

Session 8
Make Decisions and Solve Problems
What would you do?

Today you will gain an understanding of the difference between decision-making and problem-solving. You will learn three steps to solving problems and will develop confidence in your own decision-making and problem-solving abilities.

Decision – making up your mind about something

Problem – something you worry about, something that causes trouble or something that is hard to figure out or solve.

Essential Questions:

What is the difference between a decision and a problem?

Decision: _____

Problem: _____

What are things we can decide for ourselves? _____

How can we solve problems? _____

Session 8 Activity

Steps for Solving Problems

There are three steps that can help you solve problems:

1. List all the things you can do
2. Compare your choices. Some will have better consequences than others!
3. Choose the one that is best

For today's activity we want you to consider this problem: Imagine you are having trouble completing your homework.

1. List the things you can do _____

2. Compare your choices _____

3. Choose the one that is best! _____

Session 8 Wrap-up

Today you were introduced to a problem-solving method and were informed of your ability to make decisions for yourself in some ways and how some decisions are not up to you. As we continue to learn in the SMART moves program it will be important to remember the skills you learned today. When a problem comes up for you in the future now you know a way you can battle that problem and come up with a good solution. Please take the time now to complete Session 8's line on your "Things I like about me" page.