

Decision Quality vs. Outcome

The most fundamental distinction in decision making is that between the quality of the decision and the quality of the outcome.


We can imagine 4 possible scenarios

Although it is not guaranteed, the more you focus on making better informed decisions, the more likely you will be exposed to better outcomes.


3 Types of Decisions








3 Types of Decisions:




Ask Yourself:
What kind of decision is this?
How great is the commitment and what is at stake?
Can it be easily reversed or not?
How much time do I have to make it?


Consult with others:
Seek second opinions and guidance from your support system




Big life-shaping decisions



Significant decisions



In-the-moment decisions



Big life-shaping decisions

- Choosing a major
- Deciding what career to pursue
- Taking a year off in between bachelors and masters degree
- Joining the military

What would you add?





Significant decisions

- Networking with Employers
- Deciding extracurricular activities
- Choosing courses for next semester
- What would you add?





In-the-moment decisions

- What to say in an interview
- What to wear tomorrow
- What to order at a restaurant
- What would you add?







Clarify Values:

What is your motivation/purpose behind your decisions?



7-word life motto activity

Takeaways

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7-word life motto

EXERCISE: 5 mins

STEP 1: Circle 7 words from the inspiration list.

Make sure that the words inspire, excite, and encourage you to be your best every day.

STEP 2: Construct your life motto.

Come up with seven words that describe how you want to live your life daily, words that will inspire you when you get out of bed in the morning. When you're feeling down, these will be the words that will inspire you to move forward.

STEP 3: Share your motto

Takeaways:

- Your Seven-Word Life Motto bridges your authentic and professional identity (elevator pitch, networking, "tell me about yourself") vs identifying as an imposter
- Define, see, and understand your core values and identity in your personal manifesto
- Keep it close as an inspiring motivator when making decisions big and small

Answers

5 Types

1. Perfectionist

2. Expert

3. Soloist

4. Natural Genius

5. Superhuman

The type(s) we resonate with can give us insight into how or why we make decisions?

I would be able to do it all

It wouldn't be so hard

I would be able to do it all myself

I would know it all

I would never fall short of perfect

5 Types


1. Perfectionist

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4. I would know it all

2. It wouldn't be so hard

1. I would never fall short of perfect

5. I would be able to do it all

3. I would be able to do it all myself

STEP 1: Fill in options for rules you might explore in your Career Plans.

STEP 2: Fill in objectives.

STEP 3: Fill in data using a visual indicator without fully the objective is met by the option.

STEP 4: Notice

• fully meets objective

• partially meets objective

• does not meet objective

• is one option the clear winner or loser?

• Where are options equivalent, such that the objective will not influence the decision?

• Does looking at this reveal any missing objectives?

A Tool For You

Example

OBJECTIVES	option 1	option 2	option 3
Minimum additional skill training			
Interesting/ Rewarding			
Pays the bills			
Ideal location			
Schedule			
Personality fit			

What other insights into the decision does this matrix offer to you?

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Minimum additional skill training

Interesting/ rewarding

pays the bills

ideal location


schedule

tufts ferry	senior class	biology teacher	cupid
●	●	●	●
●	●	●	●
●	○	○	●
●	○	●	●
●	●	○	●

● totally

● sorta

○ not at all




Thank You!

Thank you for attending this presentation. We hope that it has encouraged and empowered you in your career journey as you continue reflecting on your own professional development, and assisting others.

UTSA Wellbeing Services:
utsa.edu/students/wellbeing/

UTSA Career Center:
careercenter.utsa.edu



Imposter Syndrome Workshop
Feedback Survey

