

05 — Problem-Solving Tools

Learn practical ways to understand challenges and find effective solutions.

What You'll Explore

- Identify the problem
- Find the root cause
- Generate options
- Choose a solution
- Take action
- Review

Key Learning

Effective problem solving begins with defining the real problem rather than reacting only to its symptoms.

Ask: What is happening? Why might it be happening? What can I control? What solutions are realistic?
What can I learn from the result?

Try It

The problem in one sentence: _____

Possible causes: _____

Three possible solutions: _____

The solution I will try first: _____

How I will know it worked: _____

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Educational resource for adolescents and young people. For learning and awareness purposes.