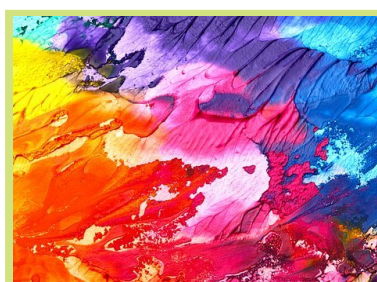


HOW TO MAKE BETTER DECISIONS

Watch the [video](#) titled “How to Make Better Decisions” by BBC Ideas.

1 WARM UP

You have been asked to choose a piece of art for your friend’s living room. Study the pictures below then make a decision. Explain your decision making process.

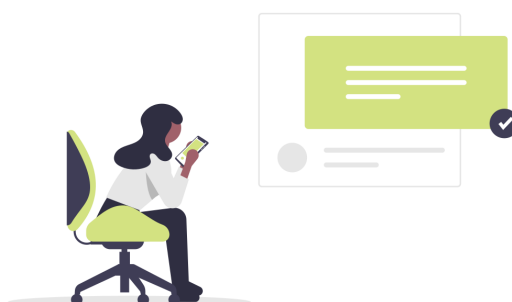


2 VOCABULARY

Read the words in the box, then complete the sentences, and answer the questions. You may need to change the tense.

peer pressure	choice	make up one’s mind
second thoughts	setback	change one’s mind

1. He _____ about becoming a teacher. Now he wants to be an engineer.
2. There’s been a _____ to our weekend plans. The car has broken down.
3. Jack did not want to smoke but he was influenced by _____.
4. Tina and Joe are having _____ about buying the house.
5. Hannah wants to go to Paris or Madrid. It’s a difficult _____ to make.
6. He needs to _____ about which restaurant he wants to eat at tonight.



Questions:

- a) Do you think people make bad decisions because of peer pressure? Explain.
- b) Describe a difficult choice you had to make recently.
- c) What type of setbacks can you face when deciding which university to attend.
- d) Have you ever changed your mind after making an important decision? Explain.
- e) How can you help someone make up their mind? Give examples.
- f) How can you prevent yourself from having second thoughts after making a decision?

3 TIP 1: VIDEO ANALYSIS

Use the words from the box to complete the video quotes. Then, answer the questions.

Tip 1: Remove Small Choices

eliminating wear energy bandwidth

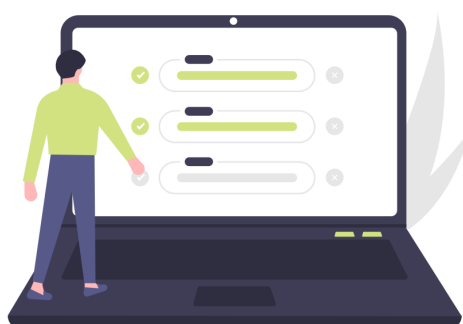
By _____ the small choices in life you save the best of your brain's ability for the really important things.

When he was in office, Barack Obama removed one decision from his daily life - what to _____.

Scientists studying the brain have seen that all decisions, big or small, consume the same amount of _____. Small decisions take the same amount of energy as big ones.

So, be vigilant about not wasting energy on decisions that aren't going to make a massive difference to your life. Save your brain's _____ for things that really matter.

1. What small choices do you make everyday?
2. Would you consider wearing the same thing everyday to save 'bandwidth'?
3. How else can you avoid having to make small decisions each day?



4 TIP 2: VIDEO ANALYSIS

Complete the quote below by choosing the correct grammatical term.

Tip 2: Fuel your Brain.

“If you're / your hungry neurotransmitters can't be produced which results in communication between the brain's 86 billion neurons breaking down / break down, compromising your ability to think and make / do good decisions. So when you need to make an important decision make sure you're not hungry. Research shows / shown that drinking plenty of water and having a slow-release carbohydrate breakfast like porridge will help you think clearly / clear.”

1. Explain your reasoning for choosing each word from the text.
2. Do you agree that you need to eat well in order to make good decisions?
3. Describe the traditional breakfast in your country. Does it help decision making?

5 TIP 3: VIDEO ANALYSIS

Reword the video quote by replacing the underlined words with synonyms from the box. Then, answer the questions.

Tip 3: Lose the Fear.

great advice get hurt 10 years be honest restricted

Nobel laureate Daniel Kahneman spent a decade studying human decision-making and found that in big decisions we are generally more afraid of loss than we are motivated gain. According to his research, this means we often pick the safest option rather than the one that will have the most positive impact on our lives. Kahneman's got a great tip for getting over this fear of loss. Ask the advice of a friend who's not afraid to drop some truth bombs even if it means your feelings get a bit roughed-up. An objective friend can help you identify the best decision because they're not weighed down by the fear of what could be lost.

