

Problem Solving Worksheet

For this worksheet, you will need to select one problem from each topic, and try to solve them using this five step process.

Step 1 - Understand the problem

Step 2 - Analyse the problem

Step 3 - Define the problem

Step 4 - unpack opportunities to solve the problem

Step 5 - Select the best solution

Challenges By Topic

Relationship Topics

1. How can social media bullying be prevented?
2. What is the best way to help someone who is depressed?
3. What's the best way to deal with manipulative and domineering people?
4. How can you help a friend or roommate who is making poor life choices?
5. How can you get out of a bad relationship?
6. How can you move out of the "friend zone"?
7. What is the best way for a woman to show a man she is interested? Should she ask him out?
8. How has texting affected face-to-face relationships?
9. What can be done to make sure that people today actually know how to have "real" relationships?
10. How can we get away from stereotypes and racism? What steps can we take as individuals and as a society?
11. How can we learn to understand people who are different from us culturally, racially, or socioeconomically?
12. How can we break down barriers between groups?

Social Problems

1. How can social media bullying be prevented?
2. What is the best way to help someone who is depressed?
3. What's the best way to deal with manipulative and domineering people?

4. How can kids be persuaded not to experiment with illegal drugs?
5. What is the best way to prevent deaths from drunk driving?
6. How can teenagers be convinced to drive more safely?
7. What can be done to prevent divorce?
8. How can kids with divorced parents be helped to do well in school, have strong relationships, and build successful lives and marriages?
9. What can be done to eliminate or prevent racism?
10. What is the best way to help people who are victims of family violence?
11. How can we change the welfare system to help people escape generational poverty?
12. How can we deal with illegal immigration?
13. What should we do about the increase in gun violence?
14. How can we best rehabilitate prisoners so that they can be productive members of society?
15. How can healthcare be ensured for everyone around the world?
16. How can we improve literacy?
17. What can be done to prevent human trafficking?
18. How can we prevent children from being negatively influenced by violence and pornography in media such as video games, movies, and the Internet?
19. How can we persuade people to make healthy lifestyle choices like not smoking, exercising, and maintaining a healthy BMI?
20. How can we balance the right for free speech with the right to not be insulted or abused?
21. Choose a city you know. How can that city be made more bicycle and pedestrian-friendly?
22. How can we best reduce the problem of terrorism?
23. Should there be controls in the way the media portrays celebrities?
24. What should we do to help people get jobs?

Athletes and Sports

1. How can steroid use be limited in all sports (or one in particular)?
2. Should university and college athletes be paid?
3. How can university and colleges better handle the combination of education, athletics, and business?
4. Do kids train too hard in athletics at young ages?
5. What is the best way for a young athlete to learn a sport? (You might want to talk about a particular sport you know well).
6. How can coaches best encourage their athletes to do their best?

7. Think about your local sports team. What can be done to make that team more effective? How can the fans be made to support the team more?
8. Pick your favourite sport. How can someone best prepare themselves to be excellent at that sport?
9. How can sports media be more effective at covering a sport you like to watch? Should the announcers be biased or not? Which games should be covered by sports networks? What types of interviews and special features make the sport more interesting to watch?
10. What can be done to increase attendance at your favourite sporting event?
11. How should a coach or player handle media interviews when they lose a big game?
12. How can players prepare themselves for the (inevitable) loss?
13. What should professional players do to prepare themselves for retirement or injury?
14. Pick your favourite sport. How much should players get paid? Should there be salary caps?
15. How should money made from sports be divided between players and owners?
16. Think about your favourite venue to watch sports live. What could be done to improve that venue?
17. How can injuries in sports (especially football) be prevented?
18. How can coaching be improved in the sport you participated in during high school or your favourite professional team?
19. How can players prevent injuries that take them out of competitive sports?
20. What can be done about parents or coaches that push kids too much in sports?

University and College Life

1. How can university and college be made more affordable?
2. How can university and college students study effectively and earn better grades?
3. How can a student avoid procrastinating?
4. How can university and college students avoid the "Freshman 15" and eat healthily in university and college?
5. How can university and college students stay in shape when they aren't in sports like they were in high school?
6. What is the best way for university and college students to balance work, studying, classes, and social life?
7. How can university and college students handle problems with roommates?
8. How can university and college students ask parents for more money effectively?
9. How can parents of university and college students let go?
10. What is the best way for university and college students to convince their parents to let them be independent?
11. What should you do about loud neighbours in your dorm or apartment?

