

Session 8

MAKING DECISIONS – Steps 1 & 2 of Do It!

WHOSE FUTURE GOAL 6: You will learn to make decisions using **DO IT!**



When you left last time, you were thinking about **MAKING DECISIONS**. Remember? Ah, come on...it hasn't been that long! Oh yeah, now it's coming back to you, right?

That stuff about decisions being a process and meaning getting information, making choices, figuring out consequences and acting? And how for some decisions you could really use some support and for others you can pretty well manage alone?

You looked at one way to help you make decisions called **DO IT!** Each letter in **DO IT!** stands for one step in the **DECISION-MAKING** process.

Define your problem

Outline your options

Identify the outcome of each option

Take action

! Get excited

How does this help you, you ask? Good question.

You can remember **DO IT!**, can't you? It's short, catchy, easy to spell and easy to remember.

Repeat after me:

DO IT! DO IT! DO IT! DO IT! DO IT! DO IT! DO IT! DO IT! DO IT! DO IT! DO IT! DO IT! DO IT! DO IT! DO IT! DO IT! DO IT! DO IT! DO IT! DO IT! DO IT! DO IT!

Got it? I thought so.

Now, all you have to do is remember **DO IT!** and think about what each letter stands for. That can help you think about how to make a decision.

Don't worry, you will go through what each letter means so you can be sure to remember it.

Why bother? Well, a lot of **Other People** are going to be **MAKING DECISIONS** about your future at the transition planning meeting. You remember that, don't you, transition planning....

THE TRANSITION PLANNING PROCESS



...is a bridge to your future.

Transition skills are things you need to know to get from one point in your life to another. It is like walking across a bridge from school to the adult world.



Transition planning is building that bridge. Transition planning means making decisions about what you need to learn to be successful as an adult.

That's what *Whose Future Is It Anyway?* is all about.

If you **really** want to take more **control** planning your future, if you **really** want to take more **control** in your IEP and transition planning process, if you **really** want to move away from home, get a good job and have money...well, you gotta learn to make decisions.

Or, you can live at home with your parents forever with *no money*. Or work in a real **boring** job for *no money*. And never go to concerts or movies.

It's your choice.

I thought so.

OK. Back to **DO IT!**

Remember that IEP or transition folder you looked at before? Great, get that out again.

What? Don't have it? Lost it? Dog ate it?



Dog did *what* to it?

What was your dog doing in your notebook?

Never mind, I don't want to know. If you don't have one, go back to your coach



and get another one.

Take a good look at this thing. Lots of decisions to be made here, that's for sure. And important ones too...like where you're gonna live, work and play. Only the most important decisions in your life!

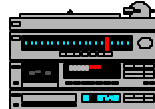
You **really** ought to be involved in these.

All right, let's choose an area where decisions are going to be made about your future.

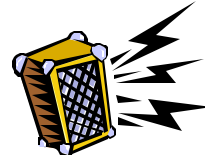
You looked at these areas back in **SESSION 5**.

Remember, those "desired outcomes," what you expect to happen?

Like, if you crank your stereo up



put in a CD  and press play, the music will play real loud.



And your dad will come and yell at you to turn it down.

Remember the outcomes you expect when

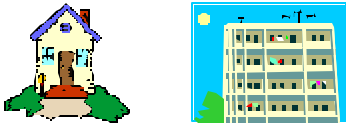


you graduate?

An **employment outcome** is what you expect to do about work.



A **residential or living outcome** is where you expect to live. At home, with a roommate, in a house or an apartment.



A **post-secondary outcome** is what you expect to do about more school after you graduate. Like going to college or vocational school, or just taking classes to learn something you want to know more about.



A **recreation or leisure outcome** is what you expect to do with your free time (and money!). Like exercising, doing sports, traveling or going to movies.



OK, what you are going to get to do is to learn better decision-making using one of these outcomes: **residential and living**.



Ready?

What is step 1 in decision-making?

Define your problem

Outline your options

Identify the outcome of each option

Take action

! Get excited

Right, **D**efine your problem.

This means figure out what you have to make your decision about. Not a problem, like what happens when you accidentally drop your dad's cellular phone, shattering it to sixty pieces. A problem like figuring out what you want to do.

Or, in this case, where you want to live?