1. Describe a time when you felt afraid of loss when making a decision.
2. Do you have a friend that will 'drop some truth bombs' if you need advice?
3. Describe the positives and negatives of losing fear when we make decisions.

6 GRAMMAR: CERTAINTY, PROBABILITY & POSSIBILITY

Study the grammar point below, then complete the exercises.

Certainty (Positive and Negative)

To express certainty in the present, we use **must**, **can't** and **couldn't**.

To express certainty in the past, we use **must have**, **can't have** and **couldn't have**.

Probability

To talk about probability in the present or future, we use **should** and **ought to**.

To talk about it in the past, we use **should have** and **ought to have**.

Possibility

We use **could**, **may** and **might** to talk about the possibility of something either in the present or in the future.

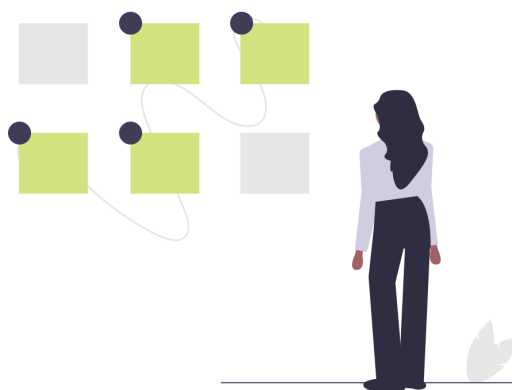
Certainty: Negative	Present: She can't / couldn't be in France. Past: She can't / couldn't have been in France.
Possibility	Present: Your illness could / may / might get worse. Past: I could / may / might have died if I did not go to hospital.
Probability	Present: You should / ought to get better if you take this medicine. Past: You should / ought to have recovered by now.
Certainty: Positive	Present: She must be in France. Past: She must have been in France

Complete the sentences using the correct modal verb:

1. He isn't answering his phones. He _____ be somewhere without signal.
2. Elvis Presley _____ be alive. Someone would have seen him by now.
3. I don't know why I'm still ill. I took the medicine, so I _____ be better now.
4. John can't find his keys at home. He _____ left his keys at the office.
5. The students failed their exams. They _____ studied in their free time.
6. You _____ win the lottery if you buy a ticket.
7. The passengers on the flight _____ died if the pilot hadn't reacted so quickly.

Complete the sentences below using past tense modal verbs. The answers are open to your own interpretation. Be creative!

1. Your friend messaged you to cancel your evening plans together, he _____.
2. Your landlord has arranged a meeting for tomorrow, she _____.
3. The bank did not approve your credit application, they _____.
4. Your friend is in a really good mood, she _____.
5. A friend is crying after a phone call with his manager, he _____.
6. Your nephew passed his exam at school, she _____.
7. The football team lost 10-0, they _____.
8. Your mobile phone is ringing at 2:30 am, _____.



6 EXPRESSIONS: MAKING DECISIONS

Match the expressions from the box to the correct definition.

gut decision	snap decision	sure fire thing
can't put (one's) finger on it	weigh up (one's) options	

1. A decision you think is certain to succeed / be correct.
2. To make a decision quickly, without any thought.
3. To think clearly about the advantages or disadvantages.
4. To make a decision based on instinct.
5. To feel like you understand something but you cannot fully recall clearly or why.

Expressions Activity:

1. Do you agree with the following statements? Make a **gut decision**.
 - Your country is going to win the next football World Cup.
 - Netflix will go out of business in 5 years.
2. Make a **snap decision** about the following:
 - What are you going to eat for lunch tomorrow?
 - What are you going to wear tomorrow?
3. Read the statements below. Do you believe they are a **sure fire thing**?
 - It is going to rain tomorrow.
 - Electric cars will be dominant in the next 10 years.
4. Answer the questions about "**can't put (one's) finger on it**".
 - Can you think of something you can't put your finger on?
 - Do you have a similar expression in your native language?
5. Read the statements below. Before deciding what to do, **weigh up your options**.
 - I am going to quit my job and travel the world for 2 years.
 - It is better to invest in the stock market instead of property.



HOMework

Watch the [video](#) titled “How to Make Faster Decisions” by TED

1 QUOTES RELATED TO DECISIONS

Write about the quotes below. Describe what you think each quote means, and talk about how the quote applies to your own life.

1. “Good decisions come from experience. Experience comes from making bad decisions”

2. “Be decisive. A wrong decision is generally less disastrous than indecision.”

2 VIDEO ANALYSIS

Watch the [video](#), then write detailed answers to the questions below. Top Tip; you can add subtitles, and slow down the speed of the video if necessary.

1. Define FOBO.

2. What is the problem with FOBO?

3. How can you overcome FOBO?

4. How does the video suggest to deal with no stake decisions?

5. How does the video suggest to deal with low stake decisions?

6. How does the video suggest to deal with high stake decisions?



