

Decisions Define Our Path

The Role of Decision-Making



Counsellor's Newsletter



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Good Decision Makers

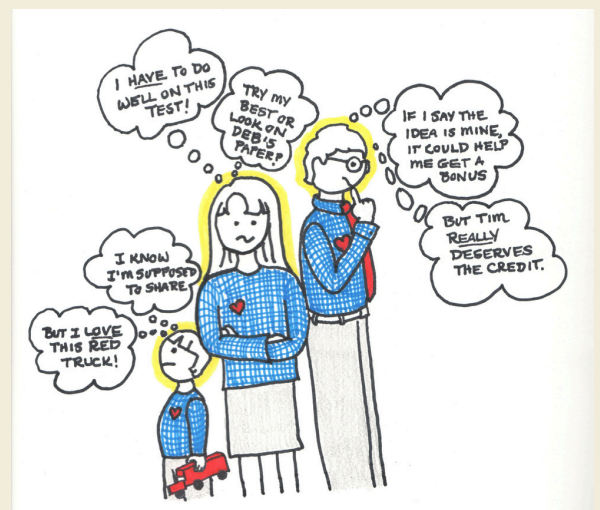
Tips for Parents

Bibliography

All of us have faced moments where we had to make a choice. The image represents life's different opportunities and decisions, showing how we often deal with uncertainty and the challenge of picking the right path. From small daily choices—like deciding what to wear to a party, planning our schedule, or choosing meals for the week—to bigger life decisions, we constantly make choices.

Decision-making involves choosing the best and most thoughtful option. While some decisions are driven by logic, others are influenced by emotions, confusion, or uncertainty. This process applies to significant areas of life, such as career choices, personal growth, and major life changes. Making decisions isn't always easy—it requires careful thinking, emotional management, practicality, and consideration of how our choices affect others. These factors help us build self-trust and make decisions with confidence.

Not everyone is naturally skilled at making quick decisions. Making choices requires specific skills, and at times, we may be influenced by others or seek support before deciding. Decision-making plays a crucial role in wellness programs, yet even adults often struggle with it—so it can be even more challenging for children.



<https://iO.wp.com/confidentparentsconfidentkids.org>

We develop decision-making skills through our experiences, beliefs, family values, and the environment we grow up in. But do we give children the same opportunities to learn, or do we expect them to figure it out on their own? This is an important question today. With so many choices available, children often feel overwhelmed, leading to stress, pressure, and self-doubt. As a result, they may withdraw or struggle with their emotions. It takes time to overcome these challenges, so it's important to support and guide children in building confidence in their decision-making abilities.

Steps for Decision-Making for Learners

Making good decisions is an important skill that helps in school, friendships, and everyday life. Here are some simple steps to follow when making a decision:



<https://blog.nimblefoundation.org>

- Understand the Decision

First, figure out what the problem or situation is.

Ask yourself: What choice do I need to make?

- Collect Information

Think about all the important details related to your decision.

Look at the different options you have.

- Think About the Results

Consider what could happen with each choice.

Ask yourself: Will this help me, or could it create problems?

- Choose the Best Option

After thinking it through, decide on the best choice.

Believe in yourself and feel confident in your decision.

- Take Action

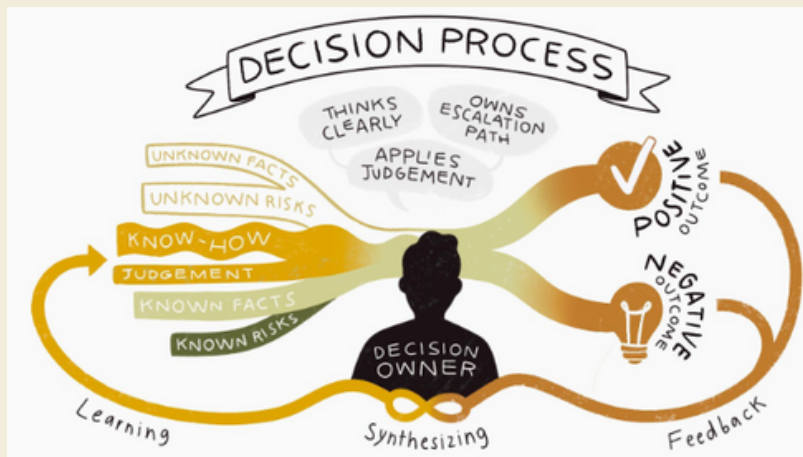
Follow through with your decision.

Take responsibility for what you choose.

- Look Back and Learn

Think about whether your decision was a good one.

