

Decision Making Summary

A child's approach to problem solving that involves learning from others and from their own previous experiences, using their values to guide their action, and accepting responsibility for their decisions.

How the DESSA Measures Decision Making

DESSA K-8	DESSA-HSE
37. follow the example of a positive role model 39. accept responsibility for what she/he did 42. show good judgment 52. seek advice 65. learn from experience 66. follow the advice of a trusted adult 68. show the ability to decide between right and wrong 69. use available resources (people or objects) to solve a problem	22. follow the example of a positive role model? 25. show good judgment? 37. learn from experience? 38. follow the advice of a trusted adult? 40. do the right thing in a difficult situation?

Aspects of Decision Making	<ul style="list-style-type: none"> <i>Learning from others</i> DESSA K-8 Items: 37, 52, 66, 69 DESSA-HSE Items: 22, 38 <i>Using values to guide actions and behaviors</i> DESSA K-8 Items: 42, 68 DESSA-HSE Items: 25, 40 <i>Accepting responsibility for decisions made in order to learn from previous experiences</i> DESSA K-8 Items: 39, 65 DESSA-HSE Items: 37
Developing Decision Making	<ul style="list-style-type: none"> Children can learn about decision making through observing the decisions that adults and peers make, and the outcomes of those decisions. Make time for conversations with children about values and Decision Making.

	<ul style="list-style-type: none"> • Adults can “think out loud” to model their own decision-making process. • Teach children a step-by-step framework or process for making decisions. • Allow children to safely experience the consequences of their decisions. • Help children learn to consider and predict consequences of decisions. • Provide positive consequences (reinforcement) when good decisions are made, rather than just negative consequences for unfavorable decisions. • Provide opportunities for children to practice decision making.
<p>Benefits of Decision Making</p>	<p>Decision Making skills at home can...</p> <ul style="list-style-type: none"> • Enhance a child’s relationships with caregivers and siblings. • Reduce behavioral problems and increase coping skills for distress. • Increase adults’ trust to provide opportunities for child independence. • Increase media literacy skills. <p>Decision Making skills at school or out-of-school time programs can...</p> <ul style="list-style-type: none"> • Improve relationships with educators and peers. • Promote collaborative learning and group cohesiveness. • Reduce time spent on behavior management and discipline. • Improve academic achievement. • Increase ability to cope with peer pressure. <p>Decision Making skills can lead to a future of...</p> <ul style="list-style-type: none"> • Healthier, warmer relationships in adulthood. • Better functioning in diverse contexts and groups due to understanding of diverse perspectives. • Reduced likelihood of substance abuse and risky or delinquent behavior. • Reduced likelihood of depression and anxiety. • Employability and good workplace performance.

For more detailed information about Decision Making, please see the full competency guide found in the DESSA Comprehensive SEL System.