



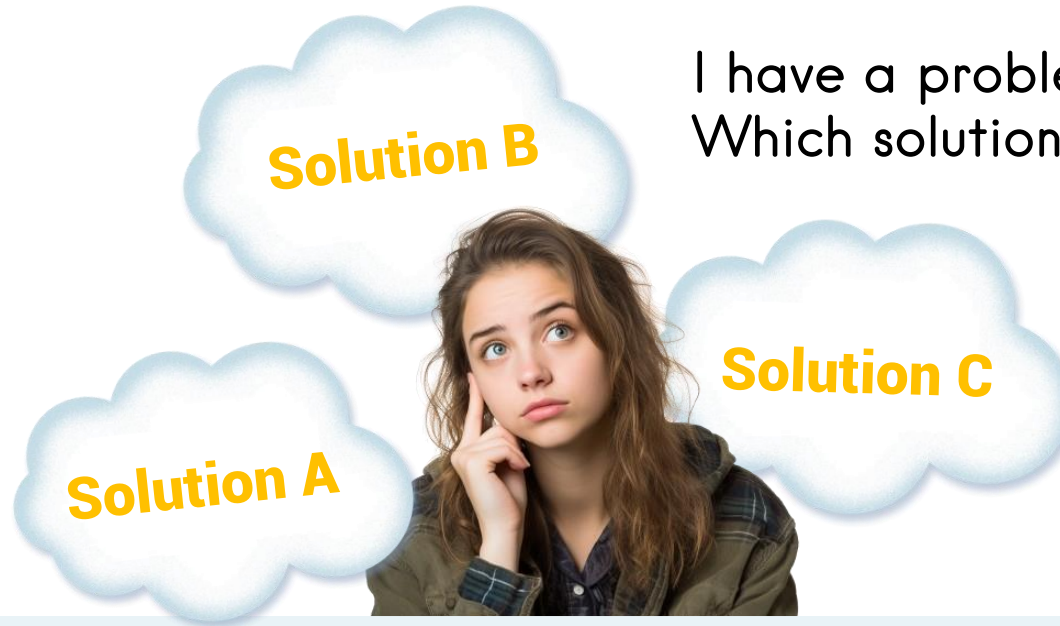
SMART JUNIORS 2

Dealing with Aches and Pains

Lesson 16 Critical Thinking



Evaluating Solutions to a Problem



I have a problem.
Which solution should I choose?

Sometimes there is more than one solution to a problem. When that is the case, you should **evaluate each of the solution and decide which is the best.** To do this, you will need to consider the points **for** and **against** each solution.

CRITICAL THINKING

Three-step Table

Use a three-step table to evaluate solutions and make a decision.

Understand	Problem	Goal	
Evaluate	Solutions	Advantages/ Disadvantages	
	1.	+	
		-	
	2.	+	
		-	
	3.	+	
-			
Decide	Decision	Reason	

LET'S ANALYZE

- Let's go back to the essay. Try to understand the problem and the goal. (The underlined part serves as your hint.)

Understand

Problem

_____ can significantly impact _____.

Goal

To find a solution to _____
_____.

Dealing with Aches and Pains | Paragraph 1

Aches and pains are inevitable parts of life, affecting us in various ways. Whether it's the headache from a long day at work, the backache after an intense workout, or the joint pain due to aging, these discomforts can significantly impact our well-being. Fortunately, there are several effective solutions available to us.

LET'S ANALYZE

- Read paragraph 2 and evaluate the first solution.

Evaluate

Solutions

1. Medication

Advantages/ Disadvantages

+ Medication offers _____;

+ It provides _____.

- There will be _____;

- _____ may lead to _____.

_____.

Dealing with Aches and Pains | Paragraph 2

Medication:

One widely used solution is medication.

Medication offers quick relief by targeting the root cause of the pain. It provides immediate comfort, allowing people to resume their daily activities. However, if we choose to only rely on medication, such as painkillers, there will be a risk of potential side effects. Additionally, long-term use may lead to a reduction in efficacy over time.

LET'S ANALYZE

- Read paragraph 3 and evaluate the second solution.

Evaluate

Solutions

2. Physical Therapy

Advantages/ Disadvantages

+ It can address the _____
rather than _____.

- It requires _____
and can be _____.

