

UMASS Medical School – Feb 10, 2020

## Innovative Problem Solving & Design Thinking for Health

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### **Advance Preparation:**

- I. In advance of our session, please consider an **existing** process that you have to engage in, or have engaged in, that would benefit from innovative thinking. For example, you may be seeking to redesign your schedule to accommodate 3h of exercise per week, or a movie night per week. You may be thinking of ways to minimize your commute time to spend more time in the lab, or to study for your Step 1. You may be planning a wedding, or a surprise party for someone.
  - a. Choose a process. Write down **8-10 distinct steps** in that process (as it currently exists) in **chronological order**. You may have to simplify the process considerably. That's okay; it simply gives us something with which to practice.
    - i. This should take no more than 10-15 minutes for you to do, and
    - ii. Each step should fit on a standard post-it note
  - b. **Write down each step on a separate post-it note, number them, and bring them all to the session.**
    - i. If needed, Post-it notes will be available for you in the GSBS office. Please see Alicia (S1-824H)