

PROBLEM SOLVING & THE GROWTH MINDSET

1 Identify how to change plans

2 Learn about feedback and growth

3 Overcoming obstacles positively



PROBLEM SOLVING

POST-16
CAREERS WEEK 2023

Today we'll be focusing on what you can do if things don't go to plan or you change your mind, and how you can prepare for this. We'll also look at what you can do to develop resilience and stay positive when facing setbacks or coping with change.

Why do you think you should prepare alternative plans for achieving your goals?

Do you think other people's feedback and advice is important to your development?

What does being resilient and positive mean to you? Do you think it's a useful skill?

When you think about having to change your plans is it a negative, neutral, or positive thing?

**TRY THESE
DISCUSSION
POINTS TO
START
THINKING
ABOUT
PROBLEM
SOLVING**



LET'S TALK ABOUT PROBLEMS!

Here are some of the points we came up with during our brainstorming... how many did you find?

Knowing there are other options helps you feel more comfortable and secure if things do change. You can adapt to changes more quickly as it's already been considered. It shows future employers flexibility.

Constructive feedback can help you see things from a new angle. You can also benefit by learning from other people's experiences and knowledge.

Defining resilient or positive is personal, but employers & educators are interested in your ability to overcome setbacks as it can determine your progress and your contribution to the team.

Most people consider having to change plans as a result of a negative cause, but change isn't always a "bad" thing!



COPING WITH CHANGE

Making plans and understanding all the options helps us feel more secure and confident when things happen that are outside of our control. It's important to understand that just because a plan has been made, it doesn't mean that this is the course things will take.

Exploring ways that your plans might change, and what you can do about it if they do, can make you feel more comfortable with the idea. After all, it might be your own decisions or actions that take you off your original course!

Often change can lead to new opportunities to discover a different path, find out something about ourselves we didn't know or find a new passion.



QUICKFIRE CHALLENGE!

In 60 seconds how many reasons can you think of that your next step career plans might change?





“

**How many of the reasons your
class brainstormed are
“negative” reasons for change?**

”

REFRAMING OBSTACLES

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It's interesting that most people when listing reasons for change will suggest obstacles that they don't want to encounter, or events that they hope don't happen.

What about preparing for positive outcomes as well?

- Fail your exams/don't get required grades
 - Don't get offered a place
 - Can't afford the fees
 - Don't like your course/job
 - Keep making mistakes
 - Fail to get any interviews
 - Get offered a lower level
- 
- Get better grades than predicted
 - Get offered all of your choices
 - Get awarded a bursary/scholarship
 - Realise your passions and skills lie elsewhere
 - Realise you might need more training or experience before taking the next step

Making your alternative plans, why not try “flipping” your potential obstacles as we've done here? Identify the “worst” thing that can happen, and plan for it, then balance it by thinking about the “best” thing that might happen. It might surprise you to think about things in this way! Would having too many offers be just as hard to deal with as no offers? How comfortable would you be with turning down a contract or resigning?

Remember that “failure often comes before success”, it's an opportunity to learn and grow - to try things differently, ask for help, develop our skills and broaden our experience.

Remember these experiences and the actions you took - one day it might just secure the job of your dreams.

**“It’s not that I’m so smart, it’s just
that I stay with problems longer.”**

– Albert Einstein

**“Failure is so important. We speak
about success all the time but it is the
ability to resist or use failure that
often leads to greater success.”**

– J. K. Rowling

POSITIVITY & RESILIENCE

Staying positive, and being resilient when you suffer knock backs and failures can be hard to do. These are skills that require practice and patience. How you approach it can depend a lot on your personal experiences, your health and your environment.

CLASS CHALLENGE!

- How many things can you think of that you can do to remain positive and resilient in difficult times?
- How many ways could others help you with being positive and resilient in difficult times?

Take 5 minutes to reflect on the ideas your class have collected. Take a note of any new ideas that you'd like to keep for when times are difficult. Perhaps your class can think of a way to promote these to your student community?



DEVELOPING A GROWTH MINDSET

Here are some of our top tips on developing resilience and staying positive...



THINGS I CAN DO

- Break the problem down in to the smallest steps possible and start with the first one
- Listen to your favourite music/do something creative
- Spend time with your friends/family/pets
- Do some exercise
- Do something relaxing
- Give yourself an inspiring goal
- Do something which makes you laugh
- Get an early night, drink water and eat well!
- Reframe the problem - "What can I do differently? What have I learnt?"
- Share the problem and ask for help
- Find out about other people who have experienced tough times
- Play "Grit Pie"- slice up your problem (pie) in to causes and decide if they are permanent or temporary and who is responsible for them. Which "slices" can you do something about?



THINGS OTHERS CAN DO

- Listen to the problem and ask what is needed - solutions or compassion?
- Work on the problem together, share tasks and break it down in to manageable chunks
- Check in regularly
- Offer reminders of past achievements
- Create a calm environment
- Buddy up and work on your individual problems together, supporting each other's progress
- Provide a confidential, safe space to talk in private

**“Education is not the learning of facts,
but the training of the mind to think!”**
– Albert Einstein

**“Love challenges, be intrigued by
mistakes, enjoy effort, and keep on
learning.”**
– Carol S. Dweck

FIND OUT MORE...

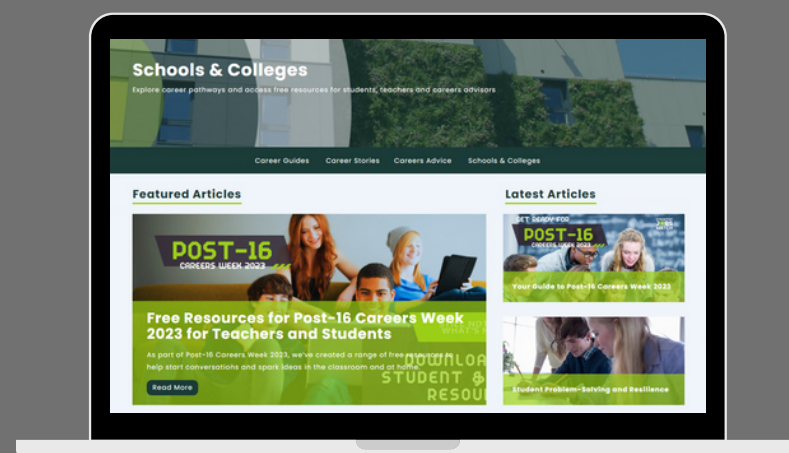
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1 Visit stockport-jobsmatch.co.uk

2 Download 'My Plan B' Worksheet

3 Watch 'Making Mistakes' video



PLAN-B **POST-16**
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MY "PLAN A" CAREER PATHWAY
Complete the boxes below with bullet points of what you need

MY FIRST CHOICE JOB	REQUIRED QUALIFICATIONS	REQUIRED SKILLS	REQUIRED EXPERIENCE
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

WHERE I AM ON MY JOURNEY TO "PLAN A"
Mark on the progress charts below where you feel you currently are

REQUIRED RESEARCH	REQUIRED QUALIFICATIONS	REQUIRED SKILLS	REQUIRED EXPERIENCE
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

WHAT HAPPENS IF PLAN A DOESN'T WORK OUT?
In the space below list as many obstacles or reasons you can think of which would mean your "Plan A" doesn't go smoothly.

