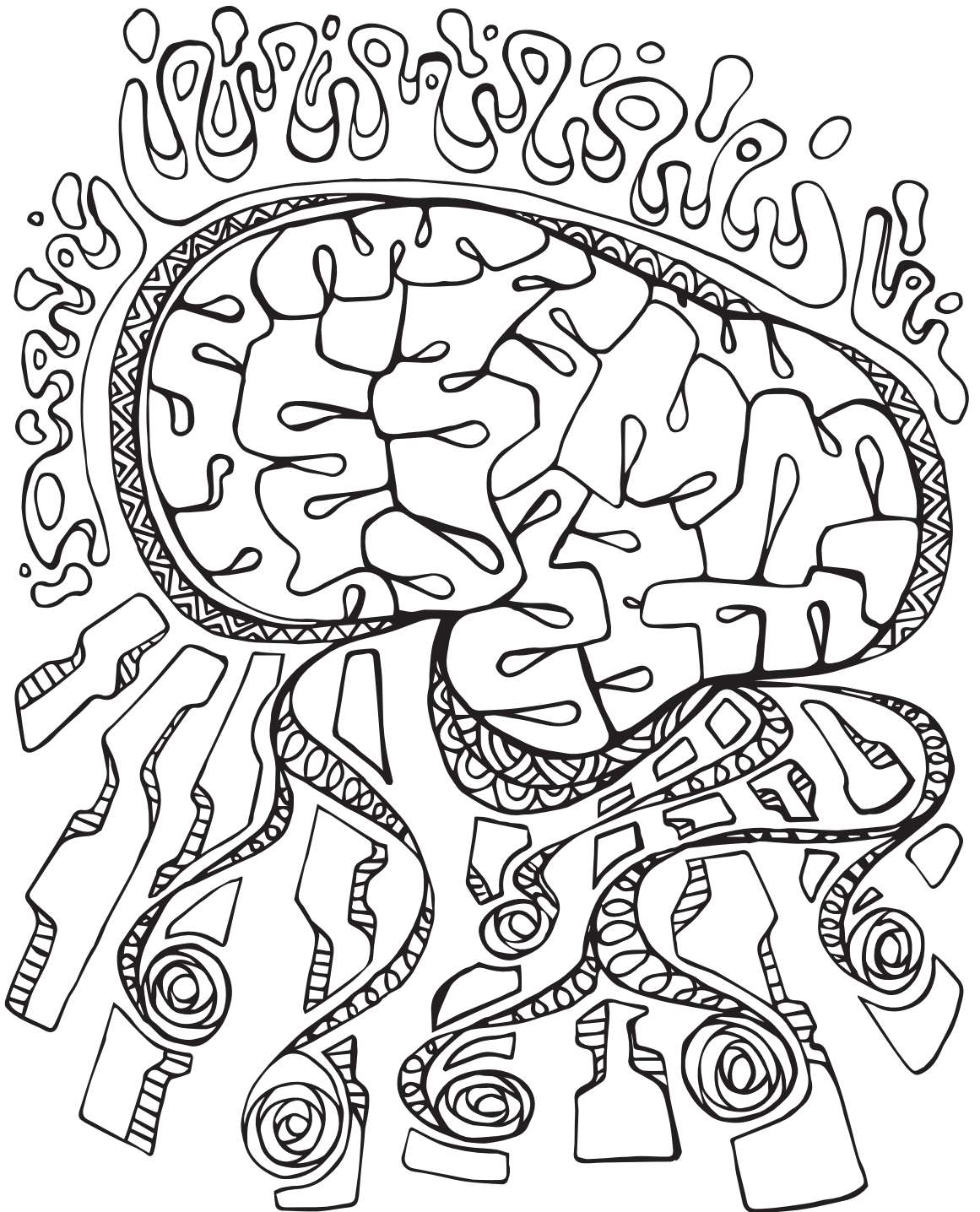
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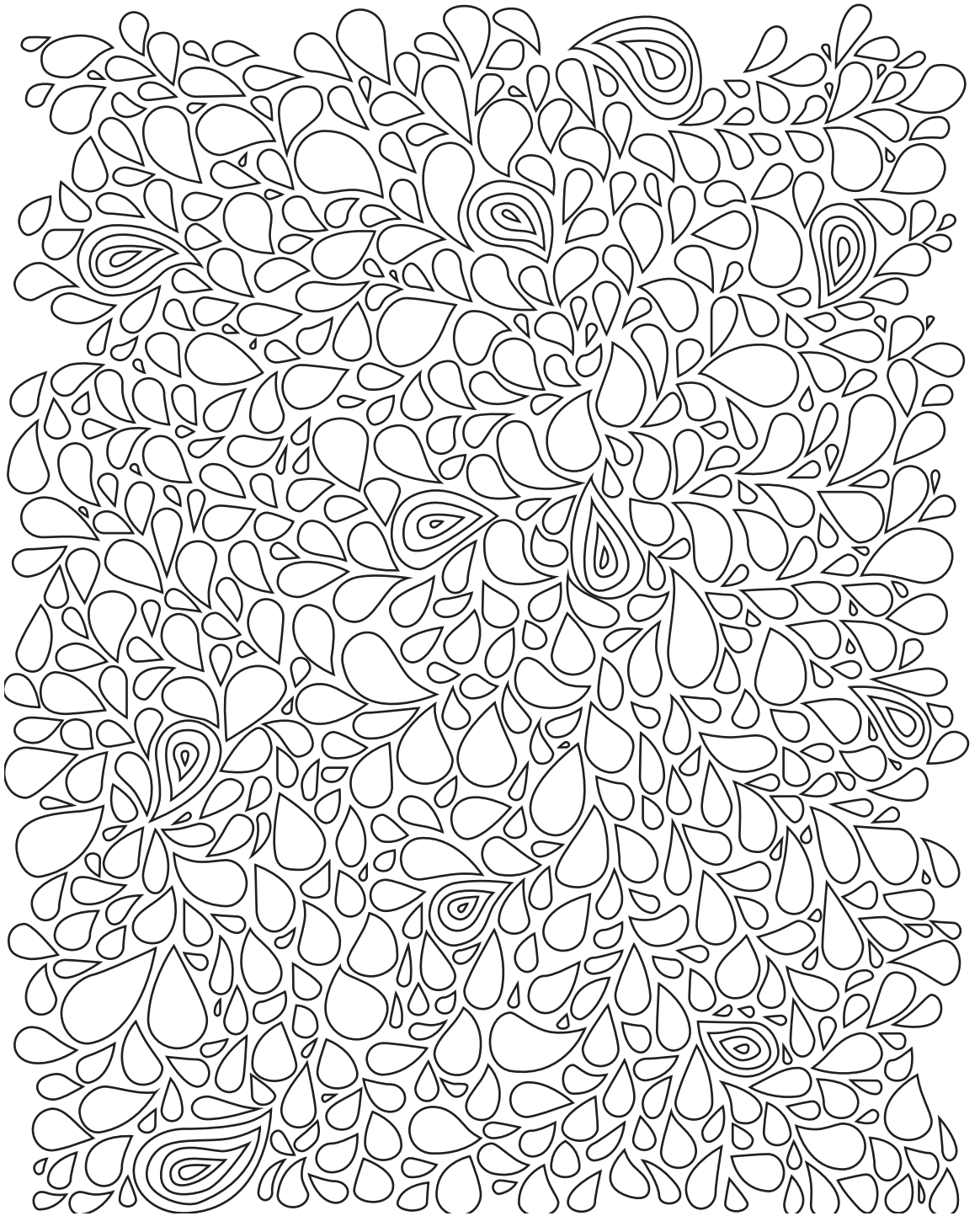
