**LIFE SKILL.**

**DECISION MAKING.**

Def.

It is a process of identifying and selecting a course of action to be taken to solve a problem, attain a goal, and reach a conclusion or resolution.

Decision making skills show your proficiency in choosing between two or more alternatives .You can make decisions once you process all the information available to you and speak with the right points of contact involved in a certain situation.

To make sound decisions, we need accurate or correct information.

Other considerations required in decision making include

1 advice from more knowledgeable people.

2. Values e.g. family, personal, religious and cultural.

3. Prayers before deciding

4 .taking personal responsibilities.

Major decisions need insight and courage due to the consequences involved.

The following are the Dos in decision making

1. Weigh several option
2. Evaluate every consequence of each option
3. Consider the impact on the decision on your own.

Components of effective decision making.

1. Critical thinking; this is the ability to explore the possibility of doing a task in more than one way. This skill assists to shape their reasoning and express independent judgment on all issues. A critical thinker does not believe in everything he hears or sees, he questions whatever he sees and hears.
2. Creative thinking this is the ability to use imaginations to come up with innovative ideas of looking at a problem, issues and situations. Examples of situations requiring creative thinking are

* Writing essays
* Poems
* Songs
* Games/sports
* Interpersonal relationship
* Home management activities e.g. cooking
* Decorations
* Dressing and personal grooming.

3) Problem solving.

A problem is a doubtful or difficult matter, question or task that requires a solution.

Problem solving is solving something that is hard to understand, accomplish or deal with.

Problems present us with obstacles that prevent us from realizing our objectives. Problems are part of our lives.

Examples of life problems

* Financial problems
* Problem of self-perception
* Parenting problems
* Natural calamities
* Relation problems
* Discipline problem amongst our community.

Problem solving approaches

The process of problem solving requires that we

1. Accept the problem-admit that the problem exists .denial doesn’t help.
2. Approach every problem with positive mental attitude ,problem teaches us lessons,when we are positive and we avoid depression as a result of frustration.
3. Seeking guidance and counseling .we can seek this from people who have gone through similar problems or situations .talk about the problem with a person you can trust.
4. Isolating problems .avoid ignoring the small problems for it could be an indication of a bigger problem coming.
5. Avoid rush or irrational thinking ,take time to analyse problems and evaluate all possible solutions.
6. Avoid alcohol or drugs as a relieve .this only compounds a problem ,it is good to confront problems ,realistically ,understand the possible consequences ,fond a solution or learn to cope.

In conclusion there are 7 steps taken in decision making

. identify the decision

. gather relevant information

. identify alternatives

. weigh the evidence

. choose among the alternatives

. take action

. review your decision