

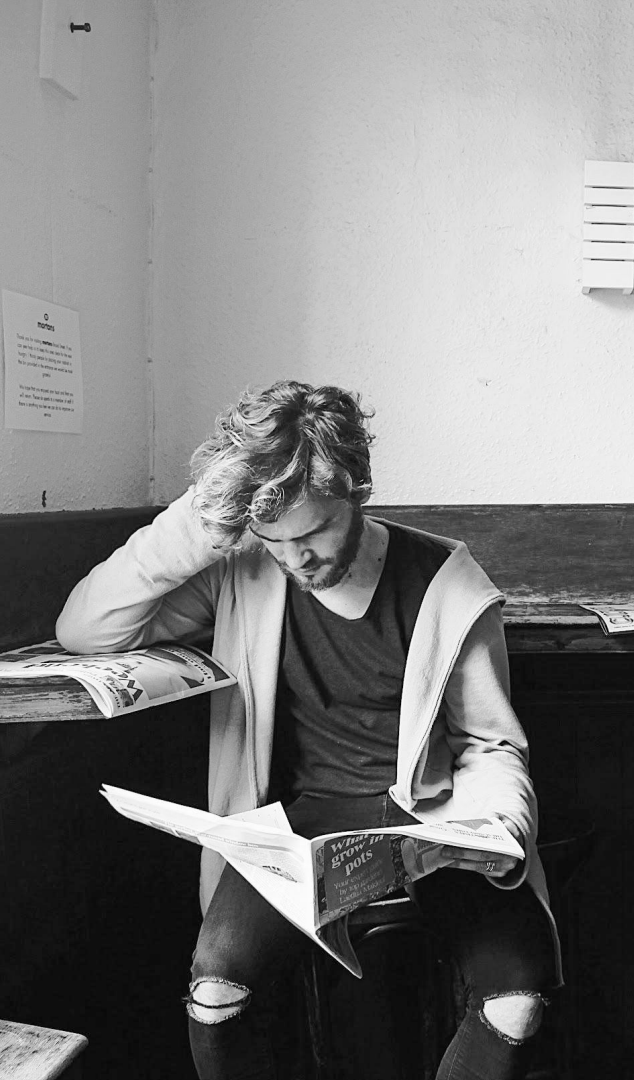
1A LESSON 1A LESSON 1 LESSO



Aid to the  
Church in Need

**ACN UNITED KINGDOM**

CHOOSING RIGHT



# Sixth Form GENERAL RE



# BIGGEST DECISION THAT:

**You made  
in  
childhood**

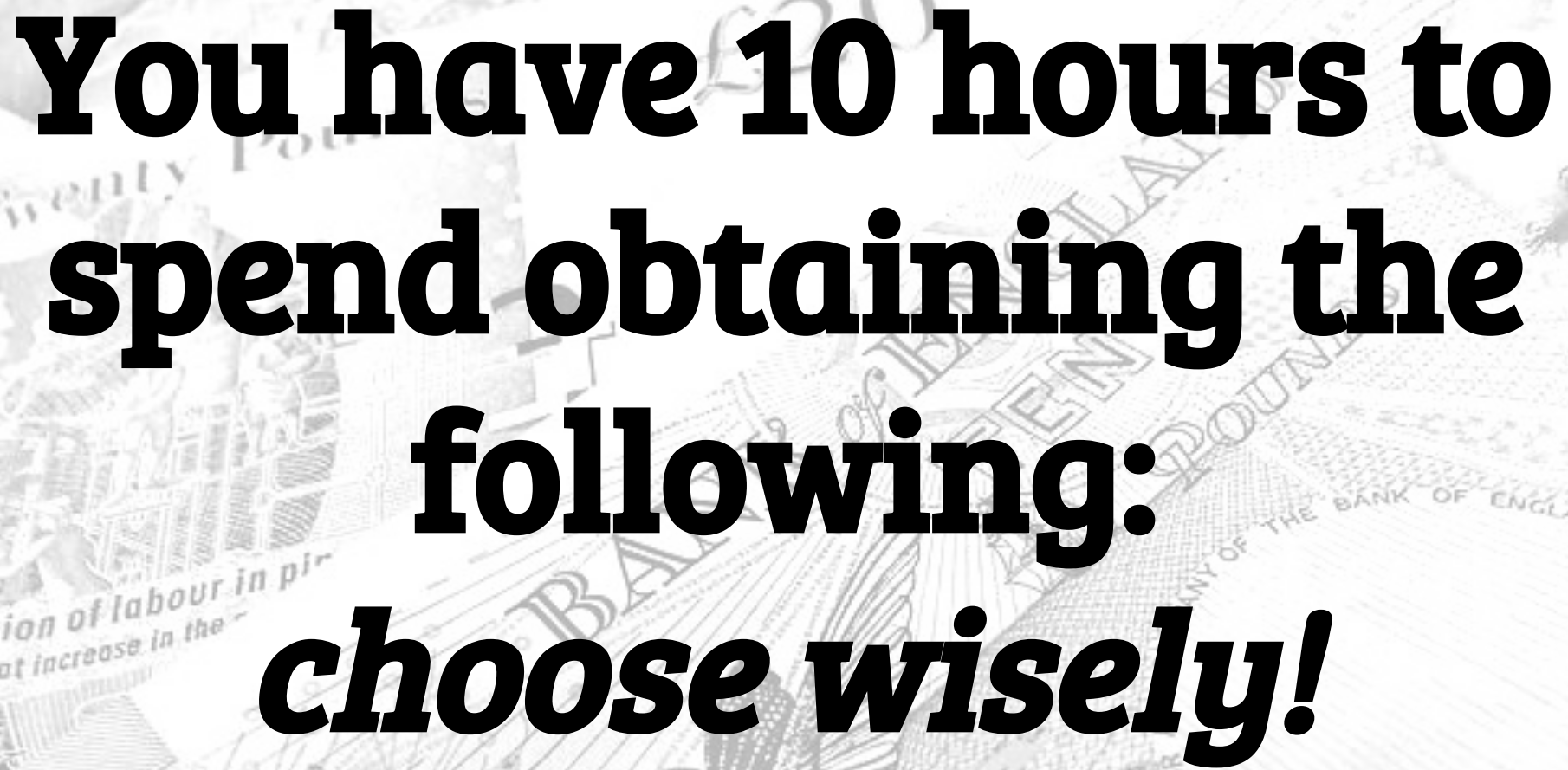
**You have  
made in  
your life so  
far**

**Was made  
for you**



# STARTER





**You have 10 hours to  
spend obtaining the  
following:  
*choose wisely!***



# SHOPPING LIST

- |     |                     |                          |
|-----|---------------------|--------------------------|
| 1.  | <b>4hrs 17 mins</b> | Contentment              |
| 2.  | <b>5hrs 26mins</b>  | Health                   |
| 3.  | <b>1hrs 59mins</b>  | Success                  |
| 4.  | <b>1hr 2mins</b>    | Fame                     |
| 5.  | <b>5hrs 45mins</b>  | Wealth                   |
| 6.  | <b>3hrs 30mins</b>  | Popularity               |
| 7.  | <b>4hrs 18mins</b>  | Power                    |
| 8.  | <b>8hrs 13mins</b>  | To be loved and accepted |
| 9.  | <b>2hrs</b>         | To travel                |
| 10. | <b>1hr 25mins</b>   | To never get old         |
| 11. | <b>4hrs 10mins</b>  | World peace              |
| 12. | <b>7hrs</b>         | Joy and fulfillment      |
| 13. | <b>5hrs 51mins</b>  | Freedom                  |
| 14. | <b>4hrs 6mins</b>   | Talent and intelligence  |



YOU  
DECIDE

QUICK STRAW  
POLL

When making  
decisions,  
I am...

