

Level 2



# Personal Decision Making

STUDENT WORKSHEETS

**CHOOSE**

**DECIDE**

**PICK**

**SELECT**

Sample!

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## DECISIONS AND CONSEQUENCES

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APPENDICES

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## A. Making Everyday Decisions

1. Read: You probably make many decisions every day, without thinking too much about them.

Examples:



- ★ You decide what to wear.
- ★ You decide what to eat.
- ★ You decide what to do with your spare time.
- ★ You decide what time you will go to bed.
- ★ You decide which TV channel to choose.
- ★ You decide when to shower or bath.

2. Write 5 decisions you made today, that did not need much thought.

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3. Would you find these decisions easy (E) or difficult (D) to make? There are no right or wrong answers.

- a) Which shirt should I wear today? \_\_\_\_\_
- b) Should I have a tea or a coffee? \_\_\_\_\_
- c) Where should we go on holiday? \_\_\_\_\_
- d) Which computer should I buy? \_\_\_\_\_
- e) Which movie should we see? \_\_\_\_\_
- f) Which supermarket should I go to? \_\_\_\_\_
- g) Should I move to another country? \_\_\_\_\_
- h) Which friends should I invite to my party? \_\_\_\_\_
- i) I'm feeling ill – should I go the doctor? \_\_\_\_\_
- j) What will I have for breakfast? \_\_\_\_\_
- k) Should I keep attending classes? \_\_\_\_\_
- l) Which restaurant should we go to? \_\_\_\_\_
- m) At what time will we go to the beach? \_\_\_\_\_
- n) Where I I want to be in five years' time? \_\_\_\_\_
- o) Should we apply for a mortgage? \_\_\_\_\_
- p) Should I get a puppy? \_\_\_\_\_

## C. Responsible Decisions



1. Read: Being responsible means taking charge, being someone you can count on, and being considerate. Most of us want to be those things, especially if it helps us to get what we want out of life.

Responsible decision-making skills are only for the big decisions – the ones that shape your future and affect people who are important to you. Once you have the skills to make a responsible decision, you can choose to use them whenever you need to!

2. Which decisions do you think would need to be made responsibly? Write the questions.



2. Use the IDEAL strategy below to make the decision.  
I Identify the problem.

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D Describe all the possible solutions to the problem.

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E Evaluate each solution (pros and cons for each solution).

PROS	CONS

A Act on the best solution. (Which solution do you think is best?)

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5. Read the scenario.

*You have committed to working a shift at the shop. As you are getting ready for work, the chemist calls and asks you if you can cover for someone who can't come in to work. The chemist pays more per hour, but you've told the shop you would be there. You need the extra money. What do you do?*

1. Use the T Chart to help you make a decision.

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PROS	CONS

2. Which column has more? -----

3. What choice did you make?

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4. Are you happy with this decision? Explain.

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## I. Stop - Think - Decide

This is a simple technique, perhaps more useful for smaller decisions.

Follow these steps:

### STOP – THINK – DECIDE



#### STOP

- ★ What are the possibilities here?
- ★ What might happen?

#### THINK

- ★ What are the advantages of each possibility?
- ★ What are the disadvantages?
- ★ What is the worst thing that could happen?
- ★ What would I do?
- ★ Who could I talk to about this?

#### DECIDE

- ★ What will I decide to do?
- ★ Why have I decided to do this?





Your past mistakes can guide you to make better decisions in the future!



3. Read:

**FORGET  
THE MISTAKE  
REMEMBER  
THE LESSON**

*You are not perfect (no-one is!) so some decisions you make will not be perfect either! You can learn from your mistakes by looking back and seeing what you could have done better. It could be that your choices weren't well thought out. Your emotions could have clouded your decision. There could have been some other decision-making problem, e.g. not thinking about your values. Be honest with yourself about the mistakes you made. Plan to do things differently next time.*

