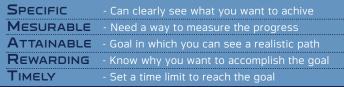
DECISION MAKING

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.



USE THE SMART GOAL SETTING GUIDELINES:

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





SET BOTH SHORT-TERM & LONG-TERM GOALS:

SHORT-TERM GOALS - workout an hour a day, read 30 minutes a day

LONG-TERM GOALS - go to college, play a sport in college

DECISION MAKING IS A PROCESS OF DECIDING WHAT TO DO



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.