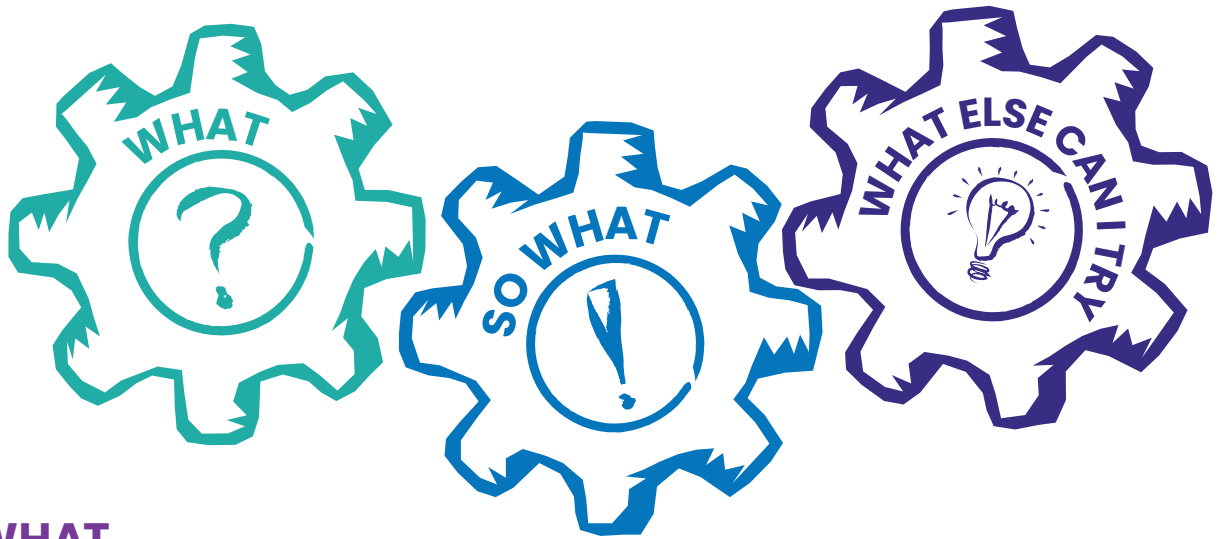


# - SOLUTION-ORIENTED -



## WHAT

Being solution-oriented starts with understanding the problem (**WHAT?**), then identifying why it matters (**SO WHAT?**) and finally considering multiple solutions (**WHAT ELSE CAN I TRY?**).

Solution-oriented people stay open to possibilities and connect to what matters to them so they can persevere when things get hard.

## WHY

Problem-solving builds valuable, lifelong skills that help us to feel happier, more confident and more independent. It builds the ability to:

- + be resilient
- + shift perspectives
- + make mistakes
- + get unstuck
- + think creatively
- + take risks
- + persevere
- + be curious
- + innovate

*These are the characteristics we need and employers want to tackle the opportunities and challenges the future holds.*

## HOW

1. Introduce a problem that will have relevance to your students in some way (it can connect to the curriculum, to the world or the community or personally to students' lives).
2. Let them know that you want to walk them through the steps to solving problems and that these steps can be followed whenever they have a problem they want to solve (related to academics, the world, their community or personal)
3. Teach them the steps to solving problems:

**STEP 1:** Identify **WHAT** the specific problem is and break it down into smaller parts/chunks. We don't want to be overwhelmed by big problems, but instead, find one piece of a problem to focus on at a time.

**STEP 2:** Ask students to list reasons why this problem matters. **SO WHAT?** How is this relevant to them and their lived experiences? Connecting with why something matters helps to increase motivation which helps us to persevere when things are hard.

**STEP 3:** Choose one part/chunk of the problem and brainstorm multiple solutions. Ask yourself **WHAT ELSE CAN I TRY?** Depending on the type of problem being solved, it can be helpful to encourage creativity in this step. Suggest students 'time travel' to the future and imagine a time when this problem no longer exists. What does it look and feel like? What changes have occurred for this new reality to be possible?

# STEPS TO PROBLEM-SOLVING

## STEP 1:

Identity **WHAT** the specific problem is and break it down into smaller parts/ chunks.

Problem:

Different parts to the problem (chunk it into smaller steps):

## STEP 2:

**SO WHAT?** List reasons why you want to solve this problem. How is this relevant to you and your life?

Solving this problem is important because...

## STEP 3:

Choose one part/chunk of the problem and brainstorm as many possible solutions or as many ways to solve the problem as you can. Ask yourself **WHAT ELSE CAN I TRY?**

*If solving a social or personal problem, be creative and time travel to imagine a future where this problem has been solved. What changes have occurred for this new reality to be possible?*

Possible solutions: