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English ▼

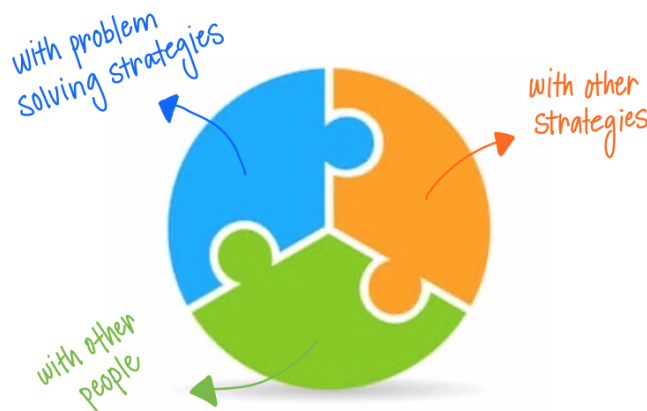
Default Question Block

Welcome to Project SOLVE!

All people experience problems every day, sometimes multiple times a day. Today, you will learn how to **solve common problems**.

How can problems be solved?

There are **many different kinds of problems** that can be solved in many **different ways**.



Problem solving strategies are **best** for problems that a **young person** like you **can directly solve**.

*Today, we will focus on problems that can be solved with **problem solving strategies**.*

Everyone has problems

Below are some common problems. Select the one that fits **you** best right now.

Hint: There is no right answer! If you aren't sure which one to select, you can pick the one that seems most interesting to you.

- "I'm worried and stressed about school work."
- "I don't get along with my cousin"
- "I'm really bored."

“This semester, I've been really stressed and worried about my school work. I have so many assignments and tests. I don't know how I'm going to get everything done!” – *T.D., a high school student*



“My cousin and I do *not* get along...all we do is fight! We're always getting in trouble because we yell at each other a lot. I don't want to keep getting in trouble, but my cousin makes me so mad sometimes.” – *J.L., a high school student*



“Recently, I've been so bored. I don't have anything to do or anyone to hang out with. I usually just end up sitting on the couch, doing nothing.” - *C.P., a high school student*



Can we learn to solve our problems?

Yes! Our brains are made up of *billions* of cells called **neurons**. Neurons are always **making new connections** with each other and **helping us think**.



Neurons in the **frontal lobe** of the brain help us **solve problems**.



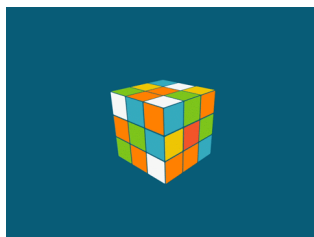
We can **strengthen connections** between these neurons—and get better at problem solving—by **learning** and **practicing** how to **solve problems**.

Great work!

You're part way done with this activity!

You probably already solve problems yourself!

Studies have found that **young people**--just like you--can get really good at **solving problems with practice**.

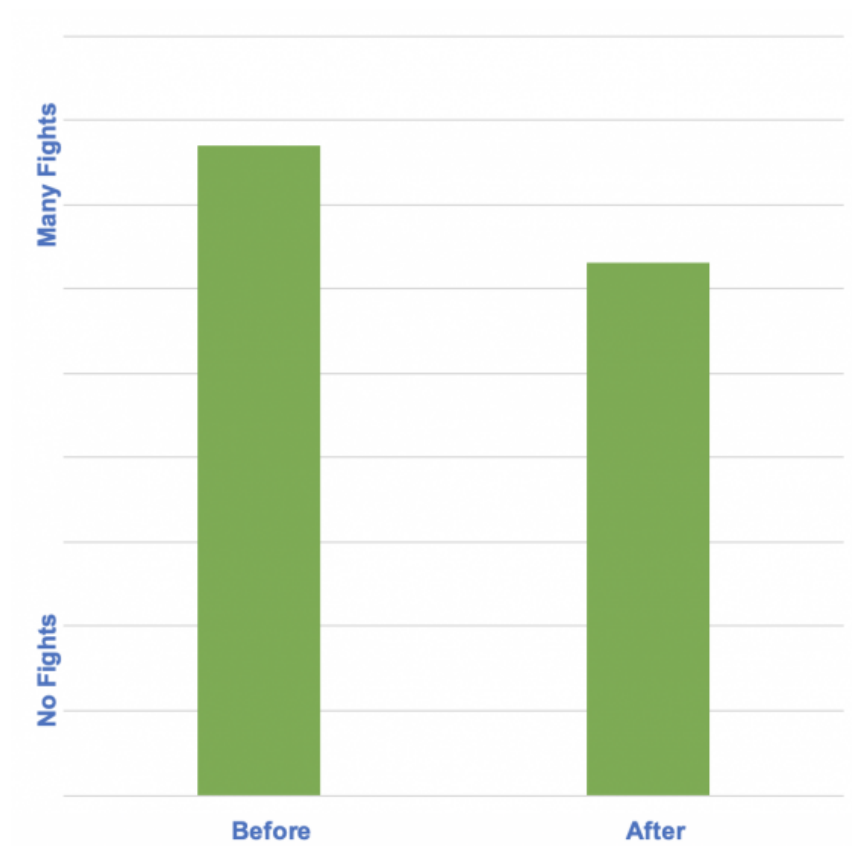


Learn about a study

Students who often **felt angry** and **got into fights** learned how to think of **many different solutions** to disagreements with other people, instead of automatically reacting to their anger.

Practice is important

It was **hard work**! But, after practicing **problem solving** for a few **weeks**, the students said that they **got into fewer fights** than before. This study shows that, by **practicing** problem solving skills, **young people** like you can become **experts at solving problems**!



Is it helpful to learn and practice solving problems?

Yes! People who **learn** and **practice** problem solving skills are **happier**, have **less stress**, and **do better** at **school** and **work**.



Click on the play button to hear audio.

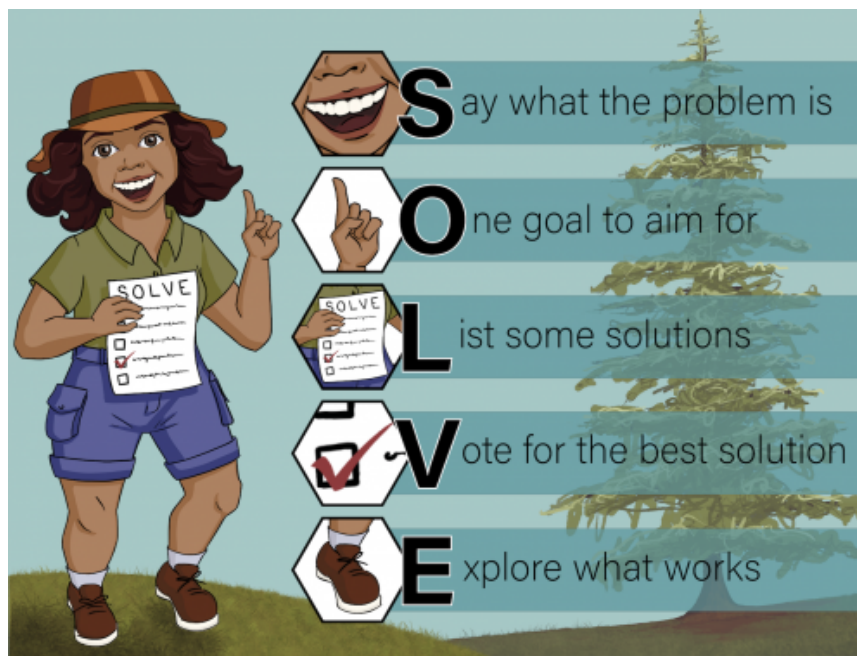
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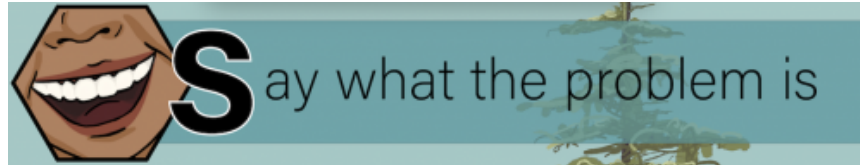
What have we learned so far?

