ROBLEM SOLVING

H BERNARD AND KOFO AFOLEBI

HY PROBLEM SOLVE?

The process of problem solving has been contemplated and studied by psychologists and researchers for many years, but why?

There are situations we won't see coming, in which we have to make impromptu solutions.

As for the problems we face everyday, and can expect; there are quite a few different strategies that can be used to quickly and effectively to find a solution.

Overall, having good problem solving skills makes for an easier life and a better outcome in situations.

OW TO PROBLEM SOLVE

re are many different ways and systems to go about problem solving.

of the first modernized problem solving structures (Polya):

. Understand the Problem

2. Devise a Plan

3. Carry Out the Plan

4. Look Back

OW TO PROBLEM SOLVE

Understand and clearly state the problem at hand. There could be a hidden, or clear cause.

Problem solving is a highly psychological process. There are a few necessary requirements for carrying out an efficient and effective process.

PROVING PROBLEM SOLVING SKILLS

You don't have to have many problems to get good at solving problems. There are many ways to work on and practice problem-solving skills at any time.

Brainstorming activities

Positive "what-if" mentality

Journaling ideas

Working logic puzzles and games

Examining other instances of problem solving

ACHING PROBLEM SOLVING

This is normally not included in a school's curriculum because:

- It would most likely take away time for other field areas

- Teachers normally don't have an exact lesson plan easily set for the problem-solving process, let alone implementing it

s there a solution to the problem of problem-solving not being taught in school?

- Teachers should integrate problem-solving into their current lessons to at least get some practice in for students

NEFITS

There are several ways learning problem solving skills can benefit college students ife, such as:

- Life
  - Friendships
  - Grades
  - Financial stability
- Resume builder
  - School organizations
  - Leadership positions

NEFITS

Future occupation

- Teamwork
- Managerial position

Mental health

- Critical thinking skills
- Stress management
- Emotional stability

OURCES

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