

Making Wise Decisions

West Branch Middle School

7th Grade Career Based Intervention

Situation 1

“Maria”, Susan says, “do you want to go to my party of Saturday?” Maria is excited that Susan asked her. Susan adds, Don’t say anything to Courtney, okay? I can’t invite everyone.” Courtney is Maria’s best friend. Now Maria is not sure she should go.

Use the 7 Steps

1. Identify the decision Maria must make.

– Maria must decide whether to go to Susan's party.

2. List Maria's choices

a) Maria could tell Susan she cannot come.

b) Maria could go to the party and not tell Courtney about it.

c) Maria could go to the party and tell Courtney about it.

3. Cross out choices that are harmful or go against your beliefs

- If Maria went to the party without telling Courtney, she would not feel honest. Maria forgets about the second choice. If Maria went to the party and did tell Courtney, she would hurt Courtney's feelings. Maria forgets about the third choice.

4. Think about what might happen for each remaining choice.

- Only one choice left. Maria can tell Susan she cannot come. If Maria does this,
 - She might miss some fun and a chance to become part of the “in crowd”.
 - Susan may not invite her to another party. However, if she does not go to the party, Courtney will not feel left out.

5. Select the best choice.

- Maria would like to go to Susan's party, but Courtney's feelings are more important to her. Maria decides to skip the party.

6. Carry out the best choice.

- Maria tells Susan that she cannot come to the party.

7. Think about the possible results of the decision.

- On the night of the party, Courtney and Maria go skating and have a great time. Maria is sure she made the right choice. Courtney's friendship is much more important to her than a party.