

Personal Development

Quarter 1 – Module 5:

Developmental Tasks and Challenges of Adolescence



Personal Development**Alternative Delivery Mode****Quarter 1 – Module 5: Developmental Tasks and Challenges of Adolescence****First Edition, 2021**

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Secretary: Leonor Magtolis Briones

Undersecretary: Diosdado M. San Antonio

Development Team of the Module

Writer: Maricel L. Bontigao

Editor: Cesar Chester O. Relleve

Reviewers: Melanie Mae N. Moreno, Joseph Jay Aureada, Darwin D. Bargo,
Alona A. Encinares, Philip Punzalan, Maria Theresa Tapales,
Carlos Rafael Arce, Rita A. Edillo

Illustrator: Salvacion C. Montenegro

Layout Artist: Mark Laurence T. Tapas, Maria Clariss Z. Maravilla

Management Team: Francis Cesar B. Bringas

Job S. Zape Jr.
Ramonito Elumbaring
Reicon C. Condes
Elaine T. Balaogan
Fe M. Ong-ongowan
Christopher R. Diaz
Juan R. Araojo Jr.
Cristina C. Salazar
Priscilla V. Salo
Bernadette B. Patag
Rosanito S. Paras
Rochene I. Garcia

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Department of Education – Region IV-A

Office Address: Gate 2 Karangalan Village 1900, Cainta Rizal

Telefax: 02-8682-5773/8684-4914/8647-7487

E-mail Address: region4a@deped.gov.ph/ict.calabarzon@deped.gov.ph

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Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



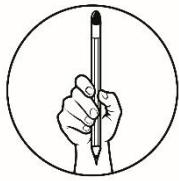
What I Need to Know

This material was crafted and written to help and guide the learners the necessary concepts about the developmental tasks and challenges of adolescence. This module was anchored from the learning competencies, performance and content standard of the curriculum guide. The content, activities, and assessments were designed according to learner's context.

The module is entitled Developmental Tasks and Challenges of Adolescence.

After going through this module, you are expected to:

- discuss developmental tasks and challenges being experienced during adolescence EsP-PD11/12DS-Ic-3.1



What I Know

Multiple Choice. Choose the letter of the best answer.

1. It is the stage of Psychosocial Developmental Theory where the adolescents try to explore and figure out their own identity and try to fit in with social interactions at the same time.
 - a. Trust vs. Mistrust
 - b. Initiative vs. Guilt
 - c. Industry vs. Inferiority
 - d. Identity vs. Role Confusion
2. It is the specialized agency of United Nations who is responsible for international public health.
 - a. World Health Organization
 - b. United Nations Children's Fund
 - c. International Labour Organization
 - d. Food and Agriculture Organization
3. A task that arises at or about a certain period in life, unsuccessful achievement of which leads to inability to perform tasks associated with the next period or stage in life.
 - a. Psychodynamic
 - b. Developmental Task
 - c. Psychosocial Theory
 - d. Human Development
4. The following statements are true about adolescence EXCEPT for one.
 - a. development of sexual characteristics
 - b. thought is more logical, abstract and idealistic
 - c. pursuits of independence identity are prominent
 - d. strong dependency to parents and seeks love and attention
5. The group of people that affect the cognitive development of an individual.
 - a. peers
 - b. teachers
 - c. parents
 - d. psychologists
6. The following are biological challenges happen to a middle adolescent EXCEPT one.
 - a. hair loss
 - b. sexual attraction
 - c. gain of weight and
 - d. breast enlargement for girls
7. It is the event where a late adolescent decides or plans for his/her future.
 - a. career choice
 - b. educational choice
 - c. entering to a marriage life
 - d. entering into a relationship
8. Mia just turned 18. In the Philippines, it is a mark of young lady's maturity. The following are some characteristics that a mature lady should possess EXCEPT for one.
 - a. Make wise decision
 - b. Choose a best career
 - c. Ask for independence
 - d. Settle down for marriage life

