

***AMaP Learning Model : Session 3***



**Participant's Name:**

**The AMaP LEARNING MODEL**

**Session 3**

This booklet is for your own use to reflect on the session. It has additional exercises and information which you may like to use.

*'If you don't design your own life, chances are you'll fall into someone else's plan. And guess what they have planned for you? Not much.'* –Jim Rohn



## Making Decisions

**Decision making is the process of choosing one course of action over another.**

### Low Risk

Every person makes thousands of decisions every day. Some decisions can be as easy as choosing a TV channel, how to spend our time, deciding which socks to wear or buying the shopping.

**Some decisions have little impact on the way we live our lives and making them is simply a habit.**

### High Risk

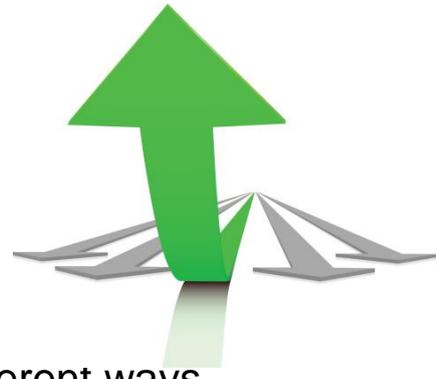
Other decisions can be life changing, for example, whether to change jobs, to get married or to emigrate to another country.

**Some decisions have a bigger influence on your life and so you may be hesitant to decide, feeling nervous that if you make the wrong decision it may result in you feeling unhappy.**

**Think about a context- the risk level – the impact, adjustment, gain, loss**

| Context   | Low Risk | High Risk | Impact / Adjustment / Gain / Loss |
|-----------|----------|-----------|-----------------------------------|
| Learning  |          |           |                                   |
| Lifestyle |          |           |                                   |

## Decisions Making Styles



We all go about making decisions in different ways

Individuals may be **IMPULSIVE** and choose the first course of action that is presented or **FATALISTIC** leaving the decision in the hands of fate

**COMPLIANT** decision makers go along with the decision of someone else.

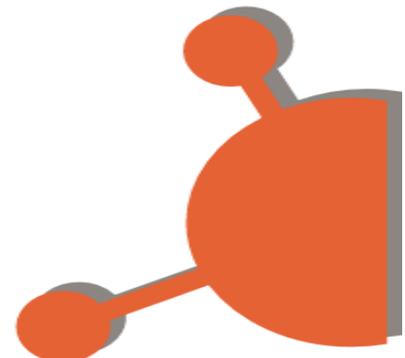
Individuals may **DELAY** making decisions by putting it off and thinking about it later.

Some individuals may **AGONISE** over making a decision and not know what to do.

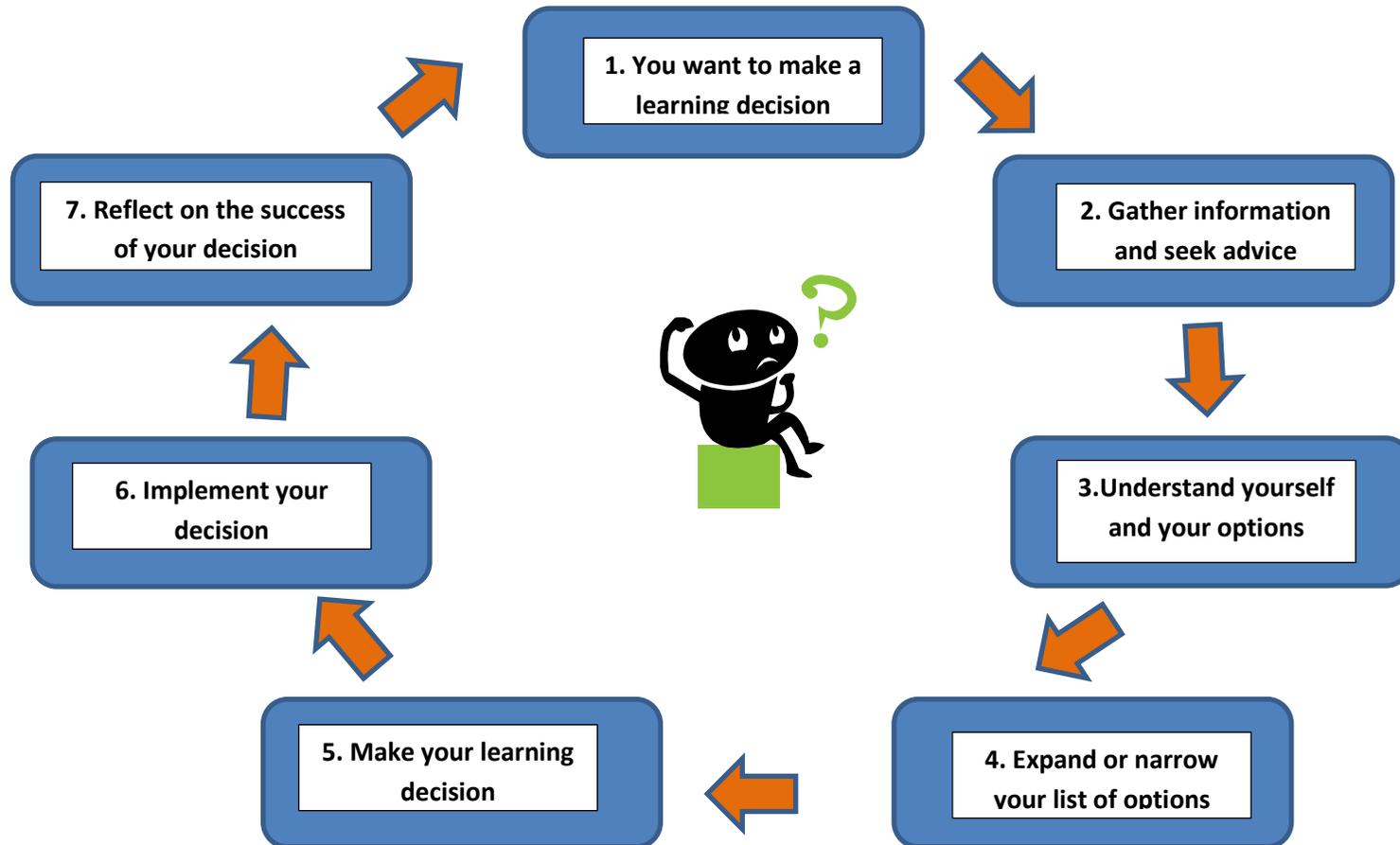
Others go with their 'gut feeling', that is how they feel or their **INTUITION**.

