

## WORKSHEET 1– CHOICE ON THE MIND

Choice is the ability to exercise control over ourselves and our environment. In order to choose, we must first perceive, that control is possible. How much choice you **technically** have, is far less important the how much choice you **feel** you have.

Discuss.

What does this mean with regards to learner groups we have focused on in this project? Refer to experiences from your work sphere.

Do you have suggestions for educational offer / trainings (both staff and learners) in order to create more awareness around the “choice” topic? Would you find that good / helpful ...?