

BOTVIN LIFE SKILLS

LESSON 2: DECISION-MAKING

DECISION

Write the definition on page 36:
A decision is the act of making up one's mind.

THE DECISION-MAKING PROCESS

1. STOP

Ask yourself what the decision or problem is.

2. THINK

Ask yourself what your choices or options are. Also think about the possible outcomes of each choice.

3. GO

Do what is best for you!

WHAT ARE SOME EXAMPLES OF EVERYDAY DECISIONS YOU MAKE?

Stop

Think

Go

INFLUENCES ON DECISIONS-MAKING

- ✘ What extent do you think your decisions are influenced by others?
- ✘ Describe some situations that occurred recently in which you made a decision that was influenced by others.

Our decisions are often influenced by friends, family, and other social groups. We are also influenced by what we see and hear in the media. Movies, television, books, the internet, magazine/newspapers and even what we hear on the radio impact on the decisions we make everyday.

DIRECT VS INDIRECT INFLUENCES

Direct: When a person actually tries to convince you to do something; through persuasion, giving you reasons or teasing.

Write these definitions on page 37 and 38

Indirect: When you are swayed to do something, not because you are told to do it directly, but because you look up to a person or organization that exhibits or promotes the behavior.

DIRECT INFLUENCES

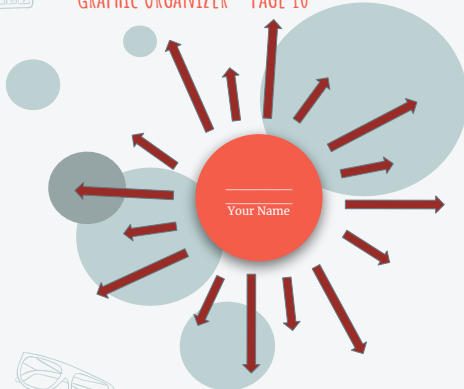
What are some direct influences you have?
Write them on page 10 under Direct Influences.

INDIRECT INFLUENCES

What are some indirect influences you have?
Write them on page 10 under Indirect Influences.

We have just learned about indirect and direct influences that affect the decisions we make. It is important to remember that when you are making decisions to ask yourself - "Is this something that I really want to do, or am I being influenced to do it by someone or something else?"

GRAPHIC ORGANIZER - PAGE 10



Turn to Worksheet 5 on page 12 and complete the journal page. Remember to try to use some of the ideas discussed today in class in your response.

JOURNAL TOPIC

You just won a million dollars in the lottery. Think of all the people who are now going to try to influence your decision about what to do with the money. Use the space below to write about who tries to influence your decision and what they try to get you to do with all the money. Finally, write about what you decide to do with it.