

PROBLEM SOLVING SKILLS: SOCS Technique

S Situation: *say what the situation is and how it makes you feel*

O Options: *list all your options for solving the problem*

C Consequences: *what would the consequences be of the above options?*

S Solutions (the plan): *write down your action steps for the option you picked*

Final Outcome: *after it's all said and done, how did it go and what did you learn?*