

WHOSE FUTURE IS IT *ANYWAY?*

A STUDENT-DIRECTED TRANSITION PLANNING PROCESS



SECTION 2

(Sessions 7-12)

MAKING DECISIONS

Session 7

MAKING DECISIONS – Introduction to DO IT!

WHOSE FUTURE GOAL 6: You will learn to make decisions using **DO IT!**



What did you think about the decisions that were made about your future when you looked at your transition file and IEP?



Maybe you thought those sounded like good plans. Or bad ☹️ plans. Or



boring plans. Maybe you wondered who was making all those decisions anyway. Maybe you wondered why **YOU** weren't making some of those decisions.

Come to think of it, I wonder why, too! Maybe it's time for you to make more of the decisions about your future. See if you agree with this: "If I am going to make more **DECISIONS** about my future, I need to know the best way to make **DECISIONS.**"

Agree? I thought so. I mean, you don't want to make bad decisions for yourself, do you? But you know, just being part of the team that makes those decisions is important. A woman I read about said:

"I have made some bad choices, I have made some so-so choices, and I have

made some good choices. The most important thing about all of them is....."

Well, what do you think the most important thing about all her choices was?

It wasn't that they were all good. She said some of her choices were bad. That means they didn't work out right.

"The most important thing about all of them is that they are mine -- all of them."

Anne Wilson Schaefer

That's how it is with everyone. You make some good decisions and you make some bad decisions. You strike



out a lot, but every now and



then you hit a home run.

But you can't do anything if you're not even up to bat.

So, being up to bat is the first step. **YOU** should be involved in your **DECISION-MAKING.**

But, after you step up to the plate and look at the pitcher, wouldn't it be nice if you had learned how to hit better?



You know, learned how to step into the ball, swing the bat and follow through?

Same thing with decision-making. Sure, making your own decisions is important. And everyone makes a bad decision every now and then. But that doesn't mean that you should just make bad decisions time after time.

Strike out enough and the coach will bench you, if you are playing baseball!

Make enough really bad decisions and your transition planning team will quit listening to you.

But, no problem. You can learn this stuff. It's not that hard. REALLY. HONEST.

In the next few sessions you are going to look at a way to help you make good decisions. Then you will do some practicing so you get it down.

First, you better be sure you know what I mean by a "DECISION" and how it is different from making choices.

A decision is a process. There are a lot of steps that have to happen before everything is finished. One of the steps in making a decision is making a choice. A choice is when you select something you want or prefer.

Think of it this way.

You go into your neighborhood mall and head straight for the Baskin and Robbins® store. There are two people in front of you, and they have this annoying kid who has his nose stuck up against the glass. You walk

from one end of the counter to the other and check out the ice cream.

If they had Fudge Brownie® you would stop directly in front of that and wait to order. But, they don't always have that, so you have to check it out. Sure enough, no Fudge Brownie®. So, you go back and check out the ice cream flavors again. You think you want something close to Fudge Brownie®.

Like Rocky Road®. They have that. The annoying kid and his parents are paying. You glance at the sign above the counter and see how much a double-dip in a waffle



cone costs. You check your money, check the sign again and figure you can't afford double-dip in a cone, but could get a single-dip in a waffle cone or a double-dip in a cup.

The person behind the counter, who you think goes to your school, turns and asks you what you want. You look at the sign once more, look at the ice cream, and order a single-dip of Pralines and Cream® in a



waffle cone .

You're allowed to change your mind, right?

You made some choices when you got the ice cream. Where? Well, let's look at where you made those choices.

Remember a choice is selecting something you prefer or want.

You go into your neighborhood mall and head straight for the Baskin and Robbins® store. There are two people in front of you, and they have this annoying kid who has his nose stuck up against the glass. You walk from one end of the counter to the other and check out what ice cream is there.

Now, if they had Fudge Brownie® you would stop directly in front of that and wait to order. But, they don't have that, so you check out the

ice cream again. You were set on getting Fudge Brownie® so you think you want something close to that.

Like Rocky Road®. They have that. You look up, and the annoying kid and his parents are paying. You check out how much a double-dip



in a waffle cone costs. You check your money and figure out you can't pay for the double-dip in a waffle cone, but could get a single-dip in a waffle cone or a double-dip in a cup.

