

# What Direction are YOU Headed?

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A Workshop on Decision Making and Personal Responsibility

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# Welcome Activity – Who are You?

We will be doing an ice breaker/welcome activity. In this activity it is important to think about who you are (how you grew up, what values you were taught, what you believe is important in life, etc). These items are all important in deciding where you are going to end up in the future. In this activity you will either draw or write the following information



- 1) Name and where you are from originally
- 2) What brought you to Penn State
- 3) What your major is (if undecided, what you are thinking about)?
- 4) Where do you see yourself in 4 to 5 years?
- 5) How do you want other people to see you?
- 6) What are 3-5 goals that you have for yourself while you are in College?

Everyone will be sharing their "Who are You Activity" with the group.

# Decisions, Decisions, Decisions?



We all make many decisions over the course of our lifetimes.

According to the dictionary a decision is:

A judgment, conclusion or resolution reached or given;  
The act of making up one's mind;  
Firmness of purpose or character; determination.

**What are some  
decisions you made today?**

# The Trouble with Decisions?

Every decision has the potential for many different outcomes

**WHAT POSSIBLE OUTCOMES OR FACTORS  
DO YOU CONSIDER WHEN MAKING  
DECISIONS?**



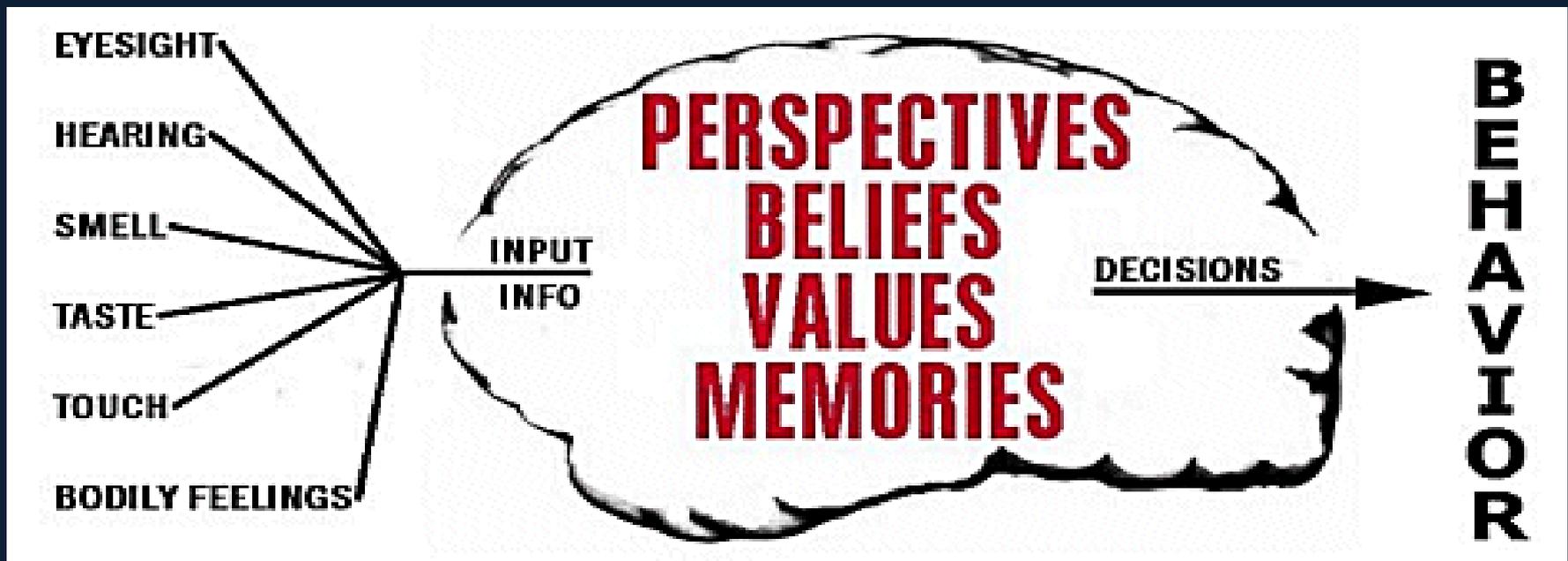
**“Two roads diverged in a yellow wood, and I took  
the one less traveled by, and it has made all the  
difference”**