- 1) Our **brains** help us **solve problems**.
- 2) *All* of us can **learn** and **practice problem solving skills**.
- 3) Practicing problem solving can help us feel **happier** and **reach our goals!**

Let's practice!

Do you remember **T.D.**? Like T.D., we all experience various problems every day. But, we can **S.O.L.V.E.** many of these problems, using these steps!

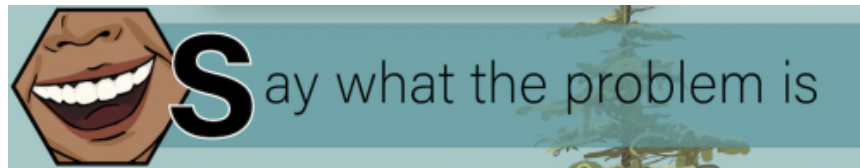




The first step is to **Say what the problem is**. Breaking down a big, complicated problem into a simple sentence is a good way to start.

What is **T.D's** problem?

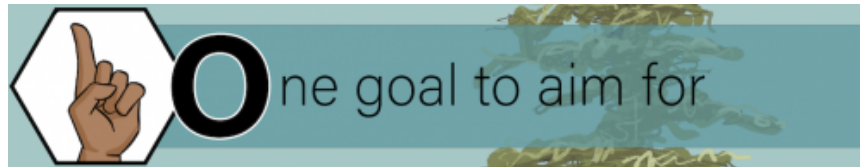
"My problem is that I'm worried and stressed about my school work."



Now, use what you've learned to help another student!

"I'm so worried about my math class. I have so many hard assignments and tests! I don't know how I'm going to get everything done." - O.F., a younger student

What is **O.F.'s** problem?

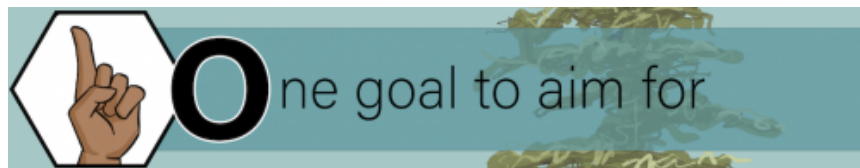


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The next step is to identify **One goal to aim for**. A **goal** is what we want to accomplish by solving our problem. We need to make our goal **realistic**. For some problems, our goal might be to solve it by **changing how we act**. For example, if your problem is being late to school, your goal might be to wake up 30 minutes earlier in the morning. Other times, our goal might involve **changing how we feel about the problem**. For example, if your problem is feeling worried about going to school, your goal might be to do one short activity that makes you feel calm every day before school.

What could **T.D.'s** goal be?

- I will try to get an A+ on every test.
- I will try to make my school work feel less overwhelming.
- I will try to never feel worried or stressed about school.



The **most realistic goal** on this list is "I will try to make my school work feel less overwhelming."

"I will try to get an A+ on every test" and "I will try to never feel worried or

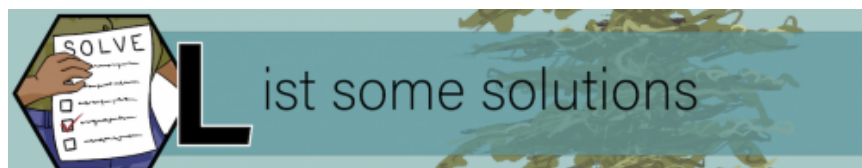
stressed about school" are not realistic. No one can get an A+ on every test, and everyone feels worried and stressed sometimes!



Now, use what you've learned to help another student!

"I'm so worried about my math class. I have so many hard assignments and tests! I don't know how I'm going to get everything done." - O.F., a younger student

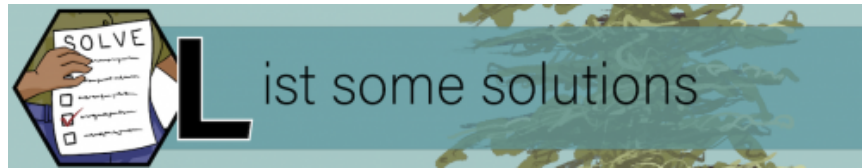
What could O.F.'s goal be?



The next step is to **List some solutions** to the problem.

What could T.D.'s solutions be?

Possible Solutions
Ask my favorite teacher, Ms. Brown., for help
Make a "to-do list" for myself every day
Take three deep breaths every time I feel really worried about school



Now, use what you've learned to help another student!

"I'm so worried about my math class. I have so many hard assignments and tests! I don't know how I'm going to get everything done." - O.F., a younger student

What could O.F.'s solutions be?

Solution 1

Solution 2

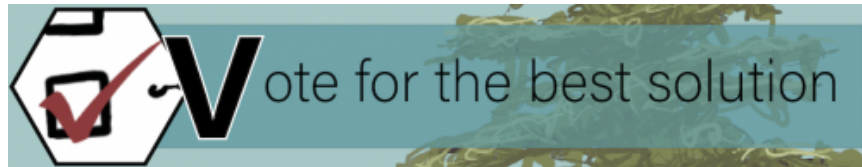


The next step is to **Vote for the best solution** to try out. We can choose which solution to try first by looking at the pros and cons of each one on our list. Sometimes, there can be **more than one "best" solution!**

What could be the pros and cons of T.D.'s solutions?

Possible Solutions	Pros	Cons
Ask my favourite teacher, Ms. Brown for help	1) I like Ms. Brown 2) Ms. Brown is smart and helpful	1) I don't want Ms. Brown to think I'm dumb 2) Ms. Brown might not have time to help me
Make a "to-do list" for myself every day	1) I will be able to stay more organized 2) Crossing tasks of my to-do list will help me feel like I have done my work for the day	1) It is hard to remember to make a to-do list 2) A really long to-do list might be even more stressful

Take three deep breaths every time I feel really worried about school	1) I can do this anywhere and at anytime 2) This might help me feel more calm and less stressed about my school work	1) When I'm stressed, it can be hard to remember to breathe 2) Taking deep breaths doesn't change the amount of work that I have to do
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Now, use what you've learned to help another student!

"I'm so worried about my math class. I have so many hard assignments and tests! I don't know how I'm going to get everything done." - O.F., a younger student

What could be the pros and cons of O.F.'s solutions?

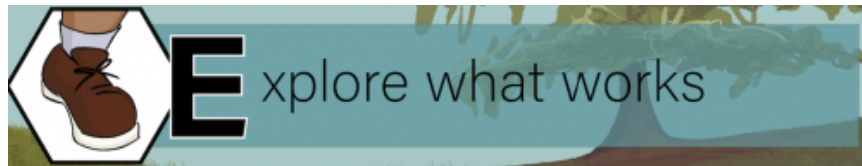
Please write down 1 pro 😊 & 1 con 😞 of Solution 1.

As a reminder, you wrote: "\$ {q://QID158/ChoiceTextEntryValue/8}"

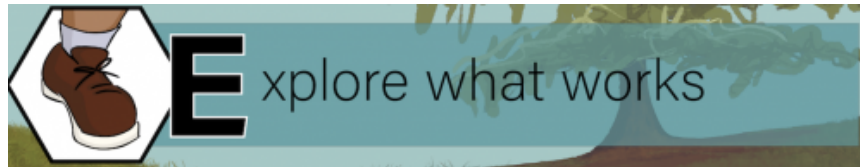


Please write down 1 pro (😊) & 1 con (😞) of Solution 2.

