



Ceylan's Big and Small Decisions Quiz

Email* _____

1. How can you tell the difference between a big and a small decision?
 - a. All decisions are small
 - b. Use the HIP check.
 - c. All decisions are big
 - d. It's better to let others decide.
 - e. Other...
2. How much thought and stress does it make sense to have around a small decision?
 - a. All my decisions are small and I stress about all of them.
 - b. All my decisions are big and it is really not a problem. I just make them.
 - c. Use the HIP check
 - d. It's hard to tell so I just avoid decisions.
 - e. Other...
3. What element in the Decision Chain does Ceylan's anecdote fit with?
 - a. You really expect me to remember the Decision Chain?
 - b. Frame, because the different perspective helped her to clarify the importance of a smaller choice compared to her stress level.
 - c. Creative Alternatives, because she likes being creative.
 - d. Commitment, because she should just commit and follow through.
 - e. Other...
4. What decisions does COVID create for you?
 - a. No decisions, it just eliminates alternatives.
 - b. I have many decisions, but it is hard to reframe them.
 - c. It's hard just to not get angry.
 - d. I can choose to make the most of the time and opportunities I have, explore new interests, and build valuable skills to use in the future.
 - e. Other...
5. How can you, along with others you know, make the most of a difficult situation?
 - a. When I talk with my friends we mostly just complain.
 - b. My parent(s)/guardian(s) are always after me to do something productive – it's so annoying.
 - c. Maybe I could do something productive with my friends and get my parent(s)/guardian(s) to reward or support us.
 - d. A & B but not C
 - e. Other...
6. What career does Ceylan want to pursue?
 - a. Astrophysicist



Ceylan's Big and Small Decisions Quiz

- b. Journalism
 - c. Entrepreneur (take big risks, make big money)
 - d. Inventor - designer of quantum computers
 - 7. Ceylan had an internship at NBC Bay Area news.
 - a. True
 - b. False
 - 8. Ceylan was hoping to use the NBC position to network.
 - a. True
 - b. False
 - 9. Networking is when you talk to people you know and ask to be introduced to people they might know, because you are interested in learning how to get something you want.
 - a. True
 - b. False
 - 10. What uncertainties is Ceylan facing?
 - a. All of the below.
 - b. Whether she can get a visa to work in the US.
 - c. Whether she can find a job in the US.
 - d. Whether she can travel to the US.
 - 11. What is Ceylan's frame for decisions she can make currently?
 - a. She seems to be staying positive and motivating herself to do things in her best interest.
 - b. She can't make bracelets and she is deciding to become a jeweler – what?
 - c. Her focus seems to be on how decisions and actions she can take today will support her future goals.
 - d. A & C but not B.
 - 12. Where is Ceylan from? Where does she go to school? What did she study?
 - a. I thought her name was Jaylin – where is Turkey? Is it near Hungary?
 - b. Ceylan is from Istanbul Turkey, she went to Berkeley (University of California) and she studies Psychology with a minor in human rights.
 - c. Why would anyone want to study Astrophysics, much less Quantum Computing?
 - d. Are you checking to see if I am reading all the items, or whether I could understand her – she was talking so fast?!
-



Ceylan's Big and Small Decisions Quiz - Answers

1. How can you tell the difference between a big and a small decision?
 - a. All decisions are small
 - b. Use the HIP check.**
 - c. All decisions are big
 - d. It's better to let others decide.
 - e. Other...

Feedback for correct answers

Yes!

Some decisions are bigger than others – if we put all our effort into smaller decisions, we don't have space to focus on those that really matter.

Some decisions are bigger than others – if we think everything is small, we are missing out on opportunities and leaving value on the table.

While letting others decide may be easier, ultimately you have to live with your decisions. Not making a decision is still a decision.

A useful way to tell the size of decision is to use the HIP check.

Ask: how will things Change?

Is the Impact on just me or others, too?

