

Decision Making Buzz Words



Decision Making - the process of making a choice or finding a solution

Buzz Words

Values

Evaluate

Challenge

Options/choices

Outcomes/consequences

4Cs

Vocabulary



Values – things that are important to use and guide the choices we make

Evaluate – to determine if we made the correct choice: Would we make the same decision again?

4C's - a model for making decisions

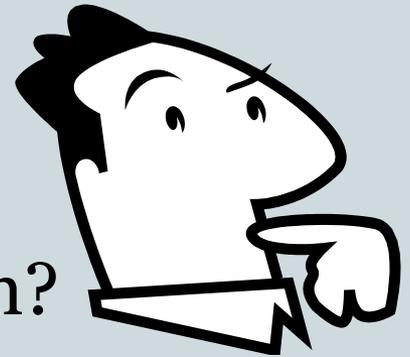
Closer Look: Evaluation



Evaluation

Ask yourself the following:

- 1) What was the outcome?
- 2) How do I feel about my decision?
- 3) Did my decision effect others?
- 4) What did I learn?
- 5) Would I make the same decision next time?



4C's

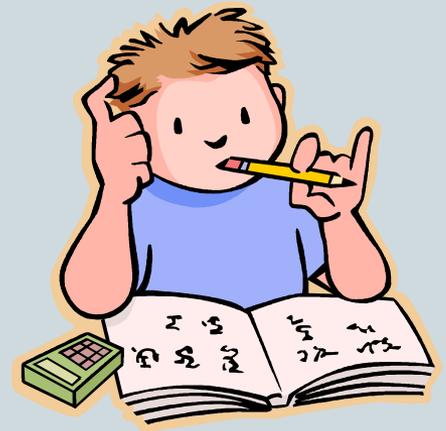


- What's the **CHALLENGE**?
 - Restate the dilemma
- What are the **CHOICES**?
 - What options do you have?
- What are the **CONSEQUENCES**?
 - What are the outcomes of each option?
- **CONSIDER** Values
 - Do you value something that may help you make this choice?

Everyday Decisions:



- What to wear to school
- Which homework to do first
- What to do on the weekends
- What to do during study hall
- What movie to see



More Serious Decisions



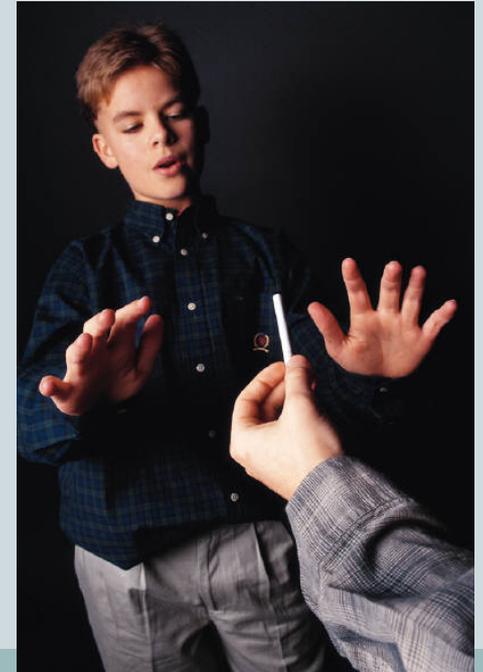
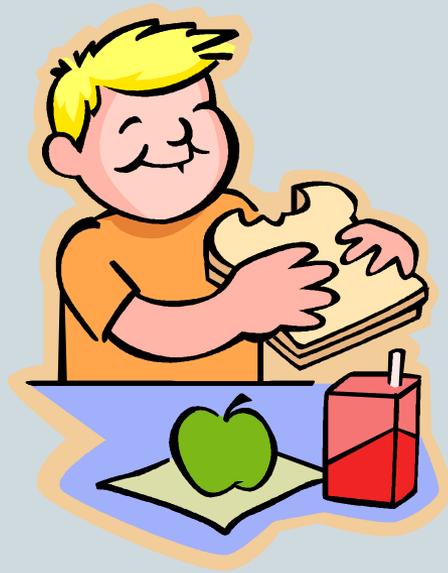
- What classes you want to take in high school
- Who you want to date
- What career path you want to take



Health Decisions



- **What to eat for lunch**
- **If you will experiment with drugs/alcohol**
- **Engaging in a sexual relationship**



Goal Setting



What is goal setting?