12. How can you handle a long distance relationship in university and college?
13. What should university and college students do when they have a suicidal friend?
14. How can university and college students decide on a major?
15. How should you decide what university and college to attend?
16. What should you do if you don't get something you expected and hoped for (like a scholarship, university and college admission, or acceptance into a special program)?
17. How can students learn to be better test-takers?
18. How should university and college instructors handle attendance in class?
19. What can be done to make university and college students more active participants in politics and elections?
20. How can university and colleges be made safer?
21. What should be done to prevent sexual assault on university and college campuses?
22. Should parents be allowed to know the grades of their university and college students?
23. How can university and colleges help students who are failing get back on track?
24. What can be done to help relieve stress in university and college?
25. How can students pay more attention in class?
26. How can university and college students overcome homesickness?
27. How can university and college students manage their money effectively?
28. What can be done to make university and college more affordable?
29. Should the government offer more support for a university and college education?

Education and School

1. How can we make education better for kids who have trouble in school?
2. How can schools help the problem of childhood obesity?
3. How can schools best serve special education students?
4. How can schools allocate more money and resources for sports, fine arts, and other special programs?
5. What should be done about misbehaving and disruptive students?
6. What should be done to make gifted and talented education programs effective?
7. How can we help kids who are in failing schools?
8. How can home schooled kids be prepared for university and college?
9. What can be done to stop bullying, teasing, and violence in schools?
10. How can we be sure that students are learning what they need to know? Is a nationalized test the answer? How should testing in schools be handled?
11. How can cheating in school be best handled? What should teachers and students do to prevent cheating?
12. Should all students be required to learn a foreign language? Should schools offer other languages like Chinese or Arabic?

13. Should schools move to digital textbooks?
14. Is it a good idea to give every child an iPad or laptop? How can schools adapt to changing technology?
15. Should schools have a common core curriculum? If so, what should it include? What does every student need to know?
16. Would the U.S. benefit from changing to a more European-style education system?
17. Should schools require more physical education?
18. How can schools help develop a healthier society?
19. How can schools attract and keep outstanding teachers?
20. Should high schools offer a technical track for students to get job-ready rather than force everyone to take university and college prep courses?
21. Should online high school courses be offered to students who want a flexible schedule?
22. What should be done for students who get pregnant in high school?
23. Should school uniforms or strict dress codes be used in schools? What sort of dress code is appropriate and helpful?
24. Should teachers and administrators who are appropriately trained and licensed be allowed to carry concealed weapons in schools?
25. Should policemen be undercover in classrooms?
26. How can students be made to feel more safe at school?
27. What is the best way for schools to use technology in the classrooms?

Family Life

1. How can parents handle their child's cell phone and social media use appropriately?
2. Should parents be held responsible for the obesity of their children? What should be done to help families with obese children?
3. How can parents help their children have a positive body image and avoid eating disorders?
4. What can be done about parents who push too hard for their children to achieve in sports, academics, fine arts, or another area?
5. What can be done to increase the number of children who are adopted?
6. How can we prevent young people from aging out of the child welfare system without ever finding a family?
7. What is the best way to help families who have a child with a mental illness?
8. How can parents teach their children about money management?
9. What is the best way for parents to discipline their children?
10. How can parents encourage their child to be honest?
11. What is the importance of religious education? How should parents handle teaching faith to their children?

Driving and Transportation

1. What should be done about the problem of texting while driving?
2. How can parking be handled better on your university and college campus (or another busy area you know where it is difficult to park)?
3. What is the best way for students to be trained to be good drivers? Should there be any changes to the current laws of your state?
4. How can traffic around your town be changed so that driving is easier and less stressful?
5. How can people be encouraged to take public transportation? What needs to be done to make public transportation an effective option for more people in your town?
6. How should we encourage people to be better drivers?
7. What changes could be made to the traffic laws that would make driving better? What should the speed limits be?
8. What is the best way to find the route to a place you've never been to before? (GPS, Google Maps, directions from a friend?)
9. What are the worst traffic violations? How can these be prevented?
10. Is the current driver's education in your state effective? What can be done to improve it?
11. What is the best way to prevent DUI and deaths due to drunk driving?