Is it Permanent or Reversible?

Feedback for incorrect answers

Of course not!

Some decisions are bigger than others – if we put all our effort into smaller decisions, we don't have space to focus on those that really matter.

Some decisions are bigger than others – if we think everything is small, we are missing out on opportunities and leaving value on the table.

While letting others decide may be easier, ultimately you have to live with your decisions. Not making a decision is still a decision.

A useful way to tell the size of decision is to use the HIP check.

Ask: how will things Change?



Is the Impact on just me or others, too?
Is it Permanent or Reversible?

2. How much thought and stress does it make sense to have around a small decision?
- a. All my decisions are small and I stress about all of them.
 - b. All my decisions are big and it is really not a problem. I just make them.
 - c. **Use the HIP check**
 - d. It's hard to tell so I just avoid decisions.
 - e. Other...

Feedback for correct answers

That's good to hear! A decision, whether big or small, should receive the appropriate amount of attention. Using an appropriate process removes the stress – if you do your best, you save the stress and face the uncertainty with confidence.

Feedback for incorrect answers

That's too bad. You may be mixed up, overconfident, or indecisive. It may be difficult, but ultimately your success in life will come back to your decisions, so you might as well start building your decision skills now.

A decision, whether big or small, should receive the appropriate amount of attention. Using an appropriate process removes the stress – if you do your best, you save the stress and face the uncertainty with confidence.

3. What element in the Decision Chain does Ceylan's anecdote fit with?
- a. You really expect me to remember the Decision Chain?
 - b. **Frame, because the different perspective helped her to clarify the importance of a smaller choice compared to her stress level.**
 - c. Creative Alternatives, because she likes being creative.
 - d. Commitment, because she should just commit and follow through.
 - e. Other...

Feedback for correct answers

Well done! Yes, we actually expect you to remember the Decision Chain because you matter to us.

Creativity will get you a long way but it's not the right Decision Chain element here.



Commitment is a nice thought - being tough, being resilient, being gritty are all good. Except when you are stubbornly persistent in doing the wrong thing that is keeping you from getting more of what you really want.

The correct answer is Frame, because the different perspective helped her to clarify the importance of a smaller choice compared to her stress level.

Feedback for incorrect answers

Think again about the Decision Chain links. Yes, we actually expect you to remember the Decision Chain because you matter to us.

Creativity will get you a long way but it's not the right Decision Chain element here.

Commitment is a nice thought - being tough, being resilient, being gritty are all good. Except when you are stubbornly persistent in doing the wrong thing that is keeping you from getting more of what you really want.

The correct answer is Frame, because the different perspective helped her to clarify the importance of a smaller choice compared to her stress level.

4. What decisions does COVID create for you?
- a. No decisions, it just eliminates alternatives.
 - b. I have many decisions, but it is hard to reframe them.
 - c. It's hard just to not get angry.
 - d. **I can choose to make the most of the time and opportunities I have, explore new interests, and build valuable skills to use in the future.**
 - e. Other...

Feedback for correct answers

Great! Being self-aware and self-motivated will get you far.

Being limited in your movements outside of home can be frustrating. But it can also be an opportunity to choose to make the most of the time by exploring new interests and building valuable skills to use in the future.

Feedback for incorrect answers

While this may or may not be true, there is a better answer.

Being limited in your movements outside of home can be frustrating. But it can also be an opportunity to choose to make the most of the time by exploring new interests and building valuable skills to use in the future.



5. How can you, along with others you know, make the most of a difficult situation?
- a. When I talk with my friends we mostly just complain.
 - b. My parent(s)/guardian(s) are always after me to do something productive – it's so annoying.
 - c. **Maybe I could do something productive with my friends and get my parent(s)/guardian(s) to reward or support us.**
 - d. A & B but not C
 - e. Other...

Feedback for correct answers

Yes! If you selected this answer then you probably have the wherewithal to make something happen with friends that's positively rewarded.