**- Robert Frost**

# Your Decisions Define You

The decisions you make reflect who you are as a person:

- What you value
- What you believe in
- What you are passionate about
- What is most important to you



# What are Ethics and Values?

Values are beliefs that a person or institution holds about what is important in life. These are guiding principles that shape a person or institute's behavior.

## What are some Values that are important for Penn State University & Residence Life?

Student Success; Safety and Security; Academic Excellence;  
Personal and Social Respect and Responsibility



Ethics are socially constructed rules that govern what is considered right and wrong for a system, group, community, floor, University, Residence Hall, etc.

## So based upon some of the VALUES we mentioned for PSU and Res Life, what are some “rules” that PSU has created?

Quiet hours (Student Success), Piggybacking/escort policy, Responsible Action Protocol (Safety and Security), Academic Integrity Policy (no cheating or plagiarism)

# The Deal with Ethics



Ethics, though they are socially created constructs, do not necessarily have to relate to or tie into Feelings, Religion, socially accepted cultural norms, Science or the Law.

## Respect and Responsibility

### Personal

- How will your actions hurt you now or in the future?
- Are your actions reflective of who you are or how you want to be defined?
- How would you feel if your parents found out or if it was in the newspaper or on the news?

What are some communities that you are involved in here at Penn State?

### Others

- How will your actions hurt other people now or in the future?
- Are your actions promoting inclusivity or acceptance of everyone?
- What communities will be harmed?

# What do you Value?

## Step 1: Identify the times when you were happiest

- What were you doing?
- Were you with other people? Who?
- What other factors contributed to your happiness?

## Step 2: Identify the times when you were most proud

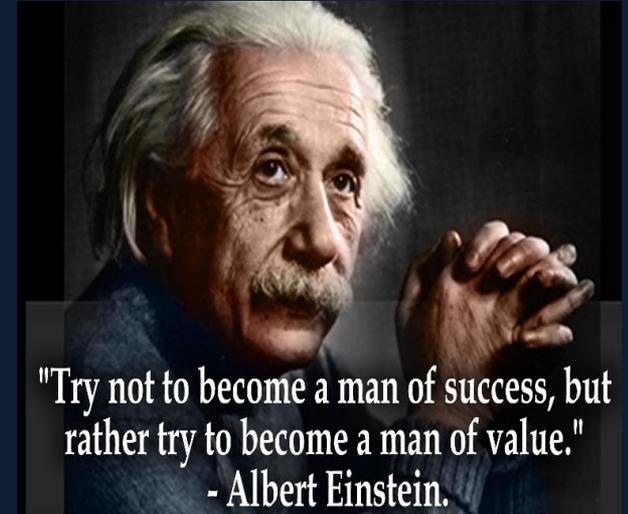
- Why were you proud?
- Did other people share your pride? Who?
- What other factors contributed to your feelings of pride?

## Step 3: Identify times when you were most satisfied/fulfilled

- What need or desire was fulfilled?
- How and why did the experience give your life meaning?
- What other factors contributed to your feelings of fulfillment?

## Step 4: Determine your top values, based on your happiness, pride, and fulfillment

- Use the words on the next slide or choose your own to fill in your top 7 Life Values



Values: any sort of quality, trait or characteristic that is intrinsically important to or that matters to someone.

