

Flip of a Coin

Lesson plan

Aim

To become aware of the variety of decision-making styles.

Mapping

CES 'I Can' Statements	CMS Themes
★ I Can' confidently access and interpret the information I need to make well informed choices about my learning options pathways and how these related to possible future careers	★ I make positive career decisions ★ I build on my strengths and achievements

Learning Outcomes

- Young person will be able to identify different decision-making styles.
- Young person will be more aware of their own decision-making style and why they use this technique.

Development of Activity

Introduction

This activity will introduce the range of decision-making styles and how to identify which one they use and why they use it.

Instructions for the young person

You can use these instructions for your young people to explain the activity.

A work-around has been included for those who can't print the worksheet. You can give this option to young people at the time and in the way you think best.

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Before you start

- ★ Watch video: [Flip of a Coin](#)

This clip identifies that when we make decisions we do actually go with our gut – but where does that gut reaction come from, is it enough just to consider the flip of a coin?

Complete the questions in the Decision-Making Reflection sheet. You will also need the Decision-Making Styles sheet to identify the different styles of decision-making.

- ★ Take time to consider a recent decision that you've made
- ★ Use the attached Decision styles sheet and consider which method you used to make that decision
- ★ Now take some time to consider the other methods. What would have been different if you had used some of the other decision-making methods.

Follow-up

Everyone makes decisions differently – young person to consider whether they really know how they make decisions and the benefit of being aware of this.

Thinking back to the video clip from the beginning, your gut reaction is in fact based on previous thought – you might have already considered the pros and cons or taken advice from someone else – these are the things which will create that gut reaction.