

Choices

Who are Inspiring Choices?

We support young people as they make decisions about their future education and career.

What we do:

- Run activities in schools and colleges
- Work with young people aged 15 and above
- Opportunities to consider future education options and how to achieve these
- 1 to 1 support
- Organise university campus visits



Aims of the session

- What good decision making is.
- How you make decisions.
- What influences those decisions.



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Activity!

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Stranded on a Desert Island

Stranded on a Desert Island

You've found yourself stranded on a desert island. Luckily, you have the chance to choose **five** objects to have with you in order to survive.

Task 1

Taking it in turns, choose **five** of the cards on your table and explain why you've chosen each item to the people you're working with.

Task 2

Once you have done this, **rank** the objects in order of **importance**.

Task 3

Today we're talking about **choices**, so why did we get you to do task 1 and 2?



Activity!

Everyday decisions

Small Decisions



As we go through life we make micro-decisions every day. These could include things like **what you're going to eat for breakfast**, or **what TV show to watch**.

You will be getting to the stage where you are starting to take charge of more of your everyday decisions and larger decisions.

1 In your booklet, write down as many **small decisions** that you can think of **that you make everyday**.

2 Now write down the **everyday decisions you are excited about making** as you get older.

3 **Activity:** Help Zach with his everyday decisions.



Big Decisions

We often have to analyse information, compare options, and do our own research when making bigger decisions.

Some big decisions you make could include:



Deciding what to study after GCSEs.



Deciding what job to apply for.



Comparing items you might want to buy, such as: phones, consoles or a gift for someone else.



Making a good decision



We all want to make positive decisions for ourselves, but how to do this can feel like a mystery.

Less helpful ways of making decisions

1

Making an impulsive choice- not thinking through your options properly.

2

Copying choices your friends or family have made, even if it doesn't make you happy.

3

Or it can feel easier to avoid making any choice at all.

Not choosing is still a choice, and can sometimes negatively impact our futures as well.



No need to panic!



Struggling to make **big decisions** is very **normal**. The trick is learning how to break down the decision making process in a way that is manageable.

We will share some helpful **tips** on making a **decision** in a way that feels positive on the next few slides.



3 steps you can use to help you make a decision that feels right for you

Step 1:

What matters to you about this decision?

- What do you want or need from this choice?
- Or is there anything you don't want?

Step 2:

What are my options?

- What are my realistic options?
- Is there another option I've not thought of?

Step 3:

What do I need to know?

- What information do I need to help decide?
- When is the deadline to decide?

Activity!

Think of a decision you might have to make soon, such as choosing your post-16 options, and use your booklet to apply these three steps to that decision.



Extra tips:



Give yourself enough time



Make sure you have planned enough time to make the decision without having to rush.



Let go of perfection

Remember:

- Don't worry about the decision being perfect, just aim for it being good enough.
- Everyone makes choices they aren't happy with sometimes, but it's always possible to learn and grow from this.



Talk it through with someone

- Helps to see things from a different perspective.
- Can help you think of options you hadn't considered.
- Can make you feel supported especially if the decision is very important.





Activity!

Becoming an Entrepreneur

Becoming an Entrepreneur

There are a number of very successful businesses that have been created from very little.

Airbnb began in 2007 when the founding couple rented out air mattresses in their apartment during a conference due to a shortage of hotel rooms.

Gymshark started in a garage in 2012, where 19-year-old Ben Francis sewed fitness apparel by hand.

Innocent Smoothies began with three friends selling homemade smoothies at a music festival.



Becoming an Entrepreneur



The people behind these businesses have had to make a lot of choices and now we want you to follow in their footsteps.

You have £20 to create your own business and you need to make the following choices:

1. What is your business going to be?

It could be a product like Innocent Smoothies or a service like Airbnb.

2. How are you going to use the £20?

Are you going to buy materials for a product like Ben Francis, the founder of Gymshark.

3. What other logistical choices do you need to consider to set up your business?

Employees, location, prices, brand logo...



Reflecting on our decisions

It can be helpful to reflect on our past decisions when figuring out how to make future choices.



Helping us
move forward
with **future**
choices.

Activity!

Open **pages 8 and 9** in your booklet and take some time to answer the questions. We would recommend you do this exercise on your own, but feel free to discuss any thoughts with others on your table.

Postcard Feedback

- Your feedback is anonymous (no need to write your name) and helps us to develop and improve our sessions.
- There are no right or wrong answers, please answer honestly about what you think.
- If there are any questions you really don't want to answer, it is okay to leave it blank.
- If you have any questions, please ask us.

What others have said:

“It was fun and I liked how it helped with planning my future.”

Find out more!

Check out our website, and follow us on social media!



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Any Questions?