Decision Making

Use with Chapter 9, Lesson 3.

You Decide

Read each situation. Then select one, and answer the questions in the space provided.

Situation A. Tara loves cola. She usually has at least five cans a day. Lately she's had trouble falling asleep at night. Now she has just learned in health class that cola contains caffeine, which can keep you awake. She's thinking about switching to another drink, but she hates to give up her cola.

Situation B. Bev wants to wear the pair of designer jeans she got for her birthday to the school dance in two weeks, but they're too tight. She thinks she needs to lose about 10 pounds to fit into the jeans. Bev isn't sure she can lose that much weight in two weeks, even if she goes on a really strict diet.

1. Which situation did you select? _____

2. Describe the situation the person is in. _____
   _____

3. What are some possible choices for the person?
   a. _____
   b. _____
   c. _____

4. What is the probable outcome of each choice?
   a. _____
   b. _____
   c. _____

5. What decision do you think should be made? Consider your values and explain your answer.
   _____
   _____
   _____

6. How will the person know whether he or she has made a good decision? _____
   _____