

The Resiliency Project

Sept. 11 Homework



Foster Problem-Solving Skills

Between now and our next get-together on Wednesday, October 9th, please apply the IDEAL framework to a day-to-day problem. This first time around, keep it simple – nothing too complex or personal. Be prepared to share your results with the rest of the participants. Here is a summary of the IDEAL strategy for you to review:

1. Identify the problem

- Recognize that a problem exists
- Define the problem clearly and specifically

2. Define goals

- Determine what you want to achieve by solving the problem
- Set clear, realistic goals

3. Explore possible solutions

- Brainstorm multiple potential solutions
- Don't judge ideas at this stage, just generate options

4. Act on a chosen solution

- Evaluate the pros and cons of each option
- Select the best solution and create an action plan
- Implement the chosen solution

5. Look back and evaluate results

- Assess whether the solution worked
- Identify any lessons learned for future problem-solving

