

Am I ready to commit?

Your decision is only as strong as the weakest link.
Test the strength of your decision

Rate the Chain:

100% is the point at which additional effort is not worth it.



Focus on improving the weak links.

☐ Yes ☐ No Am I fit to decide?

☐ Yes ☐ No Am I ready to decide?

Commitments:

I am going to:

Specific Next Steps:

Date:

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	



Frame: The decision situation you are working through.



Values: What you want or don't want in the outcome.



Alternatives: Different ways you can address the situation.



Information: What you need to know and what is uncertain.



Reasoning: Identifying the alternative that best fits your values.



Commitment: Following through on your decision.

A good decision makes sense and feels right

For more information go to:
www.decisioneducation.org

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Conversations for CLARITY

What do I want to achieve:

1. Graduate from high school / Get my G.E.D. later on
2. Pass Geometry
3. Attend all of the remaining sessions of Geometry class

Why is that challenging?

I don't enjoy the topic, I struggle in all Math classes

I have trouble getting to 1st period on time

I'm burnt out of all the 'school drama' and can't find motivation

Alternatives



What options do I see?

- Drop out of high school/get my GED later on
- Keep missing class, get kicked out of school
- Wait until next year & enroll at a different school
- Change to a different teacher



If I didn't have to worry about How to get to school, what else could I do?

Use an online class, do the lessons at home

How could I approach this creatively?

- Pursue extra credit, take missed quizzes for partial credit
- See if credit from an online course could work as substitute credit
- Go to sleep earlier, wake up 1 hour before class
- Get a ride into school early with my dad as he goes to work



Information



What do I need to know?

- What is the minimum score on remaining quizzes, and exams that I need to pass?
- How much does attendance count toward the final grade?
- Is it still possible to switch into a class with a different teacher?
- Are there other teachers for this subject?

Who should I talk to?

- My teacher
- Registrar's Office, Tutoring Center
- My parents

What am I unsure about?

- Is there still a possibility of passing this course?
- Does my dad have time to drop me off in the morning?

How trustworthy are my sources?

- Teacher, counselor & registrar - very trustworthy
- My friends might be misinformed
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Frame the Situation



What decisions do I face?

- Should I just drop the class?
- Should I complete all the missing homework?
- How can I make sure I get there on time?

Who else is involved?

- Teacher
- Parents, girlfriend, friends & the manager at my job

Is there a deadline?

- Every morning at 8:35 am, other class deadlines

Values:



What is at stake?

- A diploma, a chance to graduate with all my friends in June
- Future career options

What do I want?

- Just to be done at high school, to graduate and start my own life
- To work on things I love and care about

What do I want to avoid?

- To be stuck in high school an extra year
- To have my teacher & parents mad at me



Identify and label any trade-offs between these values.