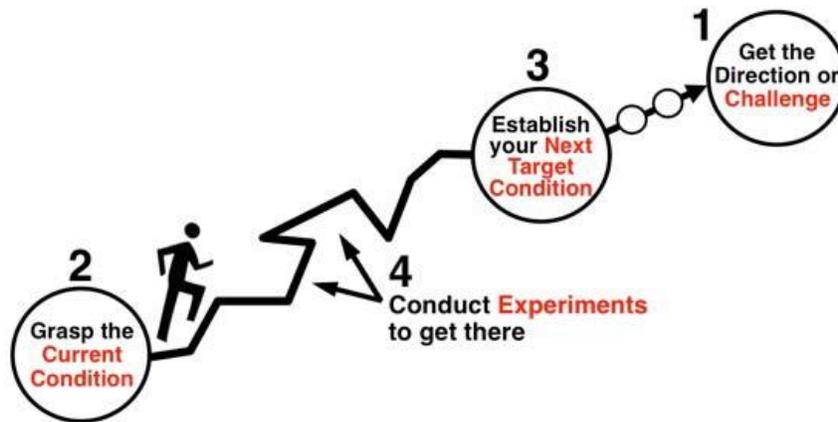


## Warm-Up + Cooldown: Improvement Kata Thinking



1) Describe the big goal, project, or challenge.

*Ex: Spend less time doing homework*

2) Grasp the current condition/identify the problem. Identify and understand where you are. What is the current condition? What actions or processes have led to the current condition? Try not to make assumptions. Stay factual and objective

*Ex: I'm spending more than eight hours on homework a day. I usually get stuck on a problem, refuse to move on, and spend hours solving the problem by myself.*

3) Establish the target condition. Describe where you want to be. What steps will you take to get there? What is the process that which will lead to your where you want to be?

*Ex: Spend less than eight hours a day on homework by seeking out help when I get stuck on problems.*

- 4) Experiment toward your target condition using rapid PDCA (Plan, do, check, act) cycles. Each PDCA cycle is a step toward your target condition. By the end of a PDCA cycle, you will have new knowledge to improve your current condition. Repeat this process until the target condition is reached.

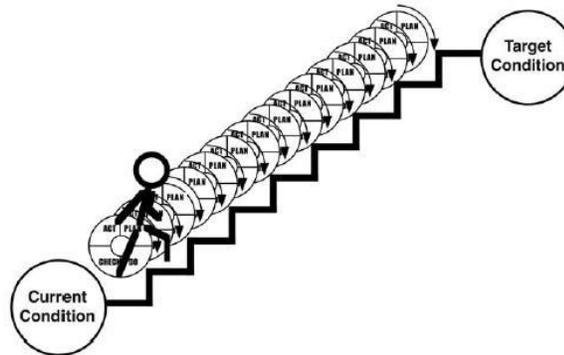


Figure 6-12. Every step = a PDCA cycle

- a. Plan
  - i. Design an experiment that will help you learn what you need to know.
  - ii. Identify how the experiment will be measured.
  - iii. Write out what you expect to happen.
- b. Do
  - i. Run the experiment
- c. Check
  - i. What happened? Compile the facts and data
- d. Act
  - i. What did you learn? What will be done differently in the future?

Ex:

Warm Up (Beginning of day)		Cooldown (End of day)	
Plan		Check	Act
The Experiment	What do you expect?	What happened?	What was learned and what will be done differently?
<p><b>6/16/2021</b></p> <p><i>Go to office hours when stuck on a homework problem</i></p> <p><i>Metric: Hours spent on homework</i></p>	<p><i>I expect to spend less time spent on homework since I will not remain stuck on problems</i></p>	<p><i>Professor was unhelpful. I did not spend less time homework and did not grasp the concepts any better</i></p>	<p><i>Professor is unhelpful. I will try the TA next time.</i></p>
<p><b>6/17/2021</b></p> <p><i>Go to TA office hours when stuck on a homework problem</i></p> <p><i>Metric: Hours spent on homework</i></p>	<p><i>I expect to spend less time spent on homework since I will not remain stuck on problems</i></p>	<p><i>TA was helpful. I finished my homework in six hours and learned the concepts better.</i></p>	<p><i>The TA was helpful. I will continue to meet with TA.</i></p> <p><i>Next time I will try the tutors.</i></p>

Warm Up		Cooldown	
Plan		Check	Act
The Experiment	What do you expect?	What happened?	What was learned and what will be done differently?