

Module 1: Putting Together the Foundation for a Healthy Life

Topic 1 Content: The Decision-Making Process

Introduction

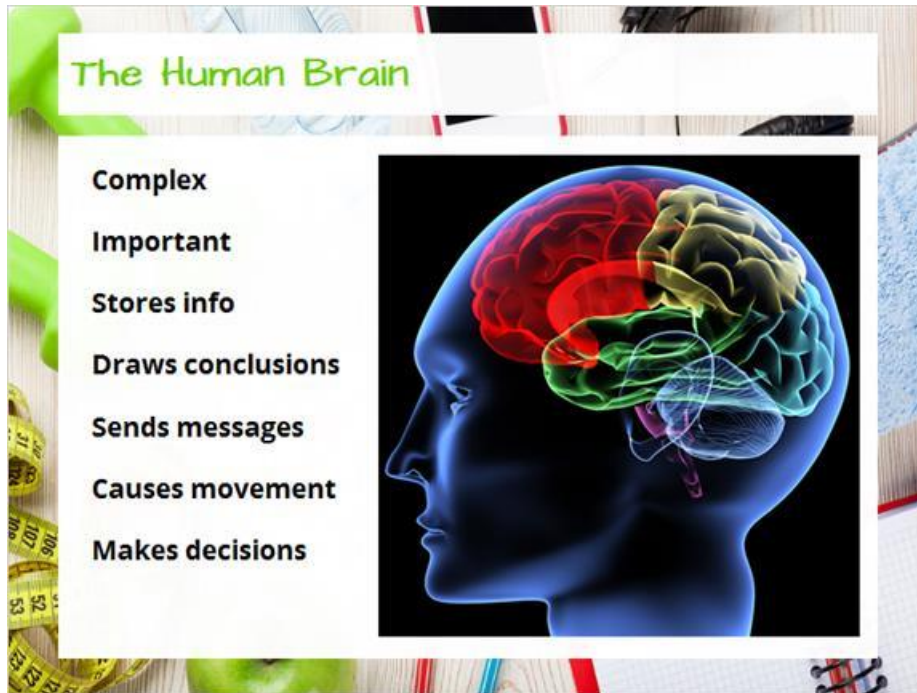


The Decision-Making Process: Making Healthy Choices

Module 1: Putting Together the Foundation for a Healthy Life

Topic 1 Content: The Decision-Making Process

The Human Brain

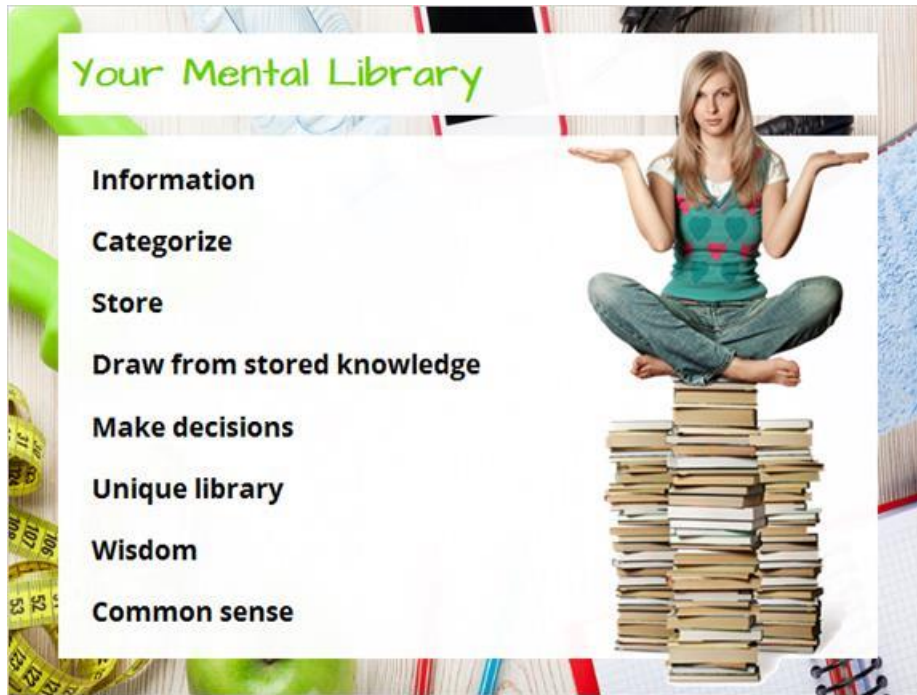


The human brain is a complex organ. Its functions are endless, and its importance is immeasurable. Among its countless functions, your brain has the capacity to store information, to draw conclusions from that information, to send messages of feeling and sensation to the body, to cause body movements, to make difficult decisions, and to discern between right and wrong.

