

## **13<sup>th</sup> CME Report**

Date: 4<sup>th</sup> July 2020

Time: 2:30 pm – 3:30 pm

Speaker: Dr. Mahesh Kannan, Assistant Professor and MO, JSSINYS

Title: Problem-solving strategies in Psychology

Participants: Principal, all teaching faculty, interns and final year students

Session Type: Virtual through ZOOM platform

Problem-solving strategies are vital for individuals to understand how to act wisely in a situation. The speaker explained some of the strategies like trial and error, algorithm and insights which can be applied. He also explained the hierarchy of problem-solving like, identifying the problem, observing the problem, organizing the information of the problem, and solving it correctly. Some insights were also provided on lateral thinking which is approaching solutions indirectly or creatively. The speaker also provided some problems for participants to solve according to the strategies.



Report prepared by

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