9. Teens should be engaging in worthwhile activities EXCEPT for one.
- joining fraternities/sororities
 - enrolling in a free online course
 - making new friends and joining school organization
 - engaging in productive activities in the community
10. Mark became conscious of his appearance when he hit the puberty stage. Because of this, he makes sure that he always looks good for others. Mark showed a characteristic that teens in the puberty stage exhibit. What is it?
- self-image
 - sexual maturity
 - personal development
 - moral development
11. The following are tasks of a teen EXCEPT for one.
- accepting one's physique
 - perfect behavior expected by parents
 - making responsibility for one's actions
 - achieving emotional independence like adult
12. They are the most relevant persons who can understand the situation of the adolescent.
- Friends
 - Parents
 - siblings
 - teachers
13. It is an example of biological challenges.
- self-identity crisis
 - changes in eating habits
 - compulsive or excessive exercise
 - feeling of misunderstood
14. Jan noticed that her armpit perspires excessively. Because of this, she became conscious and kept herself away from others. What challenge/s she encounter?
- Biological Challenges
 - Cognitive Challenges
 - Mental Health Issues
 - Psychosocial Challenges
15. It is the cause of emotional imbalance fluctuations of adolescents.
- genetically related
 - hormonal imbalance
 - environmental factors
 - hormonal changes and brain and development

Lesson

5

Developmental Tasks and Challenges of Adolescence

In this lesson, we will be focusing on the tasks and challenges that you experienced during your adolescence stage. **Adolescence** is the period of development that begins at puberty and ends at emerging adulthood. During puberty stage, there are changes that occur in the body of a child. It is a natural process that everyone goes through. Remember when you started to notice the rapid changes in your body? Mostly resulted to your being self-conscious and being overly emotional. Sometimes, you would want to be accepted and be “in”, but at times, you would want to be just left alone. These adjustments are part of developmental changes during adolescence stage -- the time when a child transitions in terms of physiology and cognition to fulfil a new role as an emerging adult.

We will walk along with you to discover yourself as you take the journey to the stage of becoming a responsible individual. Knowledge and understanding to oneself is the key to overcome the challenges in this period of your life. With guidance, assurance, and a better understanding of the process, you will have an easier time transitioning yourself in this extraordinary developmental stage.



What's In

In Module 4, you learned that life is full of challenges. Nonetheless, what matters is how you manage and overcome the challenges that you encounter in your life. This may be difficult, but learning to accept these difficulties may lead you in the right directions. Your thoughts, feelings, and behavior toward a situation are reflection of yourself as a person. Moreover, dealing with circumstances makes you become a better individual.

Read and express your thoughts, feelings, and ideas on the following situations. Write your answers in your notebook.

Situation No. 1

John is an active member of school organizations. He has a lot of talents to share and ideas to contribute to their club. Aside from that, he is known for his looks, neatness, and tidiness. However, these seemingly likeable characteristics became the reasons that many get envious and try to create rumors and gossips about him. This hurt him so much that he almost wanted to drop from schooling

Give your reaction:

Situation No. 2

Erica is a Grade 11 student. Like any other girls she is sociable and have a lot of friends in school. She is just an average student, but having a crush on her top one classmate urged her to spend late nights studying to keep up with him. However, all her efforts still fell short and she did not make it to the cut of students with honors. Because of this, she developed an eating disorder that caused her to lose huge weight. She also started to have breakouts. With these, the then friendly Erica became aloof and self-conscious.

Give your reaction:

Processing Questions:

1. What kind of adolescent did the two students portray in the two situations?
2. What challenges did John and Erica experience?
3. What challenges do Filipino adolescents face most?

**Notes to the Teacher**

1. *Process every activity. You can use question and answer method just to ensure that the learners understand it.*
2. *In the discussion, give additional information about the topic.*
3. *Multidisciplinary approach is encouraged. Search for additional resources for the topic.*
4. *Use the story of Alice in Wonderland as springboard to discuss the new lesson.*



What's New

"Who are you?" said the Caterpillar. This was not an encouraging opening for a conversation. Alice replied, rather shyly, 'I--I hardly know, sir, just at present-- at least I know who I was when I got up this morning, but I think I must have been changed several times since then.' What do you mean by that?" said the Caterpillar sternly. 'Explain yourself!'

*'I can't explain myself, I'm afraid, sir' said Alice, 'because I'm not myself, you see.'
'I don't see,' said the Caterpillar.*

'I'm afraid I can't put it more clearly,' Alice replied very politely, 'for I can't understand it myself to begin with; and being so many different sizes in a day is very confusing.'