# What are your Life Values?



Accountability	Creativity	Fitness	Love	Serenity
Accuracy	Curiosity	Fluency	Loyalty	Service
Achievement	Decisiveness	Focus	Making a difference	Shrewdness
Adventurousness	Democraticness	Freedom	Mastery	Simplicity
Altruism	Dependability	Fun	Merit	Soundness
Ambition	Determination	Generosity	Obedience	Speed
Assertiveness	Devoutness	Goodness	Openness	Spontaneity
Balance	Diligence	Grace	Order	Stability
Being the best	Discipline	Growth	Originality	Strategic
Belonging	Discretion	Happiness	Patriotism	Strength
Boldness	Diversity	Hard Work	Perfection	Structure
Calmness	Dynamism	Health	Piety	Success
Carefulness	Economy	Helping Society	Positivity	Support
Challenge	Effectiveness	Holiness	Practicality	Teamwork
Cheerfulness	Efficiency	Honesty	Preparedness	Temperance
Clear-mindedness	Elegance	Honor	Professionalism	Thankfulness
Commitment	Empathy	Humility	Prudence	Thoroughness
Community	Enjoyment	Independence	Quality-orientation	Thoughtfulness
Compassion	Enthusiasm	Ingenuity	Reliability	Timeliness
Competitiveness	Equality	Inner Harmony	Resourcefulness	Tolerance
Consistency	Excellence	Inquisitiveness	Restraint	Traditionalism
Contentment	Excitement	Insightfulness	Results-oriented	Trustworthiness
Continuous	Expertise	Intelligence	Rigor	Truth-seeking
Improvement	Exploration	Intellectual Status	Security	Understanding
Contribution	Expressiveness	Intuition	Self-actualization	Uniqueness
Control	Fairness	Joy	Self-control	Unity
Cooperation	Faith	Justice	Selflessness	Usefulness
Correctness	Family-orientedness	Leadership	Self-reliance	Vision
Courtesy	Fidelity	Legacy	Sensitivity	Vitality

# The Ranking Activity



Rank the statements from 1-10 based on your opinion & how you feel with 1 will be the most ethical behavior and 13 is the most unethical behavior. You cannot assign a number more than once.

Ind. Rank	Group Rank	Ethical Situations
		Looking at a friend's test for help with an answer
		Using a fake ID
		Smoking marijuana on campus
		Switching the price tag on a book at the bookstore to pay a lower price
		As a treasurer in a school club, you borrow money from the club account without asking to pay for some personal bills. You use the money and replenish the account after a few weeks.
		Illegally downloading a TV Show, Music or Movies
		Lying to a Campus Police Officer
		Disabling a smoke detector in a Residence Hall Room
		If you are a minor: Consuming alcohol on campus If you are not a minor: Purchasing alcohol for a minor to consume
		Eating a bag of potato chips (\$2.99) and drinking a gatorade (\$1.99) in the Big Onion and walking out without paying for it
		Hiding a book in the library so no one else can find it
		Running through the hallway pounding on doors and being loud after quiet hours
		Being in the presence of alcoholic beverages on campus even though you are not actually consuming any of them

# The Road Map to Making Good Decisions?

Comprehend the values in play and look at the decision from multiple perspectives. Weigh pros and cons.

Commit to the decision that best matches your values

**Step 2:  
Comprehend**

**Step 4:  
Commit**

**Step 3:  
Collect**

**Step 5:  
Codify**

**Step 1:  
Clarify**

Clarify the Decision. Recognizing that a decision needs to be made and then truly clarify what that decision involves.

Collect resources, ideas, implementation strategies and alternatives.

Codify (record) the consequences and evaluate results for the future.

**The 5 C's  
of Decision Making**

# Choose your Own PSU Adventure?

It is Friday night, and you have just finished a tough week of classes. You and your friends decide to go out to have a good time and celebrate. After much discussion, with a lot of ideas being passed around, you all have decided on two possible things to do that night. It is put to a vote, and you are the deciding vote.



OR



Go out and grab some dinner, take in a movie, and come back to your room and hang out playing video games or cards.

(Card #2)

Go out and grab some dinner, then head over to one of the apartment buildings to party that a mutual friend is throwing.

