

Chapter 4: Exercises

Get the creative juices flowing and start generating ideas with these exercises.

I. Trigger questions

Compile a list of 10 of the most useful questions that you could use routinely in your own subject or profession. Then take a topic and answer each of the questions in turn to generate your ideas on it. You may find any of the following topics useful.

Sociology/Social work

- 1 The factors contributing to low healthy life expectancy in the developed world
- 2 The influence of class, gender and ethnicity on achievement in schools
- 3 Understanding and treating mental disorders
- 4 The attitudes and behaviour of different social groups to the use and misuse of drugs

History

- 1 The Tudor Revolution in government
- 2 The impact of the Hundred Years War
- 3 The reign of Louis XIV
- 4 The rise of Nazism in the 1920s and 1930s

Philosophy

- 1 Consequentialism as opposed to deontological ethics
- 2 The existence of free will
- 3 The compatibility of science and religion
- 4 What we accept as true is nothing more than what our contemporaries allow us to get away with

Business

- 1 Multinational companies and their control of the supply chain
- 2 Marketing practices
- 3 The impact of good ethical practices and corporate responsibility on a company's profits
- 4 Corporate objectives

Environmental science

- 1 The crisis between the environment and the economy
- 2 World food problems and their effects on the environment
- 3 Deforestation
- 4 Renewable energy

Biology

- 1 Human cloning
- 2 Manipulating human DNA
- 3 Genetics and the predisposition to certain diseases
- 4 Use of animals for research purposes

Nursing

- 1 Care for dying patients
- 2 The importance of early interventions after diagnosis in cases of dementia
- 3 Inequalities in healthcare
- 4 The application of Cognitive Behavioural Therapy (CBT) in mental health nursing

2. Trigger questions, perspectives and levels

Take the following problem and generate your ideas as to what can be done about it.

The spread of the Covid-19 virus seems to have increased as a result of young people ignoring the rules and socialising in bars, clubs and restaurants. But, while vulnerable people need to be protected, young people need to socialise and businesses need to make an income.

- 1 First compile a list of 10 trigger questions that you can work through, systematically exploring all the ideas and issues they raise.
- 2 List all those who affect and are affected by the spread of the virus.
- 3 Now take one of the trigger questions and explore it from the perspective of one of those you have listed, exploring it on the three levels: physical, individual and social.