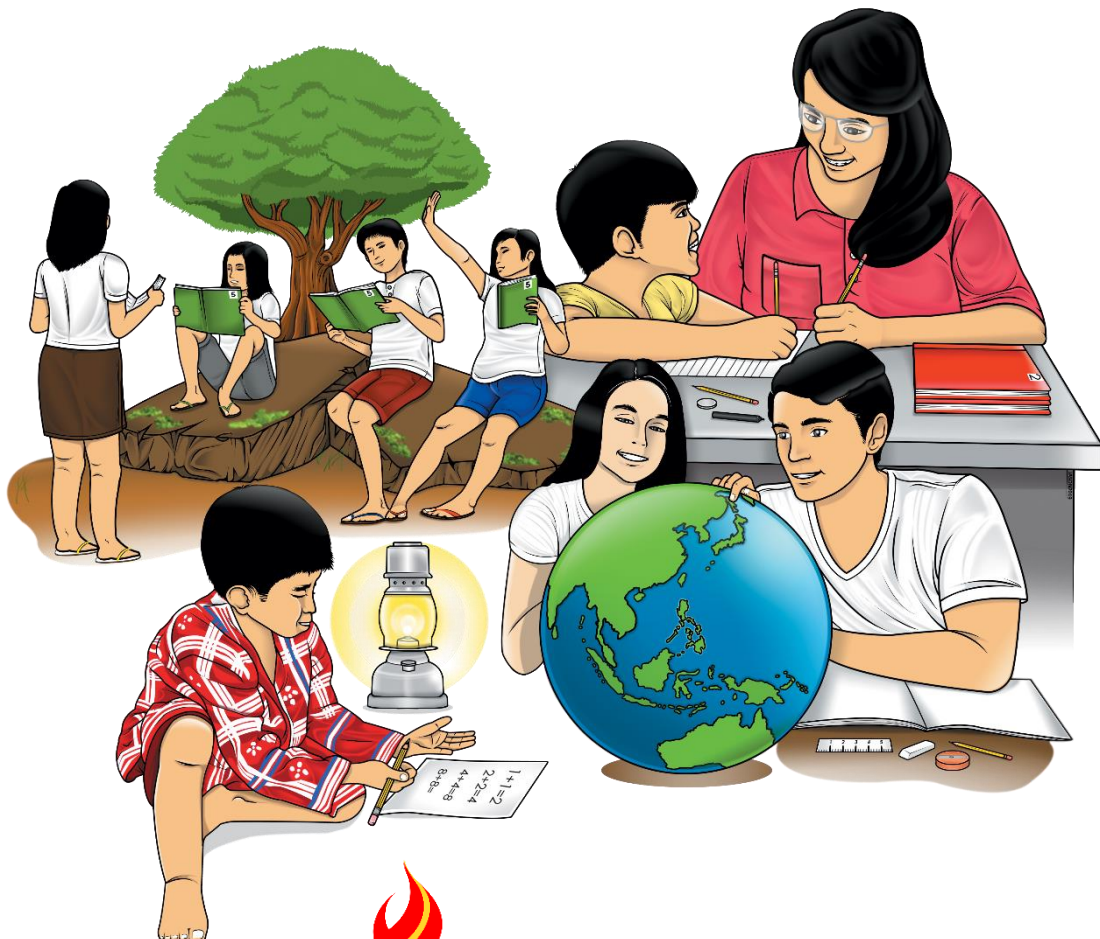


Senior High School

Personal Development

Quarter 1 – Module 6:

Development Through the Help of Significant People



**Personal Development
Alternative Delivery Mode
Quarter 1 – Module 6: Development Through the Help of Significant People
First Edition, 2021**

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Secretary: Leonor Magtolis Briones
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Development Team of the Module

Writer: Joneth D. Vibar

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 CALABARZON

Office Address: Gate 2 Karangalan Village, Barangay San Isidro
Cainta, Rizal 1800
Telefax: 02-8682-5773/8684-4914/8647-7487
E-mail Address: region4a@deped.gov.ph

Personal Development

Quarter 1 – Module 6:

Development Through the Help of Significant People

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.



