



## Decision-Making Activity

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A **DECISION** is a selection from possible actions. The process of making a decision includes narrowing choices and then determining a course of action among several alternatives.

***It can be helpful to think about how you have made a decision in the past:***

Give an example of a time when you had to make a decision.

What did you learn from making that decision in the past that could apply to the decision you are faced with now?

What worries you most about making this decision?

What is keeping you from making this decision?

How do you approach decision making? Be aware of your self-talk for words like always, never, must, and should. Using these absolute terms can make it hard to move forward.

Examples of negative self-talk include:

- *"I'll never be able to choose a major that I like."*
- *"I should choose a major that will guarantee me a job when I graduate."*
- *"I never do well in science classes, so I can't major in Nutrition because there is too much science involved in the required coursework."*

Try restating or reframing the negative self-talk above into more helpful phrases:

- *"If I identify majors that match my interests and skills, I can choose a major that I will enjoy."*
- *"Once I choose a major, I can start developing the skills and experiences to make me more marketable to employers and strengthen my chances of getting a job at graduation."*
- *"Even though science is not my strongest subject, I can talk with an advisor in Nutrition to learn more about the requirements and see what options might be available."*

What are some thoughts/phrases in which you have used negative self-talk?

Try reframing them into more helpful phrases for your decision making process.

Where are you at in your decision making process now?