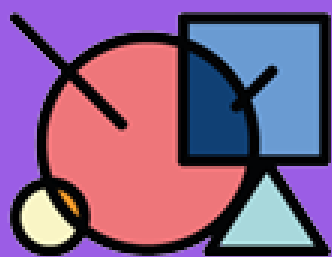




MICRO TASKS



S4B



Note to user: After familiarizing with each video pill, the user will be provided with the opportunity to perform several tasks/activities/games in order to practice and further develop the respective skill.

Innovation

Unconventional solutions

MICRO TASK NUMBER: 3

01 What are the objectives of the task?



The primary objective of the "Unconventional solutions" micro-task is to develop an innovative and open-minded approach to problem-solving by seeking alternative and creative solutions. By engaging in this micro-task, you will learn to break away from traditional thinking patterns, embrace ambiguity, and explore diverse inspirations to tackle challenges with fresh perspectives.

02 What will teachers learn?



What you will learn:

- **Breaking away from conventional thinking** - You will discover how to challenge your preconceived notions and conventional approaches when addressing problems. This skill is essential in adapting to new and unexpected situations, both personally and professionally.
- **The value of creative problem-solving** - Through this micro-task, you will understand the importance of creative problem-solving in finding

unique and effective solutions. Embracing creativity and innovation can lead to breakthroughs and improvements in various aspects of life.

- **Techniques for integrating diverse ideas** - By exploring inspirations from various sources, such as nature, art, or unrelated industries, you will learn to synthesize diverse ideas and concepts, leading to innovative solutions that may not have been apparent using traditional methods.

03 Tasks and procedure



Instructions:

1. Identify a recurring problem or challenge

Take some time to reflect on your daily life, work, or personal projects. Identify a recurring problem or challenge that you encounter regularly.

2. Set a goal for unconventional solutions

Commit to generating at least three unconventional solutions for the identified problem. Allow yourself to think outside the box and embrace the possibility of exploring unconventional ideas.

3. Embrace ambiguity and avoid self-censorship

During the ideation process, resist the temptation to censor or judge your ideas prematurely. Embrace ambiguity and let your creativity flow freely.

4. Explore inspirations from various sources

Seek inspiration from diverse sources, such as nature, art, science, or unrelated industries. Look for patterns or concepts that may spark unique solutions.

5. Document your unconventional solutions

Write down your unconventional ideas and concepts in detail. Take note of how they differ from traditional approaches and their potential impact on the identified problem.

6. Select and implement a solution

Review the unconventional solutions you have generated and select one that stands out or resonates with you. Implement the chosen solution and put it into action.

7. Reflect on the results

After implementing the chosen solution, take time to reflect on the outcomes. Consider how the unconventional approach compared to traditional methods and what you learned from the experience.

Here are some examples of problems needing unconventional solutions to illustrate the concept of the micro-task:

Problem: Difficulty in waking up early

- *Unconventional solution 1:* Set up an automated coffee maker that brews a fresh cup of coffee next to your bed at the desired wake-up time.
- *Unconventional solution 2:* Create a morning playlist with energizing and gradually increasing music to gently wake you up.
- *Unconventional solution 3:* Place your alarm clock across the room and set it to play your favorite motivational speeches.

Problem: Overwhelmed by daily tasks

- *Unconventional solution 1:* Create a "task menu" with different categories of tasks, like appetizers, main courses, and desserts. Complete tasks from different categories throughout the day to add variety and reduce monotony.
- *Unconventional solution 2:* Utilize a timer and set a 25-minute work session followed by a 5-minute "creative break" for doodling or daydreaming. Repeat this cycle to maintain focus and mental clarity.
- *Unconventional solution 3:* Delegate tasks to imaginary "virtual assistants," assigning personalities and specialties to each to make the process more engaging and entertaining.



Problem: Frequent procrastination

- *Unconventional solution 1:* Designate a "Procrastination Zone" in your home where you can freely procrastinate without feeling guilty. Once you've had your break, move to a designated "Productivity Zone" to get work done.
- *Unconventional solution 2:* Adopt the "Five-Minute Rule" where you commit to working on a task for just five minutes. Often, the hardest part is getting started, and you may find yourself naturally continuing once you begin.
- *Unconventional solution 3:* Create a "Procrastination Playlist" with your favorite songs that you can listen to only while working. The anticipation of hearing your favorite music will motivate you to start tasks promptly.

Problem: Difficulty remembering names

- *Unconventional solution 1:* Associate each name with a unique characteristic or story. For example, if you meet someone named Lily, imagine her holding a bouquet of lilies.
- *Unconventional solution 2:* Turn name-recalling into a game by creating mental quizzes for yourself, trying to remember the names of people you've met before.
- *Unconventional solution 3:* Use rhymes or wordplay to link names with memorable phrases. For instance, if you meet someone named Sam, think of "Sam with the big grin."