<https://www.cs.cmu.edu/~rgs/alice-V.html>

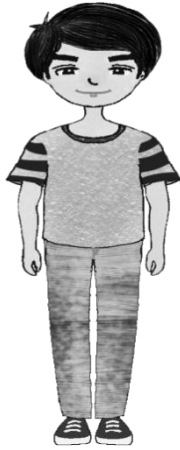
Alice in Wonderland-Lewis Carroll

Adolescence is defined as the period between the normal onset of puberty and the beginning of adulthood. In the Oxford English Dictionary, the origin of the word adolescence was from late Middle English (as a noun) and was derived via French from Latin adolescent, which means 'coming to maturity'. Other derivation of the word the same origin is *adolescere*, from *ad-* 'to' + *alescere* 'grow, grow up', from *alere* 'nourish'.

The transition period between childhood and early adulthood is quite difficult. This is the most crucial stage because this is the time when teens start defining themselves. Remember, however, that each adolescent's experiences, individual changes, and growth vary.

Activity 1:

The following illustrations show a boy and a girl adolescent. Let one represent you and recall the challenges you have experienced during your adolescence stage. Write your answers inside the box below.



Example: rapid changes of physical appearance

1. What were the most difficult challenges you have encountered?
2. How were you able to overcome these challenges?
3. How did these challenges help you to be a better person? How do you think this would prepare you to your adulthood?



What is It

Developmental Challenges of Adolescence

Adolescence is the transition period between childhood and early adulthood—the most rapid stage of human development. According to World Health Organization (WHO), it is a period of life with specific health and development needs and rights. It is also a time to develop knowledge and skills, learn to manage emotions and relationship, and acquire attributes and abilities that will be important for enjoying the adolescent years and assuming adult roles.

Cambridge Dictionary defines **developmental** as relating to the process of growing or changing into a more advance, larger and stronger form, while **challenges** is defined as something that needs great mental or physical effort in order to be done successfully and therefore tests a person's ability. The challenges the adolescents are facing occur during the development of his/her biological, cognitive, and physiological, spiritual and moral aspects.

	Early Adolescence	Middle Adolescence	Late Adolescence
Biological Challenges	<ul style="list-style-type: none"> • Developmental changes and the onset of puberty as indicated by growth spurt 	<ul style="list-style-type: none"> • Development of body shape • Physical changes from puberty continue 	<ul style="list-style-type: none"> • Transition as the young person consolidates his identity and comes to grips with his future.
Psychological Challenges	<ul style="list-style-type: none"> • Concrete thinking, but early moral concepts • Development of sexual identity • Possible of sexual preferences; peer interest 	<ul style="list-style-type: none"> • The concrete thinking, but early moral concepts; progression of sexual identity development • The awakening of heterosexuality 	<ul style="list-style-type: none"> • Complex abstract thinking; identification of difference between law and morality • Feeling himself/herself a completer and more separate person • Development of personal identity
Social Challenges	<ul style="list-style-type: none"> • Start of strong peer identification • His group activities are primarily with members of his own sex. 	<ul style="list-style-type: none"> • The first tentative interest and approach towards the opposite sex usually takes place. • The awakening of heterosexuality that often disrupts previous peer groupings and intimate friendships 	<ul style="list-style-type: none"> • Form and maintain truly intimate relationships with others whose beliefs, ideals, and motives he can see and respect as clearly as he does his own. • Development of vocational capability and financial independence'
Behavioral Challenges	<ul style="list-style-type: none"> • His behavior may temporarily show a disorganized, erratic quality along with a decreased willingness to accommodate the expectations of his parents and others • Wide mood swings and periodic bouts of feeling ill-treated and unloved may dominate his emotional life. 	<ul style="list-style-type: none"> • This is the stage when adolescent rebellion starts • Period of irritability, wide mood swings, and rapidly changing feelings. 	<ul style="list-style-type: none"> • He is more able to be selective and discriminating in his relationships

Source: https://link.springer.com/chapter/10.1007/978-1-349-81464-0_2

Developmental Tasks of Adolescence

In the eight stages of Psychosocial Developmental Theory of Erik Erikson, Identity vs. Role Confusion (this stage is the age between 12 to 18 years old) explains that adolescents would try to explore and figure out their own identity and try to fit in with social interactions at the same time. According to Erikson, an adolescent's main task is developing a sense of self. Adolescents struggle with questions "Who am I?" and "What do I want to do with my life?" Most of the adolescents try to explore various roles and ideas and look for a place where they can fit, set goals, and attempt to discover themselves.

