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STUDENT HANDOUTS

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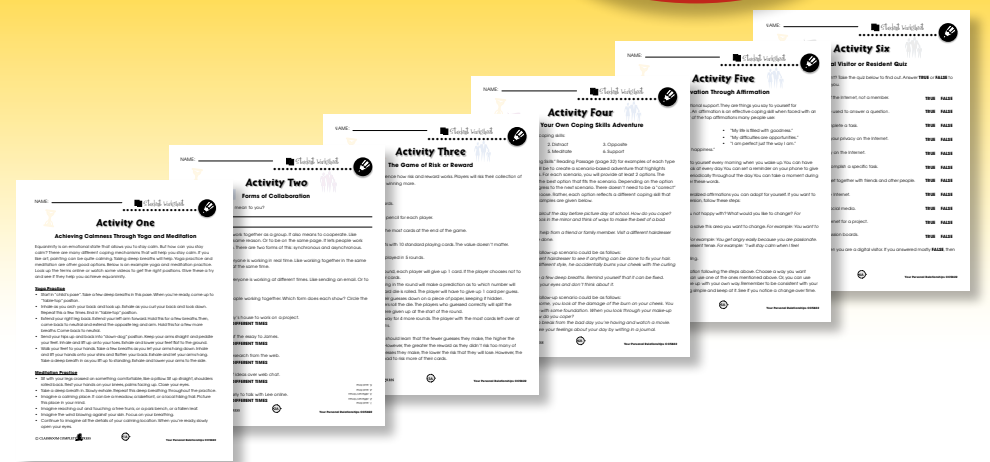
EASY MARKING™ ANSWER KEY 21

MINI POSTERS 23

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Decision-Making & Problem Solving

1. Samuel is looking to buy a new TV. He finds one he likes because of its size and price. Is Samuel using rational or irrational decision-making? How could he change?



2. Hana is upset with a co-worker. Her co-worker keeps taking her lunch. Hana decides to talk to her co-worker and calmly ask them not to take her lunch. Is Hana using rational or irrational decision-making? How could she change?

3. Use the words in the box to answer each question. You may use a dictionary to help you.

barriers goals intuition irrational rational reasoning

- a) What does it mean to do something without reason?
 b) What is it when you think logically?
 c) What does it mean to have a "gut feeling" about something?
 d) What are things you try to get?
 e) What does it mean to think clearly about something?
 f) What is something that blocks you?



Decision-Making & Problem Solving

Decision-making is when you pick something out of many options. When out with friends, you will be faced with many decisions to make. Whether it's choosing a restaurant with your friends. Or choosing who to invite to your birthday party. You will be faced with many choices in your lifetime. Being able to make good choices will help you maintain healthy relationships.

There are two kinds of decision-making. The first kind is **rational** decision-making. This means you use information, logic and thinking. Rational decision-making is a step-by-step model. It finds a problem, picks a solution, then finds an answer.

Rational decision-making uses *reasoning*.
 Irrational decision-making uses *intuition*.

The second kind of decision-making is **irrational**. This means you use your personal feelings and opinions to make a decision. Irrational decision-making depends on your "gut feeling". It is not a **reliable** method. It can change throughout your life.

Below is a list of skills. Circle the ones you think a good decision-maker has.

- Active Listener Creativity Critical Thinker
 Emotional Intelligence Flexible Investigates
 Leadership Research Risk Management
 Strategy Time Management



Decision-Making & Problem Solving

1. A series of problems are listed below. Identify possible goals, barriers and solutions.

- a) Sophia is not ready for her exam tomorrow.

Goals: _____
 Barriers: _____
 Solutions: _____

- b) Gabriel has 3 hours to style the bride's hair and her 7 bridesmaids.

Goals: _____
 Barriers: _____
 Solutions: _____

- c) Androula can't afford to go on a class trip.

Goals: _____
 Barriers: _____
 Solutions: _____

- d) Idir's having trouble house training his new puppy.

Goals: _____
 Barriers: _____
 Solutions: _____



Decision-Making & Problem Solving

3. To solve a problem, you need to be a good decision-maker. A good decision-maker uses both irrational and rational decision-making. Think of a problem you have, or one you've had in the past. Think about how you solved it. Describe how you used both irrational and rational decision-making. How was the problem solved?



Graphic Organizer

4. Use the graphic organizer on page 12 to help make good decisions.

Making decisions can be hard. Sometimes you need to weigh your options. A graphic organizer can help lay out all the options. Write your goals at the top. Then, brainstorm possible solutions. For each solution, gather information. Identify the pros and cons for each solution. Review this information before coming up with a decision. List your final decision on the bottom.