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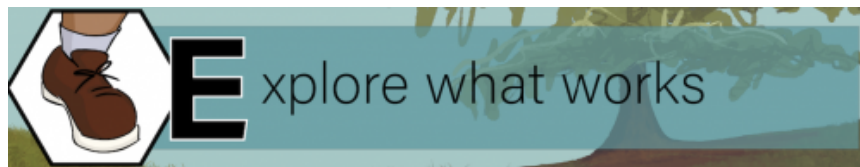


The last step is to **Explore what works**. Sometimes, the first solution we pick doesn't work out. But, that's why we make **a list of solutions**. If one doesn't work, we can always try a different one!



What worked for **T.D.**?

"I tried solution #3—take three deep breaths every time I feel really worried about school—and solution #2—make a to-do list for myself every day—first. Taking three deep breaths when I am stressed is really helpful! It doesn't take a lot of time, and it helps me relax before I start my homework. At first, solution #2 wasn't helpful because I didn't know what to put on my to-do list. So, I tried solution #1—ask my favorite teacher, Ms. Brown, for help. She helped me figure out how to make my to-do lists and use them to keep track of all of my assignments and tests. It is hard work but, now that I am more organized and relaxed, I am starting to feel less worried and stressed about my school work."



Now, use what you've learned to help another student!

"I'm so worried about my math class. I have so many hard assignments and tests! I don't know how I'm going to get everything done." - O.F., a younger student

As a reminder, your solutions for O.F. were:

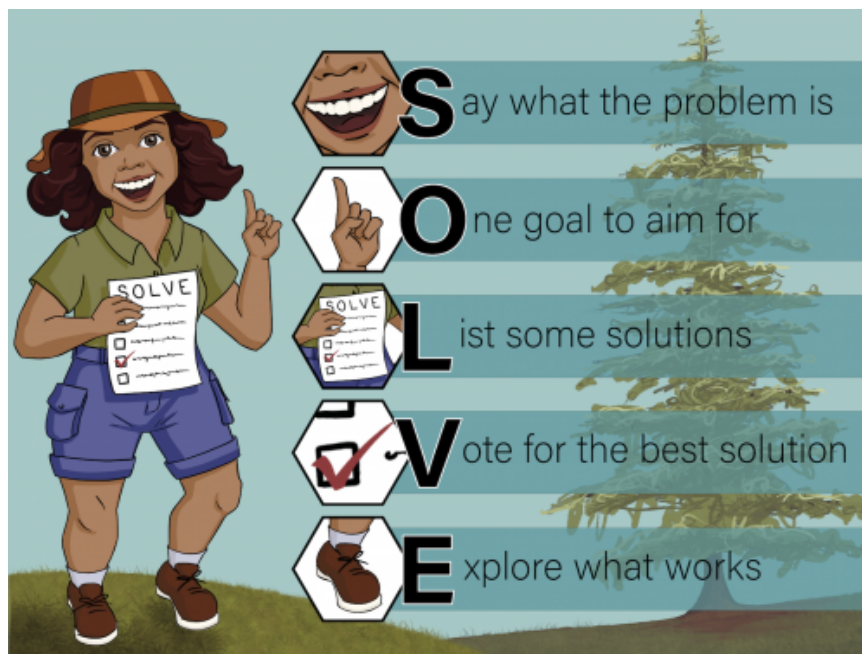
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Which solution could **O.F.** try first? Why?

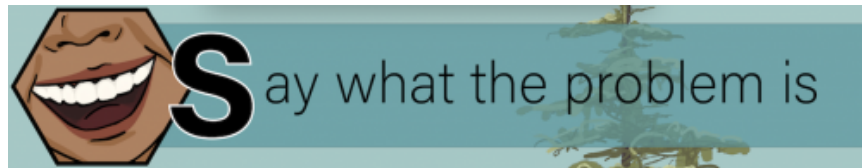
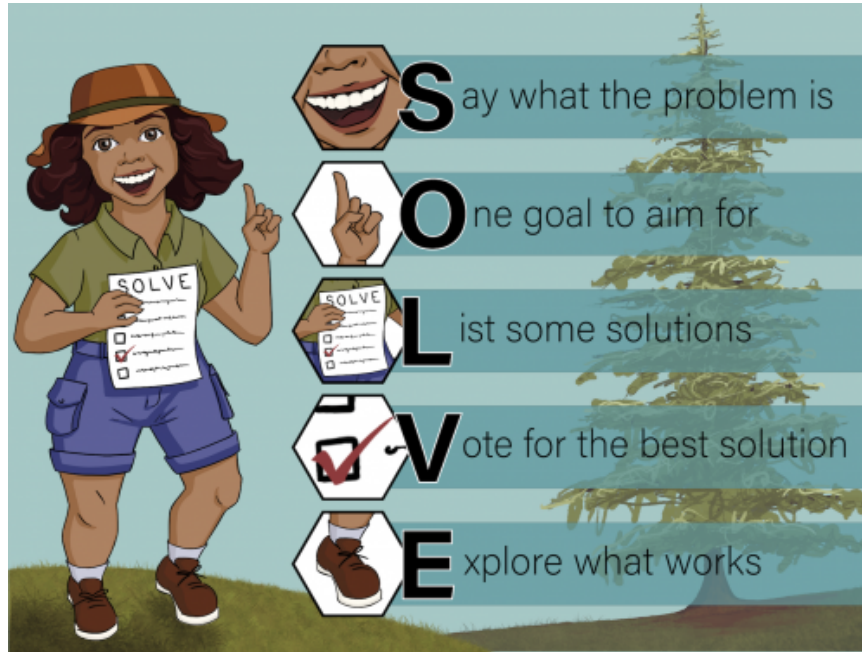
Try to write 1-2 sentences.

*Like T.D., we can all find solutions and solve our problems. When we have a problem, we just need to **S.O.L.V.E.** it!*



Let's practice!

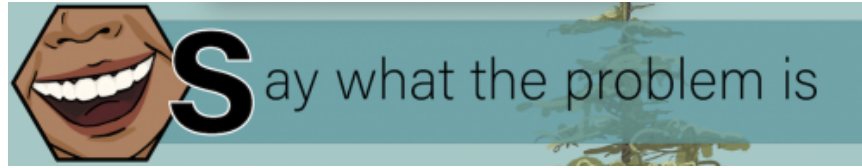
Do you remember **J.L.**? Like J.L., we all experience various problems every day. But, we can **S.O.L.V.E.** many of these problems, using these steps!



The first step is to **Say what the problem is**. Breaking down a big, complicated problem into a simple sentence is a good way to start.

What is **J.L.'s** problem?

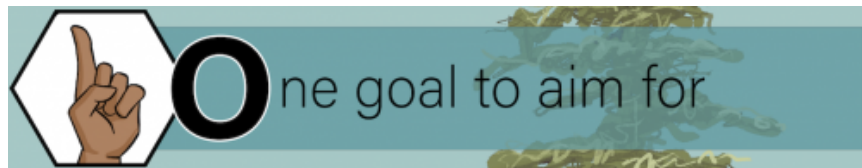
"My problem is that my cousin and I fight a lot."



Now, use what you've learned to help another student!

"Recently, I've been getting in trouble a lot for yelling at my mom. I don't mean to yell at her all the time, but she just makes me so mad...she never listens to me!" - O.F., a younger student

What is **O.F.'s** problem?



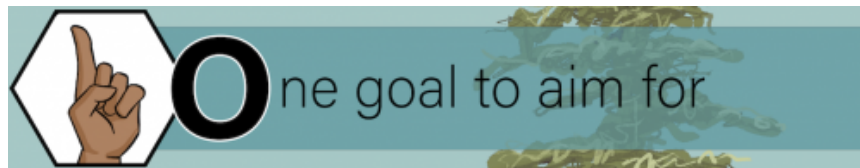
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The next step is to identify **One goal to aim for**. A **goal** is what we want to accomplish by solving our problem. We need to make our goal **realistic**. For some problems, our goal might be to solve it by **changing how we act**. For example, if your problem is being late to school, your goal might be to wake up 30 minutes earlier in the morning. Other times, our goal might involve **changing how we feel about the problem**. For example, if your problem is

feeling worried about going to school, your goal might be to do one short activity that makes you feel calm every day before school.

