



### TAKING ACTION 1. AUTONOMY

Autonomy is the ability to think and make decisions on your own. Making decisions is an important way for you to become independent, and responsible. When making decisions you can value the advice from others, but you must realize that this advice may be influenced by other people's personal opinions. Peer pressure, which means following along with the opinions of others, should have no effect on you as you learn to make decisions independently.

**Materials**

- Printed handout
- Pen or pencil



#### STEP BY STEP

- 1 Print the handout on the next page or copy it in your notebook so you can work on it.
- 2 Think about a short-term decision you made recently and complete the handout. Read the list of factors to consider for decision making and decide which ones influenced your decision. Add any other factors that you took into account to your list. Then decide whether your decision was autonomous or not.
- 3 Work in pairs. Compare your list of factors and reasons. Discuss if your decisions were autonomous and why.

My decision was autonomous because I took into consideration my goal and the reasons that could keep me from reaching it.



I also think your decision was autonomous because you listened to other's advice but only took what you needed for your decision without being influenced.

- 4 Discuss in groups:
  - a Why is it important to be autonomous when making decisions?

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- b What elements are necessary to make autonomous decisions?

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- c Why is it important to make personal choices based on reflection and individual analysis?

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**IT** If you want to learn more about making autonomous decisions, you can go to <http://edutics.mx/56a>



### TAKING ACTION 1. AUTONOMY

#### Factors to consider

- My personal values.
- My needs.
- My friend's / family's needs.
- Opinions from my peers.
- School trends and tendencies.
- My own fears and insecurities.
- The consequences.
- What others would think of me.

Decision: \_\_\_\_\_

Factors I took into  
consideration to make  
my decision:

Reasons why my decision  
was autonomous:





### TAKING ACTION 2. PREVIOUS EXPERIENCES

#### Do past experiences influence your decision making today?

According to experts, it does. Your memory of situations in the past affects the decisions you make in similar situations in the present. They are like teachers that help you learn. They have an important influence over your behavior. When something positive results from a certain decision, you are most likely to make a similar decision in a similar situation. Also, people tend to avoid repeating past mistakes. An anonymous quote says: "Life is all about making choices. Always do your best to make the right ones and always do your best to learn from the wrong ones."

#### Materials

- Printed handout
- Pen or pencil

#### STEP BY STEP

- 1 Print the handout on the next page or copy it in your notebook so you can work on it.
- 2 Think of a situation where you made a bad decision and fill in the first column in the table. Then think of a similar situation in which you made a different decision and fill in the second column.
- 3 In pairs, share the information in your table and discuss what you learned and if that knowledge helped you make better decisions.
- 4 Discuss as a class:



a Do you think past experiences are helpful or not to make decisions in the present? Why?

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b Do you think every bad experience you had taught you something? Why?

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c How important is it to make mistakes and learn from them?

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If you want to learn more about how past experiences influence your decision making today, go to <http://edutics.mx/56K>



### TAKING ACTION 2. PREVIOUS EXPERIENCES

	Past experience	A similar experience
<p>Situation</p>		
<p>What happened?</p>		
<p>What did you learn?</p>		
<p>What did you decide to change for the next time?</p>		



### TAKING ACTION 3. ACCEPTING CONSEQUENCES

For most people, making good decisions is important, because all decisions have consequences and no one wants to face negative consequences. In order to make the best decisions, you should first identify the situation and then analyze possible options. Each option has specific consequences —both positive and negative— that you should consider and reflect upon before making your final decision. Analyzing the consequences of each option will allow you to make better decisions. Moreover, accepting and learning from bad consequences will guide you to make better decisions in the future.

**Materials**

- Printed handout
- Pen or pencil

#### STEP BY STEP

- 1 Print the handout on the next page or copy it in your notebook so you can work on it.
- 2 Work in small groups. Read the situation on the handout and then discuss the questions. Reach an agreement on Tomás's situation and come up with ideas to help him make a decision.
- 3 Based on your discussion, think of every possible option and its consequences, even if you consider an option a bad idea. Complete the diagram to show the possible options Tomás has and all their consequences.
- 4 As a class, compare and discuss the different options and their consequences. Which option do you think is the best? Why?
- 5 Discuss the questions in pairs:
  - a Why is it important to consider different options and their consequences?




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- b Do you think that reflecting on the consequences helps you be responsible for your decisions? Why?

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If you want to learn more about the steps to make good decisions, you can go to <http://edutics.mx/56z>

