

Problem-solving plan

1. Reflect on a study-related situation that you are not comfortable with and that you would like to change. What kind of change would you like to see happen in the situation?
2. Identify the things you can change in the situation as well as the things you cannot.
3. Based on your response to Step 2, list alternative solutions for the things you can change. At this stage, write down every idea that comes to mind without filtering out anything or assessing an idea's feasibility.
4. Select 1–3 of the most practical or workable ideas from the list you just made and plan where, when and how you will implement the ideas.
5. Set a reminder for one week later in your calendar or phone for reviewing how the ideas worked out and whether any adjustments are needed.

