

# Grade 7 Life Orientation Worksheet

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## The decision-making process

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.

1. How good are you at making decisions?

## **Self-analysis questionnaire**

Note: There are no marks allocated to these questions as there are no right or wrong answers. This questionnaire is intended to help you better understand yourself.

1. Do you set goals for yourself? (e.g. get into the soccer A-side, pass all your subjects with C's or higher, get a holiday job, etc.)
2. Do you make plans in order to achieve these goals?
3. Do you stick to your plan?
4. If you do not set goals for yourself, why not?
5. Do you feel that you are good at making decisions?
6. After reading the information above, do you think that you follow a basic decision-making process?
7. Do you brainstorm options when you have a difficult decision to make?
8. If you are faced with a difficult choice, will you allow your friends to influence your decision?
9. Who influences your decisions?

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10. Can you talk to your parents or friends about difficult decisions that you need to make?
11. How do you handle differences of opinion?
12. Is it important to you to complete tasks that you begin?
13. Do you get angry with yourself if you cannot make a decision and stick to it?
14. Do you find that you can stick to a decision when you have made one?

After completing this task, use the self-assessment checklist below to assess your own progress.

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

Instruct the learners to use the self-assessment checklist in the Appendix of Assessment Tools after completing the task to assess their own progress.

## Appendix of Assessment Tools

Each learner should complete the checklist below concerning the task they 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:		