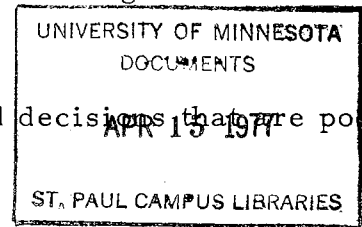


WHY THINK ABOUT DECISIONS?

I. All of us are decisionmakers.

- We make decisions about time, energy, money.
- We make decisions about using the resources we have or about finding more.
- We make decisions about ourselves and our families.
- We make decisions related to getting along in the social world.
- All decisions are important, for they in some way change our lives. Some decisions are more important than others because the results carry over long periods of time.
- All decisions about ourselves are important decisions.
- Decisions about life choices are important, as is the managing of life decisions.
- Decisions set goals that either give meaning to life or goals that lead nowhere.
- Decisions lead to involvement.

Life's happiness depends on how well you have met these stages of attainment through a positive approach to decisionmaking.



II. Confusion, guilt, and feelings of frustration surround decisions that are poorly made. Remember that NOT to decide, is to decide.

III. By learning the process of decisionmaking we can:

- Better make decisions we can live with.
- Make decisions faster and easier.
- Understand the value of adequate information in making decisions.
- Better understand our own decisions.
- Better understand both the gains and pains of decisions (satisfaction, rewards).

In other words, learning to make decisions helps us gain a measure of control over our own lives.

IV. Decisions can have long term effects.

Harry told Tom something he had heard about Sam. Tom told Sam what Harry had said. Now Sam is mad at Harry. Tom won't talk to Harry for fear Harry will tell something on him. Now Sam and Tom's girl friends won't talk to Harry. All because Harry decided to repeat something he had heard.

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Current information available from University of Minnesota Extension: <http://www.extension.umn.edu>

Learning to use tools to build a window box can prove useful in using a hammer and nails to hang pictures, to tackling even more challenging projects, or to doing any activity that requires tools.

V. Some skills we must develop to improve our decisionmaking.

Application of these skills needs to be somewhat routine before youths reach 18 years of age. We all need to:

- A. Know how to measure and use time.
- B. Be aware that some events cause others to happen.
- C. Be aware that we ourselves can cause events.
- D. Be able to judge which events we want to happen.
- E. Be able to question and search for information and to use it and evaluate its worth.
- F. Be able to identify what is important to us.
- G. Identify when decisions must be made.
- H. Identify what information we have and what we need to have.
- I. Identify what alternatives are available.
- J. See what can be gained or lost by each action.
- K. Learn when it is time to stop studying and act.
- L. Be willing to postpone immediate gratification of some wants and needs.
- M. Accept responsibility for whatever we do.

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