



Student Services Counseling Center

Where students are assisted with academic, career and personal needs.

Greetings from the NTC Counseling Center. The counselors at NTC are available to help guide, support and assist students with academic, personal and career needs. Student support is our priority. Monthly, we will share information with you on a variety of topics along with related workshops. The topic for the month of October 2008 is “**Decisions, Decisions, Decisions: If I Don’t Know What I Want, I May End up with Something Else!**”

The workshop will be held in room C133, and you can choose from one of the following three sessions: Tuesday, October 7, 6:00 – 7:30 p.m.; Wednesday, October 8, from 9:00-10:30 a.m.; or Wednesday, October 8, from 1:30 – 3:00 p.m.

Making Good Decisions

One of the most common barriers in decision making is not knowing how to make a decision in the first place. It may seem strange, but many people do not know how they actually make decisions or that they use different decision-making strategies in different circumstances. The solution is to take the time to learn a process that works for you.

One of the simplest decision-making processes is to make a list of the pros and cons of each decision. Take a piece of paper and simply write on the top of the paper the decision you are trying to make. For example: Purchase a new car. On the left-hand side write down the positive reasons for purchasing a new car, and on the right-hand side write down the negatives. This allows you to get down on paper all the positives and negatives involved in making this decision. Don’t just make your decision based on which list is longer, but really review the list before making the decision.

As a part of our workshop in October, we will be reviewing a five-step process for making good decisions:

- Step One - Identify the challenge**
- Step Two - Brainstorm options**
- Step Three - Evaluate the consequences**
- Step Four - Decide and act**
- Step Five - Evaluate the outcome**

This process will help you understand that you *can* control your choices and outcomes by deciding through good decision making. Each step includes a series of probing questions to help in clarification. If you cannot attend the workshop in October but feel that this information would be helpful to you, please let one of the counselors know. We’d be happy to share this with you at a more convenient time. Make sure you incorporate some form of decision-making model into your daily routine. For more information about positive ways to deal with decisions, please call 715.803.1029 for an appointment with an NTC counselor.