

Steps to Making Choices Assignment



Think about the incident you were involved in, and about the choices that you made to get there. This assignment asks you to outline your decision-making process and think critically about what pushed you to make the choices you did, so 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. The total word count for this assignment is approximately 1250 words, and is broken down by each step. You are expected to write in an academic style, and to pay attention to spelling and grammar.

STEP 1

Recall the events leading up to and during your incident. You should provide written responses for each of the following questions, and all of your answers should total a minimum of 500 words.

Answer the following questions:

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

STEP 2

Now, look over the answers that you gave for the previous questions, and identify where you made reference to any of the following:

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

In your document, highlight moments where you made reference to any of the points above in your answers for Step 1. You may choose to colour code the different points with your highlighting so that you can account for having more than one influence in your responses.

Next, reflect on these factors and answer the following question in 250 words:

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 could have done something differently to avoid a bad situation. Answer the following in 500 words total:

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?

Deadline: Your assignment is due back to the Community Standards Assistant, reztules@uoguelph.ca, by 11:59 pm on the deadline stated in your sanction letter. Please prepare your answers in a word document. Remember to include the title of your assignment in the subject line of your email.