

## Making a choice with the T-Model

This model can be used to help you to choose between one or two options. In this case the topic is Area or Language but you can also use the model for other choices you need to make.

- 1) Write down the name of the first option at the top of the first table, then write down as many positive and negative aspects as you can think of. Try to think of different aspects. You can look at the topics that we talked about in the presentation for inspiration. When you finished writing for option 1, you repeat this for option 2.
- 2) When you have written down all positive and negative aspects of both choices, you need to score each aspect. Use numbers between 1 and 10. You assign a 1 to the aspect that you consider least important and 10 to the aspect that you think is the most important. You need to evaluate all positive and all negative aspects for both options.
- 3) The next step is to add up all positive values for option 1 in one column and all negative values in the other column. Deduct the negative result from the positive result. Repeat this for the second option.

After taking these steps you end up with two numbers. These numbers can be high or low. The difference between the numbers will tell you something about which of these options you prefer. More importantly; you have considered all positive and negative aspects of both options. You also thought about the value these aspects have for you.

### OPTION 1:

Positive Aspects (+)	1-10	1-10	Negative Aspects (-)
<b>Total points Positive Aspects :</b>	...	...	<b>: Total points Negative Aspects</b>
Score: $(-) \dots - (+) \dots = \dots$			

**OPTION 2:**

Positive Aspects (+)	1-10	1-10	Negative Aspects (-)
<i>Total points Positive Aspects :</i>	...	...	<i>: Total points Negative Aspects</i>
Score: (-) ... - (+) ... = ....			

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**(OPTION 3:)**

Positive Aspects (+)	1-10	1-10	Negative Aspects (-)
<i>Total points Positive Aspects :</i>	...	...	<i>: Total points Negative Aspects</i>
Score: (-) ... - (+) ... = ....			