

Personal Growth Series

Brought to you by **SUTD Wellbeing Services**

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<http://www.sutd.edu.sg/Campus-Life/Well-being-Services>



Different perspectives, experiences, and insights improve decision-making and lead to superior performance.

Lynne Doughtie

Tips on how to develop decision-making abilities more effectively:

It was often said that life is the sum total of the decisions of we make everyday. From deciding what to eat to what career to pursue – we all make decisions, small or big, through life.

Some decisions may be easier to make, but we may struggle with others, especially when we are at a loss to know what to do. Making tough decisions may cause us considerable amount of stress. The anxiety of making hard choices may lead us to adopt maladaptive ways, including denial, avoidance or over-reliance on others, to cope with it.

Since life involves making decisions on a daily basis, the importance of developing and honing our decision-making abilities must be underscored.

- ❖ Be informed. One main challenge to making an informed decision is inadequate information or too much information. Thus, the key is to gather the necessary and relevant information you would need to make a choice.
- ❖ Be objective. Facing the uncertainty of an outcome arising from a decision could be an emotional experience. Acknowledge your emotion, but focus on addressing the issue rather than how the issue makes you feel.
- ❖ Be a learner. Recognise the need to deal with any outcome that comes with a decision. View the outcome as an opportunity to glean learning points from the experience to help you make better decisions subsequently.
- ❖ Be resourceful. If the weight of making a hard decision is stressing you out, consult or seek help from a professional or someone with relevant life experience.

SUTD Wellbeing Services offers professional counselling services for students in a private and confidential setting.

If you would like to see a Counsellor to discuss any issue or challenge, please email us at wellbeing@sutd.edu.sg.

