

Quick Connect: Problem Solving

Learning Objective:

By the end of this lesson, participants will be able to identify the five steps of the POWER problem-solving method and apply this structured approach to a current personal challenge.

Part 1: Introduction (30 seconds)

"Let's talk about a specific way to solve problems that come up in your life. Everyone faces challenges, but having a step-by-step method can help you work through them instead of feeling stuck or overwhelmed."

Part 2: The POWER Method (2 minutes)

"I want to teach you a method called POWER that breaks problem solving into five simple steps:

POWER stands for:

P - Problem	Clearly define what the issue is.
O - Options	Brainstorm possible solutions. Don't judge your ideas yet—just brainstorm.
W - Weigh pros and cons of each option	For each option, what are the possible good and bad outcomes?
E - Execute a plan	Choose an option and take action.
R - Review results	Did it work? If not, what can you adjust?

Part 3: Quick Practice (2 minute)

"Think about a problem you're facing right now. Let's define what the issue is... [run through the POWER method with the participant]."

Part 4: Closing (30 seconds)

"The POWER method works for all kinds of problems: school issues, job hunting, conflicts with friends or family. The key is to slow down, think through options instead of reacting, and learn from what works or doesn't work. This week, try using these steps on one problem you're facing."

Facilitator Notes:

- If participant shares a very complex/serious problem, acknowledge its difficulty but focus on one specific aspect
- Guide them through each step - don't let them skip ahead
- "Review" step is often skipped in real life - highlight its importance for learning
- If they struggle with "Options," prompt with questions like "What would a friend suggest?" or "What's the opposite of what you usually do?"
- Keep the pace moving - this is practice, not therapy
- Emphasize "slow down" - this counters impulsive problem-solving