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**M3 Lesson 1: Decision Making**

Core Competencies:

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| * Communication
 | * Thinking
 | * Personal & Social
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Big Ideas:

* Achieving our learning goals requires effort and perseverance

Curricular Competencies:

* Use self-assessment and reflection to develop awareness of their strengths, preferences and skills
* Apply decision-making strategies to a life, work, or community problem and adjust the strategies to adapt to new situations

Assignment:

1. Visit www.myBlueprint.ca, and enter your email and password to log in.

2. In the left-hand navigation menu, click Home and select Portfolios.

3. Select + Add Portfolio to create a new portfolio for this activity and name it ‘Decision Making’.

4. Add a journal to your portfolio. To do so, click Add Box on the right of your screen and select the + button to the right of the Add Journal option. Include the following items in the Journal Body section:

a. Detail what a strong thought process includes when making decisions.

b. Include an example of when this process has worked for you, OR how you think this process will help you in the future (in what situations).

c. Explain why having a strong decision-making process is important.

5. Click Save once you are done writing your journal entry!

Assessment:

(see next page)

