WILMINGTON UNIVERSITY
COLLEGE OF SOCIAL & BEHAVIORAL SCIENCES
BASIC COURSE INFORMATION

COURSE NUMBER: PSY 280
COURSE TITLE: Problem Solving

I. RATIONALE:

Students should use this class to critically examine the way they go about the process of problem solving. In class exercises will encourage brainstorming and sharing of information on useful methods. Classical methods of problem solving will be reviewed.

As Psychology professionals, we recognize that reactions to trauma come in many forms. The content of this course, and discussions about trauma from different perspectives, may bring about unexpected and unsettling reactions. Responses to trauma are often strategies that survivors have developed to keep themselves safe, and therefore really reflect strength and resiliency. Recognizing how trauma impacts anyone is an important part of skill building for creating trauma-informed services and systems. Please do not hesitate to contact the instructor at any time during the course if you would like to discuss, privately, your reactions to the content we are reviewing and/or the discussions we are having.

II. MAJOR INSTRUCTIONAL GOALS:

GOAL A:
The student will be familiar with the general problem solving model.

Learning Outcomes: The student will:

A-1 List the steps of the model
A-2 List criticisms/limits/advantages of the model

GOAL B:
The student will be familiar with the current and classical literature about problem solving.

Learning Outcomes: The student will:

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B-1 Identify literature from cognitive psychology.
B-2 Identify literature from creativity including Arieti
B-3 Identify literature from management including Von Oechs.
B-4 Be familiar with one practical problem solving strategy.

GOAL C:
The student will demonstrate an ability to apply problem solving concepts.

Learning Outcomes: The student will:

   C-1 List strategies s/he uses now.
   C-2 List additional strategies that can be developed with limited effort.
   C-3 List blocks that limit his/her problem solving.
   C-4 Develop strategies to get past those blocks.
   C-5 Select one new skill to practice during the course.
   C-6 Develop a plan to continue self improvement.

GOAL D:
The student will use appropriate written and oral communication skills.

Learning Outcomes: The student will:

   D-1 Communicate information orally in a logical and grammatical manner.
   D-2 Present written information using standard APA style.