

Level 1



SAMPLE!

Personal Decision Making

Student Worksheets



Contents

Note to the Teacher

Course Overview

CHOICES

Assessment Brief 1

- A. Choice
- B. Your Everyday Choices
- C. Good and Bad Choices

DECISIONS

Assessment Brief 2

- A. Decisions
- B. Choices and Decisions
- C. Types of Decisions
- D. No Decision
- E. Snap Decisions
- F. Responsible Decisions
- G. Recent Decisions
- H. Steps for Making Decisions
- I. Making Decisions

THINGS THAT AFFECT DECISIONS

Assessment Brief 3

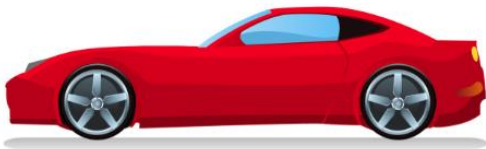
- A. Things that Affect Decision Making
- B. Money
- C. Past Experiences
- D. Rewards
- E. Values
- F. Your Emotions
- G. Personal Preferences

Mapping of Learning Outcomes

Copyright © 2021, Janna T Kearney, Educoot. All rights reserved.

Choice means choosing between two or more things.

2. Make choices. Circle them.



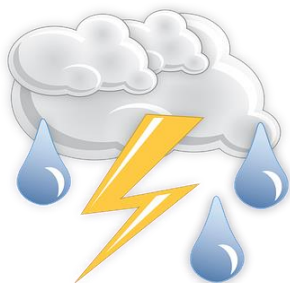
OR



OR



OR



OR



B. Your Everyday Choices

I. During the week...

a) At what time do you get up?

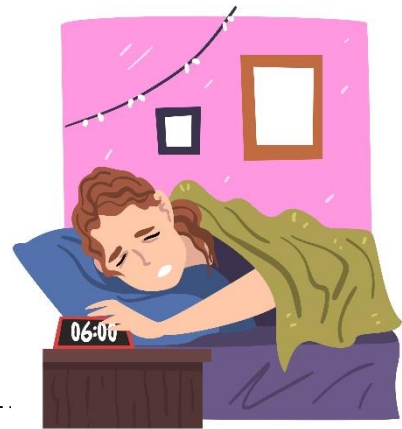
b) What do you drink in the morning?

c) What do you like to have for lunch?

d) Do you shower or bath?

e) What do you do in the evenings?

a) What time do you go to bed?



These are all choices and decisions
you make!

3. Making healthy everyday decisions can improve your life!

Which are healthy choices? Tick them.

a)

- I will eat a big pizza now.
- I will eat chicken and salad now.

b)

- I will drink 2 litres of water today.
- I will drink 2 litres of soda today.

c)

- I will exercise for half an hour.
- I will not exercise today.

d)

- I will eat 5 meals today.
- I will eat 3 meals today.



e)

- Tonight, I will go to bed early.
- I will stay up late tonight.

2. Fill in the missing words:

(Hint: Look at the previous page if you forget!)

a) Making _____ decisions is a skill.

b) To make good decisions, you need to know the _____ to take!

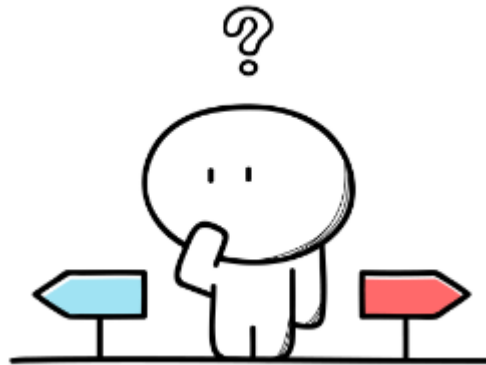
c) You must make decisions all the time, from _____ decisions like what to buy for a friend's birthday, right up to life-changing decisions like where to _____.

d) Learn and follow the steps for making the _____ decisions for you!



