

**Skill development:**

1. Understanding of the cognitive and attitudinal fundamentals related to problem solving development.
2. Providing confidence that the MPS program is not based on intuitive and personal ideas. Rather it is based on fundamentals.

**Applicability:** High school and university students, educators, people in business and industry.

**Time required:** ½ to 1 h mainly lecture based.

**Brief description:** Description of the cognitive and attitudinal fundamentals that have emerged from research and how these form the underpinnings of the skills we are trying to develop. This gives the rationale for the structure of the MPS program. Guides us on how to synthesize ideas from the popular press and research journals and other workshops so that as the science of problem solving develops we have confidence that our attempts are valid.

**Comments:** Initially this was a unit in the program required for all students. Gradually the formal unit has been phased out and no longer given as a “lecture.” Rather the key concepts have been sprinkled throughout the other units especially self assessment, awareness, strategy, creativity and stress management workshops.

**Prerequisites:** none.

**Experience with this workshop:** no longer given as a stand-alone workshop. For those wanting historical understanding of the development of the MPS program and an overview of many options for developing problem solving skills (such as Philosophy for Children, CORT, Kepner Tregoe, Alverno College).