
COUNSELOR CORNER ISSUE #16 SOLVING PROBLEMS- PART 2

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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.

CALM DOWN

Before we can solve problems we
need to use our calm-down steps.

SUCCESSFUL IN SCHOOL AND LIFE

Learning to successfully solve
problems can help us be more
successful in school, and in life.

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 last two steps.

E- EXPLORE CONSEQUENCES

A consequence is something that could happen as a result of our action. They can be positive—if you study hard for a test you might understand the information better, and do better on the test. Consequences can also be negative—if you don't wear a coat outside when it's snowy and cold, you will get cold and wet.

When we are exploring consequences, we need to ask ourselves what could happen as a result of our action. We have to think of positive and negative things for each solution that we brainstorm. This will help us decide which solution to pick.

P- PICK THE BEST SOLUTION

Once we have thought of all the possible consequences that could occur with our solutions, we can pick the best solution, (making sure that it is safe and respectful). If the solution that we pick doesn't work, we can go back to our other possible solutions and try another choice.

When we practice these steps as we solve problems, we get better. Practicing builds connections in our brains—to make these skills permanent.