

October: WEEK FOUR



MAKING GOOD DECISIONS

THE AGENDA:

Discussion: What is the difference between a good decision and a bad one? How do you know when you have made a good decision? Who helps you make good decisions? Who helps you make bad decisions? Discuss feedback, the role of hindsight, thinking ahead, considering alternatives, etc.

- ◇ 'Stepping Up to Good Decisions' Worksheet
 - ◇ 'Giving and Receiving Feedback' Worksheet
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- ◇ Carve a pumpkin or paint gourds to celebrate Halloween. You can also plan a costume or discuss Halloween safety
 - ◇ Go to the library and research the history of Halloween or read a Halloween book like *The Legend of Sleepy Hollow* or tell ghost stories.



STEPPING UP TO GOOD DECISIONS

Think of a decision you made recently, or one that you need to make soon. Work that decision through the following steps.

STEP ONE: IDENTIFY THE DECISION TO BE MADE.

STEP TWO: THINK ABOUT THE OPTIONS. THROW OUT ANY OPTIONS THAT COULD LEAD TO TROUBLE. IF YOU'RE NOT SURE, ASK YOURSELF:

- Is it against the law, school or family rules, or teachings of my religion?
- Is it harmful to me or others?
- Would it disappoint my family or other adults important to me?
- Is it wrong to do?
- Would I be hurt or upset if someone did to me?

STEP THREE: PREDICT THE CONSEQUENCES OF EACH POSITIVE OPTION.

STEP FOUR: CHOOSE THE BEST COURSE OF ACTION.

STEP FIVE: DO WHAT YOU DECIDED.

STEP SIX: RETHINK YOUR DECISION. HOW DID THINGS TURN OUT? SHOULD YOU DECIDE DIFFERENTLY NEXT TIME?

GIVING AND RECEIVING FEEDBACK

Reflections:

Think back to your childhood. Who around you gave you feedback on how you were doing in school, in the family, at sports? Write their names below.

How did their feedback – whether it was called discipline, advice, coaching, or scolding – feel? Write down words that describe how you felt about the feedback you received from adults when you were a kid.

Think back on bosses you've had in your career or teachers you have had in school. What did they do to help you look at your performance and figure out how to improve it?

Think of the person in your life who proved best at helping you see how you were doing and how you might improve without shaming you or making you feel defeated. Write his or her name below, and then write how s/he did it. What do you remember about his/her approach?

Feedback Worksheet

Step 1: Identify the behavior you want to give feedback on.
I would like to give my mentee some constructive feedback on

Describe the focus of your feedback in terms of behavior.
I've observed/noticed that

Step 2: Describe the effect of the behavior.

When you do _____, I _____

Step 3: Describe the change in behavior you're recommending.

Double check your statements to make sure you are not using judgemental language or making generalizations. Then try it – keeping the following tips in mind.

- Pick your time and place. It is a good idea to give feedback when you are both in a good frame of mind and in a private setting. Do not attempt to give feedback in the heat of the moment if you are upset or angry – wait until you have both calmed down.
- Give your mentee a “heads up” that you want to give him/her some feedback so s/he’s prepared to listen.
- Remember to listen and be empathetic – but don’t be derailed by sidetracks, like apologies or excuses. Acknowledge what your mentee is saying, but keep going.
- Get feedback on your feedback! Ask your mentee how s/he feels about the experience – what worked and what you could do better.