

REFINING YOUR DECISION-MAKING SKILLS

Center for Academic Success & Exploration

www.butler.edu/learning

Butler University

Decisions can be hard!

- Think about an important decision you've made recently or will need to make in the near future.
 - Clarify and describe the decision.
 - Reflect on how you went about, or will go about, making this decision.
 - What do you realize/recognize about your own decision-making process?
 - What we really want when we make a decision is to see the future. We don't only want to see the options before us, but the result of each of those options.

Who is brave enough to share?

LET'S REVIEW A CASE STUDY!

Case Study

- How can you be helpful to Patrick?
 - What stands out to you in Patrick's background that is important to note?
 - How would you summarize the decision he is making?
 - How would you approach helping Patrick?
 - What questions would you ask Patrick?



Indecision and Ambivalence



True Desires

- Accept internship in Congo
- Stability and enough \$\$
- Help people by being a doctor

Corresponding Fears

- Parent's disapproval
- Missing out on adventures
- Am I smart enough?

Can you do this with a decision that you are facing?

Common Challenges of Decision Making

- Having too much or not enough information
- Misidentifying the problem
- Overconfidence in the outcome
- Outside influence
- Head vs. heart
- Poor timing
- The decision is a reflection of YOU
- Equal choices: good or bad
- Paralysis: Doing something is better than doing nothing...most of the time

Two Exercises to Help with Decision Making

1. An Exercise in Personal Discernment

- Identify the decision at hand
- Identify your leanings
- Why is this a hard choice
- What are the factors
- What are the potential outcomes
- Decide
- Reflect on decision
- Share

Two Exercises to Help with Decision Making (cont'd)

2. Using Values in Decisions

- List the values related to this decision
- Score the importance of each value
- Consider your options (label them choice A, choice B, etc.)
- Evaluate each option based on value scores
- Let the numbers do the work

There's an APP for that: [FYI Decision!](#)

GIVE IT A TRY!

Tips for Making Better Decisions

- Think in years, not days
 - Commit to long-term thought (e.g., 3-year perspective)
 - Take a breath
- Understand the effects of decision fatigue
 - Start strong
- Cut down on the number of decisions you have to make each day
 - Make life easier for yourself
 - Do more with less
- Consider the opposite
- Stay away from the 'What if' game

Want to Learn More?

- **Campus Resources for Decision Making**
 - Center for Faith and Vocation (CFV)
 - Center for Academic Success and Exploration (CASE)
 - Counseling and Consultation Services (CCS)
 - Career and Professional Success (CaPS)
 - Academic Advisors
 - Instructors
 - Peers
 - . . .

Questions?



If you have any questions or need further assistance,
please contact us in the

**Center for Academic Success
& Exploration (CASE)**

in Jordan Hall 144,

or email us at learning@butler.edu.