Sounds simple, right? I mean, you don't need a whole step in this process to say you want to figure out where you will live.

Right?

Nothing is ever simple. Especially decisions about your life. There is a lot to think about. Too much to think about. I get a headache just thinking about thinking about



it.

That's why you have to define your problem. There are a lot of things that you need to make decisions about. To come to a good decision, you need to be able to say very clearly what you are making your decision about.

So, step 1 is to learn to state your problem very clearly. You should probably write it down or say it out loud.

In this case, it is pretty easy:

“I am going to make a decision about where I might want to live when I graduate from school.”

See, this is clear.

Now, step 2 is to **O**utline your options. You’ve figured out what you want to make a decision about. Now it’s time to look at your options in making that decision and get information about each option.

Outline. That means to make a list.



Options. That means all the things you can choose from. Why do we need options? They may be called your alternatives. They help us compare things that we want, so we get the things that are most important to us.

So the next step is to come up with a list of the different things you could choose from when making your decision. To do that you will need to get some information.

Which options you come up with depends on.... well, it depends on you!

Why? Because you are unique.



Everyone is different.

Even if two people are going to make a decision about the same thing, like where to live, they might have very different options.

Right.... based on individual needs, preferences and abilities.

Look at these two people. Both are going to make decisions about where they want to live after they graduate.

Rosita grew up in a small town near the



Gulf. When she was growing up, her family lived in one house that had been her grandparents' home before. She had horses and was responsible for grooming them daily. There were always a lot of people living with them...grandparents, aunts, uncles, brothers, sisters, cousins. The house was big enough that there was always enough room. Rosy really liked to go to the beach not far from her home



so that she could swim, fish, gather shells and just hang out. She really couldn't imagine living anyplace where she couldn't hear the waves. She rides a bus to a school in a nearby town and when she graduates she thinks she wants to work at a feed and tackle

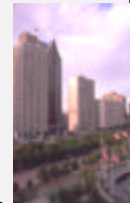


store in her hometown.

Andrew's family was in the military



and he has lived in ten different states. Since his parents' divorce he has lived with his mom in an apartment near



downtown. It's a nice place, two bedrooms, just enough for the two

of them. There is an elevator and the doors are wide enough to accommodate his wheelchair. He goes to school right down the street and after school works at the grocery store one



block over. He spends a lot of time at the basketball court with school buddies. He thinks he wants to work selling stuff in stores because he likes people, but is sure he wants to have his own place soon.

Now, think about it.

- o Will Rosy want to live in an apartment in a large city when she graduates?



- o What kinds of places to live might be in Rosy's town?
- o How will Rosy handle a roommate?
- o What kind of place to live might be good for Andrew?
- o What will he need to think of when he moves to accommodate for the use of his wheelchair?
- o Will he want to stay in the same city?

Of course, you can't answer all these questions. Only Rosy and Andrew can. But you can tell that the options about where to live will be very different for each of them.

Rosy probably won't even bother to think about living in a high-rise apartment building because they don't have those in her town. Plus, she's lived in a ranch house with lots of room, land and people all her life.

Andrew probably isn't going to go looking for a large house with lots of land because he wants to move out quickly and probably can't afford more than an apartment.

You see how many things there are to look at. That's why you need to think about your options.

Even if you think you know what you want, there are still a lot of options.

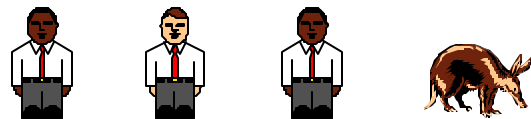
For example, if you think you want to live in an apartment, you still have a lot of options to think about. Do you want a one or two-bedroom apartment? Upstairs or downstairs? In what part of town? Fireplace or not?

See, nothing in life is ever simple!

That's why you need to **Outline** your options.

The way to do this is to start by thinking of a lot of options and throw out the ones you are absolutely sure you don't want.

Like, if I asked you to look at these four things and tell me which two are alike, what is the first thing you would do?




Right, you would throw out the aardvark.



The aardvark doesn't belong because it's not a person! You throw it out because it just doesn't fit! It doesn't match what you're looking for.

Well, the first thing you should try to do in outlining your options is to throw out all

your  armadillos – the things that just don't fit what you want. That means to throw out all the things you are positive you don't want to do. Like Rosy would throw out living in a high rise apartment.

