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:

<table>
<thead>
<tr>
<th>OPTIONS</th>
<th>POSITIVE CONSEQUENCES</th>
<th>NEGATIVE CONSEQUENCES</th>
</tr>
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<tbody>
<tr>
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SOURCES OF ASSISTANCE:

YOUR DECISION:

EVALUATION / REFLECTION ON THE DECISION AND THE PROCESS