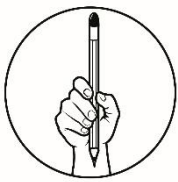
What I Need to Know

This module was designed and written with you in mind. It is here to help you discover yourself better through the lens of the people who contribute so much in your well-being. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

The module is designed to cover one lesson titled:

- Lesson 1 – Evaluating One’s Development through the help of others

After going through this module, you are expected to evaluate one’s development through the help of significant people around him/her (peers, parents, siblings, friends, teachers, community leaders). EsP-PD11/12DS-Id-3.2.



What I Know

Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

1. They give inspiration, motivation, and security to a person’s personal development.
 - a. community officials
 - b. significant people
 - c. volunteer workers
 - d. inspiring speakers
2. They first introduced the concept of home.
 - a. peers
 - b. teachers
 - c. parents
 - d. siblings
3. As you grow older, you realize the strong bond you cherish with them.
 - a. siblings
 - b. parents
 - c. peer
 - d. teachers

4. They share with you the same talents, interest, and membership.
 - a. siblings
 - b. leaders
 - c. parents
 - d. peers

5. They persuade you to get involved with charitable works and civic volunteerism activities in the community.
 - a. community leaders
 - b. siblings
 - c. teachers
 - d. parents

6. A person's development is attributed to the influences from the following EXCEPT one.
 - a. social interaction
 - b. community involvement
 - c. social isolation
 - d. charitable programs

7. The following defines the term leadership, as one of the good things you develop as you go along in the process of development. Which is NOT a definition of it?
 - a. The one in-charge in leading the group.
 - b. He/ She provides selfless service to others.
 - c. He/ She seeks to solve community problems.
 - d. The one who thinks first of himself over others.

8. Self-improvement is further developed through the help of
 - a. agents of socialization
 - b. research works
 - c. self-exploration
 - d. media influence

9. The following are agents of socialization, EXCEPT
 - a. family
 - b. peers
 - c. teachers
 - d. environment

10. This is an effective human-interaction where adolescents are exposed to many learning opportunities and personal development.
 - a. experimentation
 - b. socialization
 - c. organization
 - d. observation

11. If one wants to fit in a society and develop human understanding, he/she needs to do
 - a. community exposure
 - b. volunteer works
 - c. behavioral adjustment
 - d. character profile

12. The following are acquired when you exposed yourself within a certain society, EXCEPT
 - a. culture
 - b. tradition
 - c. values
 - d. money

13. This is the most important agent in socialization and self-development.
 - a. teachers
 - b. peers
 - c. family
 - d. leaders

14. They teach us formal academic learnings and necessary skills needed in today's generation.
 - a. teachers
 - b. peers
 - c. leaders
 - d. family

15. What is meant about core values that you acquired during the process of self-development?
 - a. guiding rules and policies
 - b. characteristic of oneself
 - c. traditions and culture
 - d. beliefs and guiding principle

Lesson

6

Evaluating One's Development Through the Help of Others

The people whom you encounter in life leave you significant contributions in order to improve yourself better. As you continue to connect with them, you would realize how much influence you were able to get and the benefits you would gain.



What's In

Directions: Identify the proper term based on the descriptions provided in each item. Choose your answer from the options below and write the answers in your notebook.

- 1 As you grow older with them, you would realize that you are creating a special bond with each other.
- 2 They help you discover your inner potentials and value knowledge at the same time.
- 3 They serve as your extended siblings from other families.
- 4 They get you inspired to serve other people within the community.
- 5 These are the people who introduced you to life.

Answers	1.
	2.
	3.
	4.
	5.

