

Connections Activity



Title/Skill:	Choosing Wisely
Connection Goal:	Personalization
Grade Level:	11
Month:	September
Time Needed:	25 minutes

Handouts/Materials Provided:

Handout 4.20.2

Summary of Activity for the Advisor:

- 1) Ask students to reflect on a hasty decision they made in the recent past that led to a funny or unpleasant result.
- 2) Have students share this experience with a neighbor or share aloud as a class
- 3) Discuss the difference between proactive vs. reactive decision making. (Making decisions ahead of time vs. in the moment when you might be more susceptible to influence, emotions, and impulses)
- 4) Go over the SOLVE Decision Making Strategy.

SOLVE Decision-Making Strategy

(Five steps toward effective decision-making)

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 optional choice?
How should I/we act on it?*

Evaluate and adjust

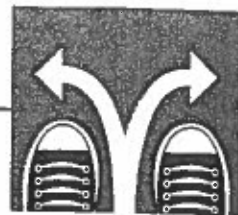
Is it working? If not, what can I do now?

 SchoolConnect • Handout 4.20.2

- 5) Refer to Handout 4.20.2. Choose 2 or 3 of the 6 situations students might face after high school. Have students Apply the SOLVE strategy to each dilemma. Feel free to make up your own.
- 6) Discuss and reflect as a class
*What's one way you might use this technique in a situation you're currently dealing with?
Will you use this tactic before making decisions in the future? Why or why not?*

Handout 4.20.2

Applying the SOLVE Decision-Making Strategy (page 1 of 3)



Choose four of the six situations you may face after high school. Apply the SOLVE Strategy to how you would respond in each situation. Write the letter of the situations you choose in the blanks.

- a) There is a party nearby. You know there will be alcohol and possibly drugs.
- b) You like your roommates but would like to make friends who share more of your values and interests.
- c) Your social life is great but your classes are tough, your grades are sliding, and you're feeling overwhelmed by schoolwork.
- d) You meet a love interest at a party and he invites you to his room.
- e) Your dorm cafeteria is full of great food like pizza, burgers, and pancakes, but you've heard about the "freshman 15" (gaining 15 pounds your first year of college).
- f) You were on a sports team in high school, but now you're not. You feel like you don't have time for sports but are feeling tired and lethargic.

Apply the SOLVE Strategy – Dilemma #1: _____

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

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?

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?

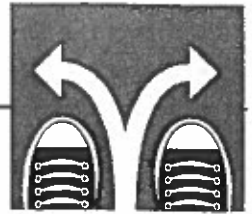
Voice your choice and act

What is the optional choice?

How should I/we act on it?

Evaluate and adjust

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



Applying the SOLVE Decision-Making Strategy (page 2 of 3)

Apply the SOLVE Strategy—Dilemma #2: _____

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

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?

Apply the SOLVE Strategy—Dilemma #3: _____

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

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?