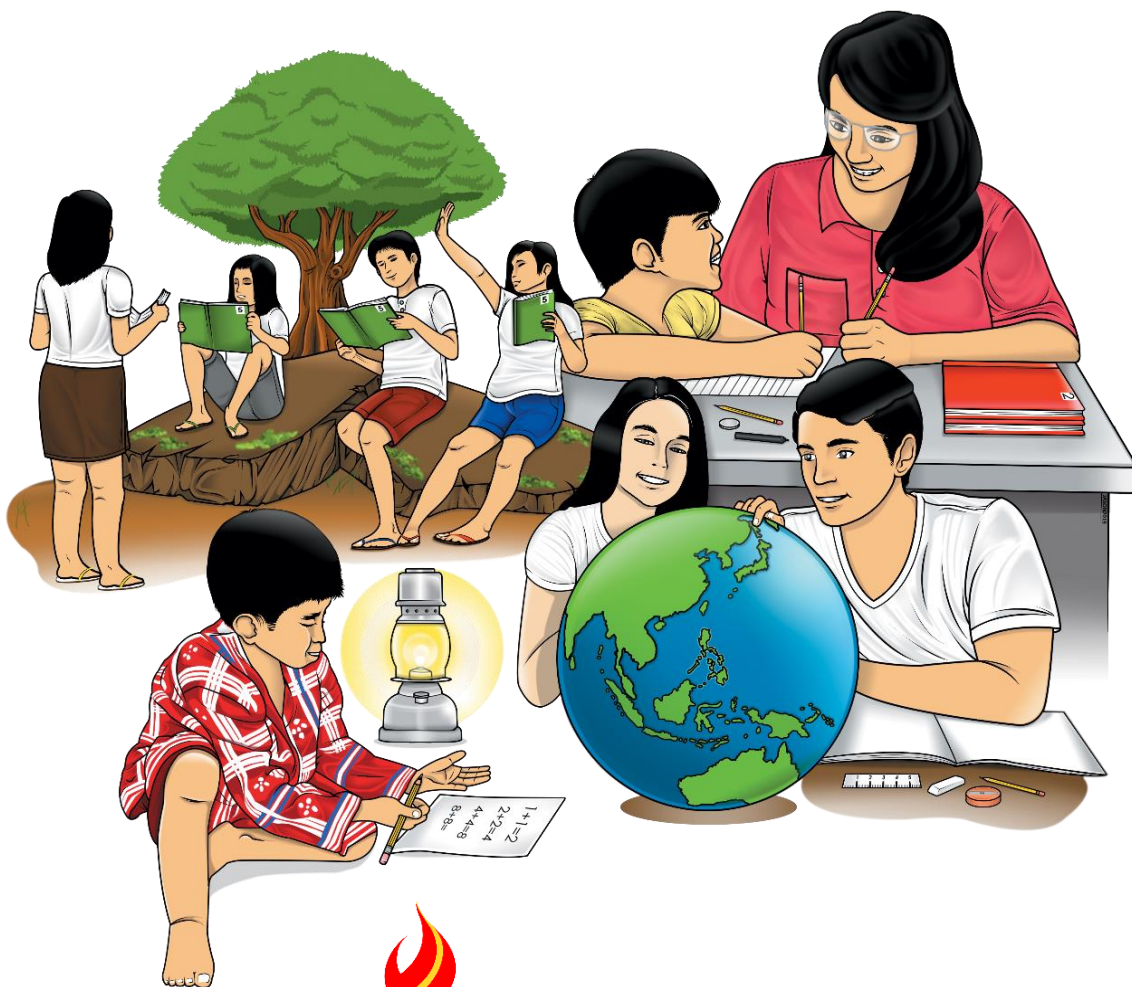


Personal Development

Quarter 2 – Module 10:

Factors Influence Career Planning and Decision Making



**Personal Development- Senior High School
Alternative Delivery Mode
Quarter 2 – Module 10: Factors Influence Career Planning and Decision Making
First Edition, 2021**

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Personal Development
Quarter 2 – Module 10:
Factors Influence Career
Planning and Decision Making

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 you're 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.



