19.

Making Decisions

Subject: PERSONAL DEVELOPMENT

A. Making everyday decisions
B. Snap decisions

Name:

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? _____

4. Look at these types of decisions:

✺   **No Decision** – Letting others decide what you will do or not making a decision at all

✺   **Snap Decision** – A quick choice you make with no consideration of the result

✺   **Responsible Decision** – Considering others (Not only you) and your future (Not only now) when you make a decision

NO DECISION

SNAP DECISION

RESPONSIBLE DECISION

5. What kind of decisions are these?

a) I decided to get a vegetarian pizza for dinner. _____

b) I looked at many different apartments until I found one that suited me perfectly. _____

c) The manager said we could leave work early. _____

6.What type of decisions do you think you should make? Tick the correct column.

	No Decision	Snap Decision	Responsible Decision
Whom will I marry?			
Which shoes will I wear today?			
Which city should I live in?			
What time will I wake up on Sunday?			
Should I buy or rent?			
What hairstyle should I get?			
What career do I want?			
How much money should I save?			
Should I do my assignment or go to a party?			
Which cheese will I buy?			
Will I get a tattoo?			
Should I lie to an employer about my education?			
Should I watch TV or go for a walk?			
Who will I vote for?			
At what time will I leave the café?			
Which job should I apply for?			
When should I brush my teeth?			

7. How would it be if you didn't have to make decisions? If you never make any choices, are you responsible for anything? What would it be like if a Fortune Teller gave you your future – and you wouldn't have to decide a thing!

Choose a fortune-telling card. See Appendix 1.

a) Your life was decided for you in the Fortune Teller's room. Your life features are:

_____

_____

_____

b) Identify at least three advantages to letting chance decide your life for you.

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c) Identify at least three disadvantages to letting chance decide your life for you.

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d) The first step in responsible decision-making is to know your choices. The Fortune Teller did not let you think about your options – your choices were made for you. Would you rather make your own choices or have someone do it for you? Explain your answer.

8. Have a group discussion about this exercise.

B. Snap Decisions

A snap decision is a quick choice you make with no thought of the result. Most snap decisions are great, because they don't take up much time. But sometimes making a snap decision results in things you didn't want to happen.

1. Give an example of when it is good to make a snap decision.

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2. Give an example of when it is not good to make a snap decision.

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3. What is good about taking time to make decisions that satisfy your needs, interests, and skills?

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4. Make snap decisions! Circle your choices. The teacher will give you a time limit.

a) tea or coffee
b) pizza or salad
c) dog or cat
d) house or apartment
e) train or plane
f) cap or beanie
g) curtains or blinds
h) walk or run
i) village or city
j) summer or winter
k) TV or movies
l) phone or laptop
m) jeans or trousers
n) Spain or China
o) duvet or blanket
p) sugar or honey
q) cash or card
r) water or milk
s) YouTube or Netflix
t) shoes or slippers

Do the exercise again, but with more time to think about the choices. Change your mind if you wish.

5. Which of these are snap decisions? Tick them.

☐ Should I get up early or late?
☐ What should I have to drink with my meal?
☐ Should I lie to my friend about where I am?
☐ Should I criticise my friend about her dangerous behaviour?
☐ Should I smoke cigarettes?
☐ Which newspaper will I buy?
☐ Should I go abroad to study?
☐ Should I study or watch TV the night before a test?
☐ 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 go to class or take the day off?
☐ What birthday gift should I buy for my brother?
☐ 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?

1. Write 2 more snap decisions. Write questions.

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