The Outline your options exercise lets you think through what things you want to keep on your list. Check ✓ next to all the answers that seem best for you. When you finish, you will have a better idea about the things you have to choose from. This gives you a place to start.

You don't have to come up with a final decision. Just work through some of your thoughts.

Outline your options

Where you want to live

- ☐ in the same city or town where I live now.
- ☐ in a different city or town.

Write the name of the city or town:

Who you want to live with:

☐ alone



☐ with my family



☐ with roommate(s)



What kind of place you want to live in:

☐ an apartment



☐ a house.



☐ a trailer



☐ a dormitory




How you will pay for where you live:

- ☐ rent
- ☐ lease
- ☐ buy


What you will need to be near:

- | | |
|------------------------------------|------------------------------------------------------------------|
| <input type="checkbox"/> relatives | <input type="checkbox"/> work |
| <input type="checkbox"/> shopping | <input type="checkbox"/> transportation <input type="checkbox"/> |
| leisure activities | <input type="checkbox"/> worship |
| <input type="checkbox"/> school | <input type="checkbox"/> restaurants |
| <input type="checkbox"/> exercise | <input type="checkbox"/> other |


Now, use this to throw out your  armadillos – the things that just don't fit what you want.


Those are the areas you did not ✓ check. The next step is to get information on things that are left. That's why you threw out the ones you weren't interested in. Why waste a lot of time getting information you are absolutely not going to use, right?

Take a look at what you checked. On

mine, I thought an apartment  in the same city I live in now would be a good

plan. I will need a roommate,  and

to be near a bus stop,  and a

grocery store.  So, I need some information about apartments.

Later on you will learn more about the resources in your community to help you get information. For now, where could I get information about apartments and roommates?

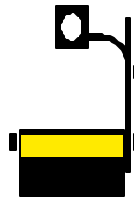
Well, I knew a business that helps people find apartments. I made an appointment to see someone there and told them that I wanted an apartment near stores and a bus stop. The apartment-finder wanted to know how much I wanted to spend a month and I told him what I had in mind and that I was going to get a roommate. He told me about six different apartment complexes that might be what I wanted. I got some brochures about each one and a map of where they were located.

I went home and started a list of the apartment complexes. I listed their name and where they were located.

A good start, but I've still got some work to do.



Take the rest of your time and come up with a list of options for where you might want to live. Your list may be a lot different from mine. Unique, remember? You might not have the time to go out and get all the information you need. But, you can talk to people who can support you as you make this list. Talk with a teacher, parent or neighbor about options you might have. They can probably help you come up with a list.



Okay. Let's look at what you've covered this session.

- ☒ You looked more closely at the D _ _ _ process.
- ☒ You learned that step 1 in the process was to D _____ the problem that you had.
- ☒ You saw that defining your problem meant figuring out what you want to make a d _____ about.
- ☒ You learned that step 2 in the process was to O _____ your options.
- ☒ You found out that outline means make a l _____ and options are the things you c _____ from.
- ☒ You figured out which o _____ you could throw out immediately.



They just don't fit what I want!

- ☑ You learned that to outline your options you had to get i_____ about the different options you might be looking at.
- ☑ You saw that everyone is an individual and everyone's options will be d_____.



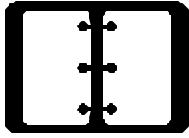
Before the next session, you should have:

- ✎ Finished talking with people who could help you come up with a list of options about where you might live when you graduate. Compare options and decide what is most important to you.
- ✎ Made a list of all these options on a sheet of paper.

Okay. So that's it for now.



Later.



Session 8 Summary Sheet - Steps 1 & 2 of Do It!

WHOSE FUTURE GOAL 6: You will learn to make decisions using **DO IT!**

- ☒ You looked more closely at the **DO IT!** process.
- ☒ You learned that step 1 in the process was to **D**efine the problem that you had.
- ☒ You saw that defining your problem meant figuring out what you want to make a decision about.
- ☒ You learned that step 2 in the process was to **O**utline your options.
- ☒ You found out that outline means make a list and options are the things you choose from.
- ☒ You figured out which options you could throw out immediately.
- ☒ You learned that to outline your options you had to get information about the different options you might be looking at.
- ☒ You saw that everyone is an individual and everyone's options will be different.