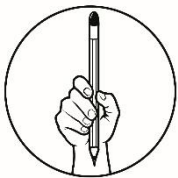
What I Need to Know

This material was crafted to give you – learners, the right amount of assistance for you to absorb and acquire all the necessary concepts and nature comprising oneself. Lessons are bounded on the performance and content standard, learning competencies and level of the learners. This also uses languages appropriate to the understanding of the varied types of students' learning acquisition. Sequence of the lessons adheres to the arrangement of the competencies as reflected on the DepEd's curriculum guide for this course.

This lesson is entitled **Factors Influence Career Planning and Decision Making**

After going through this lesson, you are expected to:

1. Explain that understanding different factors, career development concept and personal life goals influence career planning and decision making.



What I Know

Knowing and understanding your abilities, skills, talents as well as your weaknesses will help you to have a better career planning and decision making for your future endeavor. Answering this activity assess your prior understanding on the different factors that influence your career development. Choose the letter of the best answer and write the chosen letter on a separate sheet of paper.

1. Which of the following theory focuses on self-concept?
 - A. Big five personality Theory
 - B. Super's Career Development Theory
 - C. Maslow' Hierarchy of Needs
 - D. Holland Theory of Career Choice

2. Which of the following are stages of career developmental theory of Donald Super?
- A. Openness, Conscientiousness, Extraversion, Agreeableness
 - B. Growth, Exploration, Establishment, Maintenance, Decline
 - C. Physiological needs, safety, love & belonging, self-esteem, self-actualization
 - D. None of the above
3. Which of the following is considered the stable life goal or standard of behavior that is important to personal and career life?
- A. Career concept
 - B. Personality
 - C. Values
 - D. Self-Concept
4. Which of the following describes a characteristic of a certain individual that makes him/her unique?
- A. Career concept
 - B. Personality
 - C. Values
 - D. Self-Concept
5. Which of the following is regarded as an individual perception on different roles, behavior, and opportunities?
- A. Career concept
 - B. Values
 - C. Self-Concept
 - D. Personality
6. Which personal characteristic comes from intrinsic motivation?
- A. Self-determination
 - B. Self-concept
 - C. Self-monitoring
 - D. Self-achievement
7. Which of the following characteristics describe as the capacity to watch over his/her behavior and ability to organize a positive relationship within his/her work environment?
- A. Self-concept
 - B. Self-determination
 - C. Self-monitoring
 - D. Self-achievement

8. This type of personality takes actions with initiative and uses thoughtful analysis in solving problems.
- A. Locus control
 - B. Proactive personality
 - C. Herd mentality
 - D. Self-achievement
9. Which of the following characteristics describes as an accumulated life perception of social acceptance and is characterized by the affective strength of your mind.
- A. Self-Esteem
 - B. Parental Autonomy
 - C. Self-Efficacy
 - D. Locus control
10. Oliver is a senior high school student and survived junior high school on his own. He looks for opportunities where he can learn different skills like cellphone repair, welding, driving, and others and uses the skills to have money to support his schooling. What character trait does he show?
- A. Self-determination and proactive personality
 - B. Self-esteem and self-monitoring
 - C. Self-efficacy and Self concept
 - D. None of the above
11. Since she was a child Nilda displayed affection and enjoyed helping others. She has great interest and care with others, but she has an intrinsic personality type. She doesn't want to be in noisy crowded place and entertaining different people. What possible profession is suited to her?
- A. Social worker
 - B. Personal nurse
 - C. Hospital nurse
 - D. None of the above
12. Mr. Renato is an officer in government office. One day, someone approached him and offered a sizeable reward if he gives consideration to a certain matter which is against the law. He, however, did not accept it because he wants to be honest and to protect his dignity in work. What might have influenced Mr. Renato in his decision?
- A. His values
 - B. His profession
 - C. His proactive personality
 - D. His efficacy