Others may try to **AVOID** making decisions completely while others choose the decision with the lowest risk.

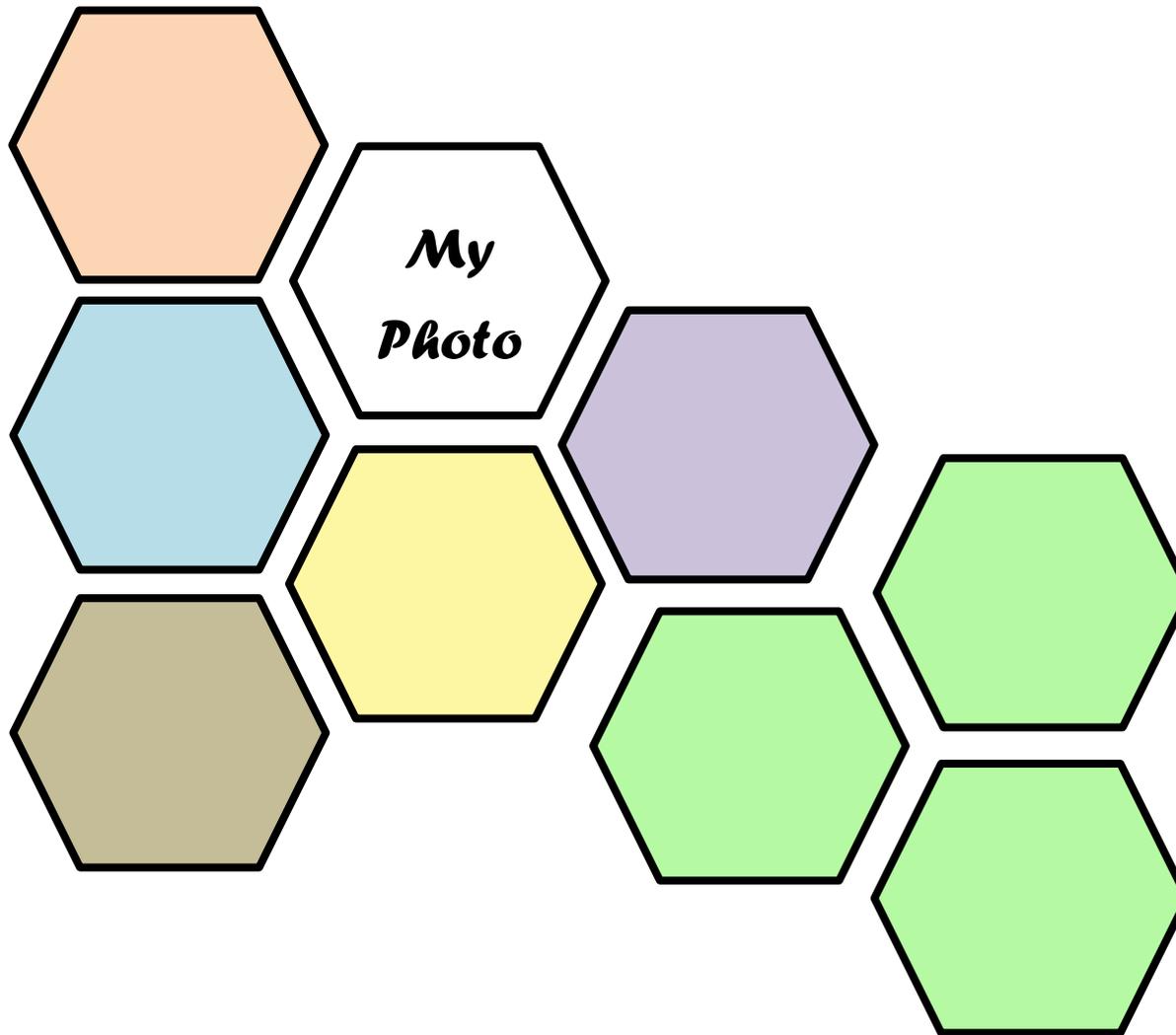
Some individuals will **PLAN** making a decision involving a rational approach which takes into consideration their emotions.



## *Making a Decision about NEW Learning*



*Use the steps above to think about planning and deciding on new learning. If you prefer, work in a pair to produce ideas.*



*Have you anything to **ADD** your mosaic?*

