

Decision-Making Activity

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

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



Decisions can be challenging, keep these five tips in mind:

- 1 Gather the facts:**
Accurate & realistic information is key
- 2 Know your values:**
They are unique to you; do not lose sight of them
- 3 You need time:**
To explore and to contemplate options
- 4 Be independent:**
Talk with your support system but know this is your decision
- 5 Make a plan:**
After you decide, set goals and make an action plan

Be aware of your self-talk for words like always, never, and should. Using absolute terms can make it hard to move forward. Examples:

- “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:

- “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.