As an adolescent who is entering the stage of adulthood, you are responsible for your own being. Accepting yourself and ensuring your body's physical health help you build stronger personality and sense of identity. Likewise, building a strong relationship with your family and showing affection and respect to others can improve interactions with them. Establishing social responsibility, moreover, develops personal and moral values to guide you on how to react to social issues.

Entering adulthood is undeniably a big challenge. At this stage of your life, your family, your school, and your community contribute to prepare you in this life-changing task. You should, in turn, need to be emotionally prepared since you would need to choose people whom you think would help you fulfill these tasks in order for you to reach your goals in life.

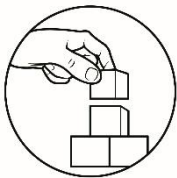
Some years ago, Professor Robert J. Havighurst of the University of Chicago proposed that stages in human development can best be thought of in terms of the developmental tasks that are part of the normal transition. In his developmental tasks theory, he stressed out that when people successfully accomplish the developmental tasks at a stage, they feel pride and satisfaction. He defines developmental task as a task that arises at or about a certain period in life, unsuccessful achievement of which leads to inability to perform tasks associated with the next period or stage in life.

Havighurst identified eleven Developmental Tasks of Normal Adolescence associated with the adolescent transition. However, he believes that adolescence do not progress through these multiple developmental tasks separately because adolescence tasks may vary with early, middle, and late periods of the transition.

Developmental Tasks of Adolescence		
Early Adolescence	Middle Adolescence	Late Adolescence to Early Adult Life
<ul style="list-style-type: none">➤ Developing self-concept➤ Self-evaluation of their physical acceptability➤ Achieving personal independence	<ul style="list-style-type: none">➤ Emergence of new thinking skills➤ Accepting one's physique➤ Increase self-direction➤ Achieving psychological independence	<ul style="list-style-type: none">➤ Preparing adult life➤ Crystallize their vocational goals➤ Establish sense of personal identity➤ Psychologically independent from their parents

<ul style="list-style-type: none"> ➤ Developing acceptable attitudes toward society ➤ Learning to get along with peers 	<ul style="list-style-type: none"> ➤ Achieving mature relations with both sexes ➤ Achieving a masculine or feminine social role ➤ Achieving emotional independence of adults ➤ Establish psychological independence from one's parents ➤ Acquiring values and an ethical system to guide behavior ➤ Desiring and achieving socially responsible behavior ➤ Preparing for adult roles and making preliminary decisions and vocational goals 	<ul style="list-style-type: none"> ➤ Shift to adulthood is nearly complete ➤ Preparing for marriage and family life ➤ Preparing for an economic career
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<https://ccoso.org/sites/default/files/import/Developmental-Tasks-of-Normal-Adolescence.htm>



What's More

Now that you already understood the challenges and tasks you face during your adolescence years, let us try to answer the following activities to test your learning.

Directions: Read and analyze the situations carefully then answer the questions that follow in your notebook.

Activity 1:

1. Your friends asked you to try to smoke cigarette. They said that if you don't try it, you will be out to their group.

What is the problem?

What is your responsibility?

What would be the solution?

2. You have always enjoyed badminton until you found out that your crush liked it, too. One time during practice, though, your crush watched your training and that made you conscious. This eventually resulted to errors that your coach scolded you in front of the audience. You felt embarrassed especially to your crush who happened to be there in the venue.

What is the problem?

What is your responsibility?

What would be the solution?

3. Your friend invited you to sleep over in their house to finish the research paper that you need to submit the next day. However, you are anxious because your classmate's house is far and your parents might not allow you to go.

What is the problem?

What is your responsibility?

What would be the solution?

Assessment 1: Identify the challenge that is illustrated in the following situations. Choose the letter best answer inside the box.

a. Social Challenges

b. Behavioral Challenges

c. Biological Challenges

d. Psychological Challenges

_____ 1. When Rina's mother died in a car accident, she started to clam up and stayed most of the time in her room. She lost her appetite and denied any interaction with anyone. She would spend entire nights crying and mourning for the loss.

_____ 2. Miss Ana noticed that Justin was always absent on her class. She asked Justin's classmates if they knew what happened and she found out that Justin was a victim of bullying that's why he rarely went to school.

_____ 3. Amy started limiting her food intake because she thought and felt fat whenever she looks in the mirror.

_____ 4. Ken enjoyed being with his friends, but there are times his friends engage in smoking and drinking liquor. Although he doesn't want to join, he has no choice because they will kick him out from the group.

