

Steps to Making Choices Assignment

Learning Outcomes

The purpose of this assignment is to encourage you to:

- Describe your role in the given incident.
- Identify factors that influenced your actions.
- Recognize the impact of your actions on your community and those around you.
- Evaluate what you could have done differently and/or outline what you intend to do differently in future situations.

Instructions

Think about the incident you were involved in, and about the choices that you made leading up to it. This assignment asks you to outline your decision-making process and think critically about what led you to make the choices you did, in hopes that you can avoid making those same choices in the future. Each step has a set of questions that are meant to guide you through recalling and reflecting upon your incident. In working through each step, we hope that you can recognize where and when you were faced with making choices, and how you can go about making more positive choices if you find yourself in similar situations in the future.

STEP 1

Recall the events leading up to and during your incident. Consider the following questions:

- Describe the time period leading up to the incident. What did you do that day?
- How would you describe your state of mind in the time leading up to the incident? During the incident? After?
- What happened? Explain the incident.
- Had you consumed any intoxicants leading up to or during the incident, and if so, how did this affect your actions and recollection of the incident?
- What role did your friends/peers play in the incident?
- Had you been in a similar situation before? What was the same? What was different?

STEP 2

Considering the answers that you gave for the first part, identify where/ if you had made reference to any of the following:

- Emotions
- Lapses in judgment
- Outside influences
- Peer pressure
- Boredom
- Alcohol/drugs
- Misunderstandings
- Values and Conscience

How do you think those factors affected your decision-making process and your actions?

STEP 3

Identify the points in your incident where you could have stopped and made a different decision or had done something differently to avoid the situation. Consider the following questions:

- What would you do differently?
- Did you make any choices that you are proud of or happy with? Did you make any that you are not happy with?
- Can you identify what exactly led you to make those choices?
- How easy or hard would it be to avoid making those choices that you were not proud of? Why?

Requirements

- Typed, double spaced, minimum of 500 words in Word Document format
OR
- 3-4 minute Video Submission

To Submit

Please submit your outcome to the Community Standards Assistants via email at communitystandards@uoguelph.ca, by **11:59pm** on the date stated in your outcome letter.

Student Housing Services is dedicated to upholding confidentiality. Your letter will be reviewed for completion and quality of the submission by a Community Standards Assistant and may be reviewed by a member of the Residence Life Management Team.

If you have any accommodations or require this information in an alternate format, please contact communitystandards@uoguelph.ca