

Brainstorm My Options & Choose My Response (Secondary)

Have you ever said or done something that you wish you hadn't? Maybe you overslept, and now you have another tardy. Or you forgot you had a test, didn't study for it, and got a bad grade.

We've all made choices at times that keep us from making progress. When you have something you're working on or want to learn, you'll have to make choices along the way. Some choices will help you make progress, and some won't.

To make choices that will keep you on track, use the strategies **brainstorm my options** and **choose my response**. When you're not sure what to do, stop and think about each option and its effect on your progress. Then choose the option that is best for you.

I used the strategies **brainstorm my options** and **choose my response** when I needed to get better at remembering when my assignments for each class were due. I started by **brainstorming my options**:

1. I could keep a notebook where I wrote down all my assignments and checked them off as I completed them. I had tried this option before, but I ended up losing the notebook.
2. Each evening before I started my homework, I could review what I had done in each class and make a list of my assignments. That option was better, but I wasn't sure I would remember each of my assignments.
3. I could set a calendar reminder on my phone for each assignment after the teacher had given the due date. I liked this option because I always had my phone with me, but I needed to make sure I knew my school's cell phone policy.

I considered each of the three options carefully, thinking about my strengths, preferences, and what would be the best for me. I explained my goal to my teacher, and she reminded me that students were allowed to have their cell phones out between classes, so I decided that setting a calendar reminder on my phone would be the best. After class was dismissed, I would stay at my desk for a few minutes and set the reminder before I went to my next class.

When you need to improve or learn something new, remember to **brainstorm your options**, think carefully about which one will work best for you, and then **choose your response**.