

Skills Worksheet

# Directed Reading

## Lesson: You Are a Decision Maker!

### WHAT IS A GOOD DECISION?

1. A decision is a \_\_\_\_\_ that is made.
2. What is a good decision?

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### WHAT INFLUENCES YOUR DECISIONS?

3. An \_\_\_\_\_ is something or someone that makes you want to choose one thing over another.
4. Name two things that can influence a person's decision.

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### WHAT ARE THE CONSEQUENCES OF YOUR DECISIONS?

5. A \_\_\_\_\_ is the result of an action you take.
6. List two different types of consequences to consider when making a decision.

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- \_\_\_\_\_ 7. Every decision has a consequence. The consequences of a decision can be
- a. positive.
  - b. negative.
  - c. neutral.
  - d. All of the above

## Lesson: Six Simple Steps to Good Decisions

### IDENTIFY THE PROBLEM

8. Identifying the problem can be the most \_\_\_\_\_ step in making a decision.

### CONSIDER YOUR VALUES

9. Beliefs that you consider to be of great importance are called

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## **Directed Reading** *continued*

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- \_\_\_\_\_ **10.** Character in a person means
- a.** how intelligent a person is.
  - b.** that the person is physically fit.
  - c.** the way a person thinks, feels, and acts.
  - d.** that the person is friendly with everyone.

### **LIST THE OPTIONS**

- 11.** A(n) \_\_\_\_\_ is one of several ways to solve a problem.
- 12.** Thinking of all of the possible ways to carry out your decision is called \_\_\_\_\_.

### **WEIGH THE CONSEQUENCES**

- \_\_\_\_\_ **13.** After you have listed your options you must
- a.** decide which option is best.
  - b.** predict the consequences of each option.
  - c.** decide which consequences have the best results.
  - d.** All the above

### **DECIDE, AND ACT**

- \_\_\_\_\_ **14.** A good option
- a.** will always have good results.
  - b.** will always make your friends happy with you.
  - c.** will represent your values.
  - d.** may not be a good decision.

### **EVALUATE YOUR CHOICE**

- 15.** What are two good questions to ask yourself after you have made a decision?
- \_\_\_\_\_
- \_\_\_\_\_

## **Lesson: Facing Pressure**

### **DEALING WITH PEER PRESSURE**

- 16.** The feeling that you should do something because your friends want to is called \_\_\_\_\_.

## **Directed Reading** *continued*

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**17.** Describe positive peer pressure and give an example.

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**18.** Describe negative peer pressure and give an example.

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**19.** A \_\_\_\_\_ is a strategy you can use to avoid doing something you don't want to do.

### **AVOIDING DANGEROUS SITUATIONS**

**20.** What are two ways to avoid a bad situation?

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### **SAYING NO**

**21.** What are two situations in which saying no may be easy?

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### **STANDING YOUR GROUND**

**22.** The self-confidence to defend your thoughts, feelings, or beliefs in a way that is honest, respectful, and not harmful to anyone is called

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### **STAYING FOCUSED ON THE ISSUE**

**23.** What is one reason not to give in to negative peer pressure?

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**Directed Reading** *continued*

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**WALKING AWAY**

**24.** When saying no is not enough, sometimes the best decision is to

\_\_\_\_\_.

**SUPPORTING OTHER PEOPLE**

**25.** A \_\_\_\_\_ is a group of friends and family who promise to help each other during tough situations.

**Lesson: Goals**

**26.** Something that you work toward and hope to achieve is called a

\_\_\_\_\_.

**TYPES OF GOALS**

**27.** Explain the difference between short-term and long-term goals.

\_\_\_\_\_  
\_\_\_\_\_

**WHY SET GOALS?**

**28.** The way you value, respect, and feel confident about yourself is

\_\_\_\_\_.

**29.** A task that you have successfully completed is called a(n)

\_\_\_\_\_.

**GOALS AND RELATIONSHIPS**

**30.** What are two goals a family may set?

\_\_\_\_\_  
\_\_\_\_\_

**GOALS AND THE COMMUNITY**

**31.** What are two goals your community may set?

\_\_\_\_\_  
\_\_\_\_\_

**Directed Reading** *continued*

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**DEFINING SUCCESS**

**32.** The achievement of a goal is called \_\_\_\_\_.

**THE PATH TO SUCCESS!**

**33.** Name three things that can keep a person from successfully completing his or her goals.

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**Lesson: Choosing and Reaching Your Goals**

**34.** Name two things you should build your goals around.

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**WHAT ARE YOUR INTERESTS?**

\_\_\_\_\_ **35.** Sports, painting, and photography are all examples of different

\_\_\_\_\_ a person may have.

- a.** interests
- b.** collections
- c.** dreams
- d.** valuables

\_\_\_\_\_ **36.** A mentor is someone who can give you

- a.** personality.
- b.** poor advice.
- c.** good advice.
- d.** None of the above

**WHAT IS IMPORTANT TO YOU?**

\_\_\_\_\_ **37.** You are more likely to reach goals based on

- a.** the goals of your friends.
- b.** your interests and values.
- c.** what is easy to do.
- d.** the time it will take to achieve them.

**Directed Reading** *continued*

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**WHAT RESOURCES DO YOU NEED?**

**38.** Something you can use to help you achieve a goal is a

\_\_\_\_\_.

**39.** List four kinds of resources that can help you reach a goal.

\_\_\_\_\_  
\_\_\_\_\_

**40.** A person who gives you good advice is a \_\_\_\_\_.

**MEASURE YOUR PROGRESS**

**41.** A step toward your goal is called \_\_\_\_\_.

**REWARD YOUR SUCCESS**

**42.** A prize you give yourself for accomplishing a task is a

\_\_\_\_\_.

**CHANGING YOUR GOALS**

**43.** List four questions you should ask yourself to decide if you are still on the right path toward accomplishing your goal.

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