

May & June - Decision Making & Problem-Solving

We make decisions every day, big and little. Some research has shown that those who are able to look at a situation and make a decision are more successful in life. We need to learn to make more decisions to develop independence. Learning and using a decision making and problem solving process will help young adults grow toward this goal. We need to make more and more of the decisions affecting us. We will learn and grow from our successes and our mistakes.

1. Identify and define the problem. Consider what the best outcome or goal might be.

2. List possible choices

Use a brainstorming technique where you put a lot of ideas on paper. Keep going until you can't think of any more ideas.

3. Evaluate the options: Think about all possible choices

4. Choose one option: It is important that the solution to the problem does not create a problem for someone else.

5. Make a plan and do it: Make sure to follow-through with your goal.

6. Evaluate the problem and solution: Look at: What brought the problem about? Can a similar problem be prevented in the future? How was the present problem solved?