

# Decision-Making Session

On 30<sup>th</sup> October 2023, the pupils of Class 9 assembled in the Large Hall, Senior School, for a session on decision-making. Our Peer Educators and Well-being ambassadors conducted the session. The team consisted of Neha Yuvaraj, Advika Kumar and Krishiv Agrawal of Classes 11 and 9, respectively. They effectively highlighted the significance of making wise decisions and effectively managing oneself.

The session started with Neha guiding the students on how to make decisions carefully. The following steps were discussed:

1. Making choices
2. Identifying Decisions
3. Gathering information
4. Assessing alternatives

Neha briefed us on making choices and handling wrong decisions. A video was shown to support this.

Following Neha, we had Krishiv speak to us about the types of decision-makers.

1. The Charismatic
2. The Thinkers
3. The Skeptics
4. The Followers

We had a small activity/ experiment to understand mob mentality. Seeing that Lawrencians did not follow the 'monkey see, monkey do' ideology was a pleasant surprise.

Krishiv further briefed us on how our actions influence our choices and decisions. When you think, you make the right choice, but when you follow others, you may make the wrong one.

Lastly, Advika enlightened us on the significance of implementing a decision and staying committed to it. We watched a video illustrating how our daily decisions impact our health habits. "Small choices become actions, actions become habits, and habits become our way of life".

We had another activity which involved introspecting and listing our priorities. The Eisenhower Matrix was explained to us, and we listed our important, urgent, unnecessary and not urgent activities.

Advika also briefed us about the execution of a decision. The steps included the following:

1. Thinking is required to make a decision.
2. Accept that there will be self-doubt but go through the decision-making process.

Advika concluded by explaining the essence of commitment.

It was fascinating to witness students teaching their peers about a complicated subject.

**Shambhavi Kaushal, 9C**  
**Sumeru House**