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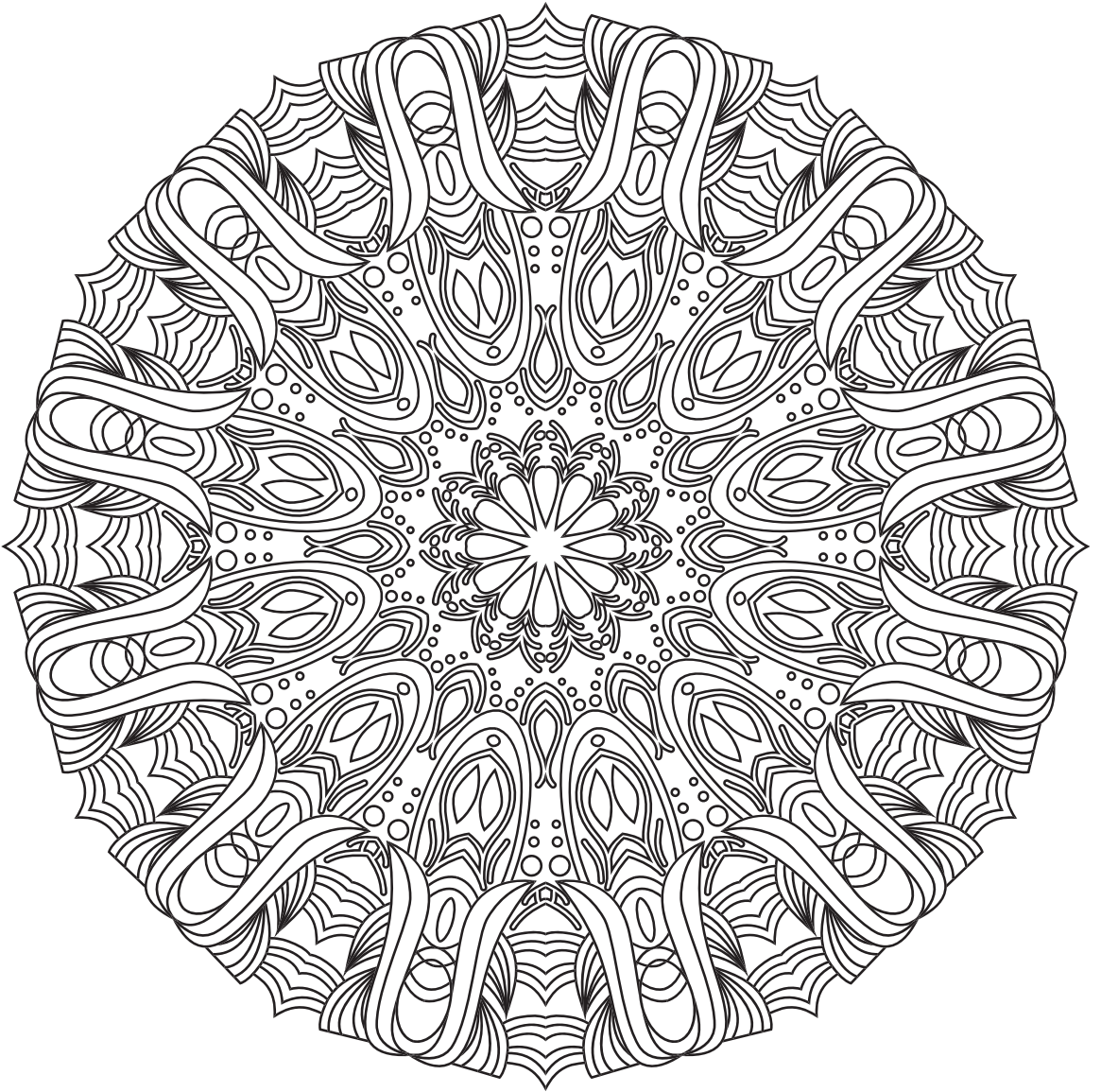
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