



Exercise: The phases of problem-solving

Goal

You will learn to consider all the different options for problem-solving, flexibly and realistically. You can see other options than just bad ones.

Instructions

Can you think of a problem that is weighing on your mind at this time? Now you can practise problem-solving skills by thinking about sections 1–5 in relation to your problem.

The situation is usually easier to understand if you do the exercise by writing the answers for each phase on paper or a computer.

Defining the problem. What's it all about?

Defining the goal. How do I want this to turn out?

Listing the solution options.

List all the solution options that come to mind. Don't consider whether they are helpful or realistic at this time.



Choose the best solution.

Narrow down the list in the previous section, leaving only the realistic ideas. Choose the best of these.

Planning implementation

Now, plan how, where and when you will implement the solution.

Evaluating implementation

After implementation, go back and evaluate the success of each solution.