



Teaching Progression:



Step 2: Use a Prioritization Strategy

SUB SKILL(S):

- Use a variety of prioritization strategies
 - Pro/Con list
 - If this... then this...
 - Consequence list
 - Weighted options
 - Give advice to a friend
 - Eliminate some options
 - Seek out support

VALUABLE VOCABULARY:

strategy,
consequence,
pro, con, option

GUIDING QUESTIONS:

What decision do I need to make? What decision making strategy can I use to make this decision? How can different decisions impact me now and in the future?

NHES PERFORMANCE INDICATORS:

(5.12.4) Generate alternatives to health-related issues or problems. (5.12.5) Predict the potential short-term and long-term impact of each alternative on self and others.

Step 2: Use a Decision-Making Strategy

Sub Skill: Use A Variety of Prioritization Strategies



SUGGESTED LEARNING ACTIVITY 1:

Explain to students that once they know the decision they must make, they can use one of the following strategies to make a thoughtful, responsible decision. Tell students that different decisions will require them to use different decision making strategies, and that some strategies are better for individual decision making while other strategies better support collaborative decision making.

Have students return to the scenarios presented previously in Step 1. For each scenario, students should first determine if the decision should be made individually or collaborative. Next, have students decide which decision making strategy would be best given the scenario. Have students write out how they would use their chosen strategy to make a more thoughtful, responsible decision.



Teaching Progression: Step 2 | Use a Decision-Making Strategy (Cont.)

Decision Making Strategy	Language of Health Literacy:	Example:
<p><i>Pro/Con List</i> - Create a list of the possible positives and negatives associated with the decision they make.</p>	<p>My decision is to _____. The positives could be _____. However, the negatives could be _____.</p>	<p>My decision is to get in the car with my friend who was drinking earlier. The positives could be that I get home quickly and get away from this party that is making me feel uncomfortable. However, the negatives could be that we get pulled over, or get into a crash, which is dangerous and unsafe.</p>
<p><i>If this... then this...</i> - Make a quick "if this, then this" statement to assess the serious consequences of the decision. Make your "If this, Then this" statement with the most costly consequence to quickly evaluate the weight of your decision.</p>	<p>If I decide to _____, then _____ could happen.</p>	<p>If I decide to get into the car with my friend who is drinking, then I could get seriously hurt in a car accident.</p>
<p><i>Consequence List</i> - Create a list of possible consequences for your decision. Note that consequences can be positive and negative.</p>	<p>If I decide to _____, the possible consequences are _____.</p>	<p>If I decide to spend \$200 on my prom dress, then the possible consequences are: I will need to work more to save, won't be able to spend as much on eating out, won't be able to get my hair done, will get the dress that I have wanted for the past three months, and will have a unique dress that expresses my style.</p>
<p><i>Weighted Options</i> - Create a list of possible options for your decision. For each possible option predict the outcome if that were your decision. Next, give each option a value on a scale of 1-5 based on how important that outcome would be for you. Finally, tally your points for each option to find the option with the highest score.</p>	<p>My possible choices are _____. _____ is the best decision for me because _____. This decision is better aligned with my values because _____.</p>	<p>Decision: Which college should I attend? Options: University of Colorado-Denver, School of Mines Predictions: CU would be cheaper, closer to home, and allow me to continue my internship. School of Mines is more expensive, allows me to have more independence, and provides a better engineering program. Personal Value: CU-Financially 4, Family Time 5, Future 3; Mines- Financially 2, Family Time 3, Future 4 Tally: CU - 12; Mines - 9</p> <p>My possible decisions were CU Denver and School of Mines. CU Denver is the best decision for me because it allows me to save money, be closer to my family and continue my current internship. This decision is better aligned with my values because it allows me to spend quality time with my family which is something I truly value over independence.</p>
<p><i>Give Advice to a Friend</i> - Pretend that you are giving advice on the decision to a friend. Try to remove your personal, emotional bias and view the problem through the lense of an outsider.</p>	<p>Your decision is to _____. I think you should decide _____ based on _____.</p>	<p>Your decision is to complete the essay for language arts throughout the week or this weekend. I think you should decide to spend 30 minutes every week night working on the essay, based on the fact that you like to relax on weekends after track meets.</p>
<p><i>Eliminate Some Options</i> - For your given decision, determine the most important feature for that decision. Brainstorm a list of all possible decisions and cross off any that do not meet your most important feature. Repeat until left with only the most relevant options.</p>	<p>The most important thing to me is _____ and _____ can't do that, so I can eliminate them.</p>	<p>I need to decide on which college I want to attend next year. I have acceptance letters from five universities. The most important aspect is being able to play soccer. Only two allow me to play soccer. I eliminate the other three and narrow down my decision to two. My second most important factor is studying journalism. One of the two remaining universities has a great journalism program.</p>
<p><i>Seek Out Support</i> - Certain decisions can best be made with the help of others. Determine if there is an expert, family member, or friend who can help you process your decision. Approach that support person with specific questions for making your decision.</p>	<p>I need to decide _____. _____ can help me figure out _____. I will ask _____ about _____.</p>	<p>I need to decide which classes to take my senior year. My guidance counselor can help me determine which classes I am required to take for graduation and which classes will help me be prepared for college. I will ask my guidance counselor about classes I must take and which classes they recommend for someone wanting to study biology in college.</p>