- ☐ completely free
- ☐ completely not free
- ☐ more free than not free
- ☐ more not free than free
- ☐ 50% free and 50% not free



# Learning Outcomes

By the end of this lesson I will have:

- Reflected my own decision-making
- Discussed the 'Free to Decide' worksheet & identified new information
- Explained influences on my decision-making

# Key words

Social Conformity  
Default  
Ego Depletion  
Intuition  
Priming  
Bias



# HOW MANY DECISIONS DO YOU



# THINK YOU'VE MADE TODAY?

Experts think that the average adult  
makes around  
35,000 decisions a day

Our brains cope with 400 billion bits  
of information per second

About 2,000 parts of this information is  
processed, many of which result in decisions.



**Researchers have shown that  
we make 226.7 decisions each  
day, just about food! \***

Psychologists estimate that we therefore  
make about 1 million decisions per month!

\*(Wansink and Sobal, 2007)



We have freedom to choose what to do, what to think and what to believe

**DO YOU AGREE?**



## Paired Task: 3 MINUTES

1. Read this sheet together and discuss its contents
2. Did you already know any of these facts?
3. Which ones are the most interesting?



## Free to Decide Social Media

In a USA survey, 81% of those who replied said what they decided to buy was directly influenced by friends' social media posts (Forbes)  
Consumers are 71% more likely to make a purchase based on social media referrals (Hubspot)



### information overload

We can only take in a certain amount of information. If we have too much, our brains get stuck. This happens with the sheer amount of information available on the internet today



### hunger

The hungrier we are, the more risks we take in our decisions



### default (pre-selected option)

Often we don't want to make a decision so just stick with the default option if it's already been chosen for us



choices get harder the later it is  
Studies have shown that "decision fatigue" makes it difficult to see all the aspects involved in making a difficult decision

See research on purple boards 2011 by researchers at Birkbeck University



### memories

What we remember easily affects our decisions more than other memories which are harder to recall



### too much choice

Too much choice makes it harder to make a decision

When one thing has an effect on how we relate to something else. Eg. a person who sees the word "green" will be slightly faster to recognize the word "grass". In one study 2 bottles of wine were filled with cheap red wine. Students were asked to rate the wine. Telling them that one was cheap red, one was cheap. The "complex" thought was more likely to be chosen.

### priming



"Your choices are made in a moment, and yet their consequences transcend a lifetime."  
MJ DeMarco

### Reason and

We have the ability to reason (using our brains & the info) but scientists think we have another system called automatic way. We are not aware of this process.

More people in Britain have made it easier to use automatic way.





For more Candid Camera videos visit [www.CandidCamera.com](http://www.CandidCamera.com)



A man with dark hair, wearing a dark suit jacket over an orange shirt, is shown from the chest up. He has a pained or emotional expression, with his eyes closed and mouth slightly open as if crying. He is sitting in a black chair. The background is a bright, overexposed outdoor scene. A red '2' logo is visible on the bottom of his orange shirt.

