

**LESSON PLAN**  
**Courtesy of TEEN CONTACT**  
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Topic: Decision-making

Title: It's Your Choice

For: Middle/Junior High

Length of time needed: 45 min.

Objective(s):

Students will develop the life skill of making decisions and solving problems using a step-by-step strategy.

Material needed:

1. Worksheet with decision-making steps
2. Index cards
3. Writing utensil and paper
4. Overhead and transparency

Activity (step by step process):

Discuss what a decision is and how many of them you make each day. Have students jot down for a couple of minutes, decisions they make each day. Afterwards, discuss which may be more important than others. Point out how good decisions can help you reach long and short- term goals.

Put on overhead transparency of steps to a good decision. Go over steps with students.

Have students put on index card one problem that requires a decision. Have them get in groups. Hand out steps to a good decision worksheet, and select one index card to solve the problem. As a group, have students fill out worksheet.

Evaluation: Have groups report back to the class how they solved the problem using the step-by step approach.

Original material prepared by: Juli Culver  
Permission is granted reproduce: Juli Culver

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Idea from Developing Life Skills, Debbie Radliff, author.

## Step by Step Decision Making

1. **State the decision or define the problem.** Some decisions involve just making a choice. Others involve solving a problem. State your decision in the form of a goal.
2. **List all of the possible alternatives and gather information.** List all of the possible ways you might reach your goal. Try to list two or more possible alternatives. Gather any information that you need to help you make your decision.
3. **Explore each alternative.** Think about the pros and cons of each alternative. Think about what would happen if you chose each alternative.
4. **Choose the best alternative.** Select the alternative that will help you reach your goal in the best way. Make a decision.
5. **Take action.** This can be the most difficult part of the process. You must do what is necessary to reach your goal.
6. **Evaluate your decision.** Decide if your decision helped you reach your goal. Did you make a good decision?

## **STEP-BY-STEP DECISION-MAKING**

Select a decision to make or a problem to solve. Work through the process to make your choice or solve your problem.

- 1. State your decision or problem in the form of a goal.**
- 2. List three possible alternatives and gather information to help you reach your goal.**
- 3. Explore each alternative.**
- 4. Choose the best alternative. Make a decision.**
- 5. Take action.**
- 6. Evaluate your decision.**