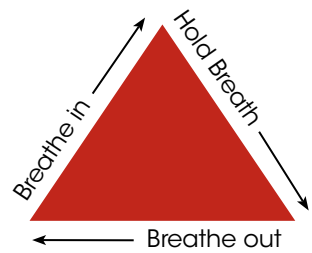
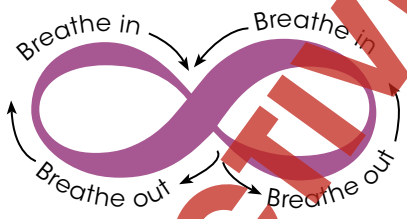


Coping Skills: Breathing Strategies

One of the most common coping strategies is breathing. Taking the time to breathe will help you calm down. It's a great technique to use when coping with emotions and stress. Below are 4 common breathing strategies to try the next time you need to cope with something in your life.

Loop Breathing

First, take a long deep breath. Then, take a long breath out. Repeat as needed.

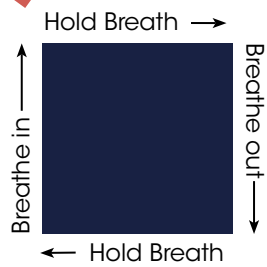


Triangle Breathing

Start by breathing in for 3 seconds. Then, hold your breath for 3 seconds. Finally, breathe out for 3 seconds. Repeat this process.

Square Breathing

Start by breathing in for 4 seconds. Then, hold your breath for 4 seconds. Now, breathe out for 4 seconds. Then, hold for another 4 seconds. Repeat this cycle.



Star Breathing

First, take a deep breath in. Hold for 1 second. Then, slowly breathe out. Repeat 4 more times to complete the star formation.



Word Search

Find all of the words in the Word Search. Words are written horizontally, vertically, diagonally, and some are even written backwards.

- | | | | |
|----------------|------------------|--------------------|-----------------|
| accountability | compromise | goals | perspective |
| affirmation | cooperation | implement | problem solving |
| analyze | copng | impulse | reasoning |
| assertiveness | decision-making | interpret | rewards |
| barriers | digital identity | irrational | risks |
| clickbait | digital resident | opportunities | self-esteem |
| collaboration | digital visitor | passive aggressive | stress |



Comprehension Quiz

Part C

Answer each question in full sentences.

- Wang Fang is working in a group. She stares at her phone when a group member is talking. She tells her group members which tasks to complete. She is constantly frowning and sharing negative comments. What traits show that Wang Fang is aggressive? How can she change this? 4
- Rafael is trying to decide whether he should apply for a promotion at work. He hasn't been with the company for very long. However, he wants to move up. He's worried he will be rejected. Should Rafael take the risk? Explain why or why not. 4
- Noa has a test coming up. She is worried. She is eating a lot more and sleeping less. She has a hard time paying attention when studying. She is suffering from headaches and stomach pain. Is Noa suffering from stress or anxiety? What are some tips to help Noa? 4
- Carson likes to use social media. He shares his daily routines. He posts pictures of himself on adventures. He shares where he lives and what schools he went to. Is Carson a digital visitor or resident? Explain why. What tips would you share with Carson to make sure he's being safe online? 4

Coping Skills: Self-Talk

Self-talk is a coping skill that allows you to listen to your inner voice. This inner voice can be positive or negative. It's important to maintain a positive inner voice. Below are steps to help understand and steer your self-talk into a positive direction.

- Listen to your inner voice.
 - "You are a nice person."
 - "You're not a very nice person."
- Is your inner voice helping you?
 - "I feel good about being nice."
 - "Not being nice makes me sad."
- How can you change your inner voice to make you feel better?
 - "I can do one nice thing for someone every day."
 - "I do nice things for people; therefore, I must be a nice person."



Decision-Making & Problem Solving



1. A series of problems are listed below. Identify possible goals, barriers and solutions.

a) Sophia is not ready for her exam tomorrow.

Goals: _____

Barriers: _____

Solutions: _____

b) Gabriel has 3 hours to style the bride's hair and her 7 bridesmaids.

Goals: _____

Barriers: _____

Solutions: _____

c) Androula can't afford to go on a class trip.

Goals: _____

Barriers: _____

Solutions: _____

d) Idir's having trouble house training his new puppy.

Goals: _____

Barriers: _____

Solutions: _____

1.