4. Think about a decision you made that did not work out well. Explain it briefly and the mistake/s you made.

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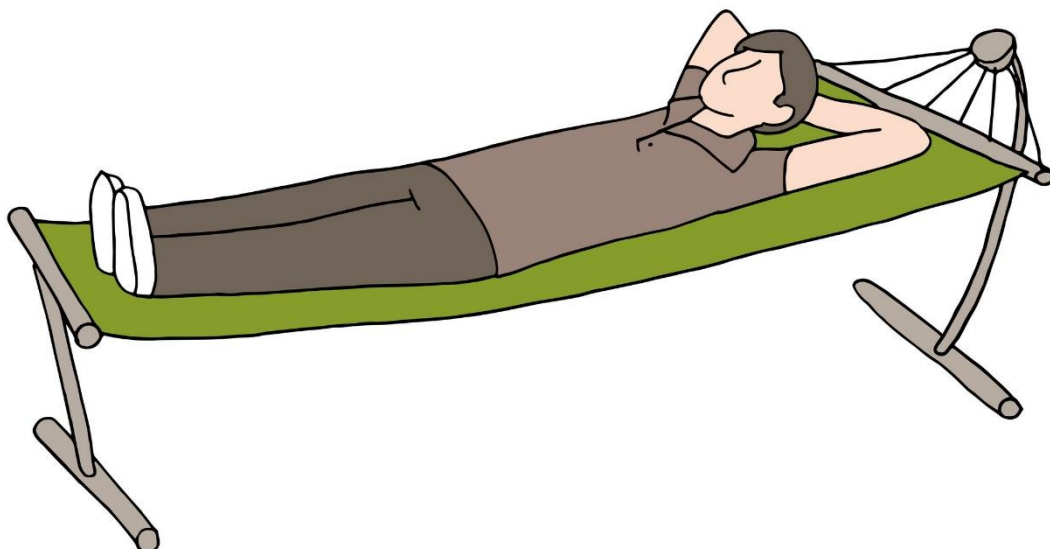
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5. Your physical and mental health can affect your decision-making. Choose the correct words.

- a) Try to be \_\_\_\_\_ and relaxed when making decisions. (calm, nervous)
- b) Try making important decisions in the morning, when your serotonin level is at its natural high. Serotonin is the 'feel good' chemical which helps to calm your \_\_\_\_\_. (muscles, brain)
- c) When you must make a decision later in the day, take a break without making any \_\_\_\_\_ at all, to give your brain a rest. (mistakes, choices)
- d) Make sure that you are not \_\_\_\_\_ or thirsty when you make important decisions, as you might make higher-risk choices. (hungry, happy)
- e) Ventilation is important for good decision-making as higher levels of \_\_\_\_\_ can dull your mental abilities. (oxygen, carbon dioxide)
- f) When making an important decision, make sure that you have had a good sleep the \_\_\_\_\_ before. (night, week)





You want to enrol in a course. What will you take into consideration before making a decision about the course you will take? Talk about this in pairs.

3. Choose a few courses that you are interested in.

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4. Now, to decide which course you will take, go through the questions over the page.

5. Then, write the top two courses that will suit you best. Write reasons for your choices.

Choices

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Reasons

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## Personal interest and ability

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- ★ How interested are you in this subject?
- ★ Do you have natural talent in this subject area?
- ★ Do you have some knowledge of this subject area?

## Employment prospect

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- ★ Is it easy to find a job related to your area of study?
- ★ Is there a demand for this type of job?
- ★ Will the salary be enough for you?
- ★ Will you have to travel for this job?
- ★ Will you enjoy this job?

## Others' opinions about your choice

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- ★ What do your friends think?
- ★ What do your family members think?
- ★ What do other class members think?
- ★ What do your teachers think?
- ★ What does the guidance counsellor think?



## Resources

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- ★ Can you afford to do the course?
- ★ Will you work and do the course at the same time?
- ★ Can you avail of any grants?
- ★ Will you have to pay for travel?
- ★ Will you need special equipment or uniforms?

## Personality

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- ★ Does your personality match the area of work you will study for?
- ★ What strengths do you need?
- ★ What qualities do you need?
- ★ Does the subject area match your values?

