



Better Decisions - Better Lives

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decisioneducation.org

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# Decision Skills: Decision Quality Changes Lives

## Bringing Decision Skills to Youth

SDP Webinar  
August 19, 2015



**Chris Spetzler**  
Executive Director  
Decision Education Foundation



**Carl Spetzler**  
CEO, SDG  
Program Director, Stanford SDRM



# Nancy Golden Quote



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*“Decision making is a key 21st century skill, which Springfield students need in their future personal and professional lives. Now with DEF materials and methodology, we are able to teach this skill. I loved seeing students use the DEF framework to make important decisions in their lives, and in our community.”*

Nancy Golden, PhD, Chief Education Officer, Oregon  
Former Superintendent, Springfield Public Schools, Springfield, Oregon

# DEF Pursues the Vision Better Decisions – Better Lives

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*DEF Mission:*

*Improving the lives of young people by empowering them with effective decision skills.*

**DEF Volunteers amplify the power of change  
found in our mission.**



# An Introduction to Volunteering for DEF

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DEF's quality materials are backed with solid experience  
that supports **YOU**, the motivated volunteer,  
in delivering  
**valuable and enjoyable experiences to youth**  
while equipping them with decision-making skills  
to positively impact their future.

# An Introduction to Volunteering for DEF

## Who We Are

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- Decision professionals
- Community members
  - Partner non-profits
    - Educators
- Community Leaders
  - and Friends

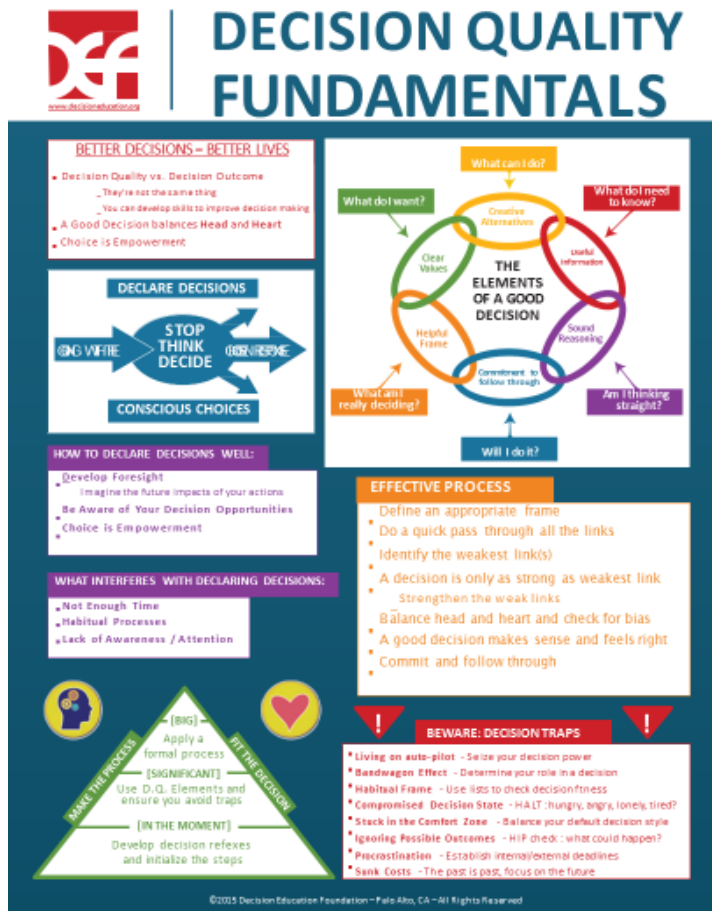
Support DEF through Volunteerism

# An Introduction to Volunteering for DEF Online Poll

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We want to know who you are.  
I am...

# An Introduction to Volunteering for DEF What We Teach



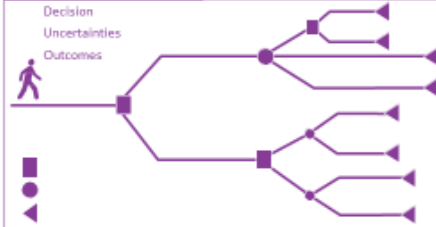
## HOW TO USE IT

### Decision Process

Rough Draft → Rate the Elements → Iterate & Improve



### Draw A Decision Tree



### Smart Goals are

**S** SPECIFIC  
**M** MEASURABLE  
**A** ACTION-ORIENTED  
**R** REALISTIC  
**T** TIME SENSITIVE

### FRAME

- Purpose
- Perspective
- Scope

### VALUES

- Preferences
- Trade-offs
- Ethics

### ALTERNATIVES

- Brainstorm
- Create before you evaluate

### INFORMATION

- Reliable
- Relevant
- Recognizing Uncertainty

### REASONING

- Logical
- Consistent
- Makes Sense + Feels Right

### COMMITMENT

- Make time
- Follow through
- Set SMART goals

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# An Introduction to Volunteering for DEF

