Practical Steps

Responsibilities & Decision Making

STARS

SCHOOL TRANSITIONS TO ADULT RESPONSIBILITIES AND SERVICES

Sometimes, you will need to make difficult or important decisions. This might include whether to make expensive purchases, where to go to school, or whether to start a serious relationship. It can be helpful to think through the choices and possible effects of each choice so that you're most likely to make a choice that will make you happy.

Let's practice:

Think of a decision you might need to make soon. What is the question or decision you will want to answer?

List some of the things that could impact your decision. For example, there might be issues such as cost, location, resources or materials needed, or the impact of decision on others.

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Possible choice or answer	Pros – reasons why this could be a good choice	Cons – Reasons why this might not be a bad choice	Impression (circle 1 answer)
			Good choice Bad choice Not sure
			Good choice Bad choice Not sure
			Good choice Bad choice Not sure

Sometimes, there may be more than one good choice. Or, you might feel like there are no good choices. If this happens, it is helpful to look at your chart again, reread all the different pros and cons, and think about which reasons are most important to you. You might even circle some of the most important, or 'deciding factors.' If necessary, do that now.

Now that you've thought through all your options, list your decision here:

Always remember that it is ok to change your mind if you think of other reasons for or against a choice, or if you have realised you're not happy with your decision.

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