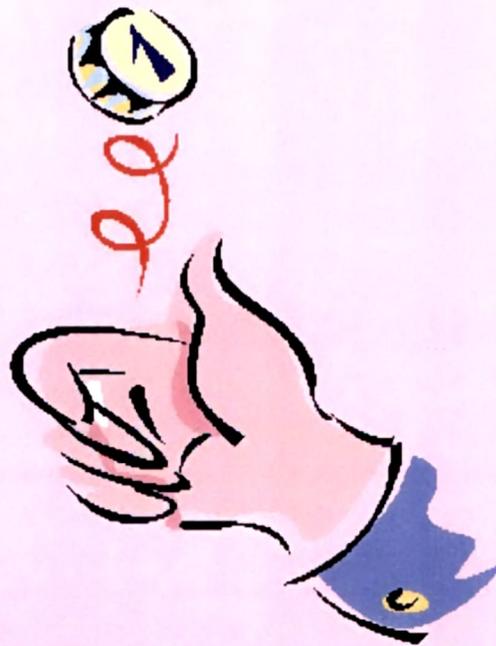
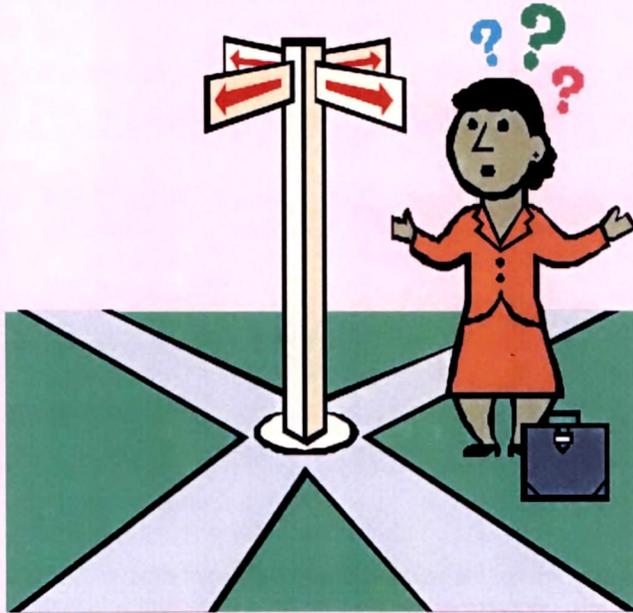


MODULE 2

MY DECISIONS



MODULE 2 - MY DECISIONS

Session 1

Decision Making and Problem Solving

Purpose Develop skills for making effective decisions and solve problems among adolescents



Skills Self - oriented skills, thinking skills, and management skills



Time 40- 45 minutes



Materials Charts, pens, and markers



Planning Think and select the situations for role play. Write the situations on paper and fold them. Prepare the handout on “Decision making”.



Procedure

Divide the group into five. Give them a decision making situation.

Ask the group to solve and present in the form of role play.

The situations are:

- ▶▶ Your friend invites you to a party and you have a class test next day.
- ▶▶ You find out that you and your family is moving to a new city.
- ▶▶ You and your best friend had a conflict/disagreement over an issue.
- ▶▶ Your best friend got the chance to perform in annual function in your place.
- ▶▶ The teacher asks you to solve a math problem on the black board.



Discussion

Discuss each role plays with the other groups regarding whether]the action group has taken is a right or wrong decision and discuss the reason for their decision.



Outcome

Group will learn the stepwise techniques of decision making, rationalizing and choosing an appropriate option for their behavior



Handout



DECISION MAKING

Right from babyhood one makes decisions whether to cry for mother or keep quiet, whether to study or not, whether to make friends or not...one has to decide all the time. Therefore, making a good decision is an essential life skill. Yet, we may not know how toAs a result we make poor decisions and eventually get into trouble, miss out on opportunities, destroy relationships and so on.

The general rules for decision making are:

- ▶ ... Avoid making decisions when you are hungry, tired, or under stress or pressure of any sort. Decisions made under such situations could be unsteady
- ▶ Don't allow yourself to be rushed into a decision that you are not prepared to make . It is better to take more time to arrive at a decision than to live consequences of an ill-advised one
- ▶ Set a realistic time frame for your response and stick to it, or if necessary reconsider Making a good decision requires patience and careful thought. Following a step-by-step approach can help.

Step 1: Define the problem

Size up the situation

- ▶ Look at the problem thoroughly examine it from all angles.
- ▶ Give it a lot of thought you may mistake the problem's symptoms (shortage of money) for the problem itself (excess spending)

Set goals and priorities. Ask yourself:

- ▶ “What do I want to achieve by making this decision what are my goals?”
- ▶ “Which of these goals must I meet in order to solve this problem what are my priorities?”
- ▶ Write down your goals and priorities; review them often
- ▶ Try to put your goals in measurable terms (time , money) so you can measure success later on

Step 2: Reevaluate the situation (Step 1 may have changed your view of the problem!)