2. What kind of decisions are these? Write the letters.

- A. No Decision
- B. Snap Decision
- C. Responsible Decision



a) I did good research before buying my laptop computer. -----

b) The teacher said we could go early for our break. -----

c) I decided to have yoghurt and fruit for breakfast. -----

d) My friend decided which café we would go to. -----

e) When I got home, I made hot chocolate. -----

f) I talked to family and friends before taking the new job. -----



D. Responsible Decisions

1. Read:

You should use responsible decision-making skills for big decisions. Big decisions are the ones that can change your future. These decisions may affect people who are important to you.



Learn the skills to make a responsible decision. Use the skills whenever you need to!

2. Which decisions do you think would need careful thinking? Tick them.

- At what time will we go shopping?
- Which jam will I put on my toast?
- Should I move to another town?
- Should I tell someone I am being bullied?
- Should I smoke cigarettes?
- Which newspaper will I buy?
- Should I go abroad to study?
- Should I report my friend for cheating in class?
- If we are not getting along, should I leave my partner?
- Should I tell the teacher that I am struggling with the course?
- Should I stop paying the bills until my finances improve?
- Should I cut my hair short or keep it long?
- Should I go to exercise class or watch TV?
- What snack should I have while watching a movie?

E. Steps for Making Decisions

You can use these steps when you need to make decisions.

You can follow these six steps:



- A. **Identify your choices:** There are always more solutions than the obvious ones. Start by making yourself a good list of choices.
- B. **Decide what's best for you now:** If you only thought of yourself and 'right now', which decision do you think is best?
- C. **Think about others:** What point-of-view will other people have about your various decisions?
- D. **Think about your future:** What is the best choice for your future, or which one has the best possible future benefits?
- E. **Make a choice and go for it:** Once you have thought about the consequences, pick the best decision for you. If you learn along the way that another choice would be better, it's OK to change your mind. There may be actions you need to do to carry out the decision.
- F. **Review your decision:** Was the decision right for you? Would you do something differently next time?

I. Read:

You want to get a puppy. You love dogs. The problem is that you are at classes every weekday, so you are not at home much. Also, you do not have that much spare money every month. But still, you can't wait to get a puppy!

a) Write the pros of getting a puppy now.



b) Write the cons of getting a puppy now.

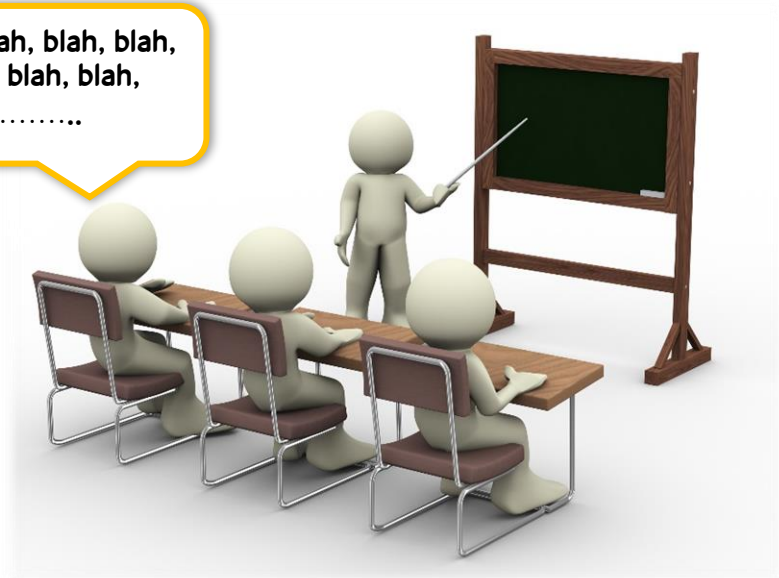
c) What decision would you make?



2. Read:

The teacher is giving instructions to the class, but your friend sitting next to you keeps talking to you. You can't hear what the teacher is saying. What could you do?

Blah, blah, blah, blah, blah,
blah, blah, blah, blah,
blah.....



The decision you made:

You decided to tell your friend kindly to be quiet and that you will chat to them later. You ask the teacher to please repeat the instructions.

Do you think this was a good decision?

Yes

No

Why?

1. Making Decisions

When you make a decision, and you 'get on with the decision' you have made, you may have to take action. You have decided that you will go to this party.