_____ 5. When Joey was still a child, he always went to bed early, but when he learned to play online games, he started to spend more time playing gadget at night.

Activity 2: Read and answer the following

1. What are the implications of the developmental tasks to you as a student?
 - a.
 - b.
 - c.
2. Give at least three significant roles of adolescence in the society.
 - a.
 - b.
 - c.
3. Make a list of your skills that would help you in dealing with things when you enter adult life.
 - a.
 - b.
 - c.
4. Explain: "Challenges help us to face the reality"

Assessment 2: Reflect, assess and determine how often you practice what the statements say. Rate yourself according to the following scale. Check the appropriate columns that corresponds to your answer.

5 - always 4 - often 3 - sometimes 2 - seldom 1 - never

Self-evaluation	5	4	3	2	1
1. I think many times before I make decisions.					
2. I do self-assessment when I'm not sure of my actions.					
3. I am responsible of my actions.					
4. I stand to my decisions and face its consequences					
5. I take responsibilities seriously.					
6. I accept challenges that come my way.					
7. I think twice before I say something.					
8. I prioritize my family rather than my friends.					
9. I am shy to show my talent or skills with others.					
10. I do my share in the household chores.					
TOTAL					

Scoring Guide

40-50 -Demonstrates competency accurately, dependably, and independently.

20-39- Demonstrates competency accurately and dependably in most situations with minimal guidance

10-19- Demonstrates competency accurately and dependably in most situation but needs supervision from adult

1-9- Demonstrates competency inconsistently. Needs guidance and supervision from adult.

Activity 3: Answer the following briefly.

1. Write an essay about the topic: “What Kind of Adolescent I am?”
2. Make a “thank you letter” to the most significant person in your life who has helped you to understand yourself better.
3. Make a weekly plan of your tasks to accomplish.



Notes to the Teacher

1. Activity 3 will be written in a separate sheet of paper.
2. The essay must be brief and concise. It can be written in English or Filipino.



What I Have Learned

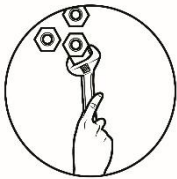
Now that we are done with our topic, check your understanding about the lesson.

Directions: Fill out the box that corresponds to the given statement.

Recall	Recall the most important ideas from the lesson.	
Summarize	Summarize the ideas in a single sentence.	
Question	Ask 1 major question in mind.	
Connect	Connect the lessons in your life.	

Key Takeaways

1. The World Health Organization, (WHO) defines adolescence as a period of life with specific health and development needs and rights.
2. The challenges the adolescents are facing occur during the development of their biological, cognitive, and physiological, spiritual and moral aspects.
3. Developmental task is a task that arises at or about a certain period in life, unsuccessful achievement of which leads to inability to perform tasks associated with the next period or stage in life.
4. Identity vs. Role Confusion is one of the Eight Stages of Psychosocial Developmental Theory of Erik Erikson, the age between 12 to 18 years old. It is where adolescents would try to explore and figure out their own identity and try to fit in with social interactions at the same time.
5. Professor Robert Havighurst of the University of Chicago proposed that stages in human development can best be thought of in terms of the developmental tasks that are part of the normal transition.
6. Havighurst stressed out that when people successfully accomplish the developmental tasks at a stage, they feel pride and satisfaction.



What I Can Do

As a Grade 11 student, you are most probably expected to enter the late adolescence to early adulthood stage. You will encounter different adversities, but as you go on with your life, you will become more responsible with your decisions and actions. Now, list some ways on how you have become a more responsible individual. Then, make a promise to yourself that you will do better in the coming years.

Promise to Myself



Assessment

Multiple Choice. Choose the letter of the best answer.

