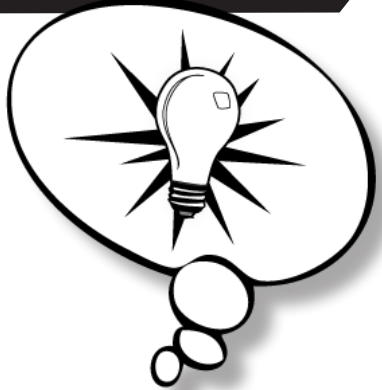




Master the Skill of Decision Making



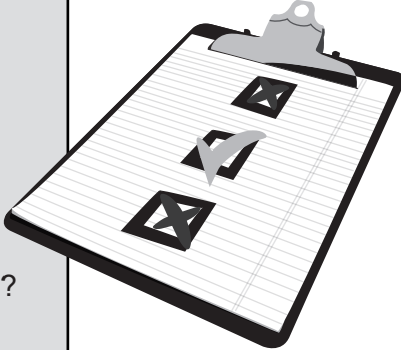
Assignment:

- Review the information on goal setting.
- Create a presentation for the class that explains how to use the skill.
 - Use clear written or verbal explanation.
 - Use engaging graphics, photos, media, or other visuals.
 - Include all of the steps to take in order to make a decision.
- Cover the first two steps in “Master a Skill.”
 - It is not required to use a health example as you demonstrate the skill.
- Your presentation should be five minutes in length.

Steps in Decision Making

| Steps | Example |
|--|---|
| <p>Step 1: Describe the decision or problem.</p> | <p>You need money to buy a car.</p> |
| <p>Step 2: Identify what you want to happen.</p> <p>Check your thinking by asking questions about your ideas. If you answer “no,” to any of the questions for an idea, rethink what you want to happen (Step 2).</p> <p>Check Your Thinking Do your ideas:</p> <ul style="list-style-type: none"> • follow your personal and family values? • help you stay safe and healthy? • follow family, school, and community rules? • show respect for myself and others? • seem realistic? Could the idea work? | <p>You want to save enough money to afford a car by June.</p> |
| <p>Step 3: Brainstorm optional ways to get what you want to happen.</p> | <ul style="list-style-type: none"> – Save money from your allowance if you get one. – Get a job and save a certain amount each week. – Do work around the house and negotiate getting paid. – Steal money from a family member. |



| | |
|--|--|
| <p>Step 4: Omit ideas that don't check out or ideas you don't want to try.</p> <p>Check your thinking by asking questions about your ideas. If you answer "no," to any of the questions for an idea, omit that idea.</p> <p>Check Your Thinking Do your ideas:</p> <ul style="list-style-type: none"> • follow your personal and family values? • help you stay safe and healthy? • follow family, school, and community rules? • show respect for myself and others? • seem realistic? Could the idea work? | <p>Stealing money from a family member would not follow your personal values or family rules. It also wouldn't show respect for others. This idea would be omitted.</p>  |
| <p>Step 5: Select an idea to try.</p> | <ul style="list-style-type: none"> – Get a job and save a certain amount each week. |
| <p>Step 6: Act on the idea.</p> <ul style="list-style-type: none"> • What steps do you need to take to make it happen? | <ul style="list-style-type: none"> – Research employment possibilities. – Apply for jobs. – Prepare for the interview. – Determine a certain amount to save that will accumulate enough cash for a car. |
| <p>Step 7: Evaluate how it turned out.</p> <ul style="list-style-type: none"> • Did you achieve what you wanted to happen? • What changes would you make the next time? | |

Master a Skill [Your group is responsible for Steps 1 and 2.]

1. Explain the skill.
 - Name the skill.
 - State the purpose for using the skill and motivate the learners to learn the skill.
 - Describe the parts and characteristics of each element of the skill.
 - Check to be sure the learners understand.
2. Demonstrate use of the skill.
 - Provide an example of how to use the skill for the learners to observe, such as a skit or similar demonstration.
 - Discuss the use of the skill and its benefits.
 - Check to be sure the learners understand.
3. Practice using the skill with guidance.
 - Have the learners try using the skill with a situation or scenario.
 - Provide opportunities for self-assessment, as well as any needed feedback and correction.
4. Personalize the use of the skill.
 - Discuss, write, draw, or synthesize in another manner plans for application of the skill.