13. According to Donald Super, career development has five stages which are *growth, exploration, establishment, maintenance, and decline*. Which of the following event is under *Decline* stage?
- A. An employee who securely establishes his role
 - B. An employee whose career is developed and needs advancement
 - C. An employee who decides to be out of his job
 - D. An employee who starts to define abilities and interest.
14. Traits are picked up and learned behaviors since childhood onwards. Lanz wants to be a teacher and pledges himself to not return to his school until he is not a teacher. He eventually becomes one of the faculty staff of his former school. What personality trait did he portray?
- A. Self-Esteem
 - B. Proactive personality
 - C. Self-Efficacy
 - D. A&B
15. What influences a person in planning his/her career?
- A. Interest
 - B. Personality trait
 - C. Knowledge and skills
 - D. All of the above

Lesson
10

**Factors Influence Career
Planning and Decision
Making**

Relationship with family, friends, and others is part of personality development that gives a clear vision of your goal and aspiration in life. Since you already know your roles in building and maintaining social, personal, and family relationship, we will now explore your, interest, career choice, and factors that affect your decision-making in achieving your dreams. This chapter will give you a better understanding of yourself based on external and internal factors that may contribute to your future career-- it needs careful analysis of chances and opportunities based on your knowledge interest, abilities, talent, and skills.



What's In

Knowing one's self is a predictor of behavior that magnifies active self and focuses on salient goals. As an adolescent, it is a good start that you have self-awareness of your strength and weakness in making your preliminary career plan. Your family has a great influence on your growth that is reflected through your behavior and lifestyle. Developmental challenges during adolescence, however, create unclear visions on career planning, that is why valuing parents and family support are very important at this stage. These will serve as guides and bases in your decision-making.

Every person has different values or qualities that are remarkable to them. Your family members also have different values or qualities that are treasurable. Make an interview with your family members who work or have jobs. Ask them to share their three notable values or qualities that are most important to them. Complete the information needed in table below.

Name of family member	Relationship	Values/Qualities	Why

1. What values are common to them?
2. How do values rule or influence their life or career?
3. What values are most interesting for you? Why?



What's New

Now that you already have an idea about your personality traits, let us now examine the different situations that challenge you, as an adolescent, in planning your career path.

John and his three siblings became orphans since he was 14 years old. Since then, his grandmother looked after at them. Unfortunately, her grandmother died two years ago. He is the eldest and now a graduating senior high school student. He has a five-year old sibling, the youngest, whom he brings to the Daycare Center every day before he goes to school, and another sister with Down Syndrome whom he makes sure to securely leave at home.

His dream is to finish his studies in college for he knows that it is the only way that will change their lives. Sometimes, he chooses to skip school, because he needs to work. The distance from their house to his workplace is relatively far, but he still chooses to walk to and from work. There are times that he grabs different opportunities like TESDA scholarship to have an additional skill. He also works at the school canteen after his classes. In addition, he gets extra work in the farm.

With the help of his second sibling who does not go to school, he tries to provide for their family's needs every day. Neighbors and other people sometimes give help to them.

Finishing his high school is tough. Trying to endure it until college is even tougher. He is eager to pursue it, though.

Unfortunately, now that we have a health crisis because of COVID 19 pandemic, the once hard life that they have has become even much harder for them.

Processing Questions:

1. What are the conflicts encountered?
2. What values and personal traits does John have?
3. If you were John, what would you have done to improve your living while still trying to pursue your dreams?
4. What factors might influence his career planning and decision making?



What is It

Once a child becomes aware and conditioned to learned, career development begins. The transition of learning from childhood to adulthood through studies, experience, work, and other aspects shapes an individual's career concept. How you think, respond, and give interest to situations contribute in the development of interest, personality, values, and skills. Being an adolescent, you experience uncertainty because of different challenges that measure your values and personality. Facing these challenges with appropriate behavior and personal skills will help you progress in order to achieve your goals and career plans in life. Likewise, self-assessment is important in starting a career decision making. Looking at your skills, interest, and personality that are aligned to your values can influence your career decision-making.