(Card #3)

# Choose your Own PSU Adventure?

Card 2:

So you and your friends decide to head out and grab some dinner. As you are sitting down on the table, one of your friends states that they just had a fake ID made and so they will order a round for everyone at the table...

Do you:

Let your friend order the beers (Card #4)

Or

Convince your friend that using the fake ID might not be a great idea (Card #5)

Card 3:

You and your friends grab a bite to eat at Five Guys and decide to head over to a friend's apartment off campus. Upon arriving your friend has about 20 people over and some are drinking. Everyone seems to be having a good time. Your friends decide that they want to get a drink and offer to get you one...

Do you:

Let your friends get you a drink (Card #6)

Or

Let your friends drink, but decide to be the sober friend to make sure everyone gets home safely (Card #7).

# Choose your Own PSU Adventure?

## Card 4:

You decide to let your friend order a round of beers. However, when the waiter checks your friend's ID he discovers it is a fake ID and reports it to the manager who comes over to let you know the police have been notified. The police arrive, file a report and confiscate your ID. The police tells you that you now have to go to court because using a fake ID is a illegal. While it was not your ID, you all decide to call it a night and go home.

## Card 5:

After much cajoling, you convince your friend not to use the fake ID. As you make that choice an officer comes in and sites a group of students for using a fake ID. When you get back to your hall, one of you friends states that they have some beer back in their room and invites you back...

Take your friend up on his offer and head over to his room for a few beers (Card 8)

Or

Decide to call it a night, and tell your friends that you will catch up with them tomorrow (Card 9)

## Card 6:

You decide that one drink can't hurt so you have one of your friends bring you over a cup of jungle juice. When you ask what is in it, your friend is not too sure but tells you that there are a number of liquors and fruit juices in it. You finish your cup and have another. A short time later, a group decides to play a game of beer pong...

You join in and play a round or two of beer pong (Card 10)

Or

The drinks you had are enough & pass on beer pong (Card 11)

## Card 7:

You decide that someone should stay sober so you pass on drinks and choose to grab a soda instead. You keep an eye on your friends. During the course of the party, your secret crush comes up to you and you both have a great conversation. The two of you spend the evening laughing. At the end of the party you help your friends back to their rooms, but not before making plans to meet up with you secret crush for a date tomorrow night.

# Choose your Own PSU Adventure?

## Card 8:

You head over to your friends room, grab a beer, and just hang out. Before you know it, you are all singing along to the radio when the RA knocks on the door. You have no choice but to let Steve in, he informs you that he is there because of a noise violation but sees the beer bottle on the desk.

Steve documents the situation and you head back to your room dreading what the next few days are going to bring.

## Card 9:

You decide that you are not much in the mood for a beer, and you decide to pass. You wake up the next morning and meet up with your friends for breakfast. At breakfast you find out that Steve, the RA, documented a situation in one of your friend's rooms the night before. You are secretly glad that you did not go to your friends room last night.

## Card 10:

You and your friends run the table and before you know it one game turns into six games. YOU CAN'T BE BEAT! The party dies down around 2:30am and you decide to head back to your room in East with you friends. While on your way back you get sick and a police officer stops to check on you. The police officer noticed you were having a hard time walking up the hill and witnessed you vomit and administers a PBT, to which you blow a .19. The officer issues you an underage citation and releases you to your friends. The next morning you wake up, not too sure of what happened but notice a yellow slip of paper sticking out of your pocket. Last night is going to come at a steep price.

## Card 11:

You decide to have one cup of jungle juice and spend the night socializing with your friends. You keep an eye on your friends who have decided to drink more. One of your friends plays a number of games of beer pong and at the end of the night you help in back to East Halls. While helping your friend back, a police officer stops to check to see if your friend is okay. The office notices your friend is intoxicated and administers a PBT to which your friend blows a .19. The officer administers an underage citation. Your friend comes to you the next morning and asks you what happened.

The Officer releases your friend into your care and you return to East Halls.



