

# Unit 3: Decision Making and Goal Setting

Content Area: **Unified Arts**  
Course(s): **Health 4**  
Time Period: **November**  
Length: **3 Double Blocks**  
Status: **Published**

## Unit Summary

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Students need to make decisions everyday. There is a process that students can use to help them make the decision that is right for them. Many health-related situations and decisions require a decision-making process. This decision-making process can also be used when setting health related goals. Goal setting is very important to a student's success.

## Standards

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HPE.2.2.4.B.1	Use the decision-making process when addressing health-related issues.
HPE.2.2.4.B.2	Differentiate between situations when a health-related should be made independently or with the help of others.
HPE.2.2.4.B.3	Determine how family, peers, technology, culture, and the media influence thoughts, feelings, health decisions, and behaviors.
HPE.2.2.4.B.4	Develop a personal health goal and track progress.
CAEP.9.2.4.A.1	Identify reasons why people work, different types of work, and how work can help a person achieve personal and professional goals.
CAEP.9.2.4.A.2	Identify various life roles and civic and work - related activities in the school, home, and community.
CAEP.9.2.4.A.4	Explain why knowledge and skills acquired in the elementary grades lay the foundation for future academic and career success.

## Student Learning Objectives

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Students will learn to:

- identify people who negatively or positively influence them.
- use the 6 steps in the decision making process during given scenarios.
- differentiate between long and short term goals.
- create a personal health-related goal.
- track the progress of a personal health-related goal.

## Essential Questions

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Why am I influenced?  
How do I know if I made the right decision?  
Why do I need goals?

## Enduring Understandings

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Students will understand that:

- they make many decisions everyday.
- some of decisions are small, but some can have a huge impact on their lives.
- using the decision-making process when confronted with health-related issues and decisions, is crucial to making a decision that is beneficial, safe, and healthy to the people involved.
- the decision-making process can help when setting short term and long term goals to help better themselves.

## Application

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Students will be able to independently use their learning to:

- make the easy and hard decisions that they are faced with throughout their lives.
- analyze tougher decisions using the decision making process, helping to ensure the decision is made appropriately.
- They will then be able to use the decision making process to create and track goals.

## Skills

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Students will be skilled at:

- Finding people/things that influence decisions.
- Reciting the decision making process. (Identify the Problem, Gather Information/Help, Possible Solutions/Consequences, Make a Choice, Write an Action Plan, Evaluate The Choice)
- Developing short and long term goals.