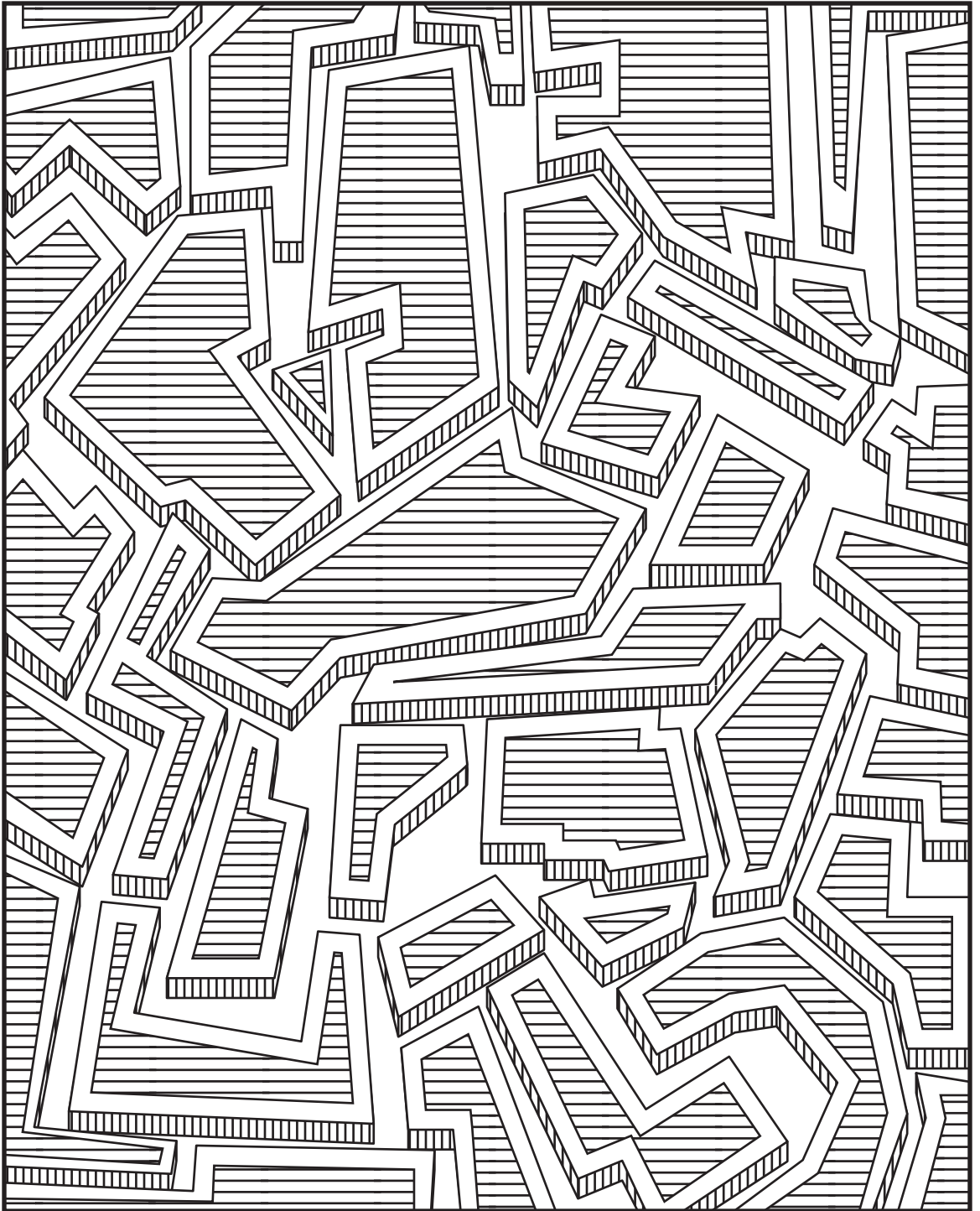
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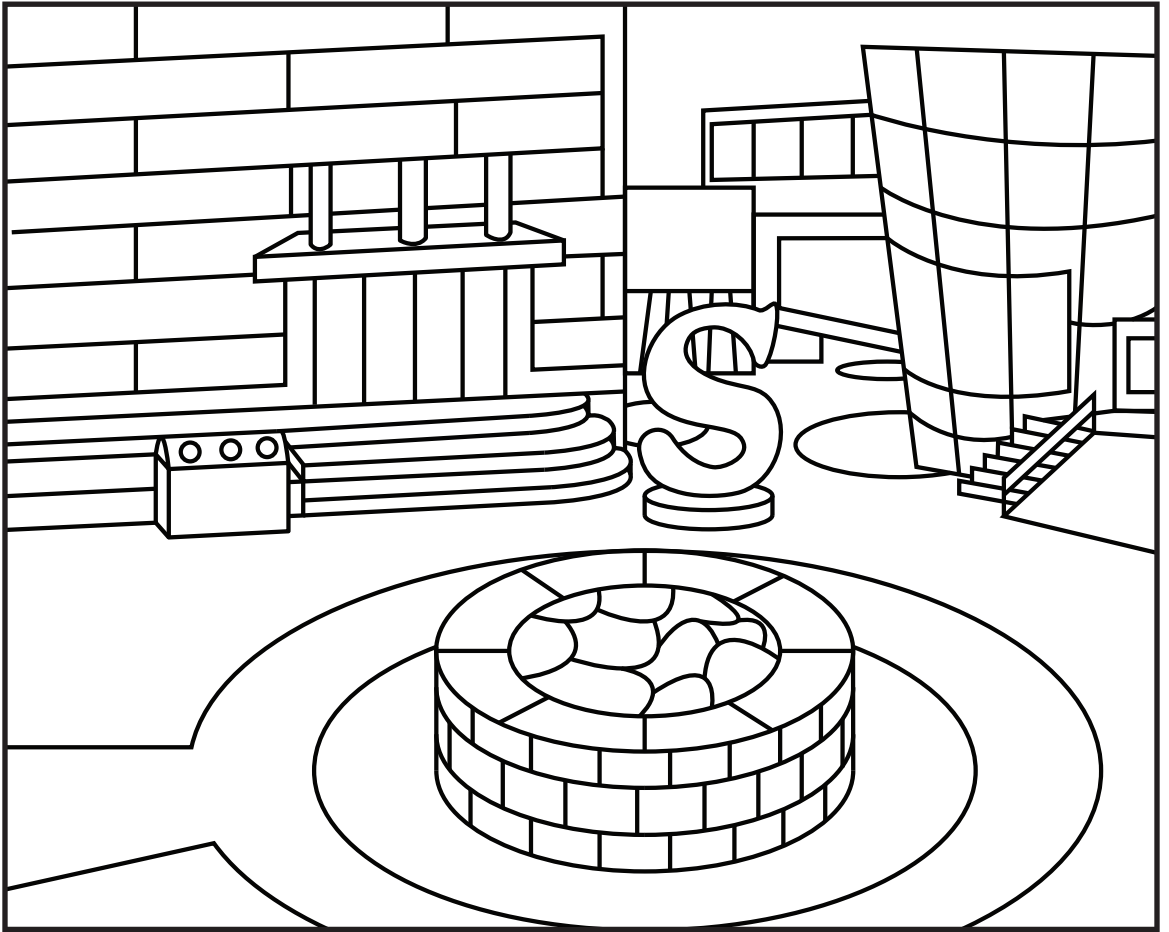
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Acknowledgements

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