- Community Leaders
- Teachers
- Peers
- Siblings
- Parents

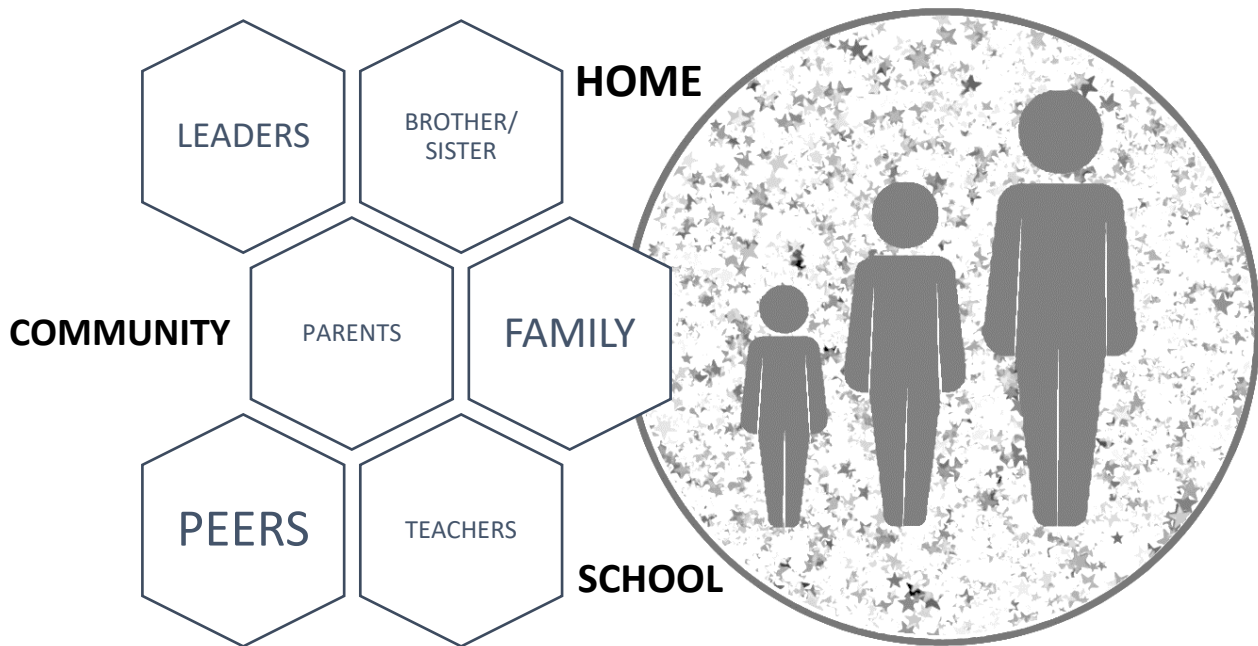


What's New

Assessment on Personal Development

The diagram below helps you analyze how much impact each group of people have given you. Refer to the questions, and think on your answer for each. Use your notebook to write your answers.

- How does each agent influence you as a person?
- How did they contribute to your personal development?
- With their help, to what extent have you improved in terms of emotional, intellectual, spiritual, and social aspect?



Handwriting practice area with ten horizontal dashed lines.





What is It



Influential People in My Life


People normally look up to influential personalities who have shown greatness in terms of leadership, intelligence, creativity, talents, and charisma. They usually listen to their strong belief system that brings so much inspiration and positive energy to other's life.

Adolescents choose their idols whom they have seen in social media and from the society they get involved with. Because of the examples they model, they get inspiration and imbibe their positive outlooks in life.

These are some of the people who molded you in many significant ways and have become part of your existence.

