Part IV: PROBLEM SOLVING

LEARNING POINTS

• Good decision making first requires recognition of the core problem.
• Creative brainstorming can produce a wide variety of problem-solving options.
• Teamwork utilizes both individual and group strengths.
• Taking charge of our lives demands taking charge of our time.
## CONTENTS OF PART IV: PROBLEM SOLVING

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learning Points: Problem Solving</td>
<td>1</td>
</tr>
<tr>
<td>Contents</td>
<td>2</td>
</tr>
<tr>
<td>Preface: Problem Solving</td>
<td>4</td>
</tr>
</tbody>
</table>

### A. LIFE CAN BE HABIT FORMING! | 5
1. On autopilot | 5
   *Activity 1*: It’s Getting to be a Habit! | 6
2. Hard work | 6
   *Activity 2*: Thoughts for Keeps | 6

### B. PROBLEMS! PROBLEMS! PROBLEMS! | 7
1. The core of the matter | 7
   *Activity 3*: What’s Your Problem? | 7
2. Giving it some thought | 8

### C. I THINK I GOT IT! | 8
1. Can you imagine? | 8
   *Activity 4*: I Got It! | 8
   *Activity 5*: Rules of Brainstorming | 9
   *Activity 6*: A “Storm” is Forming | 9
2. Try it out! | 10
   *Activity 7*: Solutions, Solutions | 10
3. No failures — just new beginnings | 11
   Judgment | 11

### D. BE CREATIVE! | 12
1. Out with the old | 12
2. In with the new | 12
   *Activity 8*: Different Angles | 13
   *Activity 9*: Picasso Potential | 13
3. Take the risk! | 14
### Section E: WORKING TOGETHER ................................. 15

1. One is a lonely number ............................................ 15
2. Cooperation requires two ....................................... 16
3. It’s called teamwork ............................................... 17
   *Activity 10: It Takes Two* ...................................... 18
   *Activity 11: It’s a Jungle Out There* ..................... 19
   *Activity 11: Provisions* ...................................... 19
   *Activity 11: Educator’s Guide to Survival Skills* .... 19

### Section F: TIME MANAGEMENT ................................. 20

1. The great equalizer ............................................. 20
   *Activity 12: What Time Is It?* ............................ 20
2. Where does it go? .................................................. 20
   *Activity 13: A Stitch in Time* ............................. 21

### Section G: REFERENCES ............................................. 21

- Flipchart (For Section C.2, Activity 6, pg. 9)
- " (For Section D.2, Activity 8, pg. 13)
- Large picture (of anything) (For Section D.2, Activity 8, pg. 13)
- Blindfold (For Section E.3, Activity 10, pg. 18)
- Tags or stickers in three different colors "
- Whistle "
- Masking tape (to form X) "

**PART IV MATERIALS NOT INCLUDED**
Preface: PROBLEM SOLVING

Being creative is not easy, especially since we’ve been taught to “color inside the lines” since we were 3 years old. In order to be creative, we have to get our thinking “outside the box.” Otherwise, we’ll be crated inside, along with everyone else.
Habits that become detrimental to our well-being or the well-being of others become problems.

Problems are difficult situations that are not being managed well. We might know the solution we prefer, but not know how to make it happen. Usually there is some obstacle that blocks the way to the solution.

**PROBLEMS! PROBLEMS! PROBLEMS!**

1. **The core of the matter**

The world is full of problems. Every person, regardless of wealth, education, or ability has them. In fact, Robert Orben says: “The world now has so many problems that if Moses had come down from Mt. Sinai today, the two tablets he would carry would be aspirins.”

“The basic problem most people have is that they are doing nothing to solve their basic problem,” says Bob Richardson. But even more basic than that, in order to solve a problem, we must first recognize what the problem is.

Too often, hidden agendas obscure the real problem. What we end up solving is the superficial aspect of the dilemma before us. We never really get to the core of the problem. As a result, the problem remains.

**Activity 3**

**WHAT’S YOUR PROBLEM?**

*Problem Solving (Addendum)-5*

1. Copy *Problem Solving (Addendum)-5* and distribute. Divide participants into groups. Assign one scenario to each group.
2. Ask them to look for the obvious problem, then to probe deeper to find core problems that may be less apparent.
3. Discuss the following:
   - What is the superficial problem in your scenario?
   - What is the core problem?
   - If you solved the superficial problem, would the core problem be solved?
   - If you solved the core problem, would the superficial problem be solved?