

PROBLEM SOLVING

Everyone is different and are in current unlike situations facing different things.

For this exercise you need to come up with a problem that you are currently facing and use the IDEA problem-solving method as explained in the video to help you solve the problem. The problem that you choose may vary in difficulty; the problem you choose to solve can be anything from “I am late in the morning” to “How do I use my time more effectively” or more complicated problems like “Global warming” or “How to start my own business if I am only 14 years old.”

Use your own discretion in choosing a problem that you want to solve, this can also be a problem that you see around you that people are experiencing.

You can print this page or use this or do it in your own books (SK: Use Your Social Skills Books)
Follow the steps below to help guide you through the process:

STEP 1

I

IDENTIFY

STEP 2

D

DEVELOP

STEP 3

E

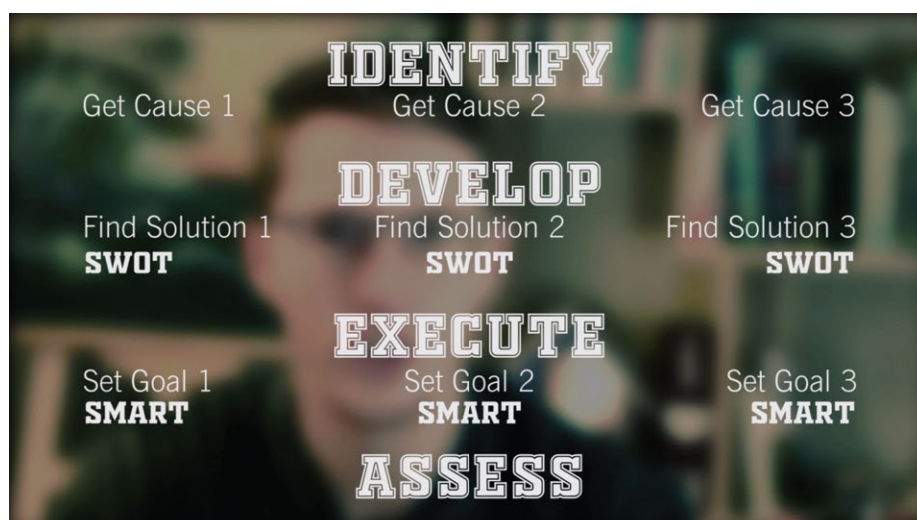
EXECUTE

STEP 4

A

ASSESS

WHAT IS THE PROBLEM THAT YOU WILL BE SOLVING (GIVE SOME DETAIL ON WHY YOU CHOOSE THIS):



USE THE VIDEO TO GUIDE YOU DURING THE PROCESS



IDENTIFY 3 CAUSES TO THE PROBLEM BY IDENTIFYING THE SYMPTOMS OR **EFFECTS** THAT THE PROBLEM HAS

EFFECT 1:

WHY:

CAUSE:

EFFECT 2:

WHY:

CAUSE:

EFFECT 3:

WHY:

CAUSE:

CHOOSE 1 AND MOVE ON TO STEP 2

STEP 2
D
DEVELOP

FIND 3 SOLUTIONS (DO RESEARCH IF NEEDED)
AND THEN DO A **SWOT** ANALYSIS ON EACH

SOLUTION 1: _____

STRENGTHS: _____

WEAKNESSES: _____

OPPORTUNITIES: _____

THREATS: _____

SOLUTION 2: _____

STRENGTHS: _____

WEAKNESSES: _____

OPPORTUNITIES: _____

THREATS: _____

SOLUTION 3: _____

STRENGTHS: _____

WEAKNESSES: _____

OPPORTUNITIES: _____

THREATS: _____

CHOOSE 1 AND MOVE ON TO STEP 3

STEP 3
E
EXECUTE

IDENTIFY 3 SYMPTOMS OR EFFECTS THAT THE PROBLEM HAS

GOAL 1: _____

IS THE GOAL

SPECIFIC: _____

MEASURABLE: _____

ACTIONABLE _____

RELEVANT: _____

TIME-BOUND: _____

GOAL 2: _____

IS THE GOAL

SPECIFIC: _____

MEASURABLE: _____

ACTIONABLE _____

RELEVANT: _____

TIME-BOUND: _____

GOAL 3: _____

IS THE GOAL

SPECIFIC: _____

MEASURABLE: _____

ACTIONABLE _____

RELEVANT: _____

TIME-BOUND: _____

**CHOOSE 1 AND ACTUALLY SOLVE THE PROBLEM NOW
THEN.. MOVE ON TO STEP 4**

STEP 4
A
ASSESS

WRITE A SHORT ESSAY ON WHAT YOUR FINDINGS WAS DURING THIS EXERCISE BY TRACING YOUR STEPS BACK

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