

Decision Making and Problem Solving Youth Self-Determination Series

Session 3-Decision-Making and Problem-Solving Process-Home Activity

Follow the directions below. You can fill this out with words or pictures.

Is the decision	or problem a BIG DEAL or a LITTLE DEAL:
	THINK about a decision you need to make or problem you need to solve. The decision I need to make or problem I need to solve is:
1. Stop and think about what the decision or problem is	
	Come up with <u>2 options</u> (or choices) you have to make your decision or solve your problem. Option 1:
2. Think of 2-3 options or choices you have	Option 2:

3. Make a pro and con list for each choice (problem-solve)

Problem-Solve!

- Get help from your family, friends, or others
- Think about each option (choice) and the pros and cons of each, like what will happen

	Option 1:	Option 2:
PROs (advantages)		
CONs (disadvan tages)		

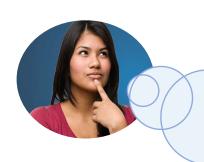
4. Decide on the best option or choice and do it Decide on the best option (or choice), and write down why this is your choice.

My best choice is:

I made this choice because (why):

5. Think about how the decision worked out

After you make the decision, think about how it worked out.



The choice I made did or did not work out because (write it in this thought bubble):