

Decision Making Skills

PURPOSE

Apply decision making skills to their real life.

CONCEPTUALIZATION

Teens are faced with tough decisions every day. Learning some important skills will aid them in their daily life.

GOAL

To identify decision making skills that would work for each member in their life.

ASSESSMENT INSTRUMENTS

An activity role playing and analyzing decisions that are made during the role play.

DECISION MAKING SKILLS

1. We would begin by creating a transparency worksheet that showed an acronym for the steps in the decision making process:

Determine all possible choices presented by the situation.

Evaluate and brainstorm all possible solutions.

Choose a solution that makes sense to you.

Identify with it! Visualize the outcome.

Develop a plan and a schedule to follow.

Examine the outcome of the plan and decision. Celebrate success!

2. Next the group would brainstorm scenarios from the students' personal lives that can be used in role plays.

3. As group leaders, we would select a scenario and model the decision making process. We would encourage the students to ask questions as we progress through the steps.

4. The next step is to divide the group into pairs. Each group would write a role play using the scenarios and demonstrate their decision making steps.

5. The next step is to have the groups perform their role plays.

6. After the role plays, other group members would discuss the scenario and the decision making steps the group used. Some questions we would look for:

- Do you think there could be other choices?
- Are there any other solutions that make sense?
- Can the plan be implemented without too much stress?
- Is that outcome realistic?
- Can you honestly identify with it?

7. After the activity is over, each group member will fill out an evaluation.

DECIDE

IDENTIFY WHICH STEP IN THE DECISION MAKING PROCESS IS REPRESENTED BY EACH STATEMENT BELOW BY PLACING THE APPROPRIATE NUMBER IN EACH BLANK.

1. Determine all possible choices presented by the situation
2. Evaluate all possible solutions.
3. Choose a solution that makes sense to you.
4. Identify with it? Visualize the outcome.
5. Develop a plan and a schedule to follow.
6. Examine the outcome of the plan and decision. Celebrate success.

_____ After looking at all of the ideas, I realize that there are several silly one. There are also several over which I have no control.

_____ I have two choices. Do I want to go out for hamburgers or do I want to save my money for a stereo.

_____ I have thought the solution through to the end and I can see what I have to do to make it work.

_____ After deciding on a solution, I wonder if there are other things I could have chosen that might have worked better. Next time I might try another approach.

_____ I have made a choice and now I need to make a list of what I need to do to make the plan work.

_____ I appreciate when someone helps me think of all the possibilities. I have several possible solutions from which I can choose.

_____ That idea looks like it might work. I think I will try that one.

DECISION MAKING EVALUATION

1. Describe the last situation in which you had to make a decision, prior to your training on this topic.

2. How did your decision turn out?

3. Would you make a different choice if you had to do it again? Explain?

4. Which step in the decision making process is most difficult for you? Why?