

## **Coping with College Series**

### **Handling Problems**

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Everyone encounters problems in life. How we handle these problems can influence our emotional well-being. It appears that problem-solving and adjustment to the environment go hand in hand. Many psychologists believe that an indicator of psychological health may be a person's ability to recognize a problem, understand it, make a decision about it and take appropriate action. Confronting a problem and taking action reduces the amount of stress a person experiences, which results in greater sense of self-control.

Once we have become aware that something is troubling us, we need to consider what we can do about it. This is another skill that may be difficult for some of use to learn, because we often do not want to do anything differently, especially if it means that we might not get what we want, or that confrontation might ensue.

Options or alternative solutions to problems are some things we can choose to pursue. After considering alternative solutions to a problem, we need to choose the best one and determine the step-by-step process of implementing the solution. Thinking in this way provides us with road map to follow.

The next skill to develop is the ability to recognize the impact our actions might have on ourselves and others. The idea is that because we each control how we behave, we can learn to do it in productive ways that help to bring about the results we want. People who feel that they can act in ways that bring about positive results usually feel better about themselves and are more confident.

If you are having difficulty generating effective solutions to problems and think that you may benefit from some problem-solving techniques, please consider contacting Student Counseling Services (438-3655) for assistance.