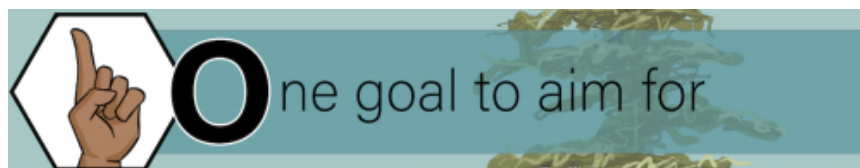
What could **J.L.'s** goal be?

- I will try to never see my cousin again.
- I will try to stop yelling at my cousin every time we see each other.
- I will try to never get in trouble again.



The **most realistic goal** on this list is "I will try to stop yelling at my cousin every time we see each other."

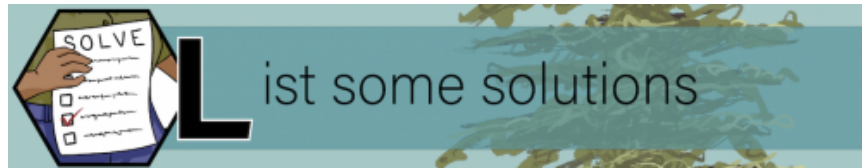
"I will try to never see my cousin again" and "I will try to never get in trouble again" are not realistic. Most of us cannot completely avoid our family members, and everyone gets in trouble sometimes!



Now, use what you've learned to help another student!

"Recently, I've been getting in trouble a lot for yelling at my mom. I don't mean to yell at her all the time, but she just makes me so mad...she never listens to me!" - O.F., a younger student

What could O.F.'s goal be?



The next step is to **List some solutions** to the problem.

What could J.L.'s solutions be?

Possible Solutions
Avoid my cousin
Take 3 deep breaths and walk away when my cousin makes me mad
Go for a walk when my cousin makes me mad



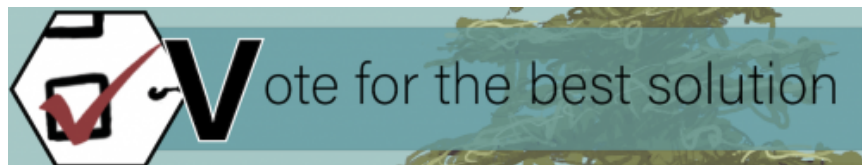
Now, use what you've learned to help another student!

"Recently, I've been getting in trouble a lot for yelling at my mom. I don't mean to yell at her all the time, but she just makes me so mad...she never listens to me!" - O.F., a younger student

What could O.F.'s solutions be?

Solution 1

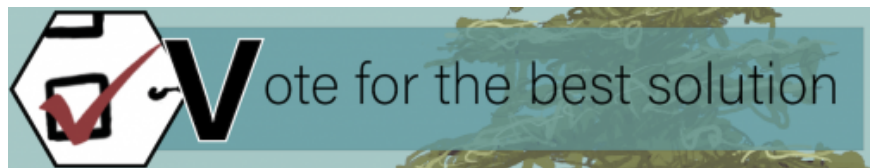
Solution 2



The next step is to **Vote for the best solution** to try out. We can choose which solution to try first by looking at the pros and cons of each one on our list. Sometimes, there can be **more than one "best" solution!**

What could be the pros and cons of J.L.'s solutions?

Possible Solutions	Pros	Cons
Avoid my cousin	1) I wouldn't have to deal with my cousin 2) I wouldn't fight with my cousin	1) I see my cousin a lot 2) I might get in trouble for avoiding my cousin
Take 3 deep breaths and walk away when my cousin makes me mad	1) I might not be as mad afterwards 2) I could do this "in the moment"	1) It might be hard to stay calm 2) I don't know if I can do it
Go for a walk when my cousin makes me mad	1) Walking might help me cool off 2) I would get space from my cousin	1) I might not have time to go for a walk every time my cousin makes me mad 2) I may not be allowed to go for walks by myself



Now, use what you've learned to help another student!

"Recently, I've been getting in trouble a lot for yelling at my mom. I don't mean to yell at her all the time, but she just makes me so mad...she never listens to me!" - O.F., a younger student

What could be the pros and cons of O.F.'s solutions?

Please write down 1 pro 😊 & 1 con 😞 of Solution 1.

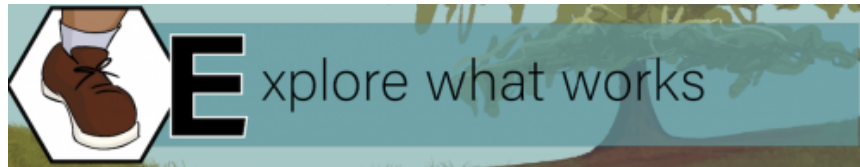
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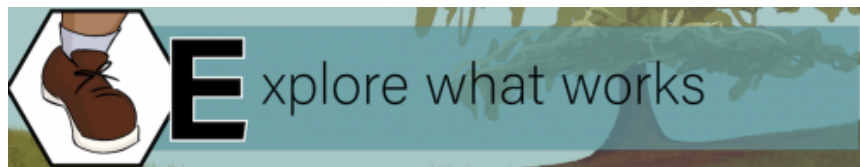
Please write down 1 pro 😊 & 1 con 😞 of Solution 2.

As a reminder, you wrote: "\$ {q://QID166/ChoiceTextEntryValue/5}"



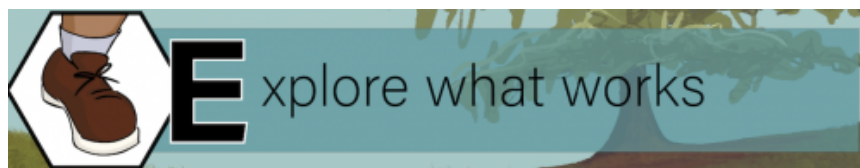


The last step is to **Explore what works**. Sometimes, the first solution we pick doesn't work out. But, that's why we make **a list of solutions**. If one doesn't work, we can always try a different one!



What worked for **J.L.**?

"I decided that solution #1--avoid my cousin--wasn't a good option because we see each other a lot. Solution #3--go for a walk when my cousin makes me mad--might work sometimes, but I don't think I could do it all the time. So, I tried solution #2--take 3 deep breaths and walk away when my cousin makes me mad--first. I've tried this a few times, and it works pretty well! It's hard to stay calm every time my cousin makes me mad, but this strategy helps me prevent fights with my cousin."



Now, use what you've learned to help another student!

