

## Making Decisions in Everyday Life

Name \_\_\_\_\_

Date \_\_\_\_\_

### ABOUT ME...

- |   |  |
|---|--|
| <p>1. I am _____ years old.</p> <p>2. I have been in 4-H for _____ years.</p> <p>3. Check one:<br/>             _____ I am girl.<br/>             _____ I am boy.</p> | <p>4. Birthdate (MM/DD/YY) _____</p> <p>5. How do you describe yourself? (check one)</p> <p><input type="checkbox"/> African –American, not of Hispanic origin</p> <p><input type="checkbox"/> American Indian or Alaskan Native</p> <p><input type="checkbox"/> Asian/Pacific Islander</p> <p><input type="checkbox"/> Hispanic</p> <p><input type="checkbox"/> White, not of Hispanic origin</p> <p><input type="checkbox"/> Other- please specify _____</p> |
|---|--|

**Instructions:** The following statements describe how you might make a decision in every day life. Circle the number that best corresponds to how often you did what is described in the last 30 days. For example, if you circle 5 for a statement, that means you **always** do what is described in the statement.

### WHEN I HAVE A DECISION TO MAKE . . .

	Never	Rarely	Sometimes	Often	Always
1. I easily identify my problem.	1	2	3	4	5
2. I think about the problem before I take action.	1	2	3	4	5
3. I look for information to help me understand the problem.	1	2	3	4	5
4. I ask others to help me identify my problem.	1	2	3	4	5
5. I think about ways of dealing with my problem.	1	2	3	4	5
6. I think before making a choice.	1	2	3	4	5
7. I discuss choices with my friends before making a decision.	1	2	3	4	5
8. I discuss choices with my parents before making a decision.	1	2	3	4	5
9. I look for positive points of possible choices.	1	2	3	4	5
10. I look for negative points of possible choices.	1	2	3	4	5
11. I consider the risks of a choice before making a decision.	1	2	3	4	5

**Never    Rarely    Sometimes    Often    Always**

12. I consider the benefits of a choice before making a decision.	1	2	3	4	5
13. I make decisions based on what my parents tell me.	1	2	3	4	5
14. When faced with a decision, I realize that some choices are better than others.	1	2	3	4	5
15. I make a decision by thinking about all the information I have about the different choices.	1	2	3	4	5
16. I prioritize my choices before making a decision.	1	2	3	4	5
17. Before making another decision, I think about how the last one turned out.	1	2	3	4	5
18. I do think of past choices when making new decisions.	1	2	3	4	5
19. If I experience negative consequences, I change my decision the next time.	1	2	3	4	5
20. Decision-making is easy for me.	1	2	3	4	5

**WHAT FACTORS INFLUENCE YOUR DECISIONS?**

Rate how often the following factors influence your decisions.

	<b>Never</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Often</b>	<b>Always</b>
1. Personal experience	1	2	3	4	5
2. Close friends	1	2	3	4	5
3. Feelings or emotions	1	2	3	4	5
4. Parents	1	2	3	4	5
5. Brothers and sisters	1	2	3	4	5
6. Personal values	1	2	3	4	5
7. Advertising	1	2	3	4	5
8. Television or movies	1	2	3	4	5
9. Peer pressure	1	2	3	4	5
10. Other adults	1	2	3	4	5