

STUDENT HANDOUT
Problem-Solving/Decision-Making Exercise

DIRECTIONS: Select a problem you now face and use the problem-solving, decision-making process you've learned in class to analyze the situation and come to a decision. Follow the points below and use the template on the next page to document your processes and outcomes.

- A. Describe a personal problem you now face.
- B. Analyze the problem:
 - Describe the problem.
 - Why does it exist? What caused it? Who is involved?
 - What is your goal or desired outcome (i.e., how will you know when the problem is “solved”)?
 - What options do you have? What are the consequences, positive and negative, of each of these options?
 - Are there people or resources that might give you assistance – either in analyzing the problem, considering alternatives or deciding on the best course of action?
- C. Decide on the best course of action for YOU. Why is this the best course of action?
- D. Carry out your decision. What steps would you need to follow in order to carry out the plan?
- E. Evaluate: How did it turn out? What criteria would you use to evaluate your plan?

Self-Reflect: Was this a new way for you to deal with a problem? How did it feel to you? Were you happy with the outcome? What did you learn from the process?

STUDENT HANDOUT
Problem-Solving Exercise: Template for Report

PROBLEM:

ANALYSIS OF THE PROBLEM:

YOUR GOAL OR DESIRED OUTCOME:

OPTIONS	POSITIVE CONSEQUENCES	NEGATIVE CONSEQUENCES

SOURCES OF ASSISTANCE:

YOUR DECISION:

EVALUATION / REFLECTION ON THE DECISION AND THE PROCESS