SKY NEWS

JUSQU'OÙ VA LA TÉLÉ, LE JEU DE LA MORT

diffusion le 17 mars à 20.35



**We are making the most important  
decisions every day of our lives.**

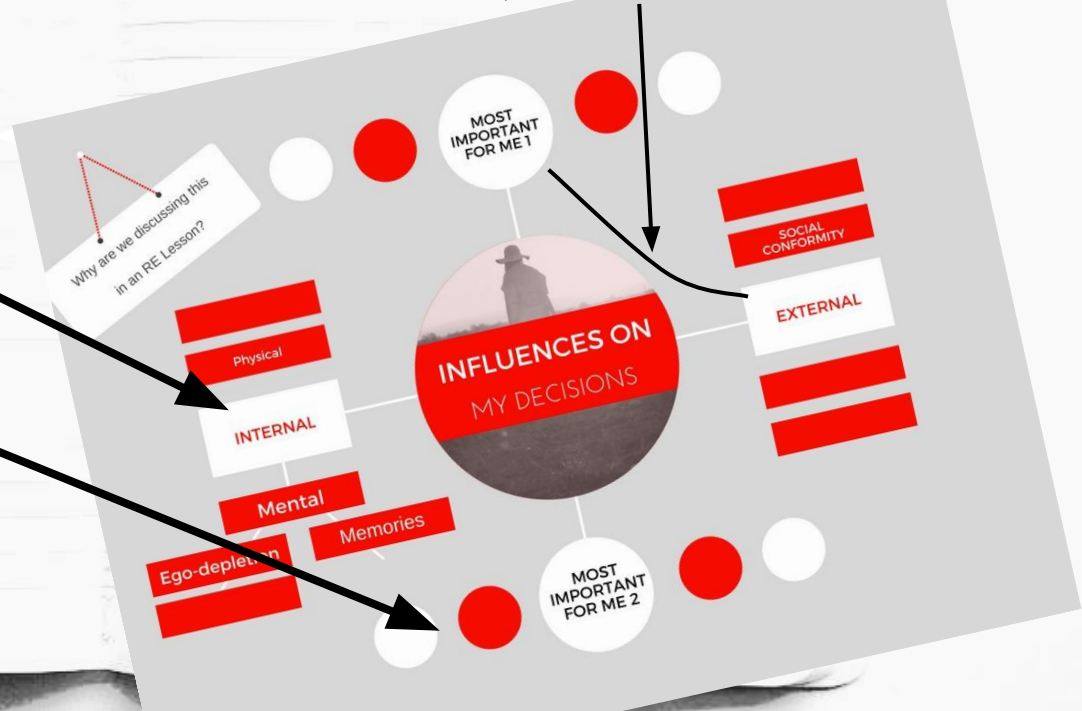
**Our decisions not to decide are decisions  
in themselves**

**WHAT ARE THE TWO MOST IMPORTANT  
DECISIONS YOU WILL EVER MAKE?**

IN YOUR WORKBOOK:  
Complete the mind-map

1. on the horizontal rectangles- write down any new information from the lesson.
2. on the vertical circles- write the two decisions which are most important to you.

3. In a different colour - Link the rectangles and the circles together to show how your most important decisions are being influenced by internal or external factors.



MOST  
IMPORTANT  
FOR ME 1

Why are we discussing this  
in an RE Lesson?

# INFLUENCES ON MY DECISIONS

SOCIAL  
CONFORMITY

EXTERNAL

MOST  
IMPORTANT  
FOR ME 2

INTERNAL

Mental

Memories

Ego-depletion

Physical

- ☐ I AM COMPLETELY FREE TO MAKE DECISIONS
- ☐ I AM COMPLETELY NOT FREE TO MAKE DECISIONS
- ☐ I AM MORE FREE THAN NOT FREE TO MAKE DECISIONS
- ☐ I AM MORE NOT FREE THAN FREE TO MAKE DECISIONS
- ☐ I AM 50% FREE AND 50% NOT FREE TO MAKE DECISIONS

Has your opinion changed?

Why are we discussing this in an RE lesson?

Share a one sentence summary of Your thinking during this lesson  
You may want to include the key questions (next slide)



# THE 3 Ws

## Key Questions

→ WHY

Is the freedom to make our own decisions so important?

→ WHAT

Are the most important decisions that we make?

→ WHICH

Decisions are worth more consideration?






“I wish it need not have happened in my time," said Frodo. "So do I," said Gandalf, "and so do all who live to see such times. But that is not for them to decide. All we have to decide is what to do with the time that is given us.”

— J.R.R. Tolkien, The Fellowship of the Ring



A person is seen from behind, sitting on a dark, rocky outcrop. They are looking out over a vast, undulating sea of white clouds that stretches to the horizon. The sky above is a mix of soft blues, oranges, and yellows, suggesting a sunset or sunrise. The overall mood is contemplative and serene.

If we allow the love of  
Christ to change our  
heart, then we can  
change the world.  
This is the secret of  
authentic happiness.  
Pope Benedict XVI

Jesus waits to welcome us, but wants us to  
decide to come to him ourselves

