

Summary of the second meeting: PROBLEMS, GOALS AND CHOICES.

When talking about problem solving, setting and achieving objectives, it is not possible to ignore the fact that human beings can take decisions. Since this ability has become a subject of study, a process similar to business models related to rational concepts (objective evaluation of the advantageousness) and probability calculations, has been identified. As theories attributing major importance to the subjective role of the individual (cognitive, emotional and contextual aspects) have developed, several components which influence the development of the *decision-making* ability in human beings were analyzed. In addition to having identified several decision-making styles, vocational psychology focused its studies on the field of professional decision making, by formulating some strategies and useful steps for each individual to be actively involved in planning their own career. Strictly related to this is the capacity to discriminate between major and less severe difficulties. Setting short-, medium- and long-term objectives which can facilitate planning actions, to be taken in order to reach the goal, is another important ability. With reference to some features of modern society - a time of uncertainty - during this meeting the usefulness of being expert decision makers will be discussed. Moreover, by exploiting peer confrontation, each individual can find more useful strategies to develop in order to best manage their own educational and professional career.

