Activity #1: Decision-Making Styles

Below is a list of ways people go about making decisions. Think back to a recent decision you made (it can be a career-related decision or another kind of decision) and place a check mark next to the statement(s) below that best describes how you went about making your decision.

__ Intuitive: I like to go with my “gut instinct” and make an automatic, quick choice based on how I am feeling.

__ Delaying: I often delay making decisions by procrastinating, avoiding the situation, or just wishing that something or someone would come along and make the decision for me.

__ Planning: I like to gather information about my options, weigh the facts and take what I like and who I am into account before making a decision.

__ Fatalistic: I like to leave my decision-making up to fate. Whatever will be will be because I have little to no control over the decision-making process.

__ Agonizing: I often get frustrated because I analyze too much. I put off making my decision by continuing to generate alternatives and gather information.

__ Paralytic: I am completely stuck in the decision-making process because I am terrified of the unknown and/or of making a mistake.