Interests are areas that provide enjoyment and learning which result to a feeling of reward to an individual. Personal interests should be inclined to career so that it will result to a satisfying career decision-making.

Skills are talents or abilities that can be learned or acquired through training or day to day experience. Developing skills are gained despite the difficulties, if someone has an interest to learn.

Values are stable life goals that people have. It is an individual belief that are honed from childhood and throughout his life. Your priorities, decisions, behaviors, and actions reflect the values that you have acquired since you were a child until old age. Every individual has a certain value that is dominant based on their choices, direction in life, priorities, determination including avoidance of conflict. According *Rokeach Personality* theory, there are two classification of values, the *terminal values* that refer to the end desire of people in life, leading to a prosperous life and a world at peace and the *instrumental values* that deal with acceptable mode of conduct, such as being honest, ethical, ambitious, clean, broadminded and others. Based on research, these values are effective when practiced by children who are disciplined by their parents since childhood until they reach adulthood and eventually becomes their virtue.

Personality is blended characteristics that are evidently displayed and are important in expressing and communicating. These are the feelings, thoughts, and behavioral patterns a person has. Every individual has a different personality.

Understanding one's personality can help to predict another person's actions and feelings toward a situation. A person changes because of life experiences. As he gets older, his decisions, choices, and interests differ from before. Sometimes, we tend to engage and stay with people whom we have common interest and personality with. A strong personality can persuade and influence others either in a good or bad way.

In shaping adolescent career, it is important to assess and determine the strength and weaknesses. Personality, interest, skills, and values should be aligned to the career choice that they are planning. **Career paths** are small tasks that lever to career goal. **Career** is defined as what you do for a living using your profession or occupation that undergo education or training to master knowledge and expertise. **Career planning** is wise decision-making of steps and process for continuous development of learning of achieving his/her professional and personal goal. There are traits also that you need to be empower, so that you will not be shaken when there are trials and challenges. Improving personal traits is laid and augmented by accomplishing small personal tasks that are within a time frame. These small personal tasks contribute to the personal development called **personal goal**. Here are some traits that are needed in developing one's career in achieving life goal.

a. Self-concept is an individual's perception on different roles, behavior, and opportunities. According to Donald Super, **Career Developmental Self-Concept Theory** mentioned that every individual has different personality traits, values, interest, needs, and abilities that influence different options in choosing a career profession that fit to your qualities and interests which will eventually result to work satisfaction. The process of individual change through his/her life experiences and discovery of his/her sense of self is called vocational development. Vocational development is a short job that helps to hone skills related to career choice.

Career Developmental Self-Concept theory has different developmental tasks that need to be fulfilled. Under the first stage of development, self-concept, attitudes, and needs from playing to working role is developed. This is the *Growth stage* that starts from 0-14 yrs. old. The second stage is *Exploration stage* that starts from 15 – 24 yrs. old, where “trying out” vocational preferences based on interests and abilities to real work experiences like part time, volunteer work or shadowing are present. The third stage is *Establishments* from 25-40 yrs. old where setting down to a right job and building stabilization at work are expected. The fourth stage is *Maintenance stage* that starts when an individual finds permanent work. The last stage is *Decline stage*, where an individual starts to experience physical and mental deterioration. Work begins to cease and changes in preferred activity are apparent.

These career development stages give a clear vision of the importance of planning career goals in order to identify the required skills, talent, abilities, and interests in fulfilling a more mature role in the different series of career development.

Self-concept changes through time, that is why it is very important to identify your career concept as an adolescent as preparation to a more complex task. This is relatable when you are choosing a career track in senior high school that will eventually continue to college courses. A solid formation of self-identity will lead to appropriate career planning, decision making, searching for related opportunities, choosing a career based on personal characteristics, and letting go of unimportant activities.

b. Self-determination is when a person decides to act based on intrinsic motivation. Intrinsic motivation comes from your inner self. Self-determination is reflected through your choices, decisions, and actions. Life experiences and observations motivate you to fulfill your dreams and goals in life.

