

**We make decisions every day,
big and little.**



1. **Learning to make good decisions is a skill that will help you** grow up to be an independent, responsible, and happy adult.
2. **Build your decision making skills.** This will require time, patience and practice.
3. **Study which decisions get you more of what you want** (more fun, more independence, more time with friends, more control over your daily life) **and which decisions result in more of what you do not want** (arguments with parents, conflicts with peers, social drama, loss of privileges and adults telling you what to do) to help you learn to make good decisions.
4. **Learn from mistakes.** Choices always have consequences, not all are harsh. Mistakes play a very important role in life. Any mistake is an opportunity to learn how to handle a situation better the next time. It is not an opportunity for an adult to criticize. **Allow parents to stay involved in the process and model appropriate actions.**
5. **Work through the steps in decision making and make more of your own decisions.** Using the SODAS model (below) may help you remember some of these steps:
 - S = Situation**
 - O = Options**
 - D = Disadvantages**
 - A = Advantages**
 - S = Solution**Learn more at: <http://suebadeau.webs.com/SODAS.pdf>.
6. **Keep a decision journal** to write down and review all the decisions made during the day. This can help you evaluate how well you handled decisions and begin to learn how to do better.
7. **For more information** on building good decision making skills, go to:
 - *Decision Making (SODAS Method) 5 steps that will help your child make better decisions in any situation*, <http://www.smarterparenting.com/lesson/view/decision-making-sodas-method>.
 - Fact Sheet: *Decision Making/Problem Solving with Teens*, <http://ohioline.osu.edu/hyg-fact/5000/pdf/5301.pdf>

(Turn page over to begin steps to decision making and problem solving.)

Steps to decision making and problem solving



1. What is the problem that needs to be solved? (or state the problem)

2. Why is this a problem?

3. What are my desired results? (What do I want to see happen?)

4. **List 3 possible solutions.** (What can I do to get my desired results?) As you look at these, ask yourself:

a.) How will you feel afterwards? b.) How will others you value feel about you after this decision?

c.) Would you suggest the same solution to a friend?

1. _____

2. _____

3. _____

Look at your first solution. List what may happen if you go with #1.

Look at your second solution. List what may happen if you go with #2.

Look at your third solution. List what may happen if you go with #3.

Pick from #1, #2, or #3. Which one works best for solving the problem?

5. Is this the best time to make this decision?

6. What resources do you need to carry out your choice?

7. Try out your chosen idea, test it. Did it solve the problem?

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