

PROBLEM-SOLVING – Handout 1

WISE CHOICES/SMART DECISIONS



An IDEAL strategy for making decisions:

I -- Identify the problem.

D -- Determine all the possible solutions or alternatives.

E -- Evaluate the positive and negative consequences of each alternative.

A -- ACT. Develop a plan of action.

L -- Learn from your decisions.

Directions: Think of a problem. Identify how you plan to resolve this problem in the spaces below.

1. Identify the problem.

2. Determine all the possible solutions:

a)

b)

c)

3. Evaluate the positive and negative consequences of each:

Positive

A)

B)

C)

Negative

A)

B)

C)

4. Develop an action plan.

5. What did you learn?