Decision Making

Decision making is ***the process of identifying and choosing between alternative courses of action based on available information and preferences***. It is a fundamental cognitive process that individuals use in their daily lives to make choices about everything from choices such as what to wear, to complex professional and personal decisions. Developing good decision-making skills requires practice, self-awareness, and the ability to analyze information and weigh different perspectives. Here are two strategies that you can use to help you make decisions.

1) The **DECIDE** process is a decision-making model that can be used in a variety of contexts to help you make decisions. It emphasizes the importance of considering multiple options before making a final decision. To use the strategy you:

- ☐ **D**etermine the problem
- ☐ **E**xplore the alternatives
- ☐ **C**onsider the consequences
- ☐ **I**dentify your values
- ☐ **D**ecide and act
- ☐ **E**valuate the results

2) **T-charts** can be used to help you weigh the positives and negatives of a decision (pros/cons).

Positives (Pros)	Negatives (Cons)

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Read each scenario and then follow the steps of the DECIDE process or complete a T-chart to determine what you would do if you were placed in each situation.

SCENARIO 1: You are a freshman and an only child whose parents have demanding careers and little time to spend at home. You are left home alone a lot and have friends over for parties all the time. The parties can sometimes get out of hand, but so far you have not been caught. Recently, your friends have challenged you to take them for a ride in your parent's car but you don't have your license yet. However, you'd like to do it.

SCENARIO 2: You have a job that you have been working very hard at because you are saving up to buy a car. Your best friend approaches you and asks if you would like to go away with his/her family over February vacation. You want to go, however your parents tell you that you would have to pay for your own airfare and spending money. This would put a significant dent in your car savings.

SCENARIO 3: You are at the mall with your best friend. You go into your favorite store. Your best friend picks up a really cool shirt and quickly stuffs it in her book bag. She tells you that she does it all the time and has never gotten caught. You had been looking at the shirt for a couple of weeks.

SCENARIO 4: You finally have a date with that hot guy/girl that you have been checking out. However, your best friend calls you and tells you that he has an extra ticket to your favorite band's concert. You have been waiting and hoping for this date for a long time.

Decision Making - Decide Method

1. **D**etermine the problem:

_____

2. **E**xplore the alternatives (what are your options?)

Option A. _____

Option B. _____

3. **C**onsider the consequences. What happens if you decide to act on:

Consequence to Option A. _____

Consequence to Option B. _____

4. **I**dentify your values. Which decision aligns with your values, morals, and beliefs?

_____

5. **D**ecide and act. What will your decision be? My decision is

_____

6. **E**valuate the results of your decision. You can only complete this step after you have made a decision. In order to evaluate, you could ask yourself the following questions: How did the decision work out? How can it or did it affect your life? How has it affected others? What did you learn? Would you have done anything differently?

Decision Making - Additional Workspace

Decision Making - T-chart

My decision: _____

Positives (Pros)	Negatives (Cons)

My decision: _____

Positives (Pros)	Negatives (Cons)

My decision: _____

Positives (Pros)	Negatives (Cons)