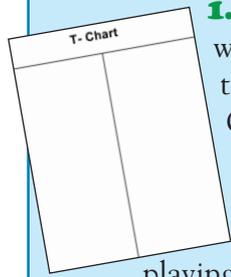
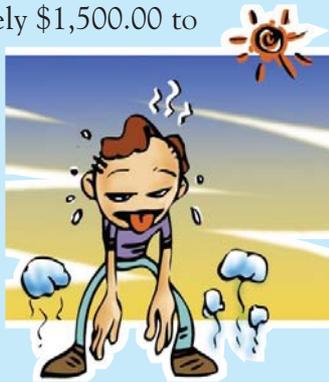


## Activities



**1.** Weighing pros and cons is important when making decisions. With your teacher leading this activity, use a T-Chart to weigh the pros and cons of the following options: attending a summer math and science camp, being an after-school tutor at your school, playing a sport in jr. high or high school, and getting a new dog.

**2.** Sometimes, decisions or problems are related to money. In groups, solve the following problem. A family has saved approximately \$1,500.00 to spend on a family vacation this summer. Shortly before they leave on vacation, their air conditioning unit goes out and needs to be replaced. The new air conditioning unit will cost approximately \$1,200.00. The family does have some additional money in savings but could use their vacation money to cover the cost of the new AC unit. Use the problem solving and decision-making process outlined in the article to help this family solve this problem.



**3.** Draw a picture or write about a time that demonstrates you making a good decision or solving a problem.

**4.** What is the hardest decision you have ever had to make? How did you make your decision? Did you make the right decision? Write your answers in your health journal.

**Home Connection** As a family, reflect on whether you use a process in your family to solve problems and/or make decisions. If so, how is it similar or different to the approach outlined in the article? Turn this assignment in to your teacher.

## Discussion Questions

**How do you make decisions?**

**Have you ever had to make a difficult decision?**

**Have you ever made the wrong decision?**

# Problem Solving and Decision-Making

Throughout adolescence and your adult life, you will have to use problem solving and decision-making skills to make choices or to choose the best alternative or solution to a problem or situation. When a person needs to make a decision or solve a problem, it is important that he/she follows a logical process.



## A Problem Solving and Decision-Making Process

1. Understand the problem or situation clearly.
2. Brainstorm or list many possible solutions or choices that will help solve the problem or situation.
3. Gather as much information as possible to help support the solutions or alternatives you have listed.
4. Weigh the pros and cons of each possible solution or decision.
5. Decide on a course of action that you can fully commit yourself to.

## Don't Make Snap Decisions



Of course, not every decision will require you to go through the process above. Some decisions, such as what to wear to school or eat for breakfast, might be made without even thinking about alternatives. However, important decisions need to be well thought out. Be patient and fully consider your alternatives and the consequences of each decision you make. Be objective and make the choice that you feel will have the best outcome.