education lifeskills



## BRIEF INTERVENTION COURSE (BIC 323)

# Decision Making Skills

## COURSE DESCRIPTION

The *Decision Making Skills* Brief course is designed for students who struggle with making decisions. It is especially helpful for students who experience peer pressure, have difficulty considering consequences, or feel unsure about how to make choices that align with their values and goals. Students will learn to recognize what influences their decisions, pause before acting, and develop the confidence to make choices that lead to positive outcomes.

## LEARNING OBJECTIVES & SKILL DEVELOPMENT

- Taking personal responsibility
- College and life preparation
- Develop organization and prioritization skills
- Strengthen ability to overcome adversity

## RECOMMENDED USES

- **Self-Directed**—Student does most of the course work independently with a coach or mentor.
- **Group**—To be completed at school in a group format with a facilitator.
- **Hybrid**—A combination of self directed learning and group instruction.
- **Live Instruction**—Facilitator led digital curriculum, suitable for both in class or virtual.

## COURSE INFORMATION

**Author and Publisher:** ACCI Lifeskills
**Course Format:** eLearning
**Item Number:** BIC 323
**eLearning Length:** 42 Slides
**Scientific Model:** Cognitive Restructuring

## STANDARDS MET

MTSS Tier 2

PBIS

Restorative Practices

Evidence-based Practices

## eLEARNING ACTIVITIES

- Narration
- Story Telling
- Animation
- Gamification
- Animated Thoughts
- Self Assessments
- Interactive Images

## PURCHASE OPTIONS

- License to reprint
- Purchase individual courses
- Parent Enrollment
- Customized eLearning platform
- School Referral

*Smart Decisions, Stronger Future*