

Grade 7 Life Orientation Worksheet

Decision-making

What is decision-making?

Deciding whether to get a holiday job, study for an exam, train hard for soccer, play soccer instead of cricket, start smoking, lie to your parents, use drugs, go to college or university, start dating, have sex... These are all decision that teenagers will have to make daily. The better your decision-making skills are, the better your choices will be and the less stressful the decision-making process will be. It is therefore important to learn good decision-making skills and practise them regularly!

The decision-making process is easier when you follow these basic steps:

1. Identify the **problem and the goal**.
2. Decide what **options** are available.
3. **Evaluate** the options – what are the consequences, problems, possibilities?
4. Make a **plan of action**.
5. **Implement** the plan, **reassess** and make necessary changes.

Questions:

1. What kind of decisions are you faced with on a daily basis? [3]
2. Why is it important to have good decision-making skills? [2]
3. Describe the decision-making process and give a brief example of each step. [10]

For example: Identify the problem and the goal (I am not happy with my grade average of 65%. I want to bring it up to 72%).

Total: [15 marks]

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Complete the checklist below concerning the task that you have completed.

Description	Yes	No
I understood what I was supposed to do in this task.		
I understood all the words in the question.		
I understood how the task would be assessed.		
I was able to do the task on my own without other help.		
I asked my teacher or my friends for help with this task.		
I am satisfied that my attempt at this task is the best work that I can do.		
My answer(s) to the task is/are neatly presented.		
I found this task to be stimulating.		
I learned something by doing this task.		
I am proud of these aspects of my work:		
Next time I will do the following things differently:		

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Suggested Solutions

1. Own answer. (Simple things like what to wear to more complex decisions) (3)
2. So that you can make better choices about your life and the decision-making process will be less stressful. (2)
3. The decision-making process is easier when you follow these basic steps: (10)
 1. Identify the **problem and the goal**. (I am not happy with my grade average of 65%. I want to bring it up to 72%.)
 2. Decide what **options** are available.
 3. **Evaluate** the options – what are the consequences, problems, possibilities?
 4. Make a **plan of action**.
 5. **Implement** the plan, **reassess** and make necessary changes.

Total: [15 marks]

Learners assess their own understanding and completion of the task using the checklist given.

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Appendix of Assessment Tools

Self-assessment checklist

Description	Yes	No
I understood what I was supposed to do in this task.		
I understood all the words in the question.		
I understood how the task would be assessed.		
I was able to do the task on my own without other help.		
I asked my teacher or my friends for help with this task.		
I am satisfied that my attempt at this task is the best work that I can do.		
My answer(s) to the task is/are neatly presented.		
I found this task to be stimulating.		
I learned something by doing this task.		
I am proud of these aspects of my work:		
Next time I will do the following things differently:		