

Family Education and Support Youth Program

Name of the Topic Area: Session Six - Problem Solving

Duration: 60 Minutes

Module learning objectives:

Participants will be able to:

1. Learn problem solving skills
2. Practice Problem Solving Skills
3. Enhance Self Awareness and Friendship Skills

Methodologies:

1. “Problem solving...Follow the numbers!” handout.
2. Use of a skit for creation and solution of a problem.
3. Choosing objects for self-awareness activity.
4. Sentence completion exercise.

Facilitator’s Actions:

1. Facilitator leads group to:
 - a. Review problem situations that were identified in Stress Management Session.
 - b. Ask the group to identify two or three situations that may be addressed using problem solving. Facilitator should choose situations that are mild to moderate in nature. Problems identified that are of a more serious nature may need to be addressed in a therapeutic environment.
2. Learning Problem Solving Skills
 - a. Facilitator’s actions:
 - i. Distribute handouts with basics of how to problem solve.
 - ii. The facilitator walks members through basic problem solving strategies with a generic problem chosen by the group. Members are then encouraged to use the process to create solutions for some other commonly expressed issues.
3. Practice Problem Solving Skills
 - a. Participants’ actions:
 - i. Members are divided into two groups.
 - ii. Each group creates a skit that depicts the original response to an ongoing problem.

- iii. The skit is reworked where the creative solution to the problem is utilized.
- iv. The groups present their skits to one another and give feedback on solutions.

4. Enhancing Self Awareness and Friendship Skills

a. Participants' actions:

- i. Each member picks the object of items provided by facilitator that most represents him or herself and says why.
- ii. Members give each other feedback.

5. Facilitate sentence completion closure activity. Each member states "What I liked most about today's group was _____ because I _____." The facilitator can model this for members by saying what you liked most and link it to your behavior or thoughts about it.

Materials:

Handouts, chart paper, markers, assorted objects for activity 4, e.g. baseball hat, white out, rubber band, etc., assorted snack foods and beverages.