Please break up into groups and read over the case study that you have been given. At the bottom of the case study, please answer the following questions. After several minutes, we will come back together as a larger group and talk about these case studies.

# Why is all this important?

## Respect and Responsibility for yourself:

- Your decisions reflect your behavior and oftentimes define who you are or how people see you
- How you are perceived is important here at PSU and in the world (employer, schools), etc
- If you do make a decision, own up to it. Part of growing up is learning to take responsibility for your actions.

## Respect and Responsibility for Others/Community:

- Living in a community is tough, but it is also extremely valuable
- Your actions greatly affect other people
  - Quiet Hours/Noise
  - Escort Policy/Piggy Backing
  - Consuming Alcohol/Being in the Presence of Alcohol
  - Roommate Conflicts
  - Community Restroom Usage



# Reflection Activity



**Reflection Activity Prompt:** Our educational priority in Residence Life is Respect and Responsibility. After having attended the decision making workshop, please write a 3 page paper being sure to address the following:

- A) How are you working towards demonstrating Respect for yourself and your community and responsibility for your actions;
- B) Having attended the workshop, what are your thoughts and views on the incident that caused you to be assigned to this workshop and what would you do differently in regards to this situation;
- C) How do you think your actions change how people perceive you and how does this ultimately work for or against the goals you have set out to accomplish for your life?

**The reflection paper must follow this standard format: 3 pages typed using 12 point Times New Roman font, double spaced. One inch margins all around the paper. Student's first and last name AND the title of the assignment added to the top right hand side of the first page of the paper.**

**All papers are due to the assigning coordinator by 5m on one of the dates below:**

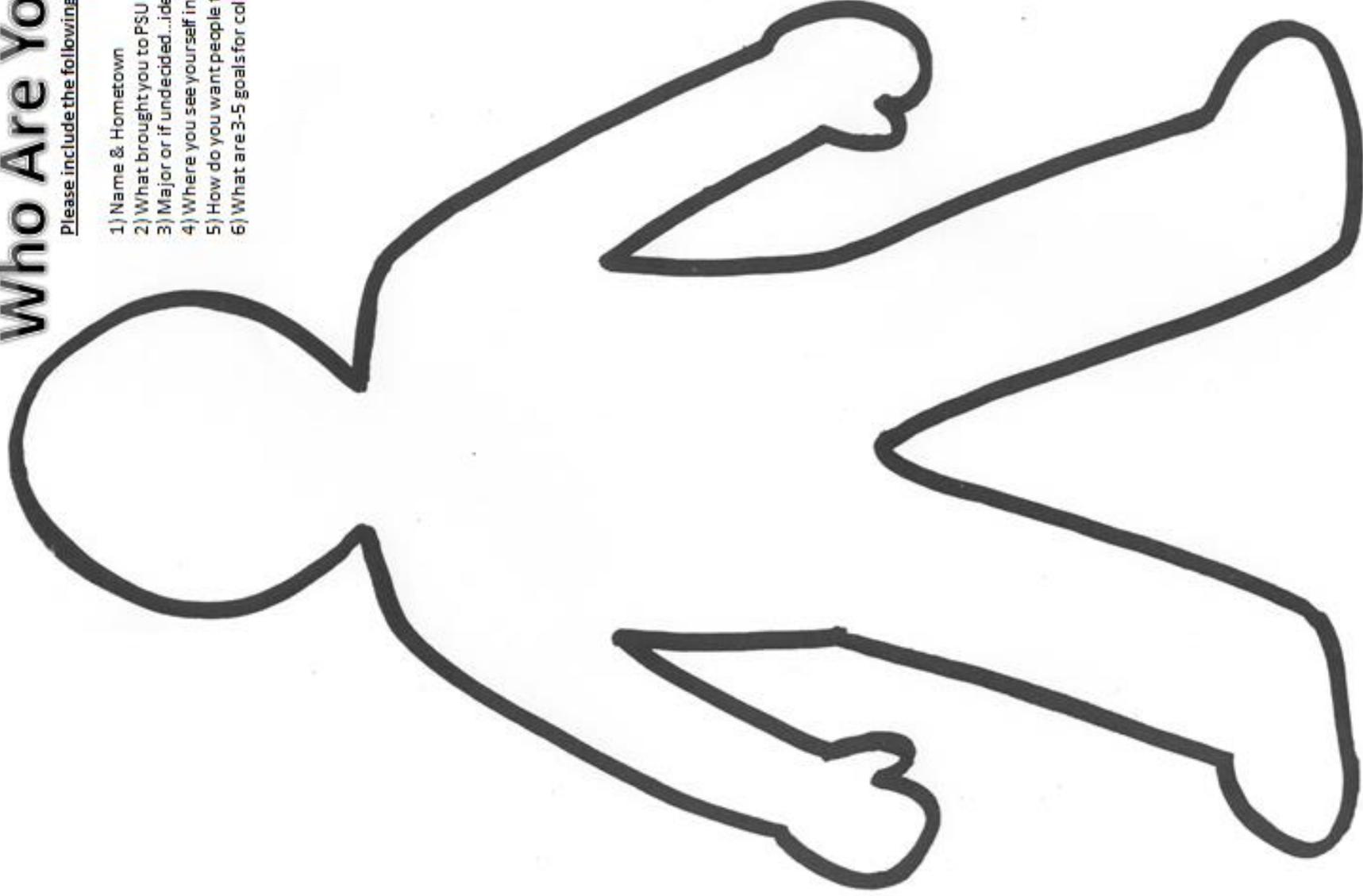
Date of Workshop	Paper Due Date	Location Of Workshop
September 10 <sup>th</sup>	September 17 <sup>th</sup>	East Cultural Lounge
September 26 <sup>th</sup>	October 3 <sup>rd</sup>	North Cultural Lounge
September 30 <sup>th</sup>	October 7 <sup>th</sup>	Pollock Cultural Lounge
October 10 <sup>th</sup>	October 17 <sup>th</sup>	West Cultural Lounge
October 22 <sup>nd</sup>	October 29 <sup>th</sup>	Pollock Cultural Lounge
October 28 <sup>th</sup>	November 4 <sup>th</sup>	East Cultural Lounge