Finishing formal education is not that easy. There are different problems that you will encounter and sometimes, you might feel down and troubled that you tend to lose hope. However, a strong and determined heart and a mind which will not be conquered by any adversity could help you be motivated in order to achieve success in the future.

c. Self-monitoring is the capability of a person to watch over his/her behavior and the relationship that he organized within his environment. People who are *highly sensitive monitor* have a great tolerance to adjust themselves as how they perceived in the environment. It is an advantage since it creates and manages a positive environment that might lead to a high probability for success in their career.

People who are *low sensitive monitor* react using their feelings and little examination on the stimulus of their thought. Self-monitoring is an advantage for you as a senior high school student since the formation of your identity is very crucial. Adolescents tend to be risk-takers and want independence--the capacity to have a high sense of social monitor leads one to become responsible and accountable to his/her behaviors.

d. Proactive Personality is when people have the capacity to take actions without being told and use thoughtful analysis to solve problems. They are able to see potential cause of problems and are able to understand and decide to change the situation. Proactive people find ways to empower themselves and be a productive person. They are not contented on what they have, and they are more eager to learn new skills that contribute to improvement of the group and their career. Proactive adolescents are leaders that could see the opportunities of development in their career and life goals. Being a senior high school student, there are different opportunities that will hone your talents and abilities that can be acquired through

observations, trainings, and experiences. These will help you shape the future ahead of you.

e. Self-esteem it is an accumulated life perception of social acceptance or avoidance. Self-esteem is characterized by the affective strength of your mind. People who have a *high self-esteem* are confident with respect to self and others in achieving success. It is rooted from the childhood foundation of their trust, security, and love enforced by parents. *Low self-esteem* is comprised of negative feelings of self-doubt and questioning of self-worth. People with low self-esteem experience frequent punishments, harsh parental standards, and low affection during childhood. According to psychologist Abraham Maslow, in order to have a fulfilling life, you must attain the 5 basic needs: the *physiological needs, safety, love/belonging, self-esteem and self-actualization*.

Achieving the 5 levels of human basic needs will help to improve self-esteem. Having healthy body, a sense of security from family, friends, workplace and others, love from family, respect to self and others, give satisfaction to these needs. It is important for adolescents to have a high self-esteem to have a courage to improve themselves and be open to accept needs and weaknesses.

Developing new skills and sharing his/her abilities and talent through social interaction without hesitation in mind is also a way to develop self-esteem.

f. Self-efficacy is the ability to finish a task successfully within the time frame. These are people who have an organized self-management and discipline. People with low self-efficacy tend to procrastinate that result to stress because of uncontrollable accumulation of work. Having self-efficacy can gain trust of others. The capacity to complete the tasks ahead of time will result to a good performance which might influence in one to become an asset of a group. This learned behavior is a trained behavior of self-management in handling task since childhood.

g. Locus control People who have a high sense of responsibility in controlling lives have *High internal locus control*. They believe that they can control their own destiny, while people with *low external locus control* feel things happen because of other people, luck, or by powerful beings that may lead to depression. People with high internal locus control have high participation, motivation in life, and positive regard to all things especially in their work.

These personality traits may guide you to acquire great understanding of yourself to create appropriate career plan in achieving life goals.

However, before focusing on your choice of career, you need to identify the different factors that may affect your career planning and decision-making pro.

Factors that Influence Career-planning and Decision-making

a. Parental Autonomy: Parental monitoring is associated to parental protection where sometimes parents decide on what course their child should take in college because of the promising career waiting ahead. Preventing their children to commit mistakes because of their opposing values may influence a career path. If there is tension between parents and child, the adolescent will inhibit and become unsure to themselves because they are not happy with the choice of career. The need for parents' guidance and support are absent that lead to the adolescent giving up his study and dreams in life.

