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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

Lesson:

Now that you have looked at possible careers that might exist when you leave school, you may have noticed that there are a lot of them! So how do you decide which career to choose? This is not an easy decision to make, but there are ways you can make it easier on yourself. Obviously, there are going to be some careers that just won't interest you because of who you are. There may be others that are not suitable for you because of the skills and strengths you have, which you looked at in the first module. Now, let's look at some ways to make decisions!

**There are strategies you can use to help with general decision making. Here are a few:**

**1.** **Pretend you are advising your friend.**What would you tell a friend in the same situation as you to do?

**2. Ask someone close to you that you trust what they think you should do.**Other people who know well you might be able to help you make a decision using what they know about you.

**3. Make a list of the possible choices you could make.**

4. **List the pros and cons of the different options.**What are the positives if you make a particular choice? What are the negatives? Writing them both down can help you

**Choosing a Career**

Choosing a career is a different decision than "what should I have for lunch?" Of course, you are only in Grade 8 right now, so you don't have to decide right now what job you want to have for the rest of your life! However, it is not a bad idea to at least start learning about strategies for deciding when the time comes. After all, this is a choice that could potentially affect your whole life, so you want to choose wisely!

**Here are some things to consider when choosing a career:**

**1.** **Know yourself – your strengths, values, personality, and skills.** You did some personality tests in module 1, which may have given you some ideas about these. An example of knowing yourself might be that you know you faint at the sight of blood, so becoming a surgeon would probably not work out well for you!

**2. Know your options and learn about each one.**Between now and when you graduate in 4 years, you will spend some time on myBlueprint looking at different career options and seeing which ones appeal to you.

**3. Consider what kinds of workers are needed in your community, and which jobs are available.** You looked at this a bit in the Future of Work lesson in Module 2 and will continue to research employment growth throughout the course.

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)

