



Problem Solving



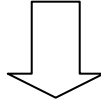
Step by Step

Learn to **use** your feelings by letting your discomfort crystallize into a:

1. Statement of a Problem

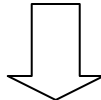
“I don’t understand how to do this assignment . . . “

Make sure you understand the statement of the problem you have made by:



2. Analyzing the Elements of the Problem and seeing that they are clear to you

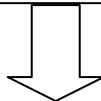
“I seem to have to define A, illustrate B, and demonstrate how A and B are used . . . “



3. Generating Alternatives

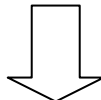
“I know where I can read some more about A, and I can ask Sue something about B . . . “

Think of **as many** alternatives as possible during this step and **don’t** judge or reject them
(evaluation comes later)



4. Solution

and try it out by implementing your ideas with action
I’ll write this out and see how it looks . . . “



5. Test the Effectiveness of the Solution

by:

- Measuring your progress
- Testing your solution against a model situation
- Asking questions like “How far did I go?”
 - “How well did I do?”
- “Did I accomplish what I wanted to, to my satisfaction?”
- Getting feedback from others.