Date of Workshop	Paper Due Date	Location of Workshop
November 5 <sup>th</sup>	November 12 <sup>th</sup>	Pollock Cultural Lounge
November 18 <sup>th</sup>	November 25 <sup>th</sup>	East Cultural Lounge
November 21 <sup>st</sup>	November 28 <sup>th</sup>	West Cultural Lounge
December 5 <sup>th</sup>	December 12 <sup>th</sup>	West Cultural Lounge
December 10 <sup>th</sup>	December 17 <sup>th</sup>	North Cultural Lounge
December 12 <sup>th</sup>	December 19 <sup>th</sup>	East Cultural Lounge

# Who Are You?

Please include the following:

- 1) Name & Hometown
- 2) What brought you to PSU
- 3) Major or if undecided...ideas?
- 4) Where you see yourself in 10 years
- 5) How do you want people to see you?
- 6) What are 3-5 goals for college



LIFE  
VALUES

# What Are Your Life Values?



Accountability	Creativity	Fitness	Love	Serenity
Accuracy	Curiosity	Fluency	Loyalty	Service
Achievement	Decisiveness	Focus	Making a difference	Shrewdness
Adventurousness	Democraticness	Freedom	Mastery	Simplicity
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Improvement	Exploration	Intellectual Status	Security	Understanding
Contribution	Expressiveness	Intuition	Self-actualization	Uniqueness
Control	Fairness	Joy	Self-control	Unity
Cooperation	Faith	Justice	Selflessness	Usefulness
Correctness	Family-orientedness	Leadership	Self-reliance	Vision
Courtesy	Fidelity	Legacy	Sensitivity	Vitality

# How do you Brand Yourself?



## ETHICAL BEHAVIORS RANKING ACTIVITY

Please rank in order the following behaviors in terms of how ethical you perceive the behavior to be. After individually ranking behaviors we will break into subgroups and you will be asked to come to a consensus ranking of the ethical behaviors.