Consider your options. Once you have identified the problem, ask yourself:

- ▶ “Do I need to take action in order to achieve my goals and priorities?”
- ▶ “Will this problem solve itself with time?”

Don't make unnecessary decisions. Some times the best decision may be to do nothing for the time being. Yet sometimes we delay just to avoid making a tough or unpleasant decision. Be honest with yourself! If you decide that action is needed, proceed to step 3.

Step 3: Gather information.

In order to solve a problem, you should make yourself an “expert” on the subject.

Use your time wisely. If a decision is not immediately necessary, use your time to gather information. (Be sure you leave enough time to act on your decision.)

Seek advice. Get help from people who know more about the details of the problem. Don't be afraid to admit that you don't know something.

Use all resources. Use the library, internet, and any source of facts on the problem.

Step 4: Think of Alternatives.

At this stage of the decision making process, any idea is a good idea

Be open. Don't limit yourself to ideas that sound “reasonable”. Try “brainstorming” (listing anything and everything that comes to mind)

Record your ideas. Put all your thoughts on paper so you can evaluate them later

Step 5: Choose an Alternative.

Test each alternative carefully, to see how it measures up against the others.

Think ahead. Try to imagine the consequences of each alternative. Ask yourself, “What will happen if...?”

Be practical. Make sure your plans can be carried out. For example, if you decide to change your career do your parents have the resources? Is the solution more expensive than the problem?

Be creative. If necessary, combine the best features of several different ideas. Make a new alternative one that works! It helps if you think of the decision as a choice between various options, rather than a “right” or “wrong” decision. The more alternatives you generate, the more you will ponder about various outcomes. Choose the alternative that will best achieve the goals and priorities you identified in step 1.

Step 6: Put your decision to work

Take action. Don't satisfy yourself with simply having made a tough decision. A good decision means nothing until you act on it

Inform others. Make sure everyone affected by your decision knows what will change, and why. Explain what improvement they can expect as a result of your decision. Request and discuss their opinion.

Follow up on your plan. Check timely to see that any changes you made are still in effect or to see if adjustments are needed. Also, make sure the problem you solved has not returned or taken another form.

DO'S

Be Honest
Accept The Responsibility
Use Time Wisely
Have Confidence

DON'TS

Have Unrealistic Expectations
Fool Yourself

***You can learn to make sound decisions.
Make your own decisions and take the charge of your life!***

(Source: Adapted from Sangath Kit All for Teens)



Session 2

Choosing a Career !

Purpose Develop ability to plan for a future career among adolescents



Skills Self oriented skills, management skills, and thinking skills



Time 40- 45 minutes



Materials Paper, pencil, charts, newspapers, glue, and scissors



Planning Collect relevant old newspapers and books/magazines. Cut the charts into half. Plan an orientation for the activity.



Procedure

1. Distribute old newspapers and books / magazines among the students.
2. Distribute them half chart sheets and ask them to divide it into two.
3. In first part, they should cut and paste statements that represent their present while in lower half, what they see themselves in future.



Discussion

- ▶▶ Discuss the guidelines to plan a realistic career as per the handout.
- ▶▶ Select some students to explain their charts and discuss those ideas with the group.



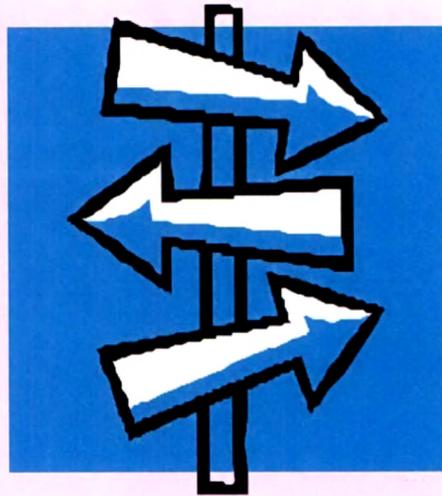
Outcome

Participants will be able to list their options, analyze each one, and develop a realistic plan for their career.



Handout

Choosing a Career



Steps to making a right choice

EXAMINE YOUR INTERESTS

THINK ABOUT YOUR ABILITIES

CONSIDER THE TYPE OF PERSON YOU ARE

ANALYZE/GAUGE YOUR RESOURCES

EXPLORE ALL POSSIBLE CAREER PATHS

NARROW DOWN THE LIST BASED ON YOUR INTEREST, APTITUDE, AND ABILITY

CHOOSE THE MOST APPROPRIATE CAREER

Resources that can help you your teachers, seniors, family, friends,
a trained career guidance counselor, visiting officers, and internet.



***Plan your career path, move steadily along the way and
Surely you will get there!***

(Source: Adapted from Sangath Kit All for Teens)