Module 1: Putting Together the Foundation for a Healthy Life

Topic 1 Content: The Decision-Making Process

Your Mental Library

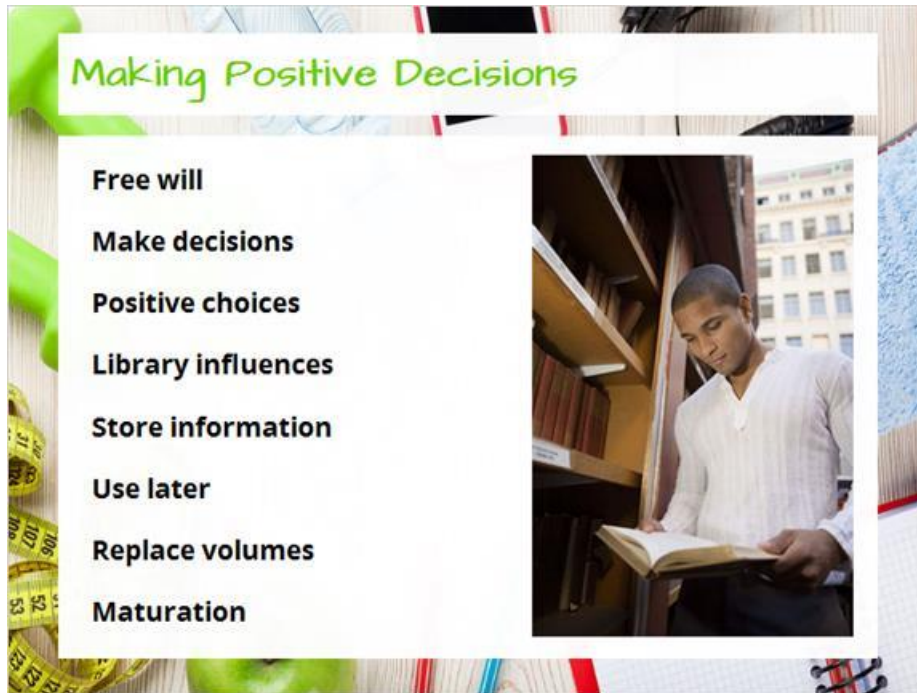


Imagine for a moment if your brain were like a library with endless shelves of books. Volumes of information are stored on the “shelves” of your brain. What you receive in your mind, you categorize and store in these volumes. When you need the information, you can draw from the stored knowledge and make decisions. Not everyone’s library looks the same or holds the same number of volumes containing the same information; however, mixed in with these rows and rows of knowledge and stored information are volumes of wisdom and common sense.

Module 1: Putting Together the Foundation for a Healthy Life

Topic 1 Content: The Decision-Making Process

Making Positive Decisions



So, what does this mean to you? You have the ability and free will to make your own decisions and choices. How are you going to make positive choices? The information you gather into the “library” of your brain will influence these decisions.

As you continue in this lesson, you may want to “store” much of this information for another time when you will need to draw from it. You may also want to replace some of your already existing “volumes” of information with the information you “take in” from this lesson. This is part of maturing into adulthood.

Module 1: Putting Together the Foundation for a Healthy Life

Topic 1 Content: The Decision-Making Process

The Magnitude of Your Choices

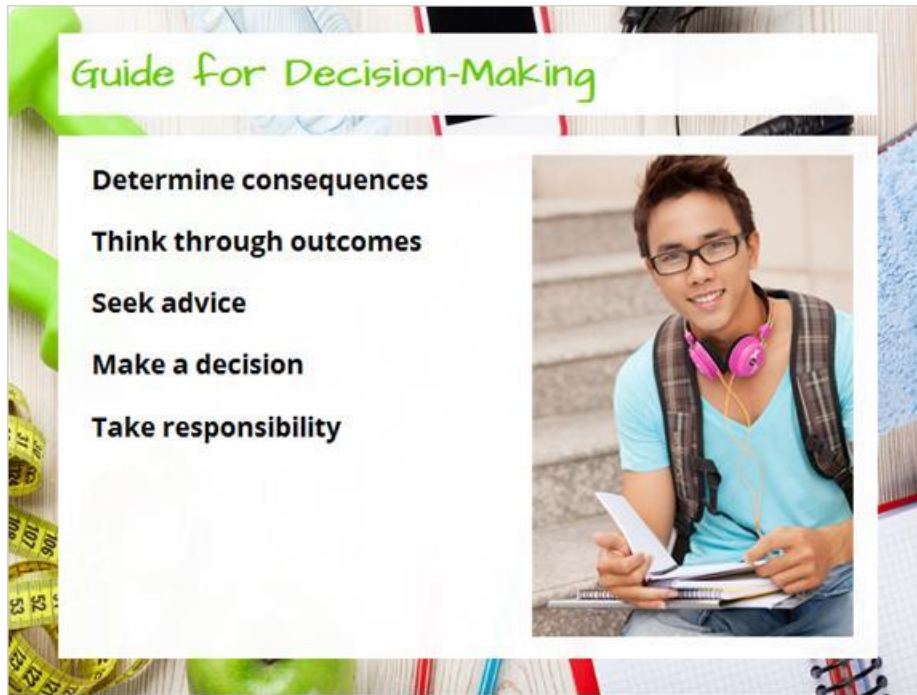


Life is full of choices. As you mature, you will make choices that will affect the rest of your life. Some choices are very weighty, such as choosing the college you will attend or pursuing the type of career you want. Other choices are more banal, such as what you will wear that day or what you will eat for lunch. Whether these decisions are big or small, they are yours to make.

Module 1: Putting Together the Foundation for a Healthy Life

Topic 1 Content: The Decision-Making Process

Guide for Decision-Making



As you grow into adulthood, you will be faced with a growing number of decisions. It is important to consider each decision before it is made. Here is a guide for decision making:

- Determine the consequences of the decision;
- Think through all the possible outcomes of your decision;
- Seek advice;
- Make a decision; and
- Take responsibility for the consequences.

Module 1: Putting Together the Foundation for a Healthy Life

Topic 1 Content: The Decision-Making Process

Positive and Negative Consequences



With every choice you make, there is a consequence. These consequences can be negative or positive, and many times the same decision carries both struggle and joy. For example, making the choice to attend college will mean much hard work, but it will also mean a more thorough preparation for the pursuit of your chosen profession. If you decide to eventually marry, you will have the opportunity to experience the responsibilities involved, including the joys and challenges of making a home with your spouse, and perhaps the rewards of raising a family. Taking responsibility for your decisions is an essential part of becoming a mature adult.