COUNSELOR CORNER ISSUE #15 PROBLEM SOLVING- PART 1

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I AM THE SCHOOL COUNSELOR AT BOTH PERUVIAN PARK ELEMENTARY AND SUNRISE ELEMENTARY. PLEASE REACH OUT IF YOU HAVE ANY QUESTIONS, OR YOU NEED SOMEONE TO TALK TO ABOUT HOW YOU ARE FEELING.

PERSPECTIVE TAKING

Perspective taking skills we've talked about before are very important in solving problems with others.

WHY THIS MATTERS

Learning to solve problems can help us to be more successful at school, and in other aspects of our lives.

PROBLEM SOLVING STEPS

Problem Solving can be divided into four steps:

- S- Say the problem without blame
- T- Think of solutions
- E- Explore consequences
- P- Pick the best solution

In this issue we will discuss in more detail the first two steps.

S- SAY THE PROBLEM WITHOUT BLAME

When we have a problem with someone else, we often assume that the other person has a hostile motive, (that the other person wants to hurt us, doesn't like us, etc). We need to learn to not blame or attack others when we are trying to solve problems. We need to say what the problem is without blaming the other person.

When we say things like "You never", "You always", or "Because of you", we are using blaming language. When we're trying to state what a problem is without blaming someone, we need to avoid putting the other person in our statement….stay away from "you always do this".

Good examples of ways to state problems without blaming include, "There is only one ball, and we both want to use it at the same time", or "We both want to be the leader, but only one person can do it".

T- THINK OF SOLUTIONS

Thinking of solutions helps us to avoid jumping at the first idea that comes to us. When we think of solutions, the most important things to consider are if the solution is safe and respectful. For something to be safe, it must mean that no one gets hurt. When we're respectful, we consider how others might feel, and we treat others how they would want to be treated.