

Problem Solving

Problem solving is a tried and tested approach that can help to achieve success and feel more confident. Problem solving is a strategy that needs to be practiced.

1. Identify and clearly define what your problem is.....

.....

2. What are your options? Advantages/disadvantages

Option	Advantages	Disadvantages

3. Choose the solution that you feel is the most achievable and helpful

.....

.....

4. My plan to carry this out is:

.....

.....

5. Carry out your plan

6. What was the outcome?

.....

7. Review. What have you learned? What worked well?

.....

.....