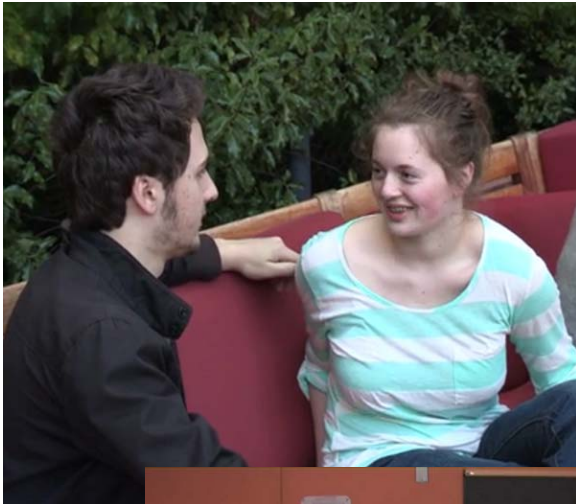
## What We Teach

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- 1-, 2-, 4-, 6-, and 20-hour courses
- Appeal across demographic boundaries
- Curriculum easily adapted to a spectrum of ages
- Encourage Critical Thinking, Creativity and Innovation, and Social Emotional Intelligence
- Experiential learning that reinforces concepts
- Parent and student education model aligns families with quality decision skills language beyond the classroom



# Materials Are Relevant to Students and...

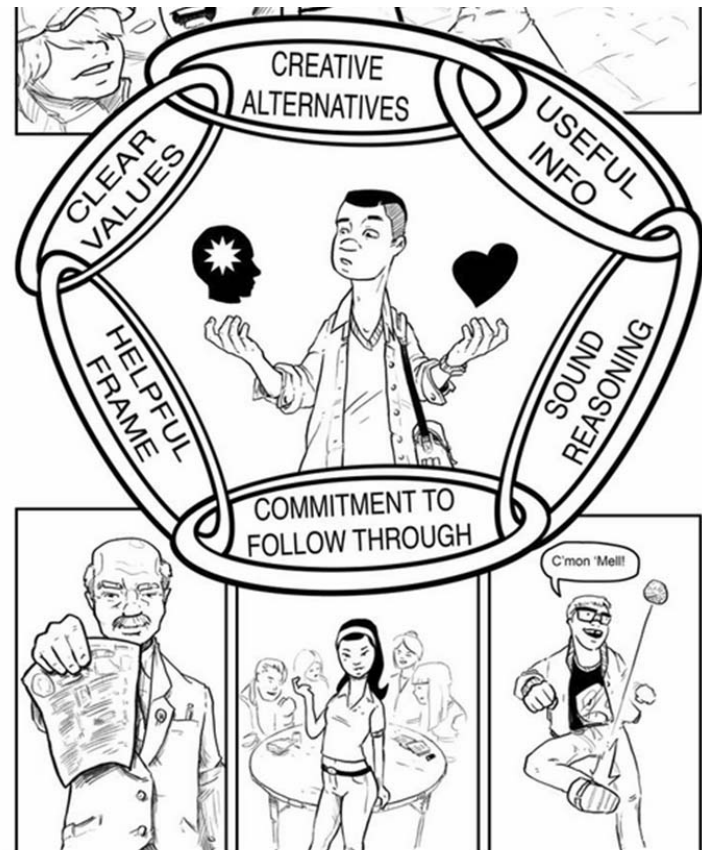


FUN!



