

Inquiry-Based Learning Model for Informed Decision Making (General)

1. Formulate questions

Sample Question:

What do I want to know more about to make informed decisions about my health?

2. Gather and Organize

Sample Questions:

- What information do I need to gather to answer my question?
- How will I organize my information?

3. Interpret and Analyze

Sample Questions:

- Is the information I have gathered relevant to my question? Is it reliable and credible?
- Does the information I gathered reflect various points of view?
- Do I need additional information and where can I source new information?

6. Reflect

Sample Questions:

- How will I know if the decision I made is the right one for my personal health?
- Is there anything I might want to consider changing to care for my mental and physical health?

5. Communicate

Sample Questions:

- Who do I want to tell my decision to?
- What will I share?
- How will I share it?
- How will I show respect for others' choices to care for their personal health?

4. Evaluate and Draw conclusions

Sample Questions:

- Based on the information I have gathered, what is the best decision for me to take responsibility for my personal health?
- Why is it the right decision for me?