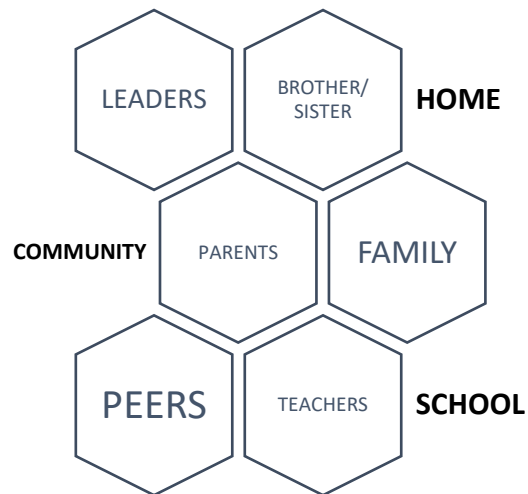
<p>Parents</p> 	<ul style="list-style-type: none">• Parents are the first people who introduce you to life.• They provide shelter, protection, and sense of security no matter what happens.• The concept of home is formed coupled with love and much sacrifices that either your mother or father is willing to give.• When you want to hear honest opinion about the things you need to improve, they would never hesitate to tell exactly what needs to be done.• Parents play the largest role in a person's mental, emotional, physical, and social development.• They teach you the first valuable lessons in life that became an integral part of your personality as you continue to discover the world.• They get involved with your education and happy to see you achieve and discover potentials.• Parents' advices are far more important than any other people's advices in terms of making sound decisions in life.
<p>Siblings</p> 	<ul style="list-style-type: none">• Siblings are friends within a family.• They extend valuable help whenever you are in need of assistance.• They teach you the concept of socialization, mutual understanding, and respect.• Like friendship, your relationship with your sister or brother requires communication and acceptance.

	<ul style="list-style-type: none"> • As you grow older you realize their significant part in your life and continue to establish close ties among them. • Although disagreements are normal part among siblings, it is important to understand that all of you have sets of differences. • Sibling bond is nothing compared with any other bonds in the world as long as its foundation is anchored with much love and appreciation.
<p style="text-align: center;">Friends</p> 	<ul style="list-style-type: none"> • Friends are like extended siblings who came from different families. • They give us a sense of belongingness for an individual would always want to be part of something. • Friends also teach us the value of love, respect, understanding, and acceptance. • They help us improve in our social connection, emotional stability, and inspires our intellectual capacity. • True friends support only what is good and reject what is not. They refuse to tolerate unacceptable behavior and seek to correct your shortcomings. • Friends bring out the best in a person and they share mutual interest, hobbies, and aspirations.
<p style="text-align: center;">Teachers</p> 	<ul style="list-style-type: none"> • Teachers are the second parents in school. • They help you improve your intellectual and emotional capacity to handle difficult situations in life. • They guide you to understand the valuable lessons about life that would last for a lifetime. • Their influence does not fade because they provide exceptional impact towards self-realization and self-discovery. • Teachers walk along the progress of the learners; that makes it more memorable and enduring for life. • Good teachers inspire learners to do better in making decisions. • Being the role model in class, they set example to learners who need much guidance in school.

<p style="text-align: center;">Community Leaders</p> 	<ul style="list-style-type: none"> • Community leaders provide network connections and linkages among other parts of the community. • They inspire adolescents to get involved with community services through outreach programs, social activities, and volunteer works. • They model innovation to help improve the community whom they serve. • Effective leaders set inspiration to others by setting a good example by following the policies that they try to implement. • Using their charisma, they tend to persuade others to follow them; thus, they can generate many programs to address the needs of the people. • Adolescents like you can learn from their accomplishments and may get inspired to become servant-leaders in the future.
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Significant People in Life Are Also Agents of Socialization

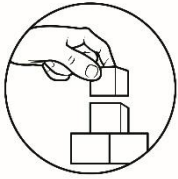
Self-improvement comes with an effective interaction of the different agencies within the society. The people whom you considered significant in life are also called agents of socialization. These are your family, siblings, peers, teachers, and community leaders. They help you discover more of yourself and join you in exploring what you need to know about the world. As the person continues to progress, he/she would realize the many potentials that have been influenced by any of these people.



Through the process of socialization, adolescents are exposed to many learning opportunities. As they learn, they would notice additional skills and build-up of characters under the influence of people whom they look up to. Adjustment of behavioral display is done so as to fit in the norms of the society where one intends to join. This process also allows an individual on how to interact with different people having varied cultural orientation. During such exposure, culture is learned and acquired, mutual understanding is developed, and a nature of collaboration is established. There are many benefits that an adolescent can enjoy upon deciding on socializing with the right kind of people. Since much of the learning comes within the environment, young people are always encouraged to search for worthwhile organization that can bring out the best in them.

Success in social interaction would have a lasting effect on a person's personal development. Since human interaction happens as long as you live, it is fitting to know the proper ways on how to effectively express your thought to reach for others. These skills in communication must be learned as early as childhood and could be mastered during adolescence.