1. Complete the sentences:

dressed, com, September, money, James, get

- Contact _____ at info@paulspizza._____.
- Put the date 3rd _____ on your calendar.
- Make sure you have transport to _____ there.
- On the day, get _____ to go out.
- Take _____ in case you need it!

ASSESSMENT BRIEF 3

Course: Personal Decision-Making
Course Code: MILI2
Level: I
Assessment: Collection of Work
Title: **Things that Affect Decision-Making**

Guidelines:

You will be expected to:
Identify influences and choices involved in decision making

Assessment criteria:

- Exercises and tasks must be complete and correct.
- Describe how things can affect decision-making, e.g., money, past experiences, rewards, values, emotions, what you like / enjoy and the view of others.
- Discussions may be recorded.
- Photographic and/or video evidence may be required.

Submission date:

I confirm that this is my own original work.

Signed:

Date:

A. Things that Affect Decision Making

Choose the correct words:

- a) Make your decisions in the morning, after you have had a good night's _____ (party, sleep)
- b) If you do have to make big decisions in the afternoon, you could try taking a nap or just a relaxing break to reset your _____ first. (brain, eyes)
- c) Eat first. It is best not to make any decisions when you are _____! (hungry, happy)
- d) Cut down your choices so that you have only a _____ options. (a lot of, few)
- e) Open the windows to let in fresh air. This can help you _____ more clearly. (think, drink)



5. Read:

I had no money to buy Christmas presents for my big family. I decided to take out a payday loan for €500. It will cost me €900 to pay it back, but I don't know what else to do. Paying back the loan will mean I will have even less money in the new year!

6. Do you think this was a good decision?

Yes

No



7. In your group, talk about the choices I had. Write down what you think is the best one.

Sometimes, we must think about our current situation and try to solve the problem in a different way!

Examples:

- I could have bought very cheap but thoughtful gifts, such as an interesting keyring or funky socks.
- I could have made gifts, such as a personalised Christmas ornament, a framed photo, or home-baked bread.
- I could have given home-made vouchers, such as '1 x Dinner at My House', '1 x Babysitting Session', '5 x Dog-Walking Sessions', etc.

D. Rewards

Your decisions can also be affected by what you will get out of it.

Examples:

- I decided to buy a new dress so that I would feel confident at the party.
- I decided to work part-time so that I could earn my own money.
- I decided to paint my whole room so that it would look nice.
- I decided to save up money for a new computer.

1. Read these decisions. What was the 'reward' for each?

a) You worked very hard. You completed the course, and you achieved an award.

Reward: _____

b) You did a cookery course. Now you can cook delicious meals at home.

Reward: _____

c) You went for a gentle walk around the park and then you felt calm.

Reward: _____

d) You learned how to use your new phone. Now you can stay in touch with family and friends.

Reward: _____

Mapping of Learning Outcomes

(PDMI) Name recent personal decision, e.g. product choice, transport method, participation in learning/work Pages 29 to 30 (decisions), Pages 31 to 32 (choices and decisions), Pages 33 to 35 (types of decisions), Pages 36 to 38 (no decision), Pages 39 to 40 (snap decisions), Page 41 (responsible decisions), Pages 42 to 44 (recent decisions)

(PDM2) Identify the stages of a recent short term personal decision, e.g. a decision to participate in an event from invitation to attendance, choosing appropriate dress for the workplace, possibilities with a familiar limited budget to cover transport and food for a short trip Pages 45 to 63 (steps for making decisions), Pages 64 to 73 (making decisions)

(PDM3) List some everyday personal choices involved in decision making, e.g. choosing from a menu, contacting a friend/colleague Pages 8 to 12 (choices), Pages 13 to 18 (your everyday choices), Pages 19 to 25 (good and bad choices)

(PDM4) Identify influences and choices involved in decision making, e.g. personal preference, time/cost, elementary consequence for self/others, view of a trusted friend/colleague Page 76 (things that affect decision making), Pages 77 to 78 (money), Pages 79 to 82 (past experiences), Pages 83 to 84 (rewards), Pages 85 to 87 (values), Page 88 (your emotions), Pages 89 to 93 (personal preferences)