

THEME: RESPONSIBILITY

TITLE: PROBLEM SOLVING

OBJECTIVES:

1. Students will understand the process to go through to solve problems (identify everyone's wants & needs, brainstorm possible solutions, determine the pros and cons of solutions, choose a solution, evaluate its effectiveness)
2. Students will work together

MATERIALS:

1. Paper and pencil

INSTRUCTIONS:

1. Ask students to volunteer any problem they may be going through right now. If students do not volunteer you can ask them to present a friend's problem (but tell them not to identify this person) or a hypothetical problem. If they do not come up with a problem you can present something you are facing yourself (preferably a college-related, not too personal issue) or you can suggest a typical teen-age problem (ex: drinking to fit in, disagreement with parents, troubles in a class, boyfriend/girlfriend troubles, etc.)
2. Write down everyone involved in the problem and what they each want. Get all group members to help.
3. Write down any possible solutions. Remind the students that brainstorming is about being creative. Try to get each member to come up with a different solution.
4. Ask the person who has the problem (or determine this yourself if you presented the problem) to choose 3-4 solutions that they feel the most comfortable with. Discuss the 3-4 solutions listing both the pros and cons of each. Determine who(m) the solution benefits.
5. Conclude by asking the group to discuss people who are in their life that can assist them in problem solving. You may also want to talk about anger management and the difference between being aggressive and assertive.