



# Decisions, Decisions, Decisions:

Making Better Choices

# Purpose and Goals

- By the end of this module, you should be able to:
  - Understand a strategy for effective problem solving
  - Feel confident that you can manage situations in the future using the strategy taught.
  - Weigh out the Pros and Cons of your choices
    - Rank choices by desirability
    - Create a contingency table. (If situation "x" occurs, then option "a" is the best choice.)

# Decision Strategies

- Measure the cost
  - Amount of time
  - Amount of money
  - Amount of energy (physical, mental, emotional)

# Decision Making Strategies

- Gather information
- Outline Possible Choices
- Look at the Possible Outcomes and Consequences
- Decide
- Evaluate the Outcome to plan for
- Next Time

# Scenario One: Dying Battery

Hugo is heading home from a Halloween Party when he notices that his battery is almost empty.

What should he do?



# Decision Making Strategies

- Gather information
- Outline Possible Choices
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# Gather information

- Where Are You?
  - Are you near a bus stop, your residence hall, restaurant or other public place?
  - Is it a safe place?
- Do you have a cell phone?
- Is there anyone you trust that can help you?
- Do you have any money to pay for taxi or bus fare?

# Outline Possible Choices

- Call for help
- Is your charger a part of your wheelchair, so you just need to go someplace and plug in for awhile?
- Ask for help from someone who passing by.
- Go to the nearest bus stop, if you can't make it on your own, ask somebody if they can help you.
- Call a taxi



# Look at the Possible Outcomes and Consequences

- Call for help
  - Someone you know can possibly help you if they are available.
- Ask for help from someone who is passing by.
  - This person can possibly help you push your chair or make a phone call. This is possibly dangerous if the person is untrustworthy.
- Have your chair pushed to the nearest bus stop or call a taxi
  - This is a possible choice if you have money or know where you are going

# Decide

- Based on your resources which is the best choice.
  - Weigh out the Pros and Cons of your choices
    - Rank choices by desirability
    - Create a contingency table. (If situation "x" occurs, then option "a" is the best choice.)
- Factors tied to your decision
  - Money
  - Time
  - Location
  - The availability of help

# Decide

- Asking for help from someone you know is probably the best choice.
  - Always have a phone available that is programmed w/ relevant numbers
  - Walk home with a friend.
- When you can't contact a person you know, call for a transportation service
  - Make sure you have money available for this choice
  - Know your way home
- Asking for help from a stranger passing by
  - Have them move towards a safer area

# Evaluate the Outcome

- How quickly were you able to get help?
- Did you stay calm?
  - Keeping calm helps you problem solve better.
  - If you freak out, you can't think clearly about your options.
- Did you get home safely?
  - This is the most important thing. You just chalk it up to another experience and try not have it happen again.

# Plan for Next Time

- How do you avoid this from happening again?
  - Always plug your chair in every night.
  - Check the battery when you wake up to make sure it's fully charged.
  - If you know your having a problem with your battery, don't go to far and get it fixed as soon as you can.

## Scenario Two: Too much work, Too little time

This is Megan's first semester at college and she is struggling with the workload. She isn't sleeping or eating and she is falling behind in class. What should she do?



Source: <http://www.ldag.ie/images/intern.jpg>

# Decision Making Strategies

- Gather information
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- Decide
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# Gather information

- How far behind have you fallen?
- Can you hire a tutor?
- Do you need to drop the class?
- Is the Professor/TA willing to help?



# Outline Possible Choices

- You can get a tutor or ask for help from the professor
- Talk to an advisor/disability specialist
- You can drop extracurricular activities to focus on your work.
- You can drop the class, elect credit/no credit.
- You can file for an incomplete and finish the work next semester.

# Look at the Possible Outcomes and Consequences

- You can talk to an advisor or the professor
  - This will help guide your choice by showing you your options.
  - They might suggest modifications, have a different perspective, alter deadlines, help you realize that you have time to get caught up.
- You can drop extracurricular activities to focus on your work.
  - This will give you more time to study.
- Get a tutor
  - They help you navigate the material and might help you improve your study skills.
- You can drop the class, take credit/no credit or file for an incomplete and finish the work next semester.
  - You could possibly do better the second time around.
  - This option might take some of the stress off you .

# Decide

- Based on your information which is the best choice
  - Weigh out the Pros and Cons of your choices
    - Rank choices by desirability
    - Create a contingency table. (If situation "x" occurs, then option "a" is the best choice.)
  - Factors tied to your decision
    - Time
  - School Requirements
    - What is required for your major
    - What is needed for financial aid/DORS support
  - The availability of help
    - Money to pay for tutor.

# Evaluate the Outcome

- Talking to an advisor or the professor is probably the best choice because it will help you outline all of your options.
- Were you comfortable/satisfied with the outcome?
- Did you explain your situation accurately?

# Plan for Next Time

- Choose a manageable workload
  - This will give you time to do your best.
- Talk to people sooner rather than later.
- Balance your schedule so that there is a mix of easy and hard classes.
- Get a tutor at the beginning of the year.
- Get help with time management skills.

## Scenario 3: Sharing Spaces

Sharon has to share a bathroom with her suitemate. She is very upset about this because her suitemate does not clean up after herself. What should she do?



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# What would you do?

- Gather information
- Outline Possible Choices
- Look at the Possible Outcomes and Consequences
- Decide
- Evaluate the Outcome to plan for
- Next Time



## Scenario 4 – Too Close for Comfort – Friends who are PAs

Kushal has a PA who is a close friend. Lately, his PA has been late and very irresponsible with his tasks. Kushal is afraid to confront his PA because he doesn't want to affect his friendship.



# Decision Making Strategies

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- Next Time

# What would you do?

- Gather information
- Outline Possible Choices
- Look at the Possible Outcomes and Consequences
- Decide
- Evaluate the Outcome to plan for
- Next Time