"Recently, I've been getting in trouble a lot for yelling at my mom. I don't mean to yell at her all the time, but she just makes me so mad...she never listens to me!" - O.F., a younger student

As a reminder, your solutions for O.F. were:

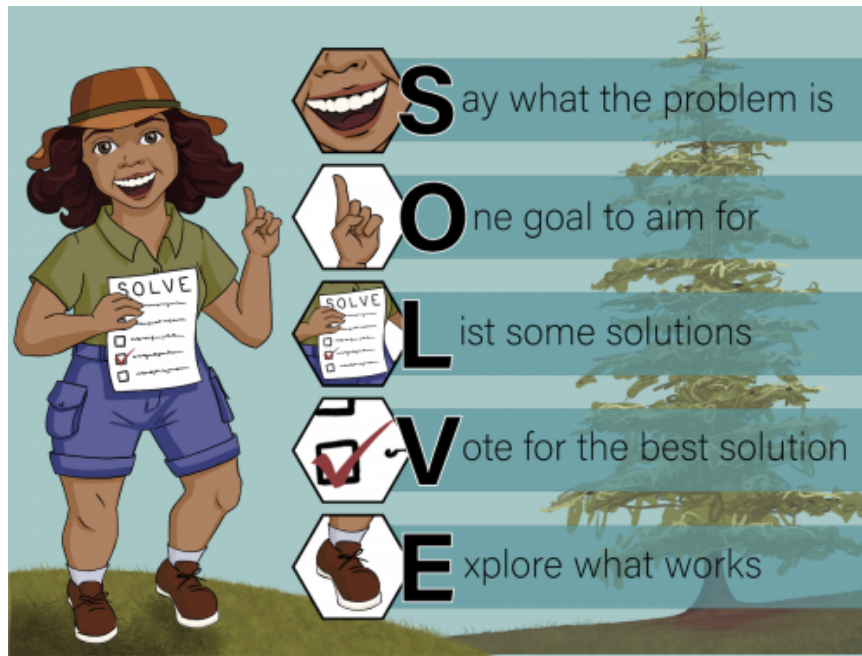
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"\$ {q://QID166/ChoiceTextEntryValue/5}"

Which solution could **O.F. try first? Why?**

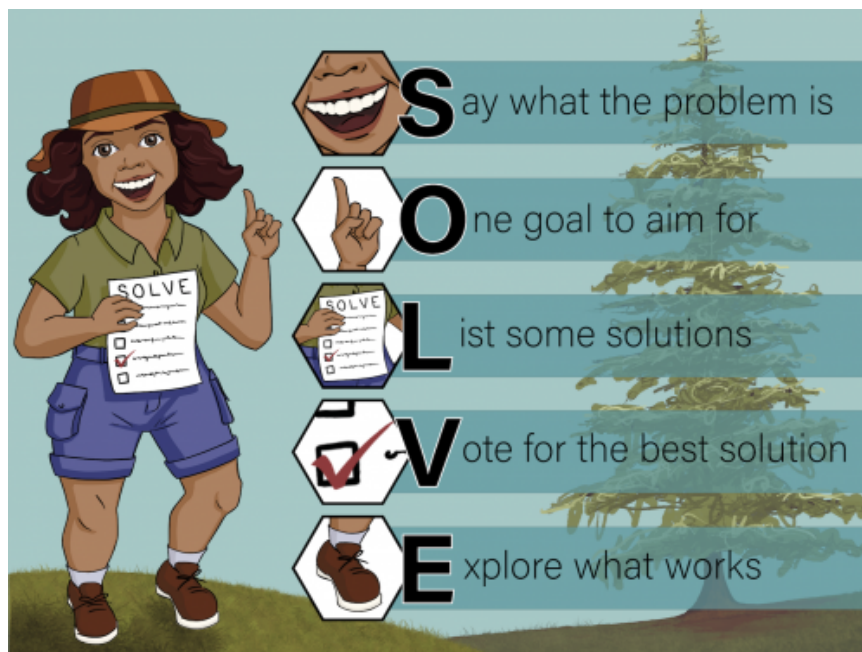
Try to write 1-2 sentences.

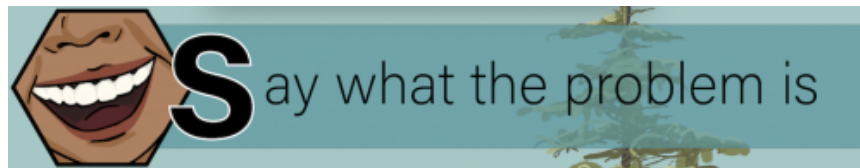
Like J.L., we can all find solutions and solve our problems. When we have a problem, we just need to S.O.L.V.E. it!



Let's practice!

Do you remember **C.P.**? Like C.P., we all experience various problems every day. But, we can **S.O.L.V.E.** many of these problems, using these steps!

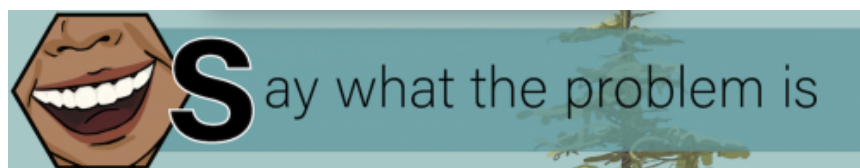




The first step is to **Say what the problem is**. Breaking down a big, complicated problem into a simple sentence is a good way to start.

What is **C.P.'s** problem?

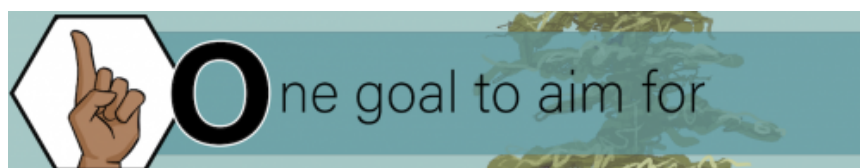
"My problem is that I'm bored."



Now, use what you've learned to help another student!

"Recently, I haven't felt like doing anything. I used to enjoy a lot of things--especially playing soccer--but now I can't even seem to have fun doing that..." - O.F., a younger student

What is **O.F.'s** problem?



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The next step is to identify **One goal to aim for**. A **goal** is what we want to accomplish by solving our problem. We need to make our goal **realistic**. For some problems, our goal might be to solve it by **changing how we act**. For example, if your problem is being late to school, your goal might be to wake up 30 minutes earlier in the morning. Other times, our goal might involve **changing how we feel about the problem**. For example, if your problem is feeling worried about going to school, your goal might be to do one short activity that makes you feel calm every day before school.

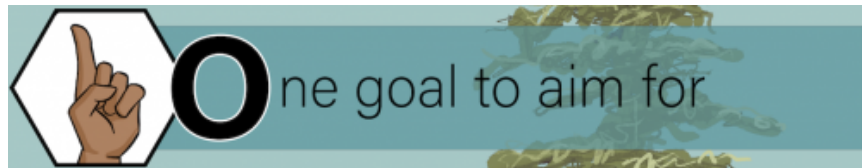
What could **C.P.'s** goal be?

- I will try to never be bored again.
- I will try to find one activity that I enjoy.
- I will try to find ten activities that I enjoy.



The **most realistic goal** on this list is "I will try to find one activity that I enjoy."

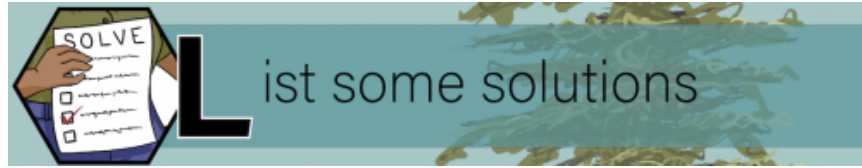
"I will try to never be bored again" and "I will try to find ten activities that I enjoy" are not realistic. Everyone gets bored sometimes, and few people really enjoy and stick with ten different activities!



Now, use what you've learned to help another student!

"Recently, I haven't felt like doing anything. I used to enjoy a lot of things--especially playing soccer--but now I can't even seem to have fun doing that..." - O.F., a younger student

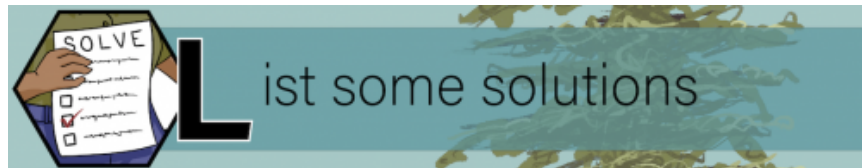
What could O.F.'s goal be?



The next step is to **List some solutions** to the problem.

What could **C.P.'s** solutions be?

