

## Thinking about Thinking.

Lets look back at the three case studies from earlier.

### Case Studies

1. Katy gained good qualifications and was well thought of at school but didn't get an apprenticeship after going for an interview. Katy said that she is rubbish at interviews and will never get offered any apprenticeship.
2. Taylor wanted to go to University after Sixth Form but didn't get a high enough grade in two of her exams. She thinks she will never have a chance of getting to University and that she is no good at anything. She'd had a lot of family difficulties and had moved house during the exam period.
3. Nathan didn't get on with his teacher in the subject that he failed in. He didn't understand the teacher in class and he was not as good as his old teacher.

Which '**way of thinking**' is each of the characters showing?

What else could they have **thought** (from the information given) to make themselves feel a bit better?

If they had thought like this do you feel they would be more motivated to try again?

## Making G.R.E.A.T Decisions.

- G** Give thought to the problem.
- R** Review your choices.
- E** Evaluate the consequences of each choice.
- A** Assess and choose the best choice.
- T** Think it over afterwards.

*"A GREAT way to remember how to deal with decisions in a positive way. Go back & put it to the test on your ANTS"*