On the first line below, rank the statements from 1-13 based on your opinion and how you feel. **Number 1 will be the most ethical behavior and number 13 is the most unethical behavior.** You cannot assign a number more than once.

Ind. Rank	Group Rank	Ethical Situations
		Looking at a friend's test for help with an answer
		Using a fake ID
		Smoking marijuana on campus
		Switching the price tag on a book at the bookstore to pay a lower price
		As a treasurer in a school club, you borrow money from the club account without asking to pay for some personal bills. You use the money and replenish the account after a few weeks.
		Illegally downloading a TV Show, Music or Movies
		Lying to a Campus Police Officer
		Disabling a smoke detector in a Residence Hall Room
		If you are a minor: Consuming alcohol on campus If you are not a minor: Purchasing alcohol for a minor to consume
		Eating a bag of potato chips (\$2.99) and drinking a Gatorade (\$1.99) in the Big Onion and walking out without paying for it
		Hiding a book in the library so no one else can find it
		Running through the hallway pounding on doors and being loud after quiet hours
		Being in the presence of alcoholic beverages on campus even though you are not actually consuming any of them

## CASE STUDY 1

With your group or partner, read the case study. After you have finished, identify which of the ethical principles have been upheld and which may have been violated by the actions of the main character in the story. It is likely that the character will experience a conflict between upholding some principles while being forced to violate others. There will then be some reflection questions to consider. When the larger group gets back together, be prepared to present your thoughts to the group.

### The Big Game

Matthew and Brandon are the dynamic duo of the basketball team. As the starting center and point guard (and team captains), they are part of why the team can't be beat. A major game against Syracuse is coming up and the team desperately needs this win. Not only does the economy of the local area rely on the team's ability to bring in fans' dollars and fill the arena, but the morale of the whole town and the need for alumni donations makes this game extremely important.

The week before this critical game, Matthew and Brandon are both cited for excessive consumption of alcohol. They have violated not only the Student Code of Conduct but also the team's strict honor code that governs players' behavior. The coach is furious, especially because the players are well aware that misconduct will result in them being benched for a while. Matthew and Brandon are team leaders and role models, plus the coach feels it is important for them to learn that their behavior has consequences.

The coach is worried, though, that benching the dynamic duo all but guarantees the team will lose the game, and with it all the morale and alumni dollars the school is counting on. The coach is torn about whether he should "let this one slide" for the greater good of the team and the town.

### Reflection Questions

- What are the possible choices available to the coach?
- If the coach benches Matthew and Brandon, which ethical principles are upheld and which are violated?
- What if the coach allows Brandon and Matthew to stay in the game - which ethical principles would be upheld and which would be violated?
- What are some of the other ethical issues raised by this dilemma?
- What do you think you would have chosen to do in this situation? Why?

## CASE STUDY 2

With your group or partner, read the case study. After you have finished, identify which of the Big 6 ethical principles have been upheld and which may have been violated by the actions of the main character in the story. It is likely that the character will experience a conflict between upholding some principles while being forced to violate others. There will then be some reflection questions to consider. When the larger group gets back together, be prepared to present your thoughts to the group.

### The Resident

Amelia was caught stealing \$200 from her roommate and is called to the Residence Life student conduct office. Residence hall policy requires that Amelia be removed from her room and relocated to a single, since after stealing from a roommate the ResLife staff do not want to place her in a room with anyone else.

Amelia is only 18 and away from home for the first time. She is from an economically strained family and they simply cannot afford to pay for a single room. Amelia says that if she is moved to a single, she will have to drop out of school. With nowhere else to go, and with no money, Amelia is not even sure how she will get home to Indiana. Her mother has told her that there is no money for gas or bus fare. Amelia is terrified she will be out on the streets.

