

Problem Solving



Peer pressure



Relationships

Academic

Self doubt/ Insecurities



= Confidence

= Independence

= Self achievement

= Success

=Autonomy

=Accomplishment



Step 1

Identify the Problem



Step 2

Why is it a problem?



Step 3

Brainstorm Solutions



Step 4

Evaluate Solutions



Step 5

Action!



Step 6

Evaluate Outcome



You are on your way to a job interview. Whilst on the train, you realise that you have forgotten a crucial document which you had to bring along with you.

What do you do?

One of your best friends is really struggling with a coursework assignment. She has found someone online who will write the assignment for her for a fee of £50. She does not want to tell her family so she asks if she can borrow the money from you. **What do you do?**

You have 2 assignments due in a day's time. Both require a significant amount of time, but you do not think you can complete both. **What should you do?**





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