- **Family**, as the most important agent of socialization, has given you the knowledge of self-care. As you learn to take care of yourself, this is also done towards the way you deal with other agents in the society. Parents teach the value of relationship. This is significant because you would develop multiple relationships as you explore further the world. They give you their system of belief, traditions, culture, and values that you can use for discernment during difficult decision making. With the help of your siblings, the early concept of cooperation is fostered. Friendship at this point is also established and can be nurtured even as you age.
- **Peers** would always have a great deal of influence in your life. It is rightful; therefore, for parents to feel worried about the circle of friends you opt to get involved with. It is difficult for parents to see if adolescents cast astray from the right path of self-realization; therefore, it is necessary to carefully select the right set of individuals who would contribute in bringing out the best in your capabilities. This is a great opportunity to display how much value you put in a relationship if such friendship would last for a longest time there is. Peers teach you to develop skills in organizing tasks, working together with others, giving and receiving feedback in order to evaluate personal learning acquisition.
- **Teachers** are also special agents we see in school, a place where many exciting memories are forged through time, as we collaborate with peers. They mold us in so many ways. Their role is not only to teach us the concept of socialization but gave us opportunities to discover much more about socializing. School is the appropriate place to formally learn academic skills like: comprehension, analytical thinking, logical reasoning, subject knowledge transfer, and creative visualization. All of these are learned through the help of teachers who gave so much inspiration to love learning at all cost. With their constant guidance and your willingness to learn, your future success is secured.
- **Community Leaders** need to develop selfless future leaders, as well. Since they have an important role in community development, they are extending so much help in addressing the needs of adolescents particularly in community involvement and civic responsibility. Because of these selfless service towards other people, young generations like you can also get inspired by their examples in reaching out for those who are in need. Youth leadership opportunities are also provided as means to develop a spirit of volunteerism. All it takes is get yourself involved with activities that can improve you more as a person who has a significant contribution in any given society.



What's More

Activity 1.1 How Do I Define it?

After the readings, define the following terms based on your personal understanding of the concept.

1. Socialization

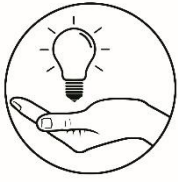
2. Agents of Socialization

3. Social Interaction

4. Self-Realization

5. Peer Feedback

6. Spirit of Volunteerism

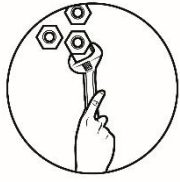


What I Have Learned

Activity 1.2 Expressing My Gratitude

It is rightful to express one's gratitude to people who have given you inspiration and growth. This is the chance to tell them how grateful you are for what you have become and the achievements you reached all these years. Express your appreciation by writing down your thoughts in the spaces below.

<p>List Five Things You are Grateful for about your Sister/ Brother</p> <ol style="list-style-type: none">1.2.3.4.5.	<p>Five Valuable lessons you learned from your Teachers</p> <ol style="list-style-type: none">1.2.3.4.5.
<p>Tell how grateful you are for having your Mother and Father</p>	
<p>Write awesome memories you cherished with Peers</p> <ol style="list-style-type: none">1.2.3.4.5.	<p>Lesson learned from the Leaders who inspired you to serve others.</p> <ol style="list-style-type: none">1.2.3.4.5.



What I Can Do

Activity 1.3 Identifying Core Values

Core values are important beliefs of a person or organization from which one is part of. These are guiding principles that tell the right behavior that an individual may manifest as he/she deals with human interaction. Core values are normally learned from people as one continues to engage in socialization. These values help in personal development towards achieving the set goals in life. In order to be successful in the future, it is necessary to imbibe important values that would serve as a guide towards self-fulfillment.

Read the following core values that you may have learned from all the significant people in your life. Share insight for each value that you acquired.

