

## Various Problem Solving Strategies

### SODAS – A Problem Solving Approach

1. Situation
2. Options
3. Disadvantages
4. Advantages
5. Solution

### STAR –

S – What is the Situation or problem?

T – Translate the problem – how does each family member see the problem?

A – What action can you take?

R – What were the results of the action you took?

### ACTS –

1. Stop – Identify the problem
2. Plan - Analyze the Problem
3. Act – Develop Solutions
4. Act – Do the Solution
5. Check – Evaluate the Results, if the results are not what you want go back to step three.

### STOP –

S - Stop

T - Think about the Problem

O – What are your options?

P – Pick a solution and Proceed