

Ask the participants about their experience of the decision-making process. *What did they like best, what did they like least, what was easy or hard?*

Participant Practice (25 minutes)

Distribute a second copy of the handout to the participants. Invite them to consider a decision that they are facing on their own. Ask them to take approximately 15 minutes to work the SODAS process on that decision alone. Inform them that they will be asked to share their decision and process with one other person, so they shouldn't pick a decision so private that they would feel uncomfortable telling another person.

Give 15 minutes for individual work.

Invite the participants to form pairs to share the steps of the process they just worked. While one person is explaining their decision-making, the other person should sit and listen quietly. Then, the other should explain their process while the first person listens. After each has shared, invite them to make comments, suggestions, or clarifying questions to their partner.

Closing (10 minutes)

Conclude the session by inviting the participants to share responses to the following sentence completions.

- I learned....
- I discovered....
- I still have questions about....
- I feel confident about using a decision-making process because....
- I feel hesitant about using a decision-making process because....
- I will use this skill in the coming week by....