TRUTH	COMPASSION	INTEGRITY
HONESTY	PERSEVERANCE	HUMILITY
EXCELLENCE	SELFLESSNESS	LEGACY
BRAVERY	WISE	KNOWLEDGEABLE
FORTITUDE	UPRIGHTNESS	FAITH
JUSTICE	DILIGENCE	HOPE
OBEDIENCE	LOVE	CARE
TACTFULNESS	GOD LOVING	LOVE FOR ENVIRONMENT
SERVICE	POSITIVE	ACCEPTANCE
ACCOUNTABILITY	PRUDENCE	COMMITMENT
ALERTNESS	COMPETENCE	EMPOWERING
BALANCE	THOUGHTFULNESS	FREEDOM
CHARITY	SIMPLICITY	MATURITY
VIGOR	GRATITUDE	HONOR
PROFESSIONALISM	RESILIENCE	PATRIOTISM
DISCIPLINE	INNOVATIVE	DECISIVENESS

Activity 1.4 Evaluating Personal Development

Refer to the previous table on Core Values and evaluate yourself based on what values/skills you have learned from the significant people in your life. Then, explain how significantly they improved you as a person.

	CORE VALUES	EXPLAIN
1. As a STUDENT	<input type="text"/>	<input type="text"/>
	<input type="text"/>	<input type="text"/>
	<input type="text"/>	<input type="text"/>
2. As a BROTHER/SISTER	<input type="text"/>	<input type="text"/>
	<input type="text"/>	<input type="text"/>
	<input type="text"/>	<input type="text"/>
3. As a LEADER	<input type="text"/>	<input type="text"/>
	<input type="text"/>	<input type="text"/>
	<input type="text"/>	<input type="text"/>

4. As a SON/DAUGHTER

5. As a FRIEND

Activity 1.5 Processing Questions

1. Which value do I live by as the best influence I got from the significant people in my life?

.....
.....
.....
.....

2. What are the current positive facets in my life?

.....
.....
.....
.....

3. Are there any road blocks that are preventing me to achieve my personal advancement?

.....
.....
.....
.....

4. Considering my development now, how far can I go five years from now?

5. What important take away did I learn in this lesson?



Assessment

Multiple Choice. Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

1. They give us the idea of the existence of home, mutual love, and acceptance.
 - a. siblings
 - b. teachers
 - c. parents
 - d. peers

2. They generally give important contribution to a person's personal development.
 - a. public servant
 - b. significant people
 - c. volunteer workers
 - d. leaders

3. They share the same interest, wants, membership; often give feedback of the aspects that you need to improve about yourself.
 - a. peers
 - b. parents
 - c. leaders
 - d. teachers

4. You realize developing a strong bond with them that is incomparable from any other type of human connection.
 - a. teachers
 - b. peers
 - c. parents
 - d. siblings

5. Most of the influences that an adolescent gets is attributed to the following kind of activities, EXCEPT
 - a. charitable works
 - b. social isolations
 - c. community involvement
 - d. social interaction

6. They try to persuade you to get into community service and join social organizations to address potential societal problems.
 - a. mother and father
 - b. teachers
 - c. sister/ brother
 - d. community leaders

7. Which of the following is not a proper definition of a leader?
 - a. A person who thinks first of himself above others.
 - b. He/ She seeks to solve possible community concerns.
 - c. He/ She provides selfless service towards people.
 - d. The person in-charge in guiding a group.

8. A person's development is further improved with the help of these people.
 - a. media
 - b. self-assessment
 - c. research
 - d. agents of socialization

9. This is an effective human interaction where an adolescent can do?
 - a. Observation
 - b. Organization
 - c. Socialization
 - d. Experimentation

10. Which of the following does not belong to the group?
 - a. environment
 - b. educators
 - c. friends
 - d. family members

11. Which of the following does not belong to the acquired personal development of a person?
 - a. values
 - b. tradition
 - c. money
 - d. culture

12. In order to foster human understanding within a society, a person needs to
 - a. conduct character sketch
 - b. adjust behavioral pattern
 - c. do volunteer works
 - d. expose oneself to the tradition

13. What is the best definition of core values?
 - a. guiding principles and beliefs profess of a person
 - b. set of traditions and culture in a particular place