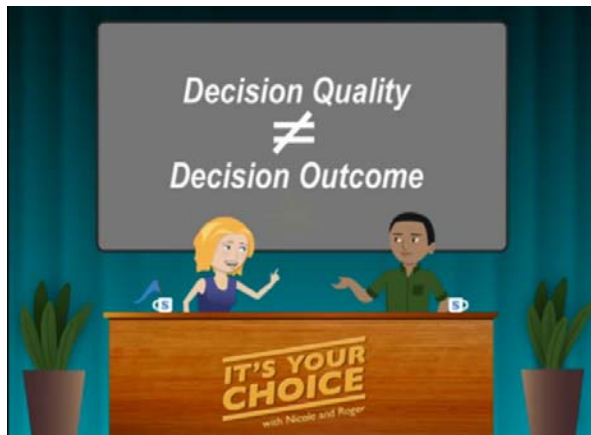
Student Videos

## Decision Novellas



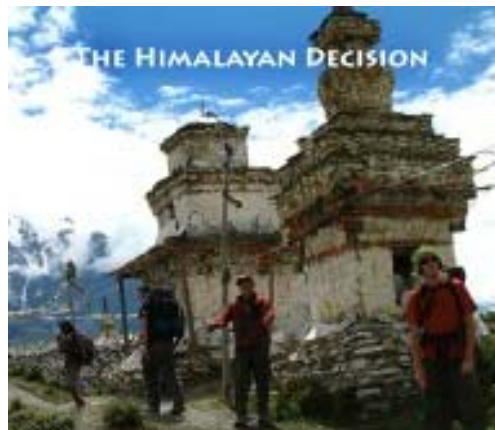
# DEF Has Developed Video Resources to Support Broader Delivery

## Content



It's Your Choice

## Activities



Himalayan  
Decision

## Support Tools



NovoEd Online  
Course

# The Real Impact of DEF's Online Offerings

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“I took on this course late, and more out of interest as my brother who was doing it told me about it.

I got real enjoyment from doing it and found it helpful and constructive; motivating myself to do a few things I needed to do. It made the process of making big decisions easier. Breaking them down and analyzing them in a manageable way.

I have a 14 year old son. I am going to go through the notes with him. I showed him a few of the videos. It's helpful for everyone and anyone with an interest in how our heads work and how we work together... and how we sometimes don't! I can see the course being helpful in all walks of life.

We all make decision and could all often make better ones.

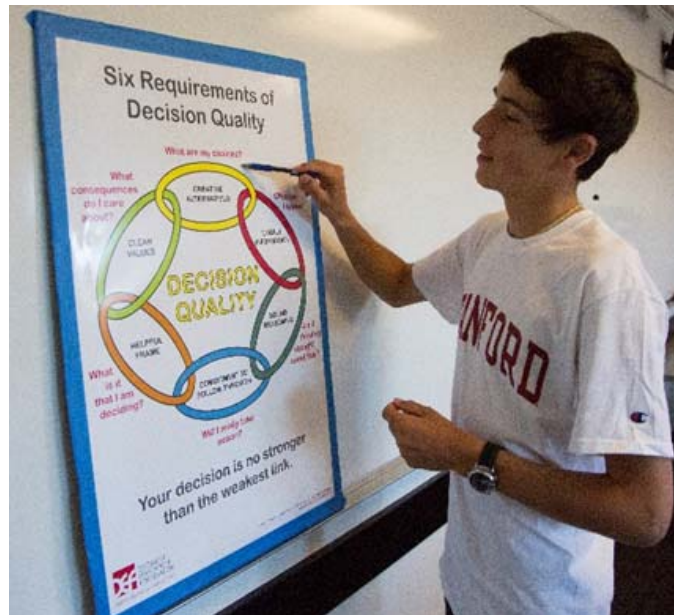
Thanks for the guidance.”

Decision Skills Massive Open Online Course (MOOC) Student on NovoEd



# Where Volunteers and Staff Teach & Mentor

- At Stanford University's Pre-Collegiate Studies summer program teaching 3- and 4-week in-depth high school courses
- Enrichment short classes for high school students at Stanford





# An Introduction to Volunteering for DEF Where Volunteers and Staff Teach & Mentor

- In high schools: assisting teachers with the 'Bridge Program,' equipping incoming freshmen with decision skills for a week.



# Where Volunteers and Staff Teach & Mentor

- In other non-profits educating the kids in their programs and mentoring their staff



# Where Volunteers and Staff Teach & Mentor

- Enrichment courses for junior high and high school students
- At a homeschool resource center teaching youth and parents
  - Decision Skills and College/Career Choice



# Where Volunteers and Staff Teach & Mentor

- DEF has an effective program proven in a variety of academic contexts.



Gateways



EDMONDS HEIGHTS K<sup>12</sup>





# An Introduction to Volunteering for DEF

## Overview of Where Volunteers Teach and Mentor

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- In Schools and Homeschools
  - Other Non-profits
- Community & Youth Organizations
  - Corporations
    - Churches
  - and more...