Bear in mind that the parents' role in choosing their child's career is very important as they are the ones who know their child's abilities, interest, aspirations, strengths, and weaknesses. Although many parents would be willing let their child choose his/her own career for they believe that their child knows what he/she wants more than anyone else.

b. Financial Hardship: This the major problem of every Filipino family in sending their children to school particularly in college. According to study of PSA of 2017, five out of 10 Filipino families are deprived to basic education. Even though the government made a law for Universal Access to Quality Tertiary Education Act (R.A. 10931), that aim to help Filipino students to provide free tuition fees and other school fees, many high school graduates still get derailed from their journey to college education. Parents cannot afford to support the daily expenses of a college student because of unstable financial source. That is why students choose to earn money to help and provide the family for their living. But there are students who have strong grit (passion and sustained persistence) to continue their education despite of their financial situation. They consistently fight to find ways that can support their studies and overcome adversity.

c. Change in Family roles: There are children who are products of broken family that result to even more problems. Most of them cannot continue their education because only one parent supports the family. Sometimes, there are students who cannot continue education, because they need to take over their parents' obligation to their family. At times, even if they value education, only one student can be sent to school.

Since some teenagers do not have parents who will care and guide them, they tend to get involved in early relationships which result to low academic performance, disobedience, and even early pregnancy.

d. School Location: the proximity or distance of the school from the home is also a key factor. Since most universities and colleges are located in cities, adolescents have to decide to leave their homes and be away from their families just in order to study.

e. Academic Performance: There are courses that have grade requirements that serve as a basis of your career preference. Academic performance during high school which does not meet these requirements or standards tends to influence career paths.

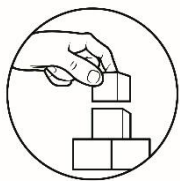
f. Employment Rate: Career choice may also be influenced by the market demand on man power. One also appraises the benefits a company can give like salary offer, compensation, and others career development. Expect that there is always competition for others also pursue what you wish to achieve. Keep in mind also that when there is limited supply of labor in a specific knowledge or skill, there will be a higher price command. Being equipped with different skills, talents, and knowledge is an edge to applicants. That is why there are students who equip themselves with different skills by enrolling to technical vocational courses or perhaps get a part-time job while they are in formal education.

f. Herd Mentality: Sometimes, adolescents are easily swayed by their peers. The fear of being separated from the group of friends may influence choosing a career. At this moment, it is important to have parental guidance.

g. Self-sabotage is defined as losing self-confidence and self-esteem. Self-sabotage is a negative self-talk where in one avoids mistakes and negative feedback which are given to improve performance. Sometimes, it reaches to a point that one becomes feeling pathetic, ineffective, faulty, and purposeless. Its better get an advice from your parent/s or other people who can give reliable advice so that you could have a clearer understanding of your own strengths and weaknesses.

Every individual has a goal in life—an envisioned and created enthusiasm to continue life development and learning. These are long-term goals which sometimes are achieved by accomplishing short-term goals. Career planning is connected with achieving career path and should go together with personal goals. It must be done in specific, measurable, doable, relevant, and time-bounded approach to easily track the progress in attaining success.

Every individual has different priorities in life based on their life context, values, interest, personality, and aptitude. Other factors that may also influence career decision-making are personal factors, role in life, education, family, austerity and others. Being an adolescent, it is important to manage yourself improvement and to learn the process to be resilient to challenges and difficulties. Living with growth mindset, accepting challenges and difficulties with positivity, improving one's skills, and believing in one's self are the path to a successful career planning.



What's More

Since you already know the different personal qualities that you need in developing career path, it is important that you are aware of yourself and that you understand the world around you. Thus, it is essential to critically analyze the career interest that you want to go through in order to gather information that will help you to make your decisions accurate and appropriate to your skills, traits, values, and interest. Career is designed uniquely individually.

