TEEN-WORLD FORUM

NAME: _____

Read the forum posts and answer the questions

TEEN-WORLD Forum

TOPIC: Life decisions
QUESTION: How do you make decisions? What advice can you give other people?



JENNA 2:46 pm

When I'm having trouble with a decision, I usually write things down because it helps me organise my thoughts.
Sometimes I make a table with two columns, for advantages and disadvantages. I did that when I was trying to choose between Spanish and German classes after school. In the end, I chose Spanish, because it's similar to French, which I already speak. And more people speak Spanish, so it might be more useful. When I'm having a hard time making a choice, I also talk to myself out loud. I know that sounds a bit strange, but it actually helps!



BRYAN 5:53 pm

Sometimes I think too much when I have to make a decision. I think and think again, and when I've finally made a choice, I star t to worry that I might be wrong! When that happens to me, I often go for a walk or I do some exercise to relax and take my mind off the problem. After a while, I can think calmly, without feeling so worried and stressed. The time of day is also important for me. I have a hard time making decisions in the morning or in the late evening when I'm tired.



MICHAEL 11:24 am

I hate making decisions quickly because I prefer to think carefully about all the options. For example, I had to choose a topic for a history presentation about Ancient Rome, and I spent four days reading lots of articles online. After all that, I decided that Roman architecture would be a good topic because there was a lot of information, and I found some great photos that I could use. That's how I often make decisions. I take time to think and explore different ideas, and then after a while the best choice usually becomes obvious.



EMILY 3:19 pm

When I need to make a decision, I always talk to people that I trust. Sometimes it's enough to chat about the problem and hear what other people have to say. Other times, I ask for practical advice and suggestions. I usually ask my friends or close relatives, but there's also a guidance counsellor at our school. She's really patient and she always has time to listen. I had an appointment last week to talk about my options for university and she's given me some things to read before our next meeting. Choosing a career isn't easy!

1. How does Jenna organise her ideas more clearly?

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LIVEWORKSHEETS

2. What unusual thing does Jenna do sometimes?

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3. Why was Michael looking for photos online?

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4. Why does Michael need time to make decisions?

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5. Why does Bryan get stressed about decisions?

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