

Problem Solving (2)

- Identify your problem
- Come up with possible solutions
- Choose a solution
- Break down your solution into small steps
- Try out your solution and review the outcome

Problem Solving Example

1a. Take one problem at a time
1b. Don't waste time on problems that cannot be solved

2. Identify & define clearly what the problem is
e.g. where to go on holiday

3. Brainstorm options/solutions
Generate a list of options/solutions. Try not to think about whether they are realistic or not just put everything down that you think of:

- A Villa holiday in Spain
- B Caravan in North York Moors
- C Friends' cottage in Wales
- D Chalet at the seaside (Britain)

4. Decide which options are realistic and unrealistic:

- A Possible but difficulty flying, expensive holiday insurance
- B Caravan too small, difficulty accessing with mobility problems
- C Possible though longish drive
- D Possible

Consider the consequences of each course and eliminate unrealistic options

5. Choose the option that is both most positive whilst still being feasible

Look at the pros and cons of the possible options and decide which is the most viable

e.g. Friends' cottage in Wales:

Pros – not too expensive, plenty of room, lovely views

Cons – weather might be wet, can't walk far in countryside, long drive to get there

6. Prepare and plan strategies for accomplishment of chosen option (goal)

Think about the stepping stones on the way to achieving the goal and what needs to be done first, second etc. Think about any obstacles you may encounter and how to overcome them

Action each task in order and evaluate how you get on. Alter your course of action if necessary.