1. Adolescence is a stage
 - a. of spending personal and social involvement responsibly
 - b. when a child transitions in terms of physiology cognition to fill a new role as an emerging adult
 - c. for adjustment to decreasing stretch and health, life review, retirement and adjustment to new social roles
 - d. of establishing personal and economic independence, career development, selecting a mate, learning to live with someone in an intimate way, starting a family and rearing children
2. It is the main task of adolescents according to Erik Erikson in his Psychosocial Development Theory.
 - a. developing a sense of self
 - b. sharing the life of others
 - c. understanding own physiques
 - d. accomplishing their schoolwork
3. The World Health Organization defines adolescence as
 - a. developing a sense of self
 - b. developing personal and moral values
 - c. adolescents trying to explore and figure out their own identity
 - d. a period of life with specific health and development needs and rights
4. He conceptualized the human developmental task.
 - a. Erik Erikson
 - b. Sigmund Freud
 - c. Albert Bandura
 - d. Robert J. Havighurst
5. They are the most significant people who guide an adolescent in their journey during puberty.
 - a. family
 - b. friends
 - c. teachers
 - d. all of the above
6. It is an example of psychological challenges in adolescence.
 - a. health issues
 - b. school phobia
 - c. romantic relationship
 - d. journey of self – discovery
7. It is one of the most common social challenges of middle adolescent.
 - a. Heartbreak
 - b. cyber bullying
 - c. discrimination
 - d. awakening of sexual interest with opposite sex
8. It is characterized by the psychological crisis of identity.
 - a. self-image
 - b. sexual identity
 - c. sexual concept
 - d. self – confidence

9. The most common question asked by the adolescent to himself/herself.
 - a. Who am I?
 - b. Who are you?
 - c. How do you cope up?
 - d. Where are you heading off?

10. Self-identity pertains to
 - a. self-centeredness
 - b. identifying your sexuality
 - c. person with different personality
 - d. trying to explore and figure out their own identity

11. The stage of adolescence where vocational capability and financial are developed.

a. Middle Childhood	c. Middle Adolescence
b. Early Adolescence	d. Late Adolescence to Early Adulthood

12. The following are tasks in the stage of early adolescence EXCEPT
 - a. Developing self-concept
 - b. Learning to get along with peers
 - c. Self-evaluation of their physical acceptability
 - d. Achieving a masculine or feminine social role

13. This tells that an adolescent is becoming a mature individual.
 - a. You spend your saving just to buy shoes worth five thousand pesos.
 - b. You are very persistent to finish the vocational course where you are enrolled in.
 - c. You answer back and bad mouth your bashers in the social media.
 - d. You spend more time with your friends rather than your family because they are your source of happiness.

14. The changes in the body during puberty are caused by

a. hormones	c. social development
b. hereditary	d. environmental factors

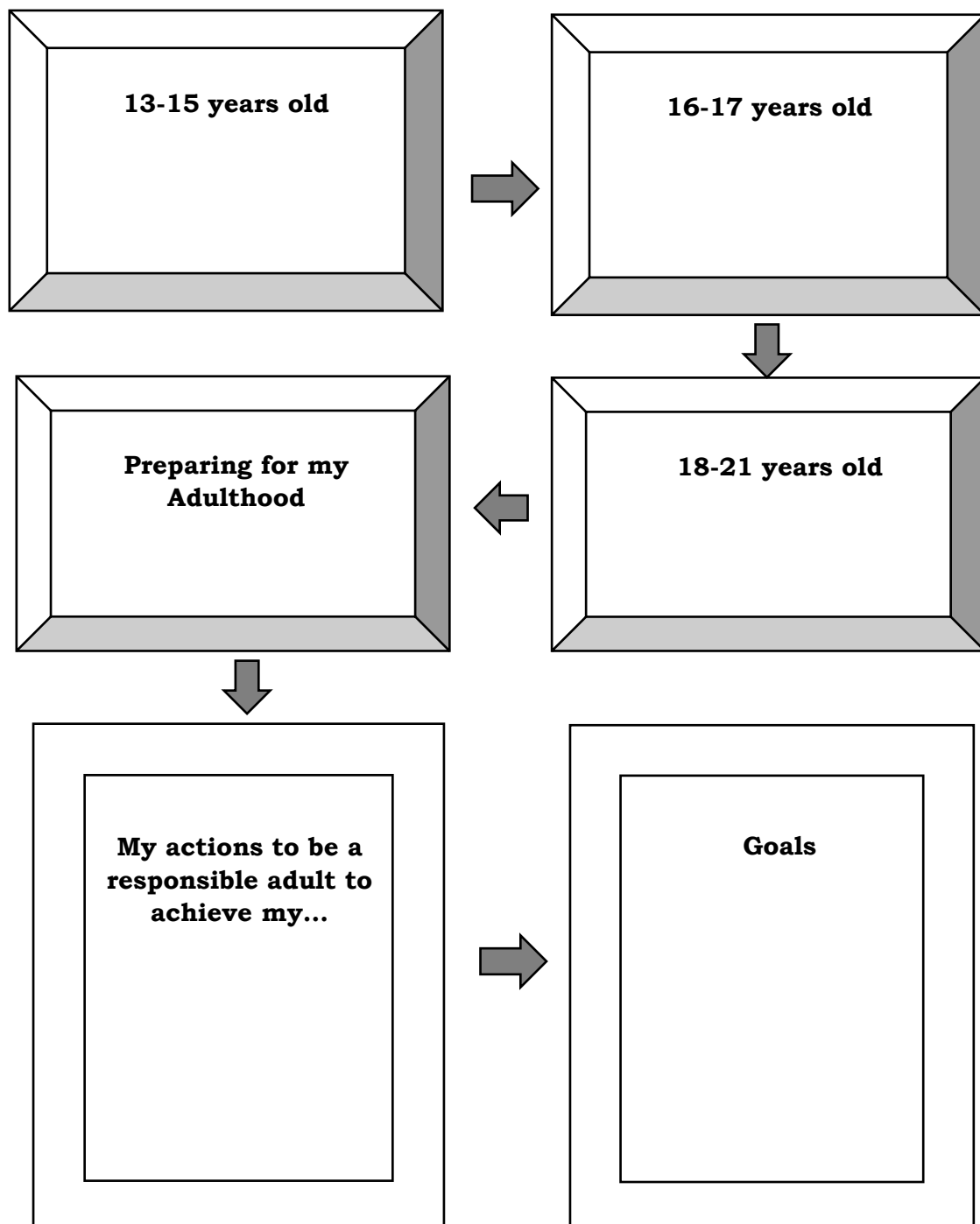
15. The stage of human development when grown-ups become more independent and explore different life possibilities.

