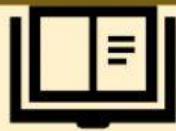


TEEN-WORLD FORUM



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 start 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?

2. What unusual thing does Jenna do sometimes?

3. Why was Michael looking for photos online?

4. Why does Michael need time to make decisions?

5. Why does Bryan get stressed about decisions?

