

MAKING GOOD CHOICES

It is Tuesday, around 7:30 pm, and you are writing an English paper. When you finish with the paper, you plan to work on your math homework. Your roommate and some friends decide at the spur of the moment to go to a movie and insist you go with them.

Choices:

1. Go with your friends.
2. Don't go with your friends.
3. Set up a time and place to meet your friends when you finish your homework.
4. Study at the library so you won't be around when spur-of-the-moment parties happen.

Consequences:

1. Going with your friends:

- I might have a good time with my friends.
- My concentration will be interrupted.
- I might not finish my paper or math homework.
- I will receive a lower grade for incomplete homework.
- I may not know the answers to questions asked in class.
- I won't be ready for a pop quiz in math.
- I might stay out too late and not be awake and alert for my morning class.

2. Not going with my friends:

- I may miss out on the fun.
- My friends may feel I don't want to socialize with them.

3. Setting up a time and place to meet:

- Setting a time and place to meet them later relieves me of some of the pressure of having to get up and go immediately, allowing me time to finish my work.
- Instead of concentrating on and putting forth my best effort to complete my homework, I might think about being with my friends.

4. Studying at the library:

- People walking around will distract me.
- Walking to the library will use up some of the study time.
- I don't like to walk to and from the library in the dark by myself.
- I might get some quality study time in, or work on a research paper that requires library resources.

Making the choice and managing it:

As you go through the decision making process, (identifying the choices and considering the consequences), you consciously choose what you are going to do or what action you will be taking. Instead of relying on ways that no longer help you, take control and make choices that will help you get what you want for yourself.