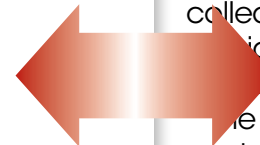
Answers will vary, but may include:

a) Goals: To pass the exam. Barriers: Not enough time to study. Solutions: Review the entire unit, and focus on the areas she needs help on.

b) Goals: To finish styling all the hair before the ceremony. Barriers: Too many people in a short amount of time. Solutions: Ask a colleague to help, or designate no more than 30 minutes for the bride, and 20 minutes for each bridesmaid.

c) Goals: To go on the class trip. Barriers: Doesn't have enough money. Solutions: Ask to borrow the money from a parent or friend.

d) Goals: For his puppy to stop having accidents in the house. Barriers: His puppy doesn't listen to his commands. Solutions: Take the puppy to training school.



EASY MARKING ANSWER KEY





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.....

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Critical Thinker

Emotional Intelligence

Flexible

Investigates

Leadership

Research

Risk Management

Strategy

Time Management

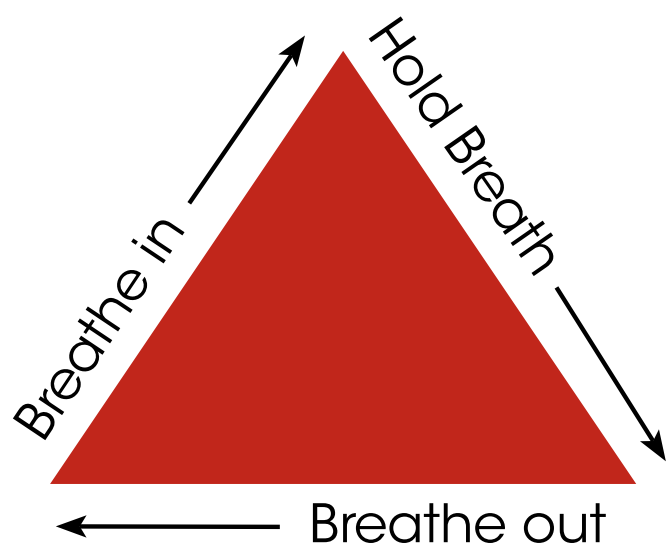
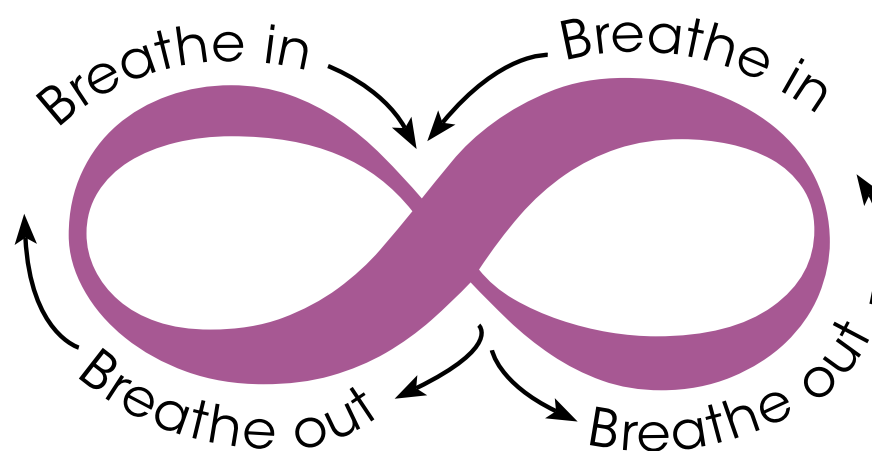


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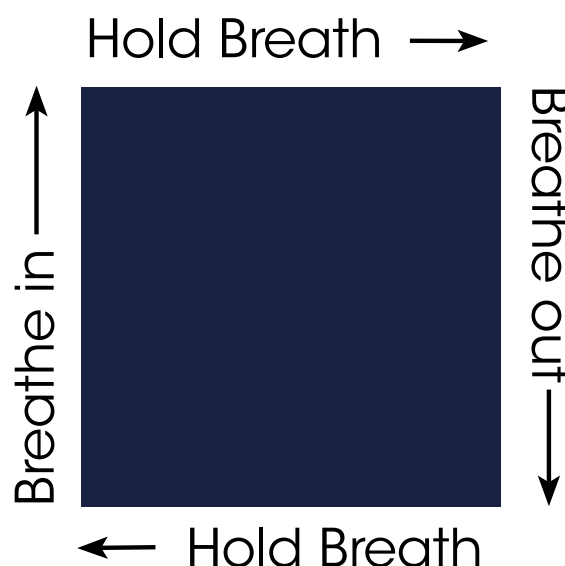


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"I do nice things for people; therefore, I must be a nice person."**