

Making Wise Decisions

MCCTC

Grade Career-Based Intervention

Situation

“Maria”, Susan says, “do you want to go to my party on 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 5 Steps

1. Define the problem.

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

2. Think about the options.

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

- 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.

4. Make a decision.

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

5. Evaluate 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.