

## SOARR Strategy Card

**Directions:** Print pages back-to-back on paper or card stock. After printing, trim the edges and use this 2-sided card as a practical tool for solving problems. Laminate for durability and multiple use.

SOARR Chart				
Specify	Observe	Analyze	Respond	Reflect
What is the context or specific situation?	What do I see in this situation? How are other people behaving?	What do I need to do to fit in to this situation? What questions do I need to ask and answer in my head?	Based on my analysis of the situation, what did I do?	What happened? What did I learn? What will I do differently next time?
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**This resource can be found in:**

*FLIPP the Switch 2.0: Mastering Executive Function Skills from School to Adult Life*, by Carol Burmeister, Sheri Wilkins, and Rebecca Silva. Published in 2021, by AAPC Publishing, Shawnee, KS.

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*Directions for Learners*

### How to Use the SOARR Strategy

Problems can be overwhelming, especially when they are unexpected. It's a good idea to stay calm by having a quick way to come up with solutions for your problem.

*SOARR* is a strategy you can use when you have a problem on the job, at home, or in the community. *SOARR* is a way to figure out the exact problem, and then find and use the best solution. Use the steps from the *SOARR* chart to:

- Figure out the REAL problem you need to solve by staying calm and looking at the situation.
- Ask yourself questions about the situation to analyze it or figure out what to do.
- Once you figure out what to do, take action or respond to the situation.
- Think about what happened and decide if you had a good response.

*SOARR* gives you a strategy to stay calm, figure out what's wrong and what do about it. Then you can decide what you have learned from the situation.

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