

FACT SHEET:



ABIOS

Acquired Brain Injury Outreach Service

Category:

Life After ABI Study Skills

Audience:

Person with an ABI

For more information contact the Acquired Brain Injury Outreach Service (ABIOS)

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ABIOS Occupational Therapist

Study Skills: Problem Solving

Introduction

Following an acquired brain injury, many students experience difficulties solving problems. For example, you may be experiencing some of the following problems:

- losing patience with yourself as you cannot figure out how to use a new computer program
- making careless errors due to not taking the time to carefully think through problems
- getting “stuck” when you begin an assignment because you don’t know where to start



Strategies:

The following strategies may assist students who are having difficulties with solving challenges around completing the work required of you to complete your educational goals:

- Break the problem into smaller steps and work on each component separately
- Use verbal self-questioning to help yourself to work through the problem e.g. “What should I do next? What would happen if I did that?”
- Associate new information with old information, that is, think about previous situations with similarities to your current situation and what you may have done at that time. Use that experience to give you ideas for your current situation.
- Construct visual images of past problems and their successful outcomes, and try to relate these to your current problem
- Make decisions after you have given yourself sufficient time to process, organise and think through the information