Working toward something you want to accomplish

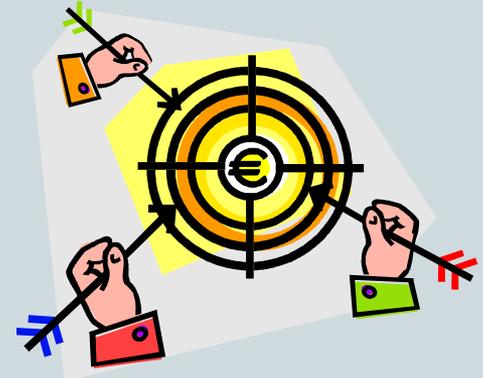
Why set goals?

- To help identify what you want from life
- Help you use your time and energy wisely
- Goals in one area will help you with goals in another
 - To feel a sense of accomplishment

Buzz Words



- SMART
 - Plan
 - Barriers
 - Progress
 - Evaluate



Short Term vs. Long Term



Short Term Goals:

Goals you want to achieve in the next few days or weeks.

Long Term Goals:

Goals that may take weeks, months, or years to achieve.

Is there a connection between the two?

Steps to Reaching Goals



- 1) Set your SMART goal.
- 2) What's your plan?
- 3) What are your barriers?
- 4) Create solutions to the barriers.
- 5) How will you reward yourself?
- 6) How are you progressing?



Everyday Goals:



- Getting homework done early
- Winning a game/competition
- Going to the gym/exercise
- Household chores



Bigger Goals



- Raising your average
- Graduating
- Going to college
- Making a high school team
- Successful career
- Having a family



Health Goals!

- Going to the gym
- Weight loss/diets
- Remain abstinent from sexual activity
- Remain drug free
- Time management



Remember SMART!



Goals Should Be:

Specific: What EXACTLY are you planning to do?

Measurable: How much, how many?

Attainable: Are you capable of reaching it?

Relevant: Does it matter?

Timely: When will you reach this goal?

No-no words for goals



- More
- Less
- Many
- Better
- Worse
- Good
- Fewer
- Most
- Least



Communication Buzz Words



Communication: to effectively get a message across using words and/or actions

Buzz Words

Assertive

Passive

Aggressive

I-Statement

Refusal Skills

Active Listening

Communication Vocab



- Aggressive: bullying or intimidating others into thinking like you or doing what you want



- Passive: unable or unwilling to express thoughts and feelings, a “push over”
- Assertive Communication: stand up for yourself and what you want, while still respecting the rights of others

You are going to a movie with a friend and trying to decide what to see. You really want to see the new RoboCop movie.



Assertive: *“I would like to see the new RoboCop movie, what do you think?”*

Aggressive: *“We are seeing RoboCop for sure, don’t really care what you want to see!”*

Passive: *“I don’t really care, whatever you want to see is fine.”(but really you want to see RoboCop)*

“I” Statements – Buzz Word!



- *Focuses on how you feel or your opinion as opposed to blaming others or making demands*

