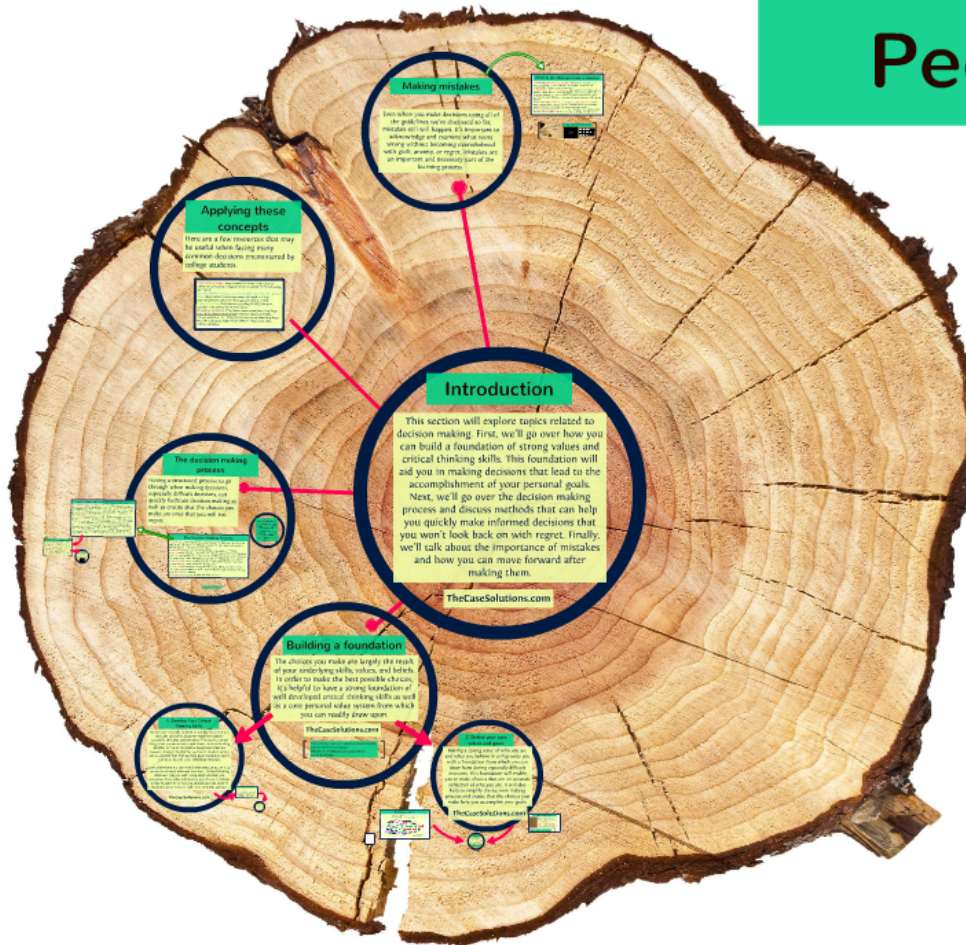


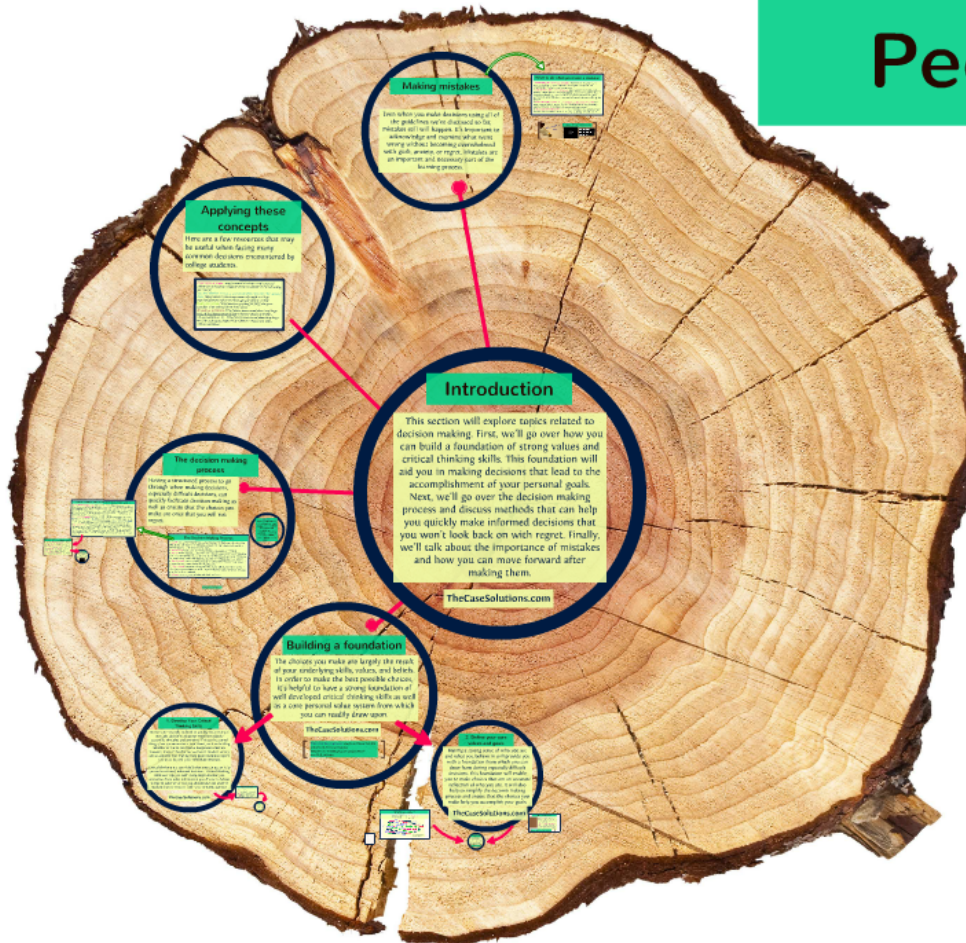
# Using Decision Errors to Help People Help Themselves<sup>7</sup>

TheCaseSolutions.com



# Using Decision Errors to Help People Help Themselves7

TheCaseSolutions.com



# Introduction

This section will explore topics related to decision making. First, we'll go over how you can build a foundation of strong values and critical thinking skills. This foundation will aid you in making decisions that lead to the accomplishment of your personal goals.