Possible Solutions
Try out for the basketball team
Audition for the school play
Ask my friend to hang out after school



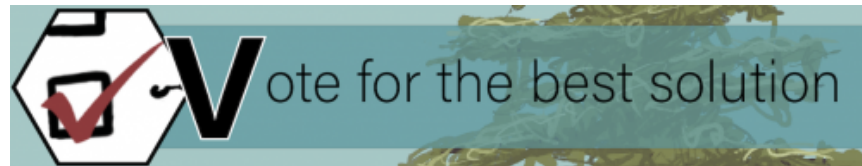
Now, use what you've learned to help another student!

"Recently, I haven't felt like doing anything. I used to enjoy a lot of things--especially playing soccer--but now I can't even seem to have fun doing that..." - O.F., a younger student

What could **O.F.'s** solutions be?

Solution 1

Solution 2

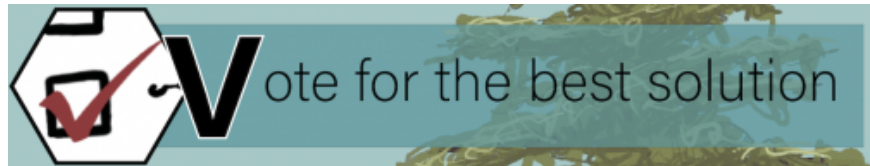


The next step is to **Vote for the best solution** to try out. We can choose which solution to try first by looking at the pros and cons of each one on our list. Sometimes, there can be **more than one "best" solution!**

What could be the pros and cons of C.P.'s solutions?

Possible Solution	Pros	Cons
Try out for the basketball team	1) I like basketball 2) The try-outs are next week	1) I don't know if I'm good at basketball 2) None of my friends are on the team
Audition for the school play	1) I'm a good singer 2) A lot of my friends do theatre	1) I've never auditioned for a play before 2) Plays are a lot of work
Ask my friend to hang out after school	1) I like hanging out with my friend	1) My friend probably can't hang out everyday

	2) I live close to my friend	2) We might still get bored
--	------------------------------	-----------------------------



Now, use what you've learned to help another student!

"Recently, I haven't felt like doing anything. I used to enjoy a lot of things--especially playing soccer--but now I can't even seem to have fun doing that..." - O.F., a younger student

What could be the positives and negatives of O.F.'s solutions?

Please write down 1 pro (😊) & 1 con (😞) of Solution 1.

As a reminder, you wrote: "\$ {q://QID175/ChoiceTextEntryValue/4}"



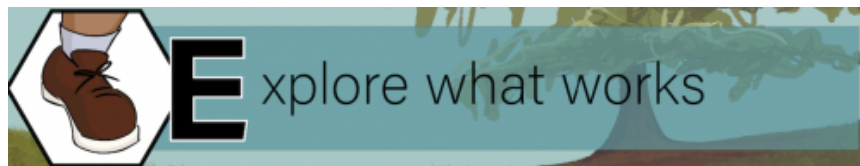


Please write down 1 pro (😊) & 1 con (😞) of Solution 2.

As a reminder, you wrote: "\$ {q://QID175/ChoiceTextEntryValue/5}"

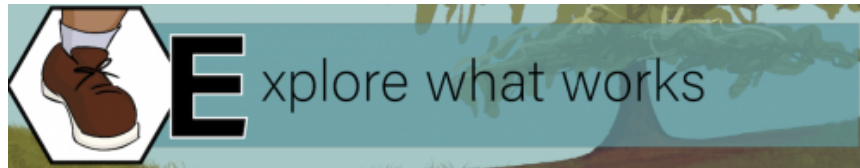


The last step is to **Explore what works**. Sometimes, the first solution we pick doesn't work out. But, that's why we make **a list of solutions**. If one doesn't work, we can always try a different one!



What worked for C.P.?

"Solution #1--try out for the basketball team--wasn't a very good option because I wasn't prepared for try-outs. I decided to try solution #2--audition for the school play--and solution #3--ask my friend to hang out. My friend and I hang out twice a week now, and it's awesome! I also auditioned for the school play and got a pretty good part. I'm not playing a lead role in the play, but I think I could get there after a few shows."



Now, use what you've learned to help another student!

"Recently, I haven't felt like doing anything. I used to enjoy a lot of things--especially playing soccer--but now I can't even seem to have fun doing that..." - O.F., a younger student

As a reminder, your solutions for O.F. were:

"\${q://QID175/ChoiceTextEntryValue/4}" and

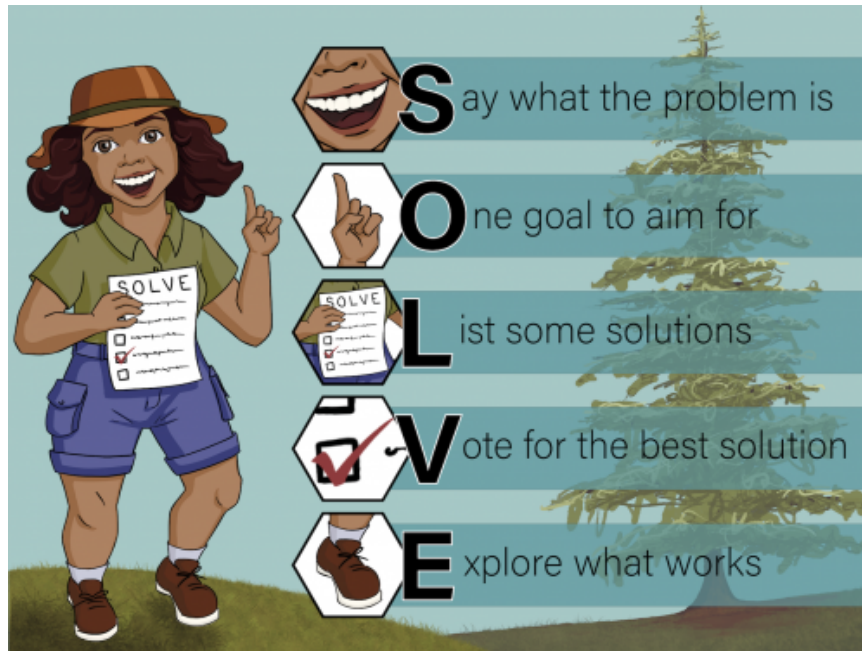
"\${q://QID175/ChoiceTextEntryValue/5}"

Which solution could O.F. try first? Why?

Try to write 1-2 sentences.



Like C.P., we can all find solutions and solve our problems. When we have a problem, we just need to S.O.L.V.E. it!



Great work!

You're more than halfway done with this activity!



Let's S.O.L.V.E. one of your problems!

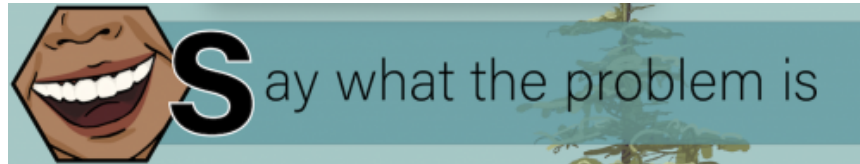
Now let's use the S.O.L.V.E. skill for one of your problems! **Try to think of one problem that you would like to solve.**



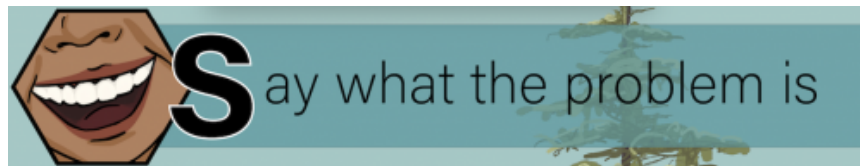
To help you get started, **below are some common problems.** Please **select one** of the options below or **type in a problem** that isn't on the list in the box below.

