



Pre-Program Questionnaire

Everyday, we all encounter problems. Problems can occur when you don't know what to do. For example, What should I wear today? or How do I save the money to buy that awesome new skateboard or pair of new boots? or in school, How do I solve this math problem? or How can we fix global warming? Now it's your turn, please answer the following questions to the best of your ability.

1

Describe the steps you would go through when trying to solve a problem.

2

Describe the strategies you might use when trying to solve a problem.

3

Describe the right State of Mind, your mood or outlook you should have when trying to solve a problem. How should you feel? What kinds of things should you tell yourself? (use the back of this page if needed)