

A close-up, low-angle shot of a person's foot wearing a blue sneaker with a white sole, stepping onto a surface of dark grey gravel. The shoe has "ALL STAR" written on the white rubber sole. The background is blurred, showing a paved path and another leg in blue jeans. The text "PROBLEM SOLVING" is overlaid in a bold, white, distressed font with a blue shadow effect.

**PROBLEM
SOLVING**

PROBLEM SOLVING SKILLS



How will they help you in life?



There's a knack to solving problems.



Life is full of
problems to
solve.

You can't
magic them
away...

But you can
learn how to
fix them.



By the end of this video you will...



See why
problem solving
is important

Learn some
great ways to
solve problems

See how to
boost your
problem solving
skills

What are problem solving skills?



- 1 Think about a problem. Big or little. In life or work.
- 2 Can you remain calm? Even under pressure?
- 3 Can you find the problem's cause?
- 4 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.



What can you do with problem solving?



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

When is problem solving useful?



**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!**

Keeping calm under pressure



Keep a cool head.
Even when the
pressure's on.

If things go wrong,
don't panic.

There's always a
way to make it
better.

Let's get logical



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?

Got a problem? Analyse it.



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

Problem solving as a student



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

6 steps to solve problems at work



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

Take on problems you enjoy



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



Physical problems exist too

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!



