

Our Goals for Youth

How I Decide equips youth with fundamental thinking skills and strategies to manage everyday habits, in-the-moment choices, and significant decisions throughout their lives.

We believe learning is a lifelong process, so our programs and instructional content help kids strive to:

Be self-aware.

Be mindful of your thoughts and feelings so you can better determine your motivations when forming beliefs or making decisions.

Maintain decision fitness.

Regulate your emotions so you approach decisions in a calm, levelheaded way.

Be a good friend to your current and future self.

Be kind to yourself in the present, and consider the potential long-term consequences of your habits and decisions.

Evaluate and update beliefs.

Continuously assess your confidence in your beliefs. Consider new information or points of view and be happy to change your mind.

Avoid black and white thinking.

When making decisions, identify the range of potential outcomes from different options and use evidence to estimate the chance of each one occurring.

Watch out for cognitive biases.

To make more rational decisions, use strategies to identify and avoid cognitive biases that may be distorting your thinking.

Distinguish process from outcome.

Recognize the role of chance in outcomes. Evaluate your decision based on the quality of your process, not solely on the outcome.