## Assessment Brief 2

Course:	Personal Decision-Making
Course Code:	M2L12
Level:	2
Assessment:	Collection of Work
Title:	Decisions and Consequences

### Guidelines:

You will be expected to:

1. Identify situations where decisions have been made using different strategies
2. Explore consequences of decisions made, both while implementing and on conclusion
3. Identify the choices and consequences involved in an imminent short-term decision

### Assessment criteria:

- ★ Decision-making strategies used can include those used in Assessment 1 or your own strategies.
- ★ Consider the consequences of making no decision.
- ★ Consider different factors when using a decision-making strategy, e.g. thinking about others, the choices available, present and future consequences, etc.
- ★ Identify situations where different decision-making strategies are suitable, e.g. stop-think-decide, pros and cons, finding the facts, 5-step strategy, etc.
- ★ Use everyday problems to make a decision and predict the consequences.
- ★ Name and describe 3 short-term decisions you have made.

- ★ Show an understanding of the effects of bad decisions.
- ★ Become aware of the reasons and warning signs of procrastination.
- ★ Exercises and tasks must be complete and correct.
- ★ 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:



## E. Consequences of Doing Nothing

Read the scenarios.

a)

*When out shopping with your friend, you notice that she has shoplifted an item of clothing. You are shocked. You don't know what to do. Should you speak to her or should you tell shop security? You decide to do nothing.*

What could the consequence/s be of deciding to do nothing?

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b)

*Someone keeps posting nasty messages on your Facebook account. You don't even know who they are. It feels threatening. You don't know if you should reply to them or block and report them. You decide to do nothing.*

What could the consequence/s be of deciding to do nothing?



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## STRATEGY: FINDING THE FACTS

What decision must be made?

Write the facts you found out.



What is your decision?

What action/s must you take?

What might the consequences be during and after your actions?



# Mapping of Learning Outcomes

(PDM1) Explore possible influences on decision making, e.g. possible consequences, having reliable information, physical/emotional state, social expectations Pages 44 to 45 (influences on decisions – behaviour, authority, courage, information, values), Pages 46 to 48 (hierarchy of needs), Page 49 (consequences), Pages 50 to 51 (health), Page 52 (human factors), Pages 53 to 55 (other influences on decisions), Pages 56 to 58 (making good decisions)

(PDM2) Consider different ways of making decisions, e.g. impetuous, considered, passive Pages 9 to 14 (making everyday decisions), Pages 15 to 17 (snap decisions), Pages 18 to 23 (responsible decisions), Pages 24 to 27 (the IDEAL strategy), Pages 28 to 29 (the GOOP strategy), Pages 30 to 31 (a simple T-Chart), Page 32 (career goals), Pages 33 to 35 (intuition and reasoning), Pages 36 to 38 (stop-think-decide) Pages 39 to 40 (meditation), Pages 41 to 43 (other strategies – mood, past mistakes, responsibility), Pages 59 to 60 (making a personal decision), Pages 61 to 68 (decision-making scenarios), Pages 69 to 70 (using questions for decision-making), Page 71 (decision review), Page 72 (tips for successful decisions), Pages 73 to 74 (practising the strategies), Page 122 (Appendix 1 – Fortune Teller Cards), Pages 122 to 126 (Appendix 2 and 3 – meditations), Page 127 (Appendix 4 – step-by-step decision-making), Pages 128 to 130 (Appendix 5 – decision-making process)

(PDM3) Identify situations where decisions have been made using different strategies Page 78 (strategy recap), Pages 79 to 83 (listing all the choices), Pages 84 to 89 (thinking about now and the future), Pages 90 to 95 (thinking about others), Pages 99 to 106 (decision-making strategies – situation, strategy, action/s, consequence/s)

(PDM4) Explore consequences of decisions made, both while implementing and on conclusion, e.g. stopping smoking, losing weight, saving money Pages 84 to 89 (thinking about now and the future), Pages 90 to 95 (thinking about others), Pages 96 to 98 (consequences of doing nothing), Pages 99 to 106 (decision-making strategies – situation, strategy, action/s, consequence/s), Pages 115 to 116 (effects of bad decisions), Pages 117 to 121 (procrastination), Page 131 (Appendix 6 – decision-making flow chart)

(PDM5) Identify the choices and consequences involved in an imminent short-term decision Pages 107 to 111 (short-term decisions – scenarios), Pages 112 to 114 (3 personal short-term decisions), Page 131 (Appendix 6 – decision-making flow chart)