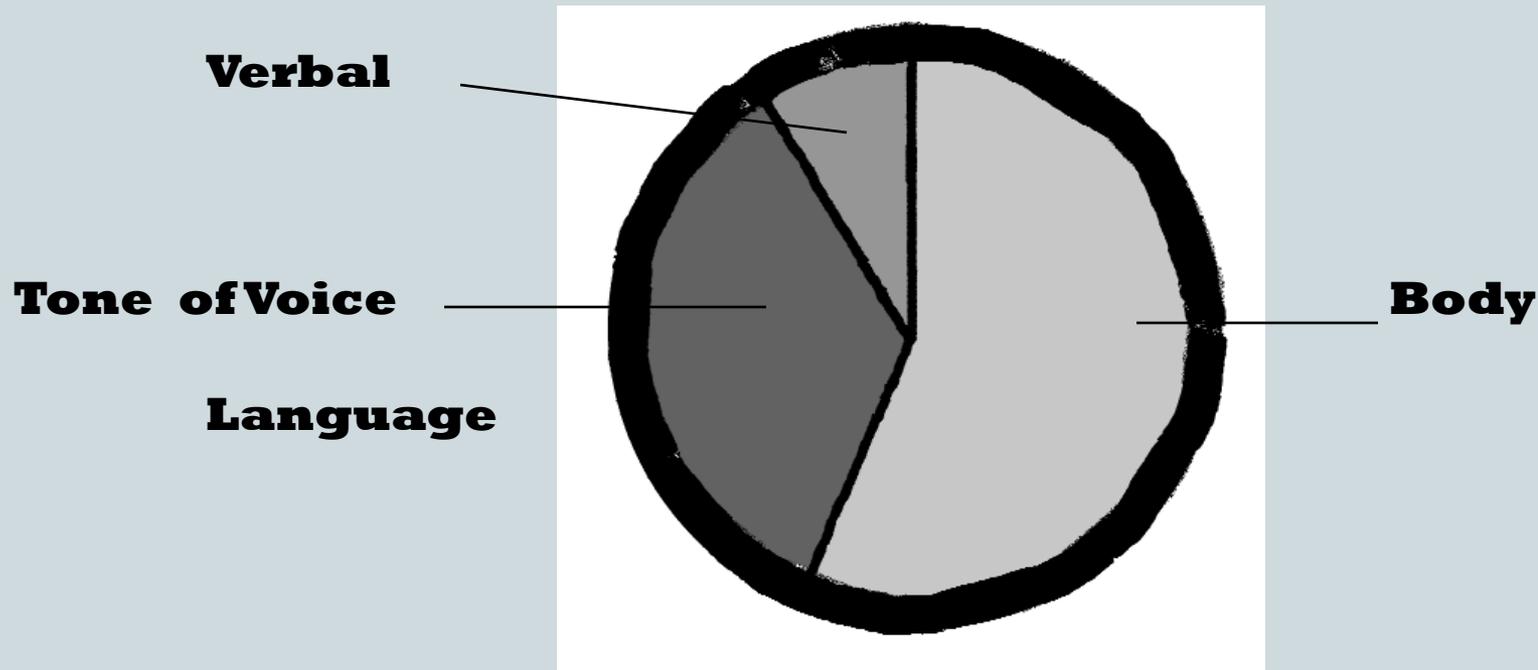
Uses the model:

I feel _____, when you _____, because _____.
I would prefer if you _____.

Body Language



- Communicating a message without words, only through actions or expressions



Refusal Skills – Buzz Word!



- Say “No!” and make it loud and clear.
- Give a reason for saying no.
- Make up an excuse.
- Joke about the situation.
- Suggest something else to do.
- Leave the situation.
- Ignore the person pressuring you.



Practice Using Refusal Skills!



- 1) “I know your parents said you can’t go to the party, but lets just go anyway.”
- 2) “Let’s ditch class and walk to McDonalds”
- 3) “Can you steal some alcohol from your parents’ cabinet this weekend?”
- 4) “I heard there may be pot at the party this weekend, want to try it with me?”
- 5) “We’ve been dating for a while, I think we are ready to have sex.”
- 6) “Sally is so weird, let’s tell her she can’t sit with us at lunch anymore.”

Active Listening – Buzz Word!



Providing 100% attention to the person who is communicating with you so that you truly understand what they are saying

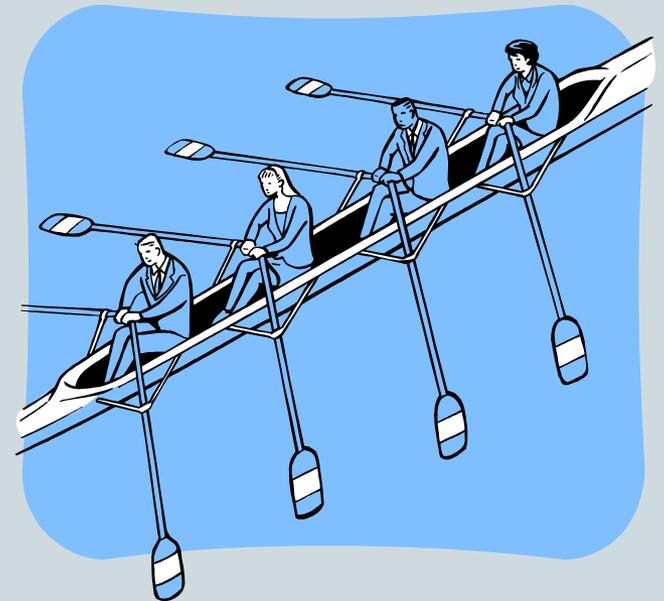
- Eye contact
- Leaning forward
- Asking questions
- Not interrupting



Everyday Uses



- Sharing your opinions
- Group/partner project
- Talking to your teammates during a game
- Traffic police



Serious/Health Uses



- Suicidal friend
- Someone is being bullied
- Refusal skills – substance abuse
- Relationships
- Telling a doctor your symptoms