# An Introduction to Volunteering for DEF Online Poll

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What aspect of DEF are you most interested in?

# DEF Volunteers Have Proven It Can Be Done



1. Work with DEF to create the opportunity
2. Deliver a pilot experience with DEF mentorship
3. Build on the success

DEF Volunteers are innovating:

- Terry Karner
- Alia Eccles

- Frank Koch

And many others...

# Terry Karner: DEF Volunteer

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1. Learned about DEF at a Stanford course.
2. Approached a local school.
3. Found a teacher open to working with him.
4. Worked with 7<sup>th</sup> and 8<sup>th</sup> graders in advisory setting.
5. Had a great experience.
6. Received letter of commendation.

“Everyone seemed to have a good time with Alia and her presentation about decision-making.”

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- Alia Eccles works with Intel in Finance
- Became aware of DEF through an SDG training
- Expressed interest in volunteering - we talked through ideas
- Alia created an opportunity through ASU Business Scholars Institute
- Alia adapted DEF materials to make her sessions fit the need

“They REALLY liked the Intel representative presentation. The first presentation was very collaborative and helped with making decisions about various avenues of life.”



# Frank Koch – An Invaluable Resource to Schools in Eugene/Springfield Area

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- First got involved and now supports Thurston High Bridge Program
- Ongoing support of Thurston Decision Understanding Club (DUCs)
  - Eugene/Springfield Bridge Expansion – Support to Instructors
- Worked with Oregon Student Leadership and Western Oregon State Administrators
- Frank's session at DAAG this spring with Amy Stranieri was a real hit!
- Frank is having a great time, he is making a difference, and is moving DEF forward as our 2014 Volunteer of the Year!

# Amy Stranieri – Counselor Thurston High School

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- Leads the Counseling Department at Thurston
- Has been collaborating with DEF for several years
- Originally took DEF course online through Stanford SCPD
- Amy's thoughts on where DEF fits and how to get started
- Value of DEF from perspective of a high school counselor
- Observation of the value to teachers and administrators

## Mike Fisher – Director Academy of Arts and Academics (A3)

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- Leads A3, a charter school he founded in Springfield, OR
- A3 staff has been trained by DEF and Decision Education is a part of the school culture and curriculum
- Mike participated in several DEF week-long trainings and has been a member of the DEF Advisory Council since 2008
- Mike's thoughts on where DEF fits and how to get started
  - Value of DEF from the perspective of a high school administrator



# An Introduction to Volunteering for DEF Online Poll

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Where do you interface with kids?

# An Introduction to Volunteering for DEF

## Why DEF Material Makes a Difference

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**“Do you feel more comfortable with your decision making skills now than at the beginning of the class?”**

**“I feel stronger about my choices and way more organized in my planning. The chain and tree have and will help me a lot.”**

- “I feel like the class has opened a lot of doors and showed me that there are tons of hidden outcomes I never think of in the first place.”
- “I feel more confident in my decision-making ability now. I can make sure each link is strong and it will be a good decision.”

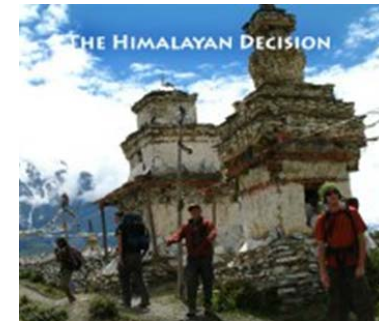
# An Introduction to Volunteering for DEF

## Showing DEF Material Makes a Difference

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- Evaluations of decision skills courses shows that students enjoy and value the experience.
- Anecdotal evidence illustrates successes both inside and outside of classrooms.
- DEF consistently receives strong ratings from teachers, highlighting the importance of the topic and the value of what they have learned.
- A randomized study with Sophomores in US History demonstrated improved academic performance and decision making competence.

