

## Making Good Choices

### Character Skills

- Responsibility
- Respect

### SEL Skills

- Self-Awareness
- Responsible Decision-Making

### Academic Skills

- Critical and Creative Thinking
- Effective Problem-Solving

**"A human being is a deciding being."**

**- Viktor E. Frankl**



### Discussion Questions

- What decisions have you made that impacted others?
- When we have to make an important decision, think of the stakeholders (those who will be impacted by the decision). Look at the picture. If the boy steals candy, who will be impacted by his decision?
- What was the last hard decision you made? How did you make your decision? Did you think for a short or long time?
- How can you use the Six Pillars of Character to help you make good choices?
- If you make a decision that puts one of the Six Pillars of Character into action, it will be most likely be a good decision. Do you agree? Explain.

### Definitions

#### Responsibility

- Do what you are supposed to do; try your best
- Persevere; keep on trying
- Be self-disciplined
- Think before you act; consider the consequences
- Be accountable for your words, actions, and attitudes

#### Respect

- Follow the Golden Rule
- Be accepting of differences
- Be courteous to others
- Deal peacefully with anger, insults, and disagreements
- Be considerate of others' feelings

#### Self-Awareness

Identify and understand emotions, values, attitudes, motivations, mindsets, and personal attributes.

#### Responsible Decision-Making

Make decisions based on rationality, ethics, and effectiveness

#### Critical and Creative Thinking

Acquire, remember, understand, and apply knowledge

#### Effective Problem-Solving

Make rational, ethical, and effective decisions to find the best solutions to problems

# exercising YOUR CHARACTER™

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CHARACTER COUNTS! and Pursuing Victory With Honor are housed at The Robert D. and Billie Ray Center at Drake University in Des Moines, Iowa. As a global initiative that transforms lives and strengthens communities, CHARACTER COUNTS! supports our mission to improve civility through character development and ethical leadership.

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