

Part 6: Change and Choice

The first 5 personal development activities should be completed prior to using this activity.

Change is present in all of our lives, and sometimes we don't have control over those changes, and the choices that are forced on us.

This activity will address change, and hopefully help you look at the choices you are faced with, and make decisions about what is most important to you, what you need, and what you can control, and how to deal with the rest.

The mere idea of change can cause fear and uncertainty. How do we make decisions when we don't have all the facts, or the facts keep changing? Just when we think we have a plan, something else will change, and we are starting over at ground zero.

Assignment

First, identify a change you are currently challenged by, or one looming on the horizon.

This could be around the virus and school looking differently this year. It could be around spending more time with family and less time with friends. It could be around a decision that needs to be made, or a need that is not being met, a relationship that is strained, etc.

1. Identify and describe the challenge you are facing, or decision that needs to be made.
2. Why does this matter to you?
3. What options do you have? (list as many as possible)
4. List, in order, what matters most to you in making this decision/this change (priorities).
5. List those items you can control, and those you do not have control over.
6. Star * the items that you HAVE to have (can't live without).
7. What do you know about your values and personality that could provide more clarity?
8. What is one micro-step you could take this week to nudge yourself toward this goal?

Example:

1. *I want to have an in-person WTSA state conference, but maybe need to move it to virtual. Current pandemic restrictions prevent group gatherings, schools are online, and even if they could go back to school, I doubt schools will let kids travel.*
2. *Because Career and Technical Education is very hands-on, and TSA is about in-person experiences, projects and interactions.*
3. *Options*
 - *Cancel the state conference*
 - *create a virtual state conference*
 - *create smaller one-day "regional" conferences*
 - *sit on the floor and cry*
 - *whine about it not being fair.*
4. *What matters most*
 - ** Students getting as many of the experiences as we can provide*
 - ** Still getting to compete*
 - *Still getting to meet other students*



Personal Leadership Development Challenge

- *Still exploring careers*
 - **Still learning about topics they are interested in.*
5. *Can't control – pandemic, restrictions, school decisions, student decisions about participating*
Can control – decision about the state conference, how we structure it, opportunities we provide, event management, communications, marketing
 7. *I want to control everything, have everything work perfectly, I don't like change*
 8. *List positives and negatives of a virtual conference*

BONUS: Think of a time you have experienced a similar challenge or change, a similar choice. What did you do? How did it go? What can you take from that experience and apply to your current situation?

Group discussion

Have one student share their change, and challenge.

Ask other students to brainstorm options.

Then ask students to list items that can be controlled, and those that can't.

Ask the first student if their lists match the group lists.

Ask the entire group which piece of the decision would matter most to them (what would they need to control).

Ask them to discuss whether decisions are easier to make when you control all of the aspects, and why.

Ask them how they have dealt with not being able to control any of the decisions this year around what is happening with their school year.