

Handout 3.15.1

What Decisions Matter and How Much?



Bell Ringer

Categorize the decisions at the bottom of the page by writing their number in the most appropriate column of the table. Categorize the decisions as follows:

- **Small:** Everyday decisions that have only a momentary effect
- **Medium:** Decisions that have more of an effect but can easily be changed or reversed
- **Big:** Decisions that have an effect on your future and are harder to change
- **Super-Size:** Decisions that have a strong and lasting effect on your future

SMALL DECISIONS	MEDIUM DECISIONS	BIG DECISIONS	SUPER-SIZE DECISIONS
What to wear today	Your style (the type of clothes you wear)	Whether to get a tattoo	Whether to have plastic surgery on your nose

1. What to eat today
2. Whether to smoke cigarettes
3. Whether to go out for a school team
4. What group to hang out with
5. How to respond to sexual pressure
6. Whether to drink alcohol at a party
7. What classes to take this semester
8. What movie to see
9. How hard to work on your grades in school
10. Whether to have an after-school job
11. How to respond to a challenge to be in a fight
12. Whether to drive in a car with someone who is drunk or high
13. Whether to participate in class today
14. How to wear your hair (cut and color)
15. How much to tell your parents
16. What to do after graduation
17. Whether to use drugs
18. What types of food to include in your diet
19. Whether to wear a seatbelt
20. How involved to be in school activities
21. Whether to join a gang
22. Whether to do something that could get you arrested
23. Whether to cheat on a school test
24. Whether to talk on the phone while driving
25. How to handle depression/sadness



The SOLVE Decision-Making Strategy

Stop and think

What am I feeling?

How can I get ready to make a decision?

Objectively state the dilemma

What is the dilemma?

List possible options and outcomes

What are some possible choices?

What are likely consequences of each choice?

Voice your choice and act

What is the optimal choice?

How should I/we act on it?

Evaluate and adjust

Is it working?

If not, what can I/we do now?

Handout 3.15.3

Using The SOLVE Decision-Making Strategy



Reflection/Application

Choose one of the decisions you categorized as “super-sized” on Handout 3.15.1 that is relevant to your life.

- Which “super-size” decision are you focusing on?

STEP 1: Stop and Think

What are your emotions around this decision (e.g., mad, sad, fearful)? Is this an emotionally charged situation for you? If so, how can you cool down your emotions? What are other pressures (friends, parents, society) that may be influencing your decision?

STEP 2: Objectively state the dilemma

What is the dilemma?

STEP 3: List possible options and outcomes

What are possible choices? And what are potential consequences for each choice?

Options

Outcomes

STEP 4: Voice your choice and act

What do you think is the optimal choice? How and when are you going to act on it?

STEP 5: Evaluate and adjust

Is your decision working/effective? If not, what can you do to adjust your decision or choose another option?

Stop and think

What am I feeling?
How can I get ready to resolve this dilemma?

Objectively state the dilemma

What is the dilemma?

List possible options and outcomes

What are some possible choices?
What are likely consequences of each choice?

Voice your choice and act

What is the optimal choice?
How should I/we act on it?

Evaluate and adjust

Is it working?
If not, what can I/we do now?