

# DECISION MAKING

It is important for student-athletes to understand the importance and value of developing life skills. Life skills such as goal setting and decision-making equip individuals with the ability to handle the demands and challenges of everyday life. For the student athlete, the development of these skills greatly increases their chances for success in academics, athletics, and life beyond high school.



## GOAL SETTING

USE THE **SMART** GOAL SETTING GUIDELINES:

Setting goals contributes to good study habits and prepares you for your future.

|                   |  |
|-------------------|--|
| <b>SPECIFIC</b>   | - Can clearly see what you want to achieve   |
| <b>MESURABLE</b>  | - Need a way to measure the progress         |
| <b>ATTAINABLE</b> | - Goal in which you can see a realistic path |
| <b>REWARDING</b>  | - Know why you want to accomplish the goal   |
| <b>TIMELY</b>     | - Set a time limit to reach the goal         |

SET BOTH **SHORT-TERM** & **LONG-TERM** GOALS:

|                         |   |
|-------------------------|---|
| <b>SHORT-TERM GOALS</b> | - workout an hour a day,<br>read 30 minutes a day |
| <b>LONG-TERM GOALS</b>  | - go to college, play a sport in college          |

**DECISION MAKING** IS A PROCESS OF DECIDING WHAT TO DO



## DECISION-MAKING

Good decision-making skills will help you achieve your short and long-term goals.

- We make decisions every day
- Some decisions are small
- What kind of decision-maker are you?
- Decisions can have long-term consequences and effects
- Decisions you make today can effect whether or not you get into college, play sports in college, or get a job
- It is important to set goals and learn good decision-making skills

**GOOD DECISION-MAKERS GATHER INFORMATION & FOLLOW A PROCESS:**

1. Identify the problem
2. Brainstorm solutions
3. Identify the consequences of those solutions
4. Choose a solution
5. Evaluate the choice
6. Try another solution (if necessary)

Decision-making skills will help when you are making important life decisions. One very important decision you will be faced with is choosing a college. Using the decision-making steps above will make the process much easier and more successful.