Next, we'll go over the decision making process and discuss methods that can help you quickly make informed decisions that you won't look back on with regret. Finally, we'll talk about the importance of mistakes and how you can move forward after making them.

[TheCaseSolutions.com](http://TheCaseSolutions.com)

# Building a foundation

The choices you make are largely the result of your underlying skills, values, and beliefs. In order to make the best possible choices, it's helpful to have a strong foundation of well developed critical thinking skills as well as a core personal value system from which you can readily draw upon.

**TheCaseSolutions.com**

Take it to the next level: check out these helpful articles on decision making  
[http://www.mindtools.com/pages/article/newTED\\_00.htm](http://www.mindtools.com/pages/article/newTED_00.htm)

many of  
ely  
good  
deciding  
tion;  
society  
require  
S.

to help  
thinking  
you  
believe  
another  
artner.

2  
Having a s  
and what y  
with a fou  
draw from  
decisions.  
you to mak  
reflection

# 1. Develop Your Critical Thinking Skills

Humans are naturally inclined to quickly make many of our daily decisions using our most immediately accessible thoughts and emotions. This can be a good thing when we encounter a true threat, such as deciding whether or not to run from a dangerous situation; however, most of the choices we face in modern society are so complex that making truly good decisions require you to go beyond your immediate instincts.

Critical thinking is a set of skills that you can use to help you make rational, informed decisions. Critical thinking skills can help you with every single decision you encounter, from what information you choose to believe is true to whether or not you should take out another student loan or move in with your romantic partner.

TheCaseSolutions.com

## Principles of Critical Thinking

1. **Be curious.** Seek out new information and ask questions.
  2. **Be respectful.** Listen to people who have different ideas than you do before making up your mind.
  3. **Be flexible.** Have beliefs and opinions, but allow them the flexibility to change as you learn more.
  4. **Be creative.** Challenge yourself to think of new solutions and alternative explanations.
  5. **Be honest.** Evaluate your own beliefs, opinions, and reactions and be aware that you may be biased.
  6. **Be skeptical.** Use your thinking skills to evaluate the credibility of the information you encounter.
2. **Be brave.** Have the courage to think outside the box even when it means having a different opinion from the majority.
- TheCaseSolutions.com

## Activity

Write down or think about a decision you made recently. Then, write down or think about a decision you made recently that you think you made using critical thinking skills. What are 3 reasons you think you used critical thinking skills in your decision?

TheCaseSolutions.com

# Principles of Critical Thinking

1. **Be curious.** Seek out new information and ask questions.
2. **Be respectful.** Listen to people who have different ideas than you do before making up your mind.
3. **Be flexible.** Have beliefs and opinions, but allow these the flexibility to change as you learn more.
4. **Be creative.** Challenge yourself to think of new solutions and alternative explanations.
5. **Be honest.** Evaluate your own beliefs, opinions, and reactions and be aware that you may be biased.
6. **Be skeptical.** Use your thinking skills to evaluate the credibility of the information you encounter.
7. **Be brave.** Have the courage to think outside the box even when it means having a different opinion from the majority.

[TheCaseSolutions.com](http://TheCaseSolutions.com)

## Activity:

- Write down or think about one critical thinking skill that you **absolutely rock** at.
- Then, write down or think about one critical thinking skill that could use a little **improvement**.
- What are **3 concrete ways** that you could integrate more critical thinking skills into your **daily choices**?

[TheCaseSolutions.com](http://TheCaseSolutions.com)

## 2. Define your core values and goals

Having a strong sense of who you are and what you believe in will provide you with a foundation from which you can draw from during especially difficult decisions. This foundation will enable you to make choices that are an accurate reflection of who you are. It will also help to simplify the decision making process and ensure that the choices you make help you accomplish your goals.

[TheCaseSolutions.com](http://TheCaseSolutions.com)

What are your core values?

Core values list:

- Rigor
- Security
- Curiosity
- Community
- Family
- Positivity
- Tradition
- Cooperation
- Pressiveness
- Contribution
- Justice
- Unity
- Vision
- Health
- Ambition
- Strength
- Unity

### What are your goals?

**GOAL SETTING**

- S SPECIFIC
- M MEASURABLE
- A ATTAINABLE
- R RELEVANT
- T TIME BOUND

1. Write down 3 goals. Try to keep these goals SMART. For example, your goals might be to earn a 3.0 GPA for the Fall semester, to make 2 new friends this year, and to exercise at least twice per week.

2. Break these goals into smaller steps, if possible. For example, the GPA goal could be broken down into the smaller goal of attending 95% of the lectures, completing every assignment on time, and studying for at least 2 hours before every exam.

How to stay motivated: Check out the excellent article on effective goal setting. It includes many strategies for breaking goals down by size and time. [WUol.com/GoalSetting](http://WUol.com/GoalSetting)



# What do you value?

Write down or think about your **top 5 core values**.  
If you need ideas, choose from this list.



TheCaseSolutions.com