Now, let us evaluate your career plan based on your present interest going to your future career. Let us scrutinize your career development plan by following the steps.

Career Decision Making

Step 1: Identify the decision

My Plan:

College course: _____ Major: _____

Technical Vocational Course _____

Regular student or Part time student: _____

What school do you want to enroll? _____

What is your plan after you finish your course? _____

Step 2: Self-Assessment

Interest:

- What are the activities do you like and enjoy most?
- What kind of people do you like to be with?
- What kind of workplace do you prefer?

Skills:

- What are your skills?
- What are the skills suited to your job preference?
- What are your abilities that you need to enhance?

Values:

- What values do you want to manifest in yourself and in work?
- What challenges and rewards motivate you to a job?

Personality:

- What qualities do you possess that will help you in pursuing your career?
- What low personal qualities do you need to improve?
- What type of work environment do you want based on your personality?

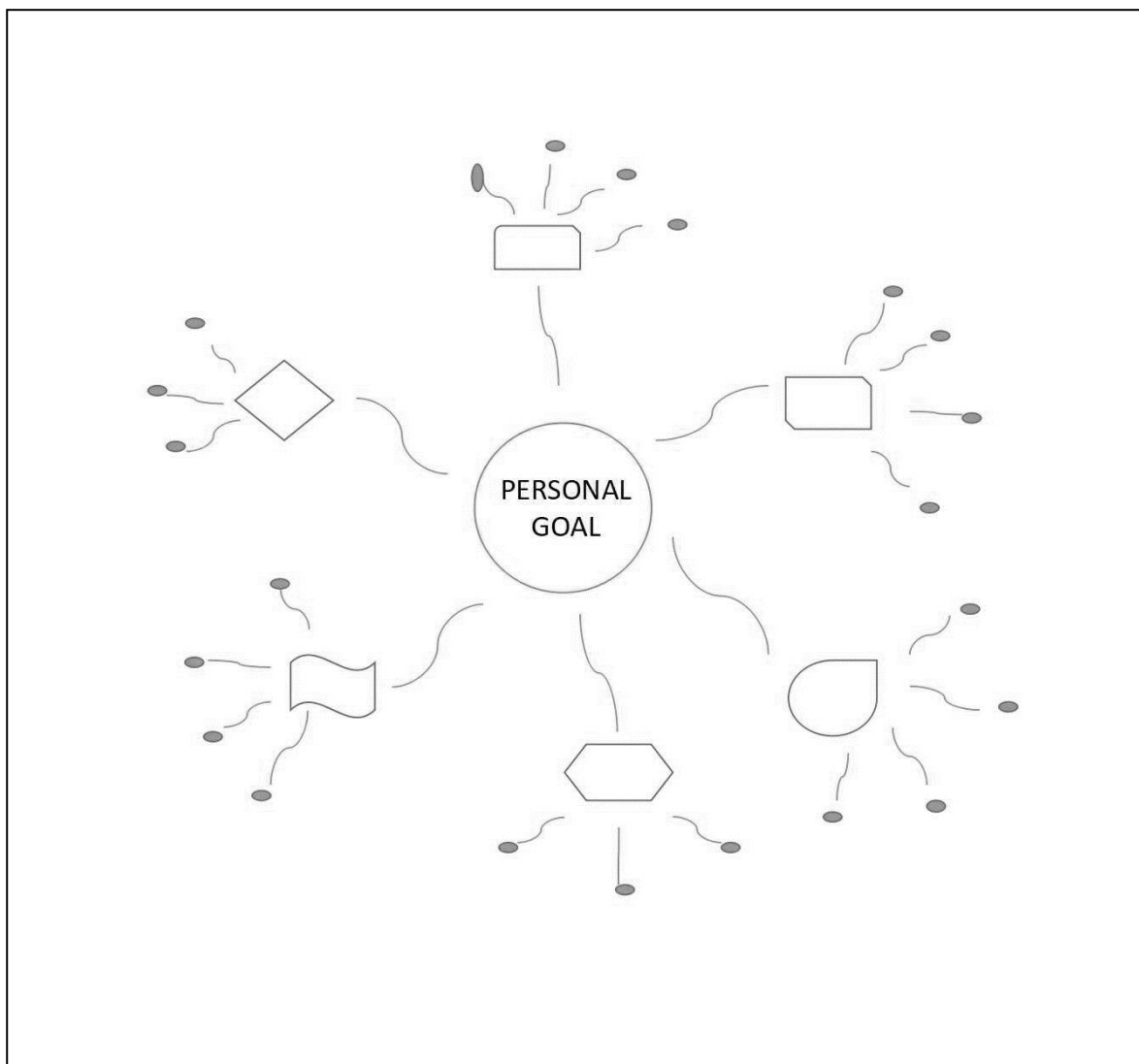
Step 3: Career Options

1. What career path or career choice do you consider?
3. What interests you in your choice of career?
4. What information do you have about your career preference?
5. Where can you gather other information about your career choice to expand your understanding?

Let us explore your personal goal using mind mapping. This tool is helpful in visualizing your thoughts and ideas through organizing information from general to specific. Personal goal focuses on different areas like family, personal traits, interest, skills, financial, education, and a lot more.

In creating a mind map, focus on the main idea that you are going to explore. Add branches and keywords (sub idea) of the main idea. You can add another branch and color code it. Let the information flow by adding child branches of information and ideas that relate to the concept. Sample mind map is drawn inside the box.

Personal Goal Mind Mapping

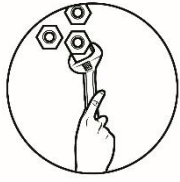




What I Have Learned

Understanding career planning requires many things to be considered. Try to analyze the given problem on the first column. On the second column, state your personal strategy, values, or personal trait that you will apply in handling problems based on the situation. On the third column, state your possible action to cope with the problem.

