

**Skill development:**

1. Ability to talk about thought processes
2. Shift to a focus on accuracy (instead of on time)
3. Emphasis on being active and writing things down
4. Recognizing that others solve problems differently than they do
5. Acquire some skill at listening
6. Acquire some skill in self assessment
7. Acquire some skill in giving and receiving feedback
8. Through self awareness, begin to improve self confidence
9. Begin to realize that assessment is based on **evidence**
10. Begin to develop an environment of trust where risking is OK.

**Applicability:**

All levels; almost any age.

**Time required**

1 to 4 hours. Usually about 2 hours.

**Brief description**

Awareness of the Mental Process we use when we solve Problems.

Participants solve aloud, for a listener, short, IQ type exercises and thus become aware of the process they use. As the workshop progresses, through evaluation and feedback participants become more systematic and careful. They also appreciate the approaches that others take. Above all, participants gain confidence that they can identify where they are in the process of solving a problem, describe what they have done and identify where and what might be causing them to get stuck. Personal performance can be compared with target performance. For more see Woods (1984).

**Comments:**

This is an excellent first workshop. This Unit is a prerequisite for most other Units.

**Prerequisites:** none.

**Objectives**

**Timing sheets**

**Transparencies**

**Additional work you have to do**