



**WORKSHEETS** 







## Worksheet 2.1

## **Ideal Method**

#### Ideal method

#### **Problem solving**

1. Match the problem with the IDEAL method order and put the correct answer in the A column.

# **COLUMN A**

- 1. The trash needs to be taken out, and I can't find any trash bags. B. Definition
- 2. The trash gets taken out before the trash pickup day tomorrow."

  A. Identification
- 3. "I use something else for a trash bag; I place an online order for bags; I take the trash out without a bag; ask a neighbor for a bag; I go shopping for trash bags." D. Action
- 4. I'll buy an extra box of trash bags to have them on hand, so I don't run out next time " C

# **COLUMN B**

- A. Identification
- B. Definition
- C. Exploration
- D. Action
- E. Look at effects or Learn from actions

Exploration





### **WORKSHEET 2.2**

 Read the following text: "Using the IDEAL Problem Solving Method in Groups".

In introductory psychology courses, the desire to cover content can conflict with the desire to acquaint students with psychological thinking processes. The IDEAL method is a group problem solving quiz technique which addresses both of these goals. In the process, instructors choose key concepts from a given reading and divide the class into groups of four to six students. Each member of each group then chooses a concept to specialize in, completing concept sheets which compare and contrast their concept to other assigned concepts. Groups then determine how to apply their understandings of their concepts to common situations, such as when an individual decides to accompany a group to an event that they do not believe will be enjoyable. Testing is conducted in essentially the same format, with quizzes evaluated on the basis of how aspects of the scenario exemplify the concept in action or how the students apply the concept to the scenario in order to address the question. The advantages of this method for psychology classes are that it makes use of student learning and gives them practice with problem solving, critical thinking, and group interaction skills while teaching the content of the subject area. A disadvantage is that the amount of material covered must be reduced to allow for time spent on problem solving techniques and teamwork skills.





## **WORKSHEET 2.3**

#### **EVALUATION**

0	Complete the following sentences using the information about the IDEAL
	method.

- 1. You use the IDEAL method to Problem Solving
- 2. The first step to solve a problem is I
- 3. Action taking is using to \_\_\_\_\_
- 4. The IDEAL method is good because \_\_\_\_\_
- 5. The second step to solve a problem is \_\_\_\_\_





## **WORKSHEET 2.4**

#### **SELF-EVALUATION**

1. Comprendo la importanci	ia del uso del "IDEAL m	nétodo" para resolv	er problemas.	
Yes	No	Maybe		
2. Entiendo los pasos a segui Yes	ir para resolver un prol No	blema. Maybe		
3. Puedo usar el "IDEAL método" para resolver un problema.				
Yes	No	Maybe		