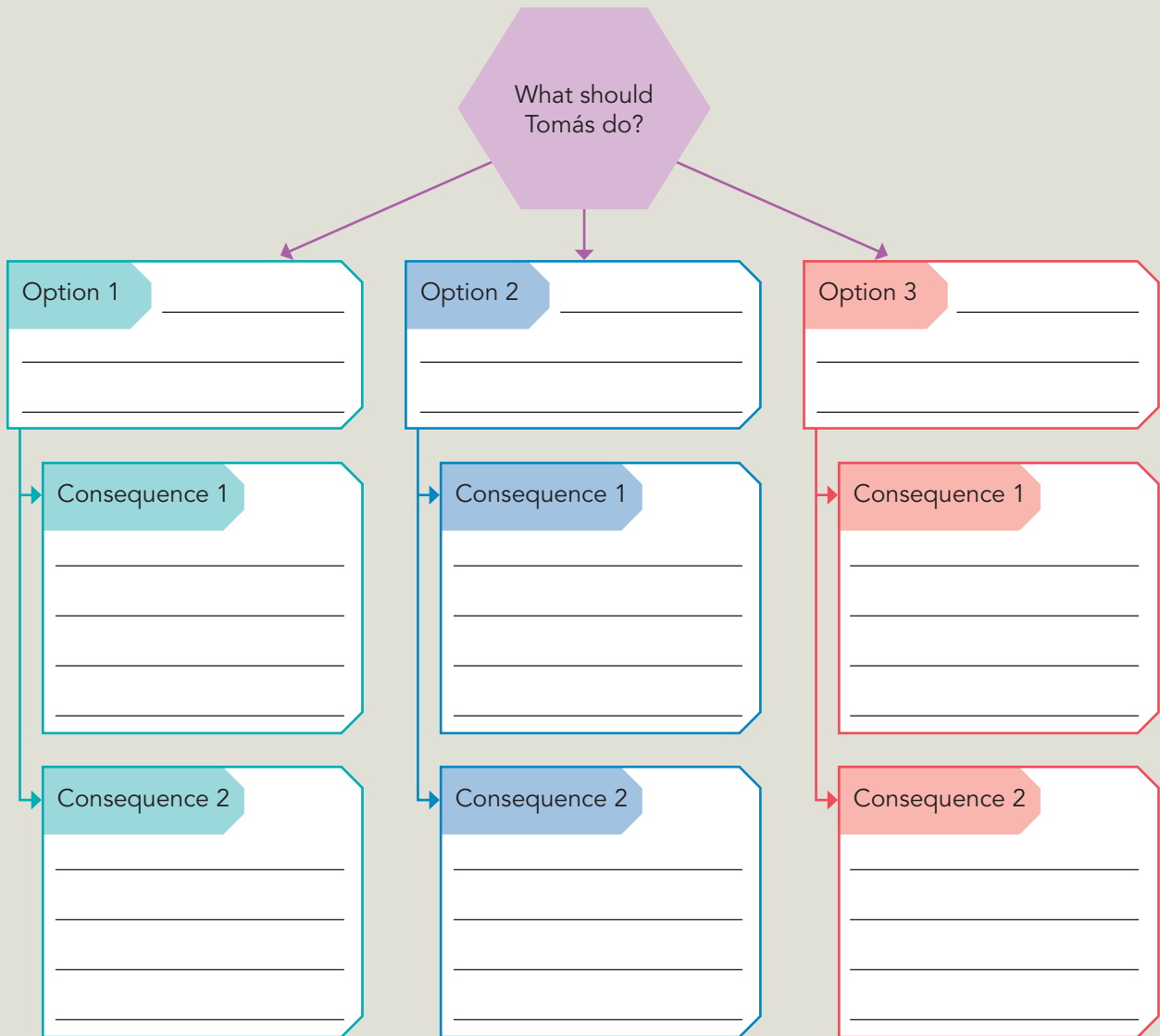


### TAKING ACTION 3. ACCEPTING CONSEQUENCES

Tomás is an excellent soccer player. He plays for the school soccer team. They practice every day for the finals, but he also has to take some important exams soon. He doesn't seem to find time to do both things well: play soccer and study.



- a What should he do?
- b How could he manage a strong performance in sports and academics?
- c Do you think he should quit one of his activities?





### TAKING ACTION 4. HASTY DECISIONS

Acting on impulse means you sometimes do not fully consider the consequences of your actions. Nevertheless, this does not mean that you can't make good decisions or that you shouldn't be responsible for them, but rather that you should take some time, pause and think ahead to avoid making hasty decisions and then regretting their consequences.

**Materials**

- Printed handout
- Pen or pencil

#### STEP BY STEP

- 1 Print the handout on the next page or copy it in your notebook so you can work on it.
- 2 Read the example situation and identify the consequences of that decision and what you could learn from that situation. Fill in the table.
- 3 Now, think of a situation where you made a hasty decision and write down the consequences and what you learned about it.
- 4 Work in pairs. Share your personal situation and what you learned from that experience.
- 5 Discuss in groups:
  - a What benefits does reflecting before making decisions have?

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- b What would have changed in the situation you shared if you had taken the time to think before deciding?

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- c What can you do from now on to stop acting on impulse?

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**IT**

If you want to learn more about impulsive decisions and self-regulation, go to <http://edutics.mx/56R>



### TAKING ACTION 4. HASTY DECISIONS

Mike was coming home from school when he saw some puppies being offered for adoption. He loves dogs, so he immediately picked up one and headed home with his new friend in his arms. He was thinking about how he would name it when he opened the front door of his house.

His parents looked at Mike in amazement. His mother told him she didn't have enough time to take care of the new pet, since they already had two other dogs. In addition, Mike himself was very busy now because, besides school, he had taken a part-time job, so he spent very little time at home. The fact was that despite how cute the puppy was, no one had the time or the willingness to take care of it. Mike thought it had been a really bad decision. Now the family was looking for a new home for the puppy.



Consequences	Things learned

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My Situation	
Consequences	Things I learned