

Consequences Worksheet #1

Ask students to list as many consequences of each of the following as possible. TO use this exercise properly, students should be encouraged to make connections. For example: smoking may lead to heart disease, which may lead to early death, which may lead to trauma for a spouse or children, which may lead to psychological difficulties, etc.

It is important that students know the reason for doing this exercise: that the process of brainstorming possible consequences and connections increases their ability to think clearly about problems, and to transfer this ability to many areas of life, such as work, personal relationships, and their own health.

Students should be encouraged to list small and large, positive and negative consequences, as well as consequences that may affect others. Students will not immediately think that smoking brings profits to farmers who grow tobacco; discussing this issue will help them see how things are connected. Take time to discuss the connections with students, encouraging them to discuss other connections in other fields.

Because this is a simple exercise, I leave much of it incomplete and to the imagination and ingenuity of the individual teacher.

Some potential answers follow.

Smoking

Heart disease
Lung cancer
Emphysema
Lung failure
Reduced immunity
Early death
Bad teeth

Leaving family alone
Profits for tobacco companies
Profits for tobacco growers
Increased taxes for states
Increased insurance rates
Bad breath
Gum disease

Cheating on a test

Poor grade in a class
Bad reputation

Potential expulsion from school
Potential expulsion from athletics

Cheating in a relationship

Losing someone you love
Losing children
Feeling bad about yourself
Potential exposure to an STD

Hurting someone you love
Losing extended family
Feeling guilty
Unwanted pregnancy

Dropping out of school

Losing opportunities to progress
Potentially lower income potential

Having the chance to form a company
Lower self-esteem

Investing \$100.00 per week for 30 years

Becoming wealthy
Learning to be frugal

Losing substantial amounts of money

Doing push-ups every day

Becoming strong
Getting in shape

Hurting your shoulders