

I'M STUCK, WHAT SHOULD I DO?!?

GOAL FINDING POSSIBILITIES WHEN YOU
DON'T KNOW WHAT TO DO ANYMORE

Education requires a lot of creativity and flexibility; every day is different. It can sometimes happen that you don't know what to do any more. It's okay if you don't know for a moment; that's part of being human. It's important to search for possibilities for moving forward; this tool can help you gain insights systematically and purposefully.

1

Think what knowledge could help you move forward from the situation in which you got stuck.

2

Determine if this knowledge can be:

Looked up:

*Use this for relatively simple questions where only one answer is possible.
The answer can be found in one or more sources.*

Figured out:

*Use this when questions do not have a simple, straightforward answer.
Different opinions about and approaches to the topic may be known. In such cases,
you adjust your actions based on theory and in accordance with the practical situation.*

Investigated:

*Use this when a literature search is not enough to answer the question;
investigation leads to the collection of information in practice.*

3

Search purposefully for the right knowledge:

*Design a plan to find the right knowledge;
Collect the knowledge and/or information you need;
Analyze the collected knowledge and/or information;
Conclude what you could do to move forward.*

*Always think about the appropriate level of thoroughness
for gathering sources and information you can use.*

SUPPORTING OTHERS

Give the other person time to tell their story about the situation for which new possibilities need to be found; ask about feelings and help them to recognize/acknowledge these feelings.

Help the other person to view the situation with "soft eyes" towards both themselves and the others involved; emphasize that occasionally getting stuck is "part of the deal" in education.

Encourage the other person to think of as much knowledge as possible that could help them to move forward with the situation; then help them to determine what knowledge is likely to be most helpful.

Set up a plan to collect the right knowledge and/or information with the other person and help them think about the appropriate level of thoroughness of searching for sources and information in this case.



Source:

van der Velde, M., Munneke, L., Jansen, P., & Dijkers, J. (2020). *Onderzoekend vermogen in de praktijk* [Enquiring stance in practice]. Concept Uitgeefgroep.