

OVERVIEW

Making decisions about money can be hard. Sometimes you have to sacrifice what you're dying to have now for what you really want—but can't have—until later. Sometimes the best choice for you will disappoint a friend. And if you're in a relationship, there may be times when you have to put off your wants to focus on your partner's. There's rarely a perfect solution.

When you can't count on a steady income stream, making decisions about money can be even harder. All you can do is make the best decision you can with the information you have at the time.

This lesson will teach you strategies to be mindfully deliberate about your spending decisions.

LEARNING OUTCOMES

In this you will apply strategies to help you be mindful about your spending decisions. Along the way you will:

- Discuss what influences your spending decisions.
- Identify tools and strategies you can use to better manage your spending habits.
- Demonstrate how the criterion-based decision-making process works.

Use what you learn to make a deliberate decision for a major spending purchase.

LEARNING TASKS

These tasks match pages 19-21 in Student Guide 1.

__ 1.	Share the ways that you save money or check the quality of products when you are shopping.
__ 2.	Participate in a discussion about how businesses tempt consumers to spend money.
__ 3.	Help Selena decide on a cellphone plan.
__ 4.	Now that you've become an expert on the decision-making process, let's see how you would work through a major decision—buying a car. Follow the DECIDE steps to compare car options.
__ 5.	Your turn! Apply the DECIDE process to deliberately decide the best option for a large purchase you are planning in the next six months. Complete Challenge 1-B: My Decision .



EXTENSION

Research apps designed to help shoppers be savvy about their spending. Better, yet, if you can't find one that performs the task you think would be most helpful, create and pitch the idea for an app other teens would use when shopping.



TAKING IT HOME

What is a major decision your family is facing right now? Do you need to decide whether to fix the old car again or just invest in a new one? Perhaps you have to figure out how to best spend your time this summer while your parents are still at work? Maybe a new job or the bad economy is forcing you to move.

Talk to your family members about a decision they are facing as a family. Then, create a DECIDE chart for them. Be sure to collect as much information as possible so that you understand all criteria that might influence this decision, such as how much money the family can afford to spend or whether it makes sense to invest in a “green” product.