- Getting into an argument with a friend
- Not making a team or a club
- Being late to class
- Arguing with a family member
- Not doing well in a class

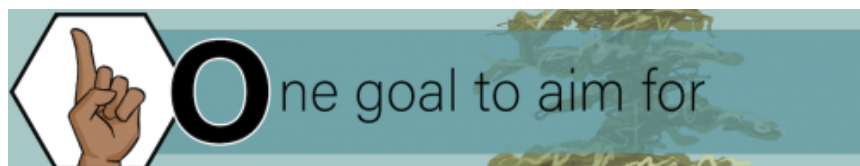
Other



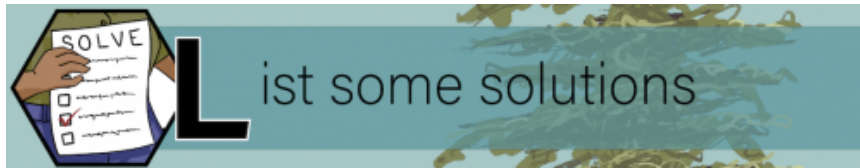
As a reminder, you selected
" $\{q://QID162/ChoiceGroup/SelectedChoices\}$ " as your problem.



As a reminder, you selected " $\{q://QID162/ChoiceTextEntryValue/6\}$ " as your problem.



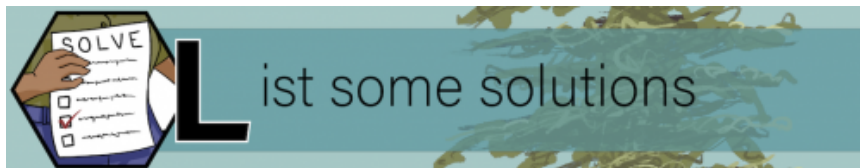
Try to identify one **specific** and **realistic goal** to work toward. **Remember:** It can be helpful to start your goal statement with "I will try to..."



Try to think of two **solutions** for your problem. As a reminder, your problem is: " $\{q://QID162/ChoiceGroup/SelectedChoices\}$ "

Solution 1

Solution 2



Try to think of two **solutions** for your problem. As a reminder, your problem is: " $\{q://QID162/ChoiceTextEntryValue/6\}$ "

Solution 1

Solution 2



What are the **pros** and **cons** of your solutions?

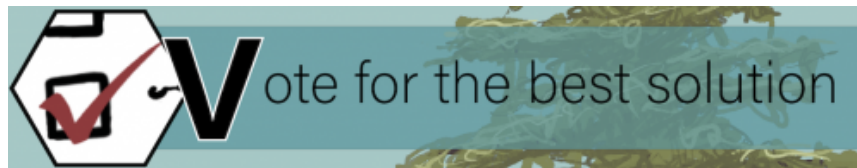
Please type 1-2 pros (😊) & 1-2 cons (😞) of each solution. This will help you choose which one to start with.

As a reminder, your first solution is:

"\${q://QID31/ChoiceTextEntryValue/1} \${q://QID195/ChoiceTextEntryValue/1}"



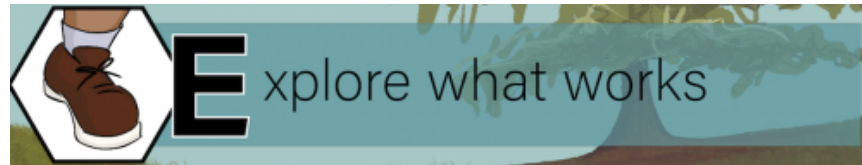
As a reminder, your second solution is: "\${q://QID31/ChoiceTextEntryValue/2} \${q://QID195/ChoiceTextEntryValue/2}"



Which solution do you think is the best one to start with? Why?

Try to write at least **1-2 sentences** in the box below.

As a reminder, your solutions are: "\${q://QID31/ChoiceTextEntryValue/1} \${q://QID195/ChoiceTextEntryValue/1}" & "\${q://QID31/ChoiceTextEntryValue/2} \${q://QID195/ChoiceTextEntryValue/2}"

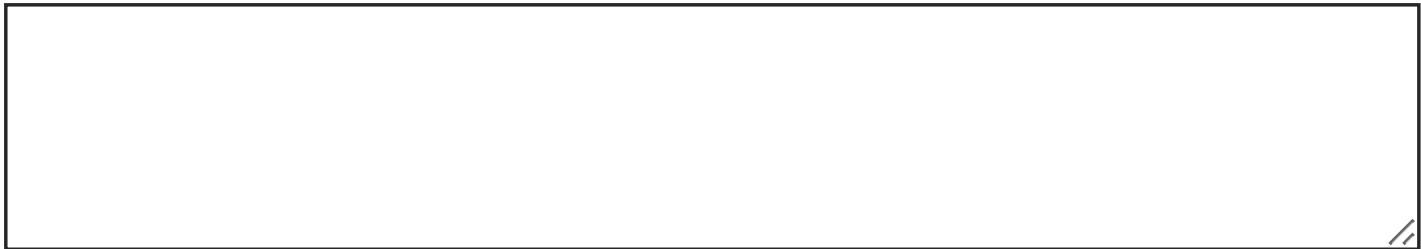
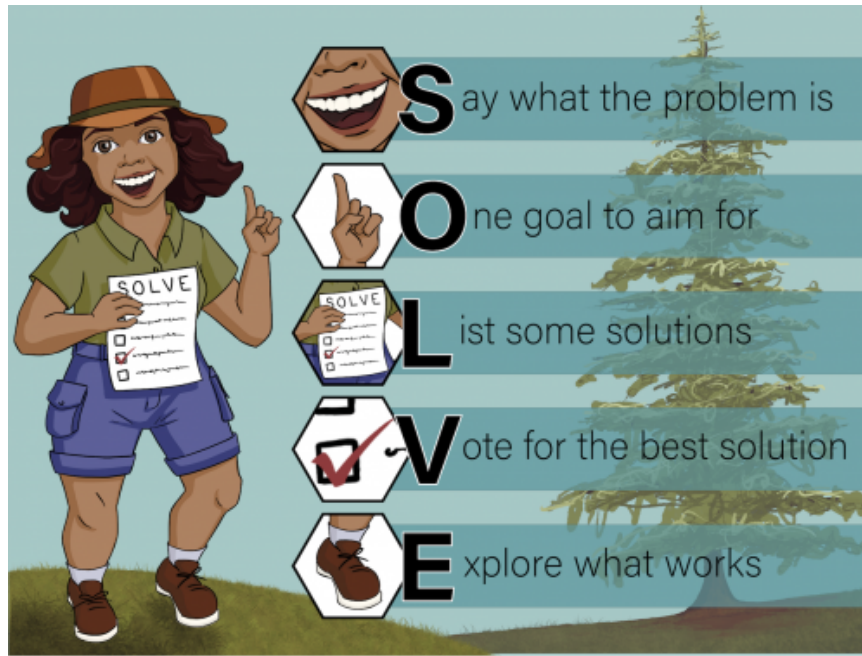


How will you try out your solution?

Try to write at least **1-2 sentences** in the box below.

Help a friend with S.O.L.V.E.!