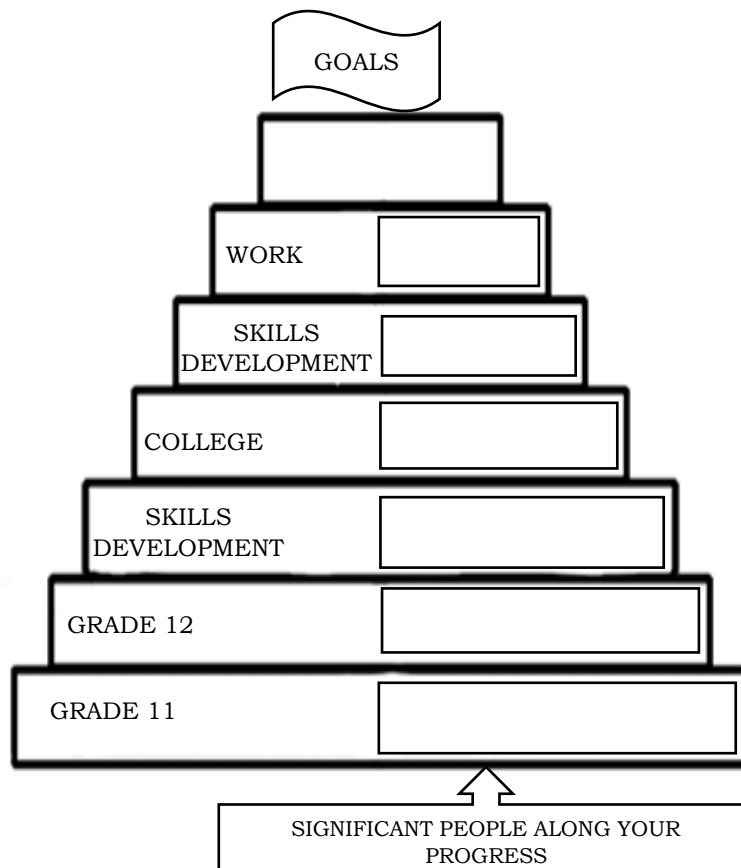
- c. untoward traits and habits of a person
 - d. guiding rules and set of obligations to fulfill
14. This the most important agent of socialization that adolescents need to recognize.
- a. leaders
 - b. peers
 - c. teachers
 - d. family
15. They teach you to discover inner potential and potential skills to be developed in both academics and non-academic development.
- a. family
 - b. friends
 - c. leaders
 - d. teachers

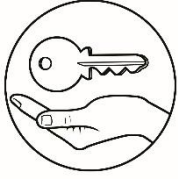


Additional Activities

Activity 1.6 Evaluating my Current Progress

Below is a diagram of a stairs. Evaluate your current and future development in achieving whatever short or long term goal you have set. Alongside, determine the significant person/people whom you think will contribute so much on your progress and explain their valuable impact to your personal progress.





Answer Key

<p style="text-align: center;">Assessment</p> <p>1. C 2. B 3. A 4. D 5. B 6. D 7. A 8. D 9. C 10. A 11. C 12. B 13. A 14. D 15. D</p>	<p style="text-align: center;">What's More</p> <p>Socialization – This is the process of learning and sharing important experiences with different groups of people in a certain environment.</p> <p>Agents of Socialization – They help you discover more of yourself and join you in exploring what you need to know about the world.</p> <p>Social Interaction – This involves an open communication with different sets of people which later on develops mutual understanding.</p> <p>Self-Realization – This concerns your ability to know inner potentials and to realize that there is a need to discover possibilities for further improvement.</p> <p>Peer Feedback - This is constructively given by one student to another by stating comments, suggestions, and pointers in order to improve academic performance.</p> <p>Spirit of Volunteerism - This is a manner of involving yourself to community services, worthwhile activities, and gaining skills in the process.</p>	<p style="text-align: center;">What I Know</p> <p>1. B 2. C 3. A 4. D 5. A 6. C 7. D 8. A 9. D 10. B 11. C 12. D 13. C 14. A 15. D</p>
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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.lrpd@deped.gov.ph