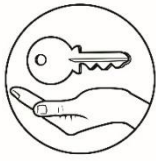
a. Early Adolescence	c. Late Adolescence
b. Middle Adolescence	d. Early Adulthood



Additional Activities

Using the chain of events, write down some of the most important episodes in your life during adolescence. Write your aspirations and what will be your actions to achieve your goals.





Answer Key

<p>Assessment 1</p> <ol style="list-style-type: none"> Behavioral Challenges Social Challenges Psychological Challenges Social Challenges Behavioral Challenges <p>Activity 2</p> <ol style="list-style-type: none"> What are the implications of the developmental tasks to you as a student? a. I discover my self-worth. b. I am able to understand the people around me. c. I can be able to weigh the situation before I react. <p>Assessment 2</p> <ol style="list-style-type: none"> Give at least three of your significant roles in the society. a) I am a law-abiding citizen. b) I speak for what is true. c) I fight for what is right. 3. Make a list of your skills that would help you in preparing for yourself in adult life. d) Can speak Filipino and English fluently e) Can offer hardware servicing f) Can cook and do care giving 4. Explain the meaning of "Challenges help us to face the reality". –Answers may vary <p>Assessment 3 –Answers may vary</p>	<p>What's More</p> <p>Situation 1</p> <p>What is the problem? Peer pressure. Friends are not good influence</p> <p>What is your responsibility? Remind my friends the harmful effect of smoking cigarette.</p> <p>What would be the solution? Encourage my friend to stop smoking because this would lead to addiction.</p> <p>Situation 2</p> <p>What is the problem? Hard to concentrate because of the presence of a guy.</p> <p>What is your responsibility? Attend the practice and give my full attention to it.</p> <p>What would be the solution? Give my full attention in the practice and pay attention to my coach's instructions.</p> <p>Situation 3:</p> <p>What is the problem? Not comfortable in other's house Afraid to be ousted in the group</p> <p>What is your responsibility? Help my group mates to finish the research papers</p> <p>What would be the solution? Just try to be comfortable. Ask permission to your group mates if it is okay not to come and tell them that you will do your part at home.</p>
<p>What I Know</p> <ol style="list-style-type: none"> D A B C B A A D B B A B B B A A 	<p>Assessment</p> <ol style="list-style-type: none"> B A A D D D D B A D D D B B A A

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For inquiries or feedback, please write or call:

Department of Education - Bureau of Learning Resources (DepEd-BLR)

Ground Floor, Bonifacio Bldg., DepEd Complex
Meralco Avenue, Pasig City, Philippines 1600

Telefax: (632) 8634-1072; 8634-1054; 8631-4985

Email Address: blr.lrqad@deped.gov.ph * blr.lrp@deped.gov.ph