The person behind the counter turns and asks you what you want. You **order a single-dip of Pralines and Cream® in a waffle cone.**



You're allowed to change your mind, right?

Right. You chose the Pralines and Cream® ice cream. You chose the waffle cone. But look at that story again. A lot of things happened that didn't involve making a choice.

You had to have some information before you made your choice. Where?

Let's look at the story again:

You go into your neighborhood mall and head straight for the Baskin and Robbins® store. There are two people in front of you, and they have this annoying kid who has his nose stuck up against the glass. **You walk from one end of the counter to the other and check out the ice cream.**

Now, if they had Fudge Brownie® you would stop directly in front of that and wait to order. But, they don't have that. **So, you go back and check out the ice cream again.** You were set on getting Fudge Brownie® so you think you want something close to that.

Like Rocky Road®. They have that. **The annoying kid and his parents are paying. You see how much a double-dip in a**



waffle cone costs. You check your money and figure you can't afford double-dip in a cone, but could get a single-dip in a waffle cone or a double-dip in a cup.

The person behind the counter turns and asks you what you want. **You look at the sign one more time,** look down at the ice cream, and order a single-dip of Pralines and Cream® in



a waffle cone. You're allowed to change your mind, right?

As Jerry Lee Lewis might say, there's a whole lot of checkin' out goin' on here.

- ✓ You checked out what ice cream was



in the store.

- ✓ You learned what the price of the



double-dip waffle cone was.

- ✓ You figured out how much money



you had.

- ✓ You saw that the annoying kid's



family was leaving and knew that you would order next.

If you hadn't had that information you might have ordered a double-dip of

Fudge Brownie® on a waffle cone.
What would have happened?



Right, that person behind the ice cream counter you think you know from school would look at you like you just came in



from Saturn and tell you that they don't have Fudge Brownie®. You would have quickly chosen something else you probably wouldn't like 'cause you didn't have time to check out what they did have. When you got the cone, you would discover you didn't have enough money and have to ask the person to put one dip back. He would look at you again, and later, when he was off work, tell his friends about what a dip you were. They would tell their friends and when you ran for student body vice-president you wouldn't get a single vote.

Not a good decision, right?

So, part of making decisions is choosing the things you like and want. Part of making decisions is getting all the information you need to make those choices. And it's a good idea to figure out what might happen if you choose something.

What's the last part of making a decision?

You go into your neighborhood mall and head straight for the Baskin and Robbins® store. There are two people in front of you, and they have this annoying kid who has his nose stuck up against the glass. You walk slowly from one end of the counter to the other and check out what ice cream is there.

Now, if they had Fudge Brownie® you would stop directly in front of that and wait to order. But, they don't have that, so you go back and check out the ice cream again. You were set on getting Fudge Brownie® so you think you want something close to that.

Like Rocky Road®. They have that. You look up, and the annoying kid and his parents are paying. You check out how much a double-dip



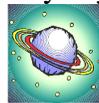
in a waffle cone costs. You check your money, and figure out you can't pay for the double-dip in a waffle cone, but could get a single-dip in a waffle cone or a double-dip in a cup.

The person behind the counter turns and asks you what you want. You **order** a single-dip of



Pralines and Cream® in a waffle cone. You're allowed to change your mind, right?

That's right... just doing it! I mean, what would happen if the guy working at Baskin and Robbins® came up and asked what you wanted, and you knew, but wouldn't tell him? Well, he'd look at you like you just came in from



Saturn and...you know the rest of the story.

So, making a decision means 1) getting information, 2) making choices, 3) figuring out consequences and 4) acting on your decision.

You do this all the time, you know? Sometimes with good results, sometimes with bad. Making decisions is really easy most of the time. Sometimes it's hard because you have so much at stake. You probably make decisions all the time without thinking about how you're doing it!

Like, at the ice cream store. At least I hope you do. Didn't you choose what to

wear today? 

Didn't you decide what you were going

to eat for lunch? 

But sometimes it's more important to do a good job of **MAKING**

DECISIONS than other times. I mean, if you make a bad decision at Baskin and Robbins® about the worst that can happen to you is you get an ice cream flavor you don't like as much. (I know, that stuff about losing the student council election was pretty far off!).

But, if you make a bad decision about where you work or live, who you spend time with, what car you buy and all those things, it can be bad news.

