



DATE & DAY	: 5th July, 2021 (Monday)
ORGANISED BY	: COE, CBSE, DEHRADUN
THEME	: DECISION MAKING SKILLS IN ADOLESCENTS
RESOURCE PERSON	: DR.ASHA TIWARI (EDUCATOR)
ATTENDED BY	: ANIL KUMAR TIWARI

Webinar report on topic” **DECISION MAKING SKILLS IN ADOLESCENTS** “organised by **COE, CBSE, DEHRADUN** by resource person **DR.ASHA TIWARI (EDUCATOR)** focusses on following main points-

During adolescence, there is an increasing capacity for abstract reasoning, counterfactual reasoning, reasoning from premises that are not true, systematic reasoning, and a growing capacity for probabilistic reasoning. These abilities are all relevant to decision making.

5 Decision Making Skills

- Identify critical factors which will affect the outcome of a decision.
- Evaluate options accurately and establish priorities.
- Anticipate outcomes and see logical consequences.
- Navigate risk and uncertainty. ...
- Reason well in contexts requiring quantitative analysis.

What Adolescents want:

- More fun
- More independence
- More time with friends
- More control over their daily lives

Adolescents don't want:

- Arguments with parents
- Conflicts with peers
- Social drama
- Loss of privileges
- Adults telling them what to do

Adolescents learn to make good decisions when they understand which ones get them more of what they want, and which ones result in more of what they don't want.

Changes during Adolescent Period:

- Physical changes.
- Emotional changes and problems.
- Behavioural changes.
- Substance Use and Abuse.
- Educational challenges.
- Health problems.
- Psychological problems.
- Social problems – dating and relationships.

Really, it was totally knowledgeable session.

Report presented by

ANIL KUMAR TIWARI