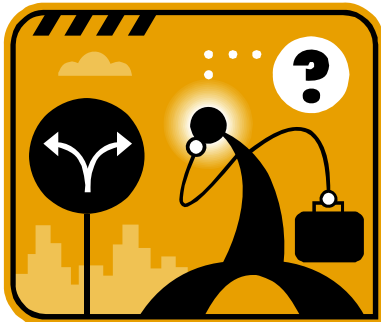


On Course Journal 2  
The Wise Choice Process  
**Due: December 10, 2009 as part of Portfolio II**



Think about a current problem, one that you're comfortable sharing in writing. As a result of this problem, you may be angry, sad, frustrated, depressed, overwhelmed or afraid.

Perhaps this situation has to do with a grade you received, a teacher's comment, or a classmate's action. Maybe the problem relates to a relationship, a job or your health. The Wise Choice Process can help you make an empowering choice in any part of your life.

**Part I:** Type the questions and answer each one as they relate to your situation. Responses should be typed and placed in your portfolio in the "On Course Journals" section.

1. **What's my present situation?**
2. **How would I like my situation to be?**
3. **What are my possible choices?**
4. **What is the likely outcome of each possible choice?**
5. **Which choice(s) will I commit to doing?**
6. **When & how will I assess my plan?**

**Part II:** Write what you learned or relearned from doing the Wise Choice Process. You might begin, "By doing the Wise Choice Process, I learned that I..."