# Introducing Decision Quality in an engaging manner



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Welcome and Introduction

Jump in with Himalayan Decision Activity

Follow up with Coin Toss Activity – Flip a coin for \$20, student has to sing if they lose

Introduction of Decision Quality Framework through It's Your Choice Episodes

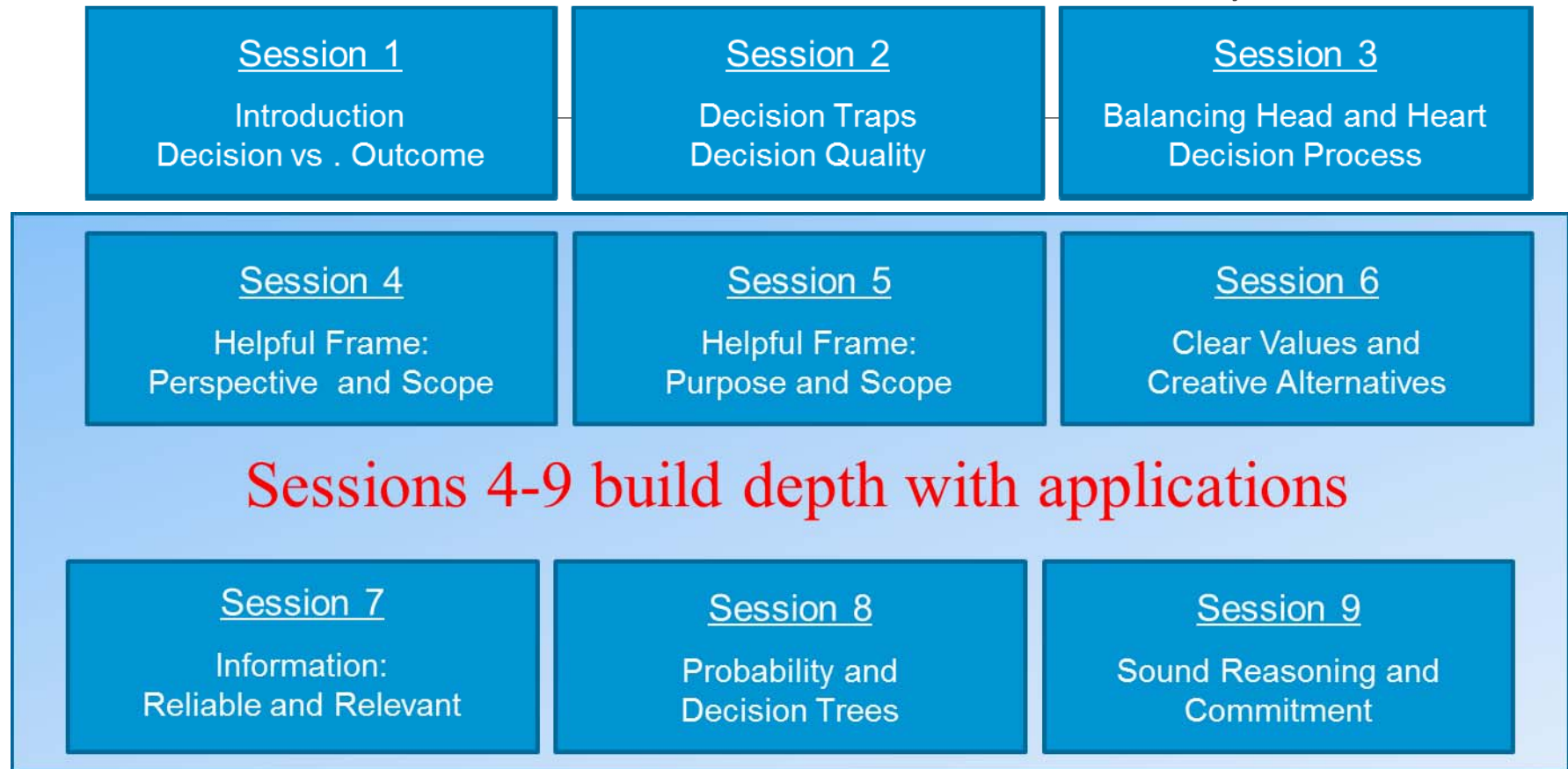
Completion of Himalayan Decision using Decision Chain

Complete session with overview of course and tying to student relevant decisions

These activities are a strong start – an apprehensive student is relieved to see this experience will be fun and interesting

# How We Teach - Example Session Plans

Sessions 1 – 3 Introduce the Decision Quality Framework



Student teams present their own analysis of a decision



# An Introduction to Volunteering for DEF What's Next?



Please contact:

Amy Matheson Day

[amy@decisioneducation.org](mailto:amy@decisioneducation.org)

to explore ways you can volunteer



- We want to support you in becoming a volunteer in your interest area
- We have online and print resources for you
- DEF is learning, building, and open to experimentation
- We appreciate your feedback

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# Decision Skills: Decision Quality Changes Lives

## Bringing Decision Skills to Youth

Thank You for Your Time!