



TAKING ACTION


1. AUTONOMY

Autonomy is the ability to think and make decisions on your own. Making decisions is a way for you to become independent and responsible. When making decisions, you can value the advice from others, but you must realize that this advice may be influenced by other people's personal opinions. Peer pressure, which means following along with the opinions of others, should have no effect on you as you learn to make decisions independently.

Materials
• Printed handout
• Pen or pencil

STEP BY STEP

- A** Print the handout on the next page or copy it in your notebook so you can work on it.
- B** Think about a short-term decision you made recently and complete the handout. Read the list of factors to consider for decision making and decide which ones influenced your decision. Add any other factors that you took into account to your list. Then decide whether your decision was autonomous or not.
- C** Work in pairs. Compare your list of factors and reasons. Discuss if your decisions were autonomous and why.



My decision was autonomous because I took into account the things that could keep me from reaching my goal.

I also think your decision was autonomous because you listened to other's advice but only as help to consider your options, not as an influence.

D Discuss in groups. Write your conclusions.

1 Why is it important to be autonomous when making decisions?

2 What elements are necessary to make autonomous decisions?

3 Why is it important to make personal choices based on reflection and individual analysis?

IT

If you want to learn more about making autonomous decisions, you can go to: <http://edutics.mx/56a>



TAKING ACTION
1. AUTONOMY

Factors to consider

- My personal values
- My needs
- My friend's / family's needs
- Opinions from my peers
- School trends and tendencies
- My own fears and insecurities
- The consequences
- What others would think of me

Decision: _____

*Factors I took into account
to make my decision:*

*Reasons why my decision
was autonomous:*





TAKING ACTION

2. PREVIOUS EXPERIENCES

Do past experiences influence your decision-making today? According to experts, they do. Your memory of situations in the past affects the decisions you make in similar situations in the present. They are like teachers that help you learn. They have an important influence over your behavior. When something positive results from a certain decision, you will very probably make a similar decision in a similar situation. Also, people tend to avoid repeating past mistakes. An anonymous quote says: "Life is all about making choices. Always do your best to make the right ones and always do your best to learn from the wrong ones."

Materials

- Printed handout
- Pen or pencil

STEP BY STEP

- A** Print the handout on the next page or copy it in your notebook so you can work on it.
- B** Think of a situation where you made a bad decision and fill in the first column in the table. Then think of a similar situation in which you made a different decision and fill in the second column.
- C** In pairs, share the information in your table and discuss what you learned and if that knowledge helped you make better decisions.
- D** Discuss as a class. Write your conclusions.



1 Do you think past experiences are helpful to make decisions in the present? Why?

2 Do you think every bad experience you had taught you something? Why?

3 How important is it to make mistakes and learn from them?

IT

If you want to learn more about how past experiences influence your decision-making today, go to: <http://edutics.mx/56K>



TAKING ACTION

2. PREVIOUS EXPERIENCES

	Past experience	A similar experience
<p>Situation</p>		
<p>What happened?</p>		
<p>What did you learn?</p>		
<p>What did you decide to change for the future?</p>		