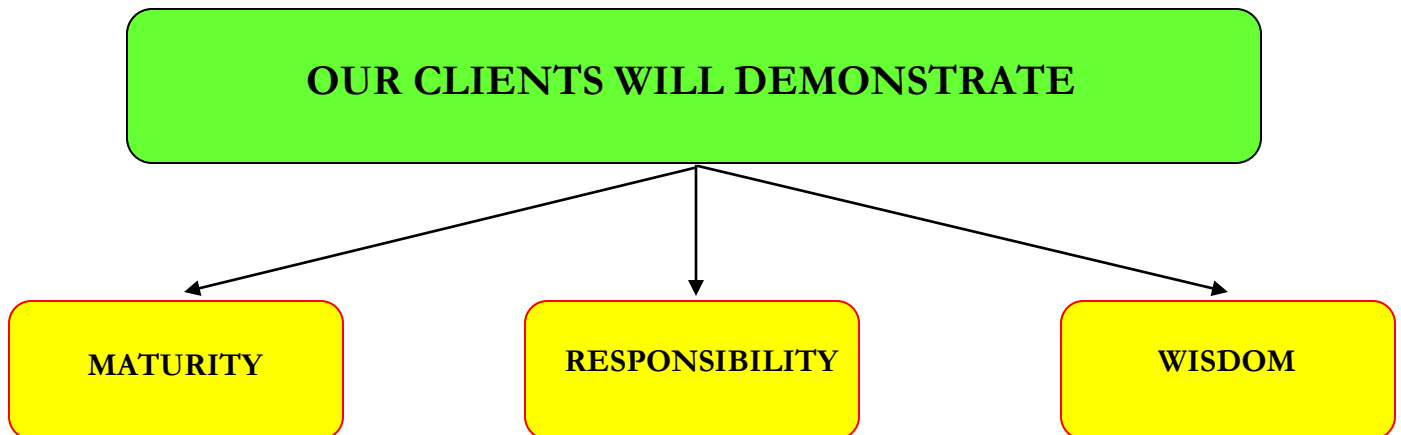


# Problem Solving Skills

PROBLEM SOLVING BUILD'S SELF-DETERMINATION SKILLS, SUCH AS GOAL SETTING, DECISION-MAKING AND SELF ADVOCACY.



There is a variety of problem-solving processes. But each process consists of a series of steps - identifying the problem, searching for possible solutions, selecting the most optimal solution and implementing a possible solution. It is useful to view problem solving as a cycle because, sometimes, a problem needs several attempts to solve it or the problem changes. The diagram below shows a seven-step problem solving process.