Jillian, the ResLife coordinator, is in a pickle. She cannot allow Amelia to stay in her room because of ResLife policies, but she believes that the consequences to Amelia for being moved to a single are above and beyond what the consequences would be for most other students. Jillian knows she could try to lobby Residence Life to make some kind of exception in this case, but she has no idea if she will be successful. She also knows she could be putting her own reputation on the line by trying to get her supervisors to break policy.

### Reflection Questions

- What are the possible choices available to Jillian?
- If Jillian is successful in getting an exception made in Amelia's case, which ethical principles would be upheld and which would be violated?
- What if Jillian decided to go forward with Amelia's relocation and just let her deal with the consequences - which ethical principles would be upheld and which would be violated?
- What are some of the other ethical issues raised by this dilemma?
- What do you think you would have chosen to do in this situation? Why?

### CASE STUDY 3

With your group or partner, read the case study. After you have finished, identify which of the Big 6 ethical principles have been upheld and which may have been violated by the actions of the main character in the story. It is likely that the character will experience a conflict between upholding some principles while being forced to violate others. There will then be some reflection questions to consider. When the larger group gets back together, be prepared to present your thoughts to the group.

#### The Letter of Recommendation

Anthony and Mark are close friends and co-chairs of the Future Farmers of America Student Club. Anthony gets a phone message from a woman who works at a consulting company and wants to speak with him about the letter of reference he supposedly wrote for Mark. Mark has applied for a summer internship, something he has wanted for a long time and would mean a great deal for his future career. Anthony does not know what the woman is talking about, so he asks her to fax him a copy. When Anthony receives the faxed letter, he realizes Mark has created the letter himself and forged the letterhead of the club. Anthony realizes that if he doesn't back up his friend Mark and say that he wrote the letter, Mark will not only not get the internship he really wants – he will never be able to work for this company in the future. While this makes him feel like a terrible friend, Anthony also wants his word to be worth something and doesn't want to lie.

#### **Reflection Questions**

- What are the possible choices available to Anthony?
- Which ethical principles would be upheld and which would be violated if Anthony chose to tell the truth?
- What if Anthony backed up Mark and said he wrote the letter - which ethical principles would be upheld and which would be violated?
- What are some of the other ethical issues raised by this dilemma?
- What do you think you would have chosen to do in this situation? Why?

## CASE STUDY 4

With your group or partner, read the case study. After you have finished, identify which of the Big 6 ethical principles have been upheld and which may have been violated by the actions of the main character in the story. It is likely that the character will experience a conflict between upholding some principles while being forced to violate others. There will then be some reflection questions to consider. When the larger group gets back together, be prepared to present your thoughts to the group.

### The Secret

Marissa and Ellie are close friends and roommates. Ellie is concerned that Marissa seems to drink a lot, and also seems increasingly depressed as the semester progresses. Marissa has made it clear to Ellie that she does not want Ellie to tell anyone about her struggles, so although she has misgivings, Ellie has tried to help Marissa as much as possible without telling a soul. One night, Marissa has a lot to drink and starts talking to Ellie about how she is feeling. She says she feels hopeless and like there is no point to living anymore. She also reveals that she has thought seriously about hurting herself or even ending her life. She tells Ellie again that this is a deep secret and that she does not want Ellie to mention it to anyone. Although Ellie cannot be sure whether Marissa is serious about her thoughts of self-harm or if it's just the booze talking, she is alarmed. She knows that if she goes for help, Marissa will be taken to the hospital against her will and possibly charged with drinking underage. At the same time, Ellie isn't sure this is a situation she can handle on her own.

### **Reflection Questions**

- What are the possible choices available to Ellie?
- Which ethical principles would be upheld and which would be violated if Ellie's chose to tell her someone about Marissa's struggles?
- What if Ellie did not report the incident but tried to help Marissa on her own - which ethical principles would be upheld and which would be violated?
- What are some of the other ethical issues raised by this dilemma?
- What do you think you would have chosen to do in this situation? Why?