Dealing with Aches and Pains | Paragraph 3

Physical Therapy:

Physical therapy involves exercises, massages, or other techniques to treat aches and pains. This solution focuses on strengthening and stretching affected areas, promoting one's healing from the aches and pains. The advantage of physical therapy is its ability to address the underlying cause rather than giving short-term relief. If we can turn some of the exercises into our daily habits, the reasons for aches and pains will be reduced. Nevertheless, physical therapy requires regular sessions and can be time-consuming and costly, making it less feasible for everyone.

LET'S ANALYZE

- Read paragraph 4 and evaluate the third solution.

Evaluate

Solutions

3. Natural Remedies

Advantages/ Disadvantages

- + They often aim to _____
or _____.
- + They have _____
_____ compared to medication.
- Its effectiveness varies _____.
- Its _____ may be limited.
- It might not provide _____.

Dealing with Aches and Pains | Paragraph 4

Natural Remedies:

Natural remedies, like herbal supplements, have gained popularity due to their holistic approach. These solutions often aim to reduce inflammation or promote relaxation. They generally have fewer side effects compared to medication. However, the effectiveness of natural remedies varies from person to person, and scientific evidence supporting their claims may be limited. Furthermore, they might not provide immediate relief, requiring patience and consistency.

LET'S ANALYZE

- Read paragraph 5, then make the final decision and give a reason.

Decide

Decision

It is essential to _____

to determine _____.

Reason

People have their _____
_____ needs and preferences.

Dealing with Aches and Pains | Paragraph 5

When facing aches and pains, individuals have multiple solutions to consider. It is essential to consult with healthcare professionals to determine the most suitable solution based on individual needs and preferences.

CRITICAL THINKING

Let's check the complete answers.

Understand	Problem		Goal	
	Aches and pains can significantly impact our well-being.		To find a solution to deal with aches and pains	
Evaluate	Solutions		Advantages/ Disadvantages	
	1. Medication		+ Medication offers quick relief; + It provides immediate comfort.	
			- There will be a risk of potential side effects. - Long-term use may lead to a reduction of efficacy over time.	
	2. Physical Therapy		+ It can address the underlying cause rather than giving short-term relief.	
			- It requires regular session and can be time-consuming and costly.	
	3. Natural Remedies		+ They often aim to reduce inflammation or promote relaxation. + They have fewer side effects compared to medication.	
- The effectiveness varies from person to person.				
- The scientific evidence may be limited. - They might not provide immediate relief.				
Decide	Decision		Reason	
	It is essential to consult with healthcare professionals to determine the most suitable solution.		People have their individual needs and preferences.	

WRITING TASK

- **With the three-step table, you can write a short and organized essay. Let's look at the first part and complete the first paragraph.**

	Problem	Goal
Understand	Aches and pains can significantly impact our well-being.	To find a solution to deal with aches and pains

Aches and pains, such as _____, _____, and _____, are _____ parts of our lives. Sometimes, they can significantly _____.

It is necessary for us to find _____ when they show up.

WRITING TASK

- Check the 1st solution and complete the paragraph. Pay attention to the highlighted words.

Evaluate

Solutions	Advantages/ Disadvantages
1. Medication	+ Medication offers quick relief; + It provides immediate comfort.
	- There will be a risk of potential side effects. - Long-term use may lead to a reduction of efficacy over time.

Medication is one of the most common solutions. It _____ and _____.

However, if we _____, there will be _____.

Additionally, _____.

WRITING TASK

- Check the 2nd solution and complete the paragraph. Pay attention to the highlighted words.

Evaluate

Solutions	Advantages/ Disadvantages
2. Physical Therapy	+ It can address the underlying cause rather than giving short-term relief.
	- It requires regular session and can be time-consuming and costly.

Physical therapy is another option _____ . **On one hand,** it can _____ **rather than** _____. **But on the other hand,** it requires _____ and can be _____.

WRITING TASK

- Look at the last part and complete the paragraph.

	Decision	Reason
Decide	It is essential to consult with healthcare professionals to determine the most suitable solution.	People have their individual needs and preferences.

In summary, when facing different aches and pains, people have their

----- So it is essential to -----



When evaluating solutions to a problem, use the three-step table to help you “understand, evaluate, and decide.” In the student’s book on page 35, find a better solution to the problem of cheating in schools.

Understand	Problem	Goal
↓	Cheating in exams can be a serious problem affecting fairness in school	To stop the cheating behavior as much as possible.
Evaluate	Solutions	Advantages/ Disadvantages
↓	1. Strict Exam Security Measures	+
		-
	2. Open-Book Exam Policy	+
		-
Decide	Decision	Reason



WHAT'S NEXT . . .

In the next lesson, we're going to learn about conditionals. See you next time!