

## Decision Making Skills

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### OBJECTIVES/RATIONALE

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Health care workers are faced with many decisions and need to understand the decision-making process. The student will evaluate information and apply critical thinking, decision making, and problem solving skills for making health promoting decisions throughout the lifespan.

TEKS 115.32 (b) 5D, 16A, 16B

TAKS ELA 4, 5

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### KEY POINTS

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- I. Terminology
  - A. Decision – act of making a choice or coming to a solution
  - B. Risk – element of danger
  - C. Precaution – preventative action taken before an event to decrease the element of risk
  - D. Consequence – result of an action
- II. Steps of Decision Making Process
  - A. State the situation that requires a decision
    - 1. Why is there a decision to be made?
    - 2. Why am I making this decision?
  - B. List choices
    - 1. List all the possible choices.
  - C. Make a decision and act
    - 1. Is it safe for me? Others?
    - 2. What will the outcome be of each decision?
    - 3. How will it affect me? Others?
    - 4. Is it legal?
    - 5. How will it affect my future goals?
  - D. Evaluate the decision
    - 1. What happened?
    - 2. How did it affect me? Others?
    - 3. Would I make the same decision again?
    - 4. What did I learn?
- C. Effective decision making skills promote individual, family and community health.

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### ACTIVITIES

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- I. Write down a bad decision. Work through the decision making process, answering all the questions. Write a paragraph on the evaluation step, evaluating the decision made and what decision might have been better.

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### **MATERIALS NEEDED**

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Hand out: Decision Making Process

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### **ASSESSMENT**

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Successful completion of the decision-making activity.

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### **ACCOMMODATIONS**

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For reinforcement students will collect current events of teenagers involved in crime and look at the decision making process and how the outcome could have been changed.

For enrichment the students will write situational scenarios of decisions teenagers must make and work through the decision making process.

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### **REFLECTIONS**

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