



## Tulare County Office of Education | CHOICES TUPE Newsletter

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### Decision making

The CHOICES TUPE program helps students discover information and build skills so they can successfully transition through important life milestones. In this newsletter, we will discuss ways to make better decisions and the consequences of making poor choices.



#### Tips to help make good decisions

- Clarify your thoughts
- Be clear about your goals
- Give yourself a timeline when making big decisions
- Gather information
- Listen to what your instincts tell you
- Lay out the facts
- Weigh pros and cons
- Consider the consequences of your actions
- Think how your decisions will align with your values



#### Consequences of bad decisions

- You can compromise your morals
- You may not get what you want
- You can damage meaningful relationships
- You might experience symptoms like anxiety, distress and guilt
- You may have to experience lessons the hard way
- You could face financial costs

## Being the influence

As leaders, having the ability to influence others may not come to us easily. It is something we have to intentionally work at to grow and improve. We can influence others positively or negatively; the choice is ours. Here is an acronym to remember that can help you become a more positive influence.

- **T** – Invite the other person to **TELL** you their viewpoint
- **L** – **LISTEN** intently for the sole purpose of understanding what they are saying. Get curious as to why they see things the way they do. Ask open-ended questions to generate further understanding.
- **C** – **CLARIFY** what you heard them say. Summarize their points to ensure you understood their perspective clearly.

Once you have learned their perspective, they will be more willing to listen to yours. Once you have a more unified and objective point of view, you can both work to build win-win outcomes.



### Making the right decision is not always easy

There will be times when you feel pressure from people to do things you do not want to do. Keep in mind what your personal goals and beliefs are and ask, “Will this choice get me further from or closer to my goals?”



### Social media tip of the week

Social media can heavily influence our decision making. Always keep in mind that media can glamorize or give misleading content and that they may not always have your best interest in mind.

#### Resources

[workplacematters.ca/three-easy-steps-to-positively-influence-others/](http://workplacematters.ca/three-easy-steps-to-positively-influence-others/)

#### Additional video resources

[youtube.com/watch?v=2tCYy66CyuQ](https://youtube.com/watch?v=2tCYy66CyuQ)

[youtube.com/watch?v=pPIhAm\\_WGbQ](https://youtube.com/watch?v=pPIhAm_WGbQ)



*“Don’t base your decisions on the advice of those who don’t have to deal with the results.”*  
- Anonymous



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