It's true, I complain too, but it doesn't change much and it's not usually the path to creating value.

I agree, it can definitely be annoying for parent(s)/guardian(s) to be using the "do something productive" line, even if it is a signal that they care about you.

Feedback for incorrect answers

Well, that's no fun!

Yeah, I complain too, but it doesn't change much and it's not usually the path to creating value.

Yeah, it can definitely be annoying for parent(s)/guardian(s) to be using the "do something productive" line, even if it is a signal that they care about you.

Maybe talking with your parent(s)/guardian(s) about some sort of reward for spending time with friends AND doing something productive at the same time is a way to make this lousy pandemic seem not so bad.

6. What career does Ceylan want to pursue?
- a. Astrophysicist
 - b. **Journalism**
 - c. Entrepreneur (take big risks, make big money)
 - d. Inventor - designer of quantum computers

Feedback for correct answers

Right! She's pursuing journalism - she's already gotten an internship at NBC!

Her current plan does not include entrepreneurship either.

Being an astrophysicist or inventor might only happen in another life.

Feedback for incorrect answers



Ceylan's Big and Small Decisions Quiz

Nah, being an astrophysicist or inventor might only happen in another life.

Her current plan does not include entrepreneurship either.

She's pursuing journalism - she's already gotten an internship at NBC!

7. Ceylan had an internship at NBC Bay Area news.

a. **True**

b. False

Feedback for correct answers

Pretty cool, huh?

Feedback for incorrect answers

No, she did. Really!

8. Ceylan was hoping to use the NBC position to network.

a. **True**

b. False

Feedback for correct answers

Yes, that's smart. Most jobs come from networking.

Feedback for incorrect answers

No, she was talking to them about NBC opportunities AND other people/places/things.

9. Networking is when you talk to people you know and ask to be introduced to people they might know, because you are interested in learning how to get something you want.

a. **True**

b. False

Feedback for correct answer

Right. It may seem uncomfortable at first, but it makes a really big difference, and people generally want to help smart young people like you.

Feedback for incorrect answers

Think again. It's important you get this right, so we are taking the time to tell you so. Networking works and it's a skill you should practice. Go ask someone you admire – they'll tell you so.

10. What uncertainties is Ceylan facing?

a. **All of the below.**



- b. Whether she can get a visa to work in the US.
- c. Whether she can find a job in the US.
- d. Whether she can travel to the US.

Feedback for correct answers

Correct! That's challenging, right?

Feedback for incorrect answers

Yes, but there's more to this.

11. What is Ceylan's frame for decisions she can make currently?

- a. She seems to be staying positive and motivating herself to do things in her best interest.
- b. She can't make bracelets and she is deciding to become a jeweler – what?
- c. Her focus seems to be on how decisions and actions she can take today will support her future goals.
- d. **A & C but not B.**

Feedback for correct answers

Absolutely, what more can she do? What more can you do?

Feedback for incorrect answers

She said she wasn't that talented with bracelets – I don't think that's her path.

Done

12. Where is Ceylan from? Where does she go to school? What did she study?

- a. I thought her name was Jaylin – where is Turkey? Is it near Hungary?
- b. **Ceylan is from Istanbul Turkey, she went to Berkeley (University of California) and she studies Psychology with a minor in human rights.**
- c. Why would anyone want to study Astrophysics, much less Quantum Computing?
- d. Are you checking to see if I am reading all the items, or whether I could understand her – she was talking so fast?!

Feedback for correct answers

Yes!

Feedback for incorrect answers

Her name sounds like Jaylin, but it's Ceylan. Hungary is close to Turkey, but neither speak English, so this joke is not as funny to them.



Ceylan's Big and Small Decisions Quiz

As for astrophysics and quantum computing, some people want to see big, far away, invisible things. Others want to see small invisible things and harness their potential. Go figure.

Yes, Ceylan is quick, and so are you when you're paying attention.