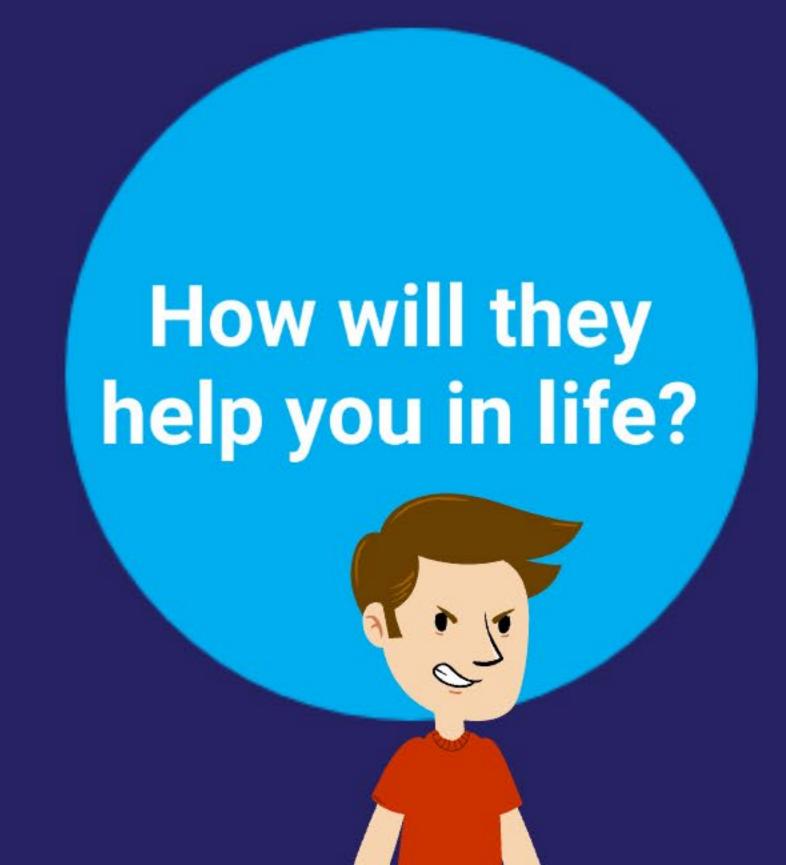


## PROBLEM SOLVING SKILLS















Life is full of problems to solve.

You can't magic them away...

But you can learn how to fix them.







Learn some great ways to solve problems

See how to boost your problem solving skills







- Think about a problem. Big or little. In life or work.
- Can you remain calm? Even under pressure?
- Can you find the problem's cause?
- Can you think of possible solutions and test them?

THAT'S WHAT PROBLEM SOLVING IS ALL ABOUT.

## Why does solving problems matter?





No-one can fix ALL the problems in the world.

But knowing HOW to look at problems makes a big difference!

Problems always turn up in life. Knowing HOW to look at them is a real skill.







- Break big problems down into smaller, easier chunks
- Tell yourself there's always a solution if you look
- Make decisions based on what's really going on
- Show the world and yourself that you have a can-do attitude. You are reliable, practical and creative.





GETTING THINGS DONE ON TIME

DEALING WITH YOUR MISTAKE (OR SOMEONE ELSE'S)

STAYING CALM WHEN THINGS DON'T WORK OUT

COPING WITH THE UNEXPECTED

NOW THINK OF YOUR OWN EXAMPLE!







If things go wrong, don't panic.

There's always a way to make it better.





Think step by step about all your options

What are some possible solutions? Where could you make a positive change?

What seems like the best solution to the problem? Why?





Get close to the problem. Put it under a microscope. Then step back to see the big picture, like an eagle in the sky.

CAN YOU LOOK
INTO ALL THE
LITTLE DETAILS?

WHAT'S HAPPENING AS A RESULT OF THE PROBLEM?

COULD MORE THAN 1 THING BE CAUSING THE PROBLEM?

ANALYSING A PROBLEM IS KNOWN AS CRITICAL THINKING







- Will it help to do things in advance to prepare?
- Can you think of ways to get organised?
- Will it help to approach the problem alone or in a group?
- How can you stay motivated to see things through?
- How can you stay positive and focused on solutions?
- Can you get logical and let your head rule your heart?







- Write the problem down
- 2 Analyse what's working in the situation...
- 3 ... and what isn't
- Pin down the possible causes of the problem
- Spot the most likely cause and test this out
- Take action to create a solution to the problem





Boost your problem solving skills with fun activities using logic, strategy and trial and error.

VIDEO GAMES

DETECTIVE TV SHOWS...
WHODUNNIT?

**BOARD GAMES** 

**SPORTS STRATEGIES** 





Lots of physical work involves solving problems. It's not just all in the mind!

ART AND CRAFTS

**MARTIAL ARTS** 

FIXING A CAR OR MOBILE PHONE

DIY

INTERIOR DECORATING

## Volunteering - expect the unexpected





If you volunteer for a local project or charity...

There are plenty of problems to help solve.

Fundraising, spreading the word, trying new things... the list is endless!





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