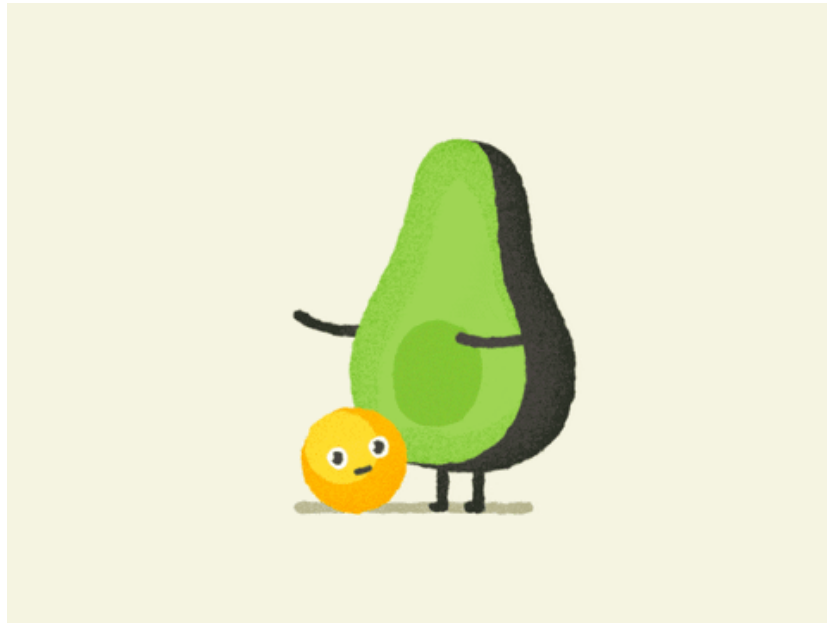
Imagine that your **friend** tells you they are feeling **lonely**. How would you suggest that they use **S.O.L.V.E.** to help? Try to type at least **1-2 sentences** in the box below.



0:00 / 0:25

Tips for complicated problems

Sometimes, problems can be **complicated**, so we need to be **creative** about how we use S.O.L.V.E. to handle them. One way to work on solving big problems is to **ask other people for help**. For example, when we are listing solutions during the S.O.L.V.E. skill, we can add *talking to a friend or a trusted adult* about the problem as a solution.



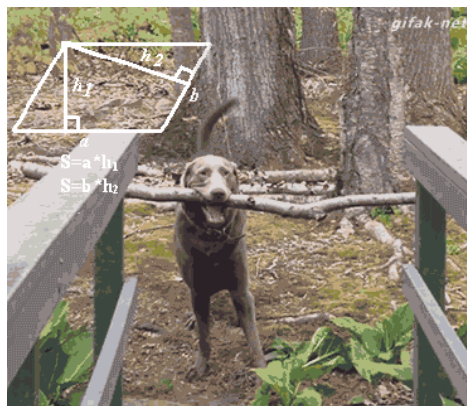
0:00 / 0:13

Sometimes, we might not be able to make a problem go away completely. But, we can use S.O.L.V.E. to **help us feel better about it**. This is especially helpful to remember in situations that are **hard to change**.



Using S.O.L.V.E. in daily life

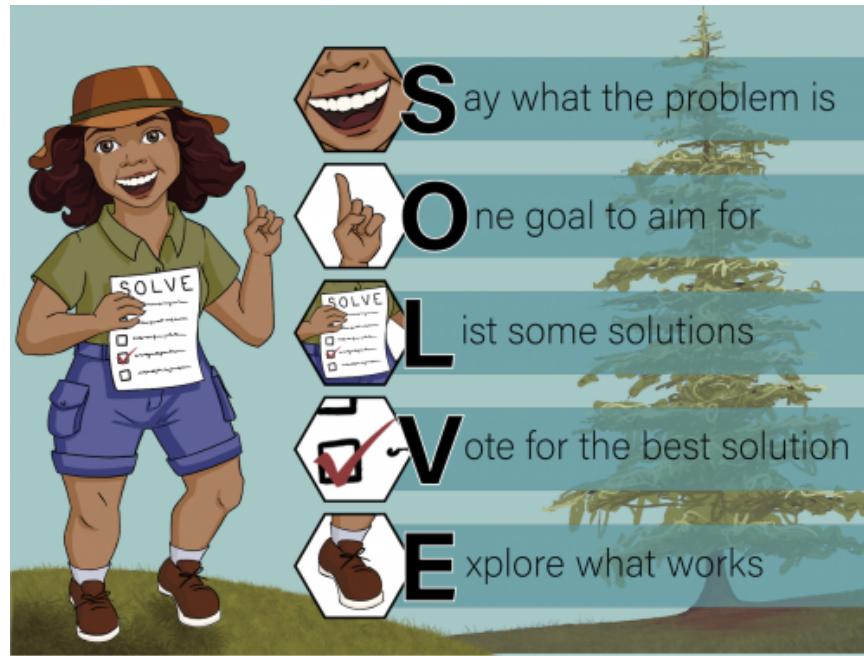
Today, you've learned and practiced the S.O.L.V.E. skill. To become a great problem-solver, it is important to **keep practicing S.O.L.V.E.** in your daily life!



How can you remember S.O.L.V.E.?

In the box below, please type **1-2 things** that you can do to **remember** the S.O.L.V.E. skill.

Tip: Other students have found it helpful to save this picture to their phone or computer (just "right click" on the image)!



How can you use S.O.L.V.E. for future problems?

It's important to keep practicing S.O.L.V.E. to get really good at it! Please type **1-2 ways** you can **practice** S.O.L.V.E. for future problems.

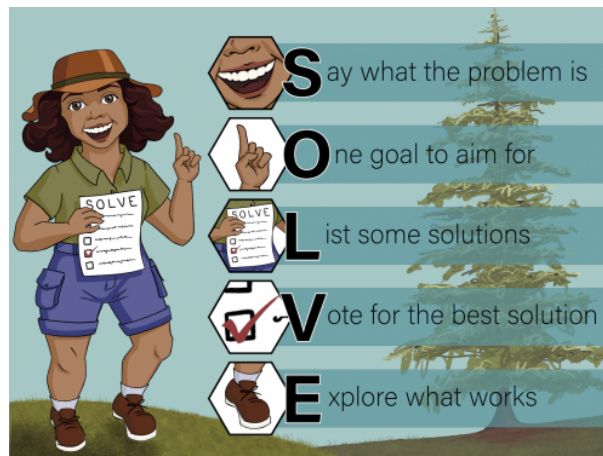
Tip: *Some students like to set a reminder on their phone to practice S.O.L.V.E. once a week.*



0:00 / 0:23

What have you learned today?

- 1) *All* of us can get better at **solving problems**.
- 2) Most **problems** can be solved using the **S.O.L.V.E.** skill...



- 3) We can use **S.O.L.V.E.** to solve problems *and* cope with how problems make us feel.
- 4) **S.O.L.V.E.** is most helpful when we use and **practice** it in our **daily lives**.

Block 1

Feedback

To help us improve, we would like to hear about your experience using the Project SOLVE Coping Kit.

If you agree to provide your feedback, know that your anonymous answers will be saved and shared with the development team.

In general, did you like the look and feel of this Coping Kit?

- I hated the look/feel of the activity
- I did not like the look/feel of the activity
- I liked the look/feel of the activity a little
- I liked the look/feel of the activity
- I liked the look/feel of the activity a lot

How well, in general, did you understand the Project SOLVE Coping Kit?

- I was very confused by it
- I did not understand it very well
- I understood it a little
- I understood it
- I understood it a lot

After completing the Project SOLVE Coping Kit, how much do you believe that problem solving skills could help you?

- Problem solving skills will hurt me
- Problem solving skills will not help me
- Problem solving skills will help me a little
- Problem solving skills will help me
- Problem solving skills will help me a lot

How much do you plan on using problem solving skills?

- Never
- A few times a year
- A few times a month
- A few times a week
- Every day or most days

What are three things that you liked about the Project SOLVE Coping Kit?

1)

2)

3)

What are three things we could change about the Project SOLVE Coping Kit to make it better?

1)

2)

3)

How would you feel about recommending Project SOLVE to a friend?

- I would tell my friends NOT to do it
- I would not recommend it
- I would recommend it a little
- I would recommend it
- I would recommend it a lot

How much do you think other young people would like Project SOLVE?

- They would hate it
- They would not like it
- They would like it a little
- They would like it
- They would like it a lot

How much do you think other young people would be helped by Project SOLVE?

- They would be hurt by it
- They would not be helped by it
- They would be helped by it a little
- They would be helped by it
- They would be helped by it a lot

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