



PIP – Problem, Ideas, Plan

HOW TO DEVELOP MORE OPTIONS AND CHOICES FOR SOLVING PROBLEMS?

Sometimes people feel that they do not have many options for handling problems. In extreme cases, this might be called 'tunnel vision', where one does not see as many options as others. We can improve our problem solving skills with divergent thinking and thoughtful choices.

WHAT ARE THE STEPS USING PIP FOR CREATIVE PROBLEM SOLVING?

Problem

A) What is on your mind? What is something you would like help in solving?

Defend against a football receiver who is bigger than I am.

B) From what you wrote, above, create at least three ways to phrase the problem starting with 'How to'.

How to...keep a bigger receiver from catching the ball

How to...stop bigger receiver from catching the ball

How to...intercept the ball when guarding a bigger receiver

C) Now, from the list above, select the most important problem to address and write it below.

How to...keep a bigger receiver from catching the ball

Ideas

D) Generate at least 6 ideas for answering the question above. Use the divergent $\leftarrow\parallel\rightarrow$ thinking guidelines to Defer Judgment, Seek Quantity, Seek Wild and Unusual Ideas, and Build on Ideas.

1) trip him

2) jump higher

3) get stronger

4) keep him from getting to the right spot

5) grow

6) find a new position to play

E) Choose the best idea(s) from the list above. Use the convergent $\Rightarrow\parallel\Leftarrow$ thinking guidelines to Be Affirmative, Be Deliberate, Check your Objectives, Improve Ideas and Consider Novelty.

Write a solution statement that begins with the phrase 'What I see myself doing is'.

What I see myself doing is...working on getting stronger, jumping higher and keeping the receiver from getting to the right spot

Plan

F) Now, create an action plan to implement your solution statement listing who is going to do what, by when. Use the template on the back of this handout to write your action plan.



Action Plan

<u>Who</u>	<u>Does What</u>	<u>By When</u>
<i>Me</i>	<i>Lift weights</i>	<i>1/25</i>
<i>Me</i>	<i>Work on jumping and running with coaches</i>	<i>1/31</i>
<i>Me</i>	<i>Ask coaches for help on being more physical with receivers</i>	<i>February 15</i>
<i>Me</i>	<i>Get stronger, faster and better at keeping receiver from going where he is supposed to go</i>	<i>July 1</i>
<i>Me</i>	<i>Watch film of other teams, see what patterns their receivers run, and when.</i>	<i>Weekly, beginning October 4</i>

Tips:

- Start with the last date.
- Make sure there is an action scheduled within 24 hours. This builds momentum!
- Use actual dates for the 'by when' (for example, by January 25th).
- Write at least 5 action steps.

We are grateful to Russ Schoen and Gloria Rappart for their assistance. For information on building leadership and resiliency skills with youth, visit www.creativeyouthleadership.org

For information on iGROW or depression prevention, see www.breakfreefromdepression.com or www.AdolescentWellness.org