FAST
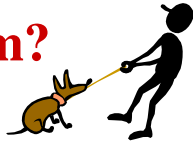
Problem solving strategy to dissect problems and evaluate possible consequences.

The steps in FAST are:

1. Freeze and think! What is the problem?

2. Alternatives? What are my possible solutions?

3. Solution evaluation. Choose the best solution:

   is it safe? fair?

4. Try it! Slowly and carefully. Does it work?

Bos, C. S., & Vaughn, S. (1994).
Strategies for teaching students with learning and behavior problem (3rd ed.).
Needham Heights, MA: Allyn & Bacon.