

PROBLEM-SOLVING



Time Required: 30-45 minutes

Principles:

- Students will make decisions, set goals, and take necessary action to achieve goals.

Objective (Students will...):

- Use a decision-making and a problem-solving model.

GOAL: Students will learn and practice a process for good decision-making model.

Activity Statements:

Students will learn how to make good decisions using a five-step process known as the IDEAL strategy.

Materials:

Handout 1 – *“Wise Choices/Smart Decisions”*

Handout 2 – *“Decision Making Scenarios”*

Procedures:

1. Distribute Handout 1 – *“Wise Choices/Smart Decisions”*
2. Ask for volunteers to read aloud each of the five steps in the IDEAL strategy found on the handout.
3. Divide students into four teams. Give each team a different scenario cut out by advisor prior to the lesson from.
4. Have each team read their scenario and demonstrate how to apply the five-step strategy.
5. Each team will share with the entire group their five step strategy.

Discussion:

1. What process have you used to make decisions in the past?
2. How has that worked for you?
3. What are the five steps of the IDEAL strategy?
4. Which one of the five steps is most important in helping you to make your decision?
5. What are other decision making models you have used to make important decisions?

Integrative Closing Statement:

You can learn to make good decisions with the aid of a good plan. The IDEAL strategy is simple and easy to follow. If students are given enough time to practice this strategy, they will master

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it. This strategy will give them an important tool to help them work through most of the decisions they will have to make now and in the future.

Additional Resources:

Problem Solving Study Guide <http://www.studygs.net/problem/index.htm>

Extension Activities: Practice using the IDEAL five-step strategy when faced with difficult decisions. Teach your friends and family this five-step process and help them work through difficult situations.
