Jot down a plan for how you will be solving the problem. You might list the important information or draw a diagram of the problem to get you started.
Are you unsure of how to begin? Reread the problem and then state it in your own words. You need to understand the problem before you can go any further.
Is the problem confusing or containing too much data? Reread the problem and cross out the unnecessary data to simplify the problem.
Does the problem contain larger numbers, fractions, or decimals that are confusing you? Substitute simpler numbers for the confusing numbers and then figure out how to solve the problem. Once you know how the problem should be solved, just plug the more complicated numbers back into the problem and repeat the process to solve it.
Are you too frustrated to go on? Take a break for a few minutes.
Talk out loud to yourself or to someone else. Explain the problem and what you think you should do. Listen to yourself as you talk to see if it makes sense.
Does this problem remind you of another that yo
Think of a problem you solved by sticking with it. Remember a time when you were frustrated but kept trying until you found the answer. Remind yourself that you can do it!
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