Good thing you got all those other team members to give you the support you need to make good decisions. But you need to do your part by learning how to make better decisions.

Why don't you just **DO IT!** I know, in the first lesson I said you couldn't just **DO IT!** and control your planning meetings. I said that there were lots of things you had to learn. That's true.

This is a different kind of **DO IT!**

It's a way to make decisions that helps you remember to get all the information you need, think about what choices are out there for you, figure out the consequences of each choice and take action.

It helps you remember 'cause each letter in **DO IT!** stands for one of those steps in the decision-making process.

Like this:

Define your problem

Outline your options

Identify the outcome of each option

Take action

! Get excited

Next time you work on **Whose Future Is It Anyway?** you will work a little more with **DO IT!** But for now it might be a good idea to think about the types of decisions in your life. For some decisions you want lots of support, others less support and still other decisions you want to make all by yourself.

For example, say you wake up one night and something in your stomach is

hurting.  **REALLY** hurting. You get yourself to the hospital, walking all doubled over 'cause this thing hurts. **REALLY** hurts! A doctor checks you out and says that your appendix is inflamed.



Do you want to have it taken out or not?

"How should I know?" you think. You don't even know what one is or does.

So, what do you do?

Right, you look at your doctor and ask her what she would do. You probably

talk with your folks, think about it and then do what the doctor suggests.

Quickly. Because this thing REALLY



In that case you let someone else make the major part of the decision for you. You didn't just let the doctor do it all by herself. But she had a lot of information and skills you don't and was in a better position to make a good decision.

Sometimes it's that way. Someone else has a lot of information that can help you make better decisions.

But, say you wake up one morning and you look in the mirror and you don't like the way your hair looks. You know...too-sticky-uppy-gross-what-happened-while-i-was-sleeping-i-look-so-weird-i-can't-go-outside-looking-like-this.

You just gotta do something about it.

Do you want your parents making that decision?

OK. Maybe that's not a bad idea. I

mean, your dad likes flattops.  It's the first thing you've agreed on since you were three. You're probably not going to go get a mohawk and dye it lime green and purple, after all you do have to live with him.

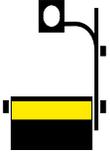


So, there are decisions that you can use a lot of support making and decisions you don't need a lot of support.

Spend the rest of the time thinking about some decisions you need support to make and some you don't. It doesn't matter what decisions you come up with.

Think about some decisions you have made lately. Or that someone else has made for you.

I could use some support to make these decisions:
1.
2.
3.
4.
I can make these decisions on my own:
1.
2.
3.
4.



Okay. Let's look at what you've covered this session.

- You decided that o_____ p_____ were making too many decisions for you.
- You learned that the first thing to do is to make sure that you are t_____ part in your decisions.
- You saw that d_____ -m_____ is a process, with lots of steps that have to happen before everything is finished.
- You figured out that this process means getting all the i_____ you need, making choices, figuring out the c_____ of your action and doing it.
- You looked at a decision-making p_____ called **DO IT!** That means:
 - Define your p_____
 - Outline your o_____
 - Identify the o_____ of each option
 - Take a_____
 - ! Get e_____

- You thought about some decisions you can make on your own and some that you could use some s_____ to make.



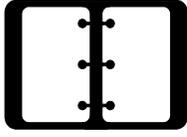
Before the next session, you should have:

-  Talked to your coach about some role-play questions to practice using the **DO IT!** decision-making process.
-  Finished thinking about decisions you can make on your own and some that you could use some support to make.
-  Started to think about decisions in your transition planning.

Okay. So that's it for now.



Later.



Session 7 Summary Sheet - Introduction to **DO IT!**

WHOSE FUTURE GOAL 6: You will learn to make decisions using **DO IT!**

- You decided that **oTHER PEOPLE** were making too many decisions for you.
- You learned that the first thing to do is to make sure that you are taking part in your decisions.
- You saw that decision-making is a process, with lots of steps that have to happen before everything is finished.
- You figured out that this process means getting all the information you need, making choices, figuring out the consequences of your action and doing it.
- You looked at a decision-making process called **DO IT!** That means:
 - Define your problem
 - Outline your options
 - Identify the outcome of each option
 - Take action
 - ! Get excited
- You thought about some decisions you can make on your own and some that you could use some support to make.