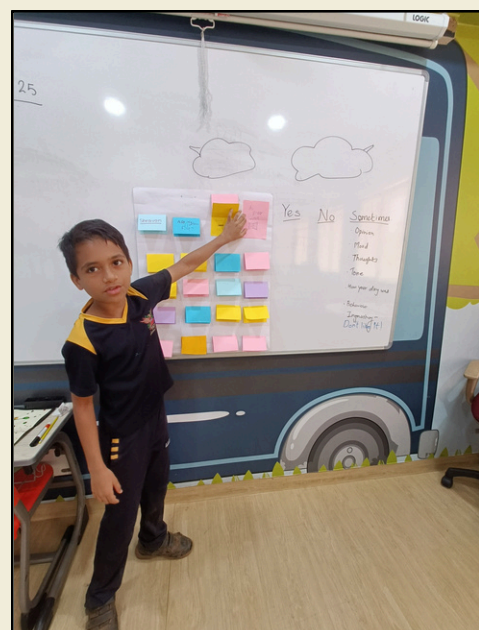
Ask yourself: Did it turn out well? What can I learn for next time?



<https://ilya.grigorik.com>

A good decision comes from a clear process that considers what we know (known facts), possible risks (things we are unsure about), and unexpected situations. By thinking about these factors, we can make better choices. This process also helps us and our children take care of our emotions and well-being.

Good decision-making starts with clear thinking, which means taking time to fully understand the problem. This includes knowing exactly what decision needs to be made, considering the pros and cons, and thinking about the long-term effects. Making thoughtful choices leads to positive outcomes like happiness and good mental and physical health. For example, eating healthy food and exercising regularly keeps us well, while ignoring our health can cause problems later. In our wellness classes, we teach learners explicitly to convert their thought processes and think consciously, and wisely for themselves and others.



On the other hand, a bad decision can lead to feelings of sadness, anxiety, self-doubt, or isolation. That's why it's important to teach learners how to handle the effects of a negative thought process and its outcome. They need to be guided to see challenges positively. Some learners may need extra support from their loved ones to get through difficult situations.

Instead of focusing only on failure, we should help learners see mistakes as a "chance to learn and improve future decisions". They need to understand that a negative result is not a failure unless we refuse to learn from it or don't follow through with our choices. It does not mean that a child is incapable or defined by other's opinions.

The key is to encourage thoughtful decision-making while helping learners manage their emotions. It's important to teach them that "decisions should not be judged only by their outcomes."

Tips for parents to make develop good decision-makers

Good decisions lead to positive results like success, happiness, and good health, while poor decisions can bring challenges and difficulties.

- Making Decisions as a Team:

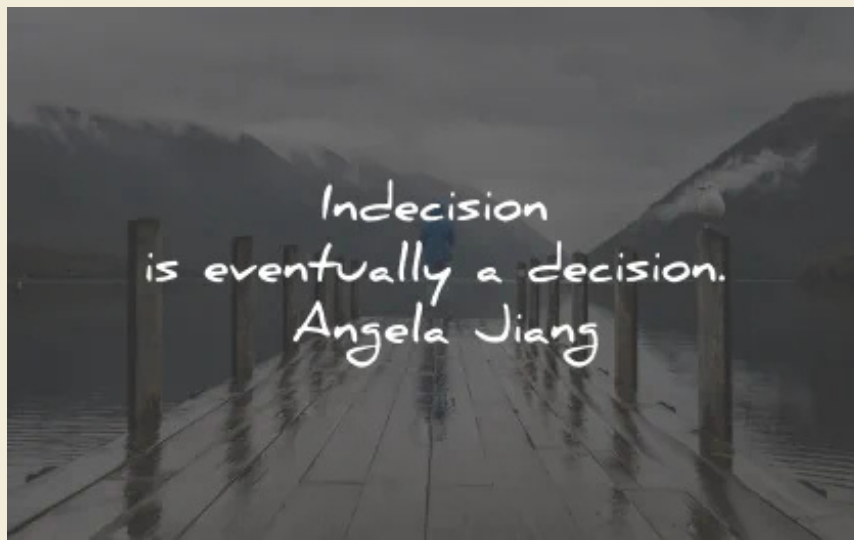
Working together to make decisions is important, but it shouldn't slow things down. We should aim for open discussions and understanding of different opinions. However, it's impossible to remove all risks from a decision. Most choices are not permanent, so if we get new information, we can always adjust and make a better decision later.

- Clear Decision-Makers

Every decision should have one person responsible for leading the process. This person should clearly define the problem, involve the right people, listen to different opinions, and make the final choice. Not everyone will always agree, but complex decisions require balancing different needs. That's why having a leader to guide the process is important.

- Handling Disagreements

Disagreements are natural, but they should be discussed openly with the decision-maker. If an issue can't be resolved, it should be escalated together, not through side discussions. Once a decision is made, everyone should support it instead of complaining or working against it. In simple terms, making smart and thoughtful choices helps us build a better life.



<https://wisdomquotes.com>

The quote means that not making a choice is, in itself, a choice. When we hesitate or avoid making a decision, things still happen—but without our control. For example, if someone keeps delaying a decision about a job offer, the opportunity might disappear, and the choice is made for them. In simple terms, even if we don't make a decision, life moves forward, and that becomes our result. So, think wisely, rationally and make your decision-making skills stronger!

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