

## Opening Reflection

Take out your journal and spend some time reflecting and writing about the following question.

- 1) How do you problem-solve in your daily life?
- 2) How difficult do you think it is to be innovative? Why?
- 3) What are some challenges people face when they try to solve problems?

Answer

1. To solve a problem in my daily life, I start by clearly identifying the issue I am facing. Gather relevant information to understand it better, then I try to find potential solutions. Evaluate the pros and cons of each option and choose the best one. Finally, I will take action to implement my solution and reflect on the outcome to learn for the future.
2. Being innovative can be very difficult because it often involves coming up with new ideas and taking risks. People may worry about failing or facing criticism, which makes it hard to share their thoughts. Plus, finding the right resources and support to bring ideas to life can be a challenge. Overall, it requires courage and determination to be truly innovative.
3. When people try to solve problems, they often face several challenges. One major difficulty is a lack of information, which can lead to making uninformed decisions. Additionally, emotions like stress or frustration can cloud judgment, making it harder to think clearly. Lastly, people might struggle with limited resources, such as time or money, which can restrict their options and hinder effective solutions.

2. Activity: Reflect on the innovation cycle. Think of a problem you have been struggling with and use the innovation cycle to break it down into questions.

1<sup>st</sup> identify the problem or opportunity

2<sup>nd</sup> define specific objective

3<sup>rd</sup> Decide on ideation tools

4<sup>th</sup> ideate

5<sup>th</sup> Evaluate

6<sup>th</sup> Test implement ideas

Reflection on the Innovation Cycle

- I've been struggling with staying organized in my daily tasks. To tackle this using the innovation cycle, I start by identifying the problem: I often forget important deadlines. Next, I define my objective: I want to create a reliable system to track tasks. Then, I

decide on ideation tools, like mind mapping or brainstorming apps. During ideation, I think of solutions like using a planner or digital reminders. After that, I evaluate which ideas are most feasible. Finally, I test and implement my top choice to see if it improves my organization.

Activity: [The Chunking Tool](#)

Think about the bigger and smaller issues of getting more people in your community engaged in recycling.

Answer

consider both the broader impacts of community-wide recycling initiatives and the smaller, individual challenges that encourage more residents to participate in sustainable practices.

Guidelines to Ideation

[The video](#) describes ideation guidelines and presents some ideation tools. We will discuss more about this in the workshop on Thursday.

For now, let us know how you found it. Do you agree with the guidelines? Can you think of other ideation steps?

Video explains about ideation tools

Follow the ideation tool process ,stick to ideation.no evaluation ,look for quantity not quality,capture as many ideas as possible,spark off others ideas,have fun.enjoy.be silly

And the first idea generation tool is flip it

Answer

Yes, I agree with the guidelines. They encourage creativity and free-thinking

based on normal and flip ideation Think about a specific and clear objective.

- 1) First, consider how would you normally approach this objective.
- 2) Then, what would be the opposite or the extreme alternative for each of these approaches?

To increase customer satisfaction, normally I would think to improve customer service, ensure high product quality, optimize the website, and collect feedback. The opposite approach would involve providing poor customer service, selling low-quality products, making the website difficult to use, and ignoring feedback.

## Force Field Analysis

One way to evaluate our ideas is to use Force Field Analysis. Watch [the video](#) and try to use it yourself.

Force Field Analysis helps evaluate an idea by rating its supportive and opposing arguments from 1 to 10. Let's consider the idea of implementing a company wellness program.

To become the best web developer, I identified the supportive and opposing ideas, rated them, and then determined actions to strengthen the driving forces and mitigate the restraining forces. To improve and implement the idea of becoming the best web developer,

1. I should Continuously learn new technologies and tools.
2. Engage actively in developer communities for support and mentorship.
3. Manage your time effectively to maintain a healthy work-life balance.

The articles presented in this section are not mandatory but they will help you better understand the importance of soft skills. Give them a read whenever you have the time!

[Ideation in Design Thinking](#)  
[Successful Innovation - How IKEA Innovates](#)  
[Saving Product X – A Design Thinking Case](#)  
[Study Problem solving skills: definitions and examples](#)

Think about a personal or professional issue where you can use the innovation cycle. Reflect upon it by drawing the diagram above (the picture you previously saw) in your journal, with notes, answering the questions asked on the cycle to solve your problem.

- 1) Your ideas/question/problem
  - 2) How will you implement it?
  - 3) How will you evaluate it?
- Answer

### 1. Ideas/Question/Problem

Problem: Struggling with time management, resulting in a poor work-life balance.

Question: How can I better manage my time?

### 2. How will you implement it?

Define the Problem: Identify tasks and activities that consume time inefficiently.

Analyze the Problem: Look for patterns and root causes, such as procrastination or lack of planning.

Implement the Plan with Fidelity: Follow a structured daily schedule using selected techniques and tools.

3) How will you evaluate it?

Evaluate Progress:

- Track daily activities and accomplishments.
- Set specific goals and review progress weekly.
- Make adjustments as needed for continuous improvement

Think of a specific problem you are trying to solve in your education, career, or personal or community life, and reflect on how you might apply what you have learned in this module. Write a few paragraphs in response to the following questions:

- 1) What strategies could you use to improve your approach to this problem?
- 2) What barriers could prevent you from being successful in implementing these actions?
- 3) What will you do to overcome these barriers?

Answer

Strategies to Improve Time Management

1. Prioritization and Planning
2. Time Blocking
3. Utilizing Technology

Barriers to Effective Time Management

1. Delay task
2. Distractions
3. Overcommitment

Overcoming Barriers

1. Addressing Procrastination
2. Minimizing Distractions
3. Setting Boundaries