

Michigan Reach Out! Problem Solving Guide

“Our awareness of our own problems is directly related to our openness to seek a solution.”

1. What is a key problem or challenge I am starting to face?
2. Getting my hands on it, how can I describe this problem and how it affects me and my work, academics, relationships?
3. Is there a solution? What is it?
4. Do I need help from anyone in *Reach Out*? From someone else?
5. Who or what are roadblocks?
6. For the remainder of this semester, my 2 or 3 *main* goals and how I will measure and know I achieved them are:

Goal

Timeline

Desired Outcome

A.

B.

C.