

**Topic**: Decision Making

**Learning Intentions:** We will be able to:

1. Identify ways to think critically about our decisions
2. Identify the PROPS process to help guide positive decision making
3. Identify the importance of asking for help when making a big decision

**Success Criteria:** We know we’re successful when we can discuss our decisions, identify three of the PROPS steps we will use to help us make a decision, and identify a support person in our life to talk to about our decisions.

**Materials for Activity:** Copies of “Weekly Goal Sheet Printable.doc,” DPR data (if available)

**Teaching Procedure:**

* See Guiding Document (pages 4–7) for starting procedures for each group (check-in menu, icebreaker menu, inspiring word menu, goal check-in rationale)
* Reminder: shared agreements (refer to your school PBIS expectations)
* Begin with a mindful minute (see “Menu of Mindful Practices”)
* Identify topic
* Teach learning intentions and success criteria
* Lesson outline

1. **General Discussion of Decision Making**
   1. Ask group: **When is decision making hard? When is it easy?** Discuss responses. Facilitator may record responses.
   2. Ask group: **What do you think about before you make a decision?**
2. **Discuss PROPS Process**
   1. Facilitator writes the following on chalk/white/smartboard: P R O P S
   2. Tell group: **PROPS is a way for us to take a minute and weigh options and perspectives before making a decision.**
      1. Pause: Take time to stop and relax to get yourself in a positive mindset.
      2. Reflect: Reflect on the situation. What is the decision that needs to be made?
      3. Options: Consider the options and think about the likely benefits and risks of each option.
      4. Prioritize: Figure out what is most important to you based on your values.
      5. Select: Choose the most effective option. Make your decision and review the result.
   3. Source reference: *High School Life Skills Training Manual*

1. **Importance of Asking a Trusted Support for Advice**
   1. Ask group: **When you have to make a big decision, do you talk through your thoughts with anyone? If so, who? What advice do they offer? Why is this helpful?** Discuss responses.
      1. Emphasize the importance of having a sounding board (i.e., someone to hear you out) to help you organize your thoughts.
2. **Activity to Practice Skill**
   1. Have a volunteer share out about a decision that needs to be made in their life.
      1. If needed, use one of the below scenarios:
         1. Suppose you overheard two students in class talking about one of your best friends.
         2. You are having a hard time keeping up in algebra class, and your teacher tells you that you are currently failing the class.
         3. You are in English class and the students in class are talking during work time. The teacher looks at you and tells you to stop talking and start working. It seems like this teacher always has something to say to you even if the other students are doing wrong.
   2. Tell group: **Let’s go through the PROPS process for making a decision about this problem or situation.** Discuss responses.
   3. Ask group: **What PROPS step is most difficult? Who could you ask to help you with this step?** Discuss responses.
3. **Closing Circle Question/Process** 
   1. Ask group: **What are the one or two PROPS steps that you think will be most helpful in helping you make a decision? Why?**
   2. **Goal Check-Out:** Distribute weekly goal sheets. Discuss the importance of having weekly goals within the school setting to work toward. Ask group: **What did you learn from your DPR data and/or group this week that may be useful in planning your goal?**
   3. **Positive Send-Off:** Send each student off with a positive comment or observation from group and/or their goal sheet or DPR data.