Challenges	Personal Traits/Values Needed	Actions
Example: Financial hardship	Proactive Personality Self-determination	Find resources to support financial needs
1. Low self-esteem		
2. Herd Mentality		
3. Parents autonomy		
4. Lack of skills		
5. Low academic performance		

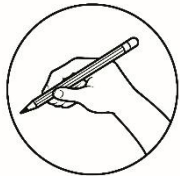


What I Can Do

Using social media platforms, interview professionals or someone you admire who can share experiences related to career and work environment that you prefer. Ask information, tips, values, techniques, or pieces of advice that can help you to have a clear concept of your career. Don't forget to take picture or screen shot conversations while conducting the interview as an evidence of your output.

Here are the questions you can ask:

1. How did you plan your career?
2. What makes you interested in your profession/career?
3. What are your habits that lead you to become successful in career/profession?
4. What was biggest problem/challenge that you encountered in pursuing your career?
5. What skills are needed in your work that I need to prepare for?
6. What values or personal qualities do you need in pursuing a career and in dealing with co-workers and in work?
7. What are your weaknesses that affect your career or work?
8. What advice can share in preparing my own career path?



Assessment

Multiple Choice: To fully understand the lesson, read each statement/question carefully and choose the best answer. Write the chosen letter on a separate sheet of paper.

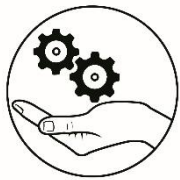
1. What theory focuses on the human needs?
 - A. Big five personality Theory
 - B. Rokeach Values Theory
 - C. Maslow' Hierarchy of Needs
 - D. Holland Theory of Career Choice

2. Which of the following statement is FALSE?
- A. Career planning is important to assess the skills, interest, and personality
 - B. Career paths are small actions or jobs that contribute to the development of career goal.
 - C. Personal goal can be achieved through short- and long-term goals
 - D. Personal traits are not much important to career.
3. These are individual beliefs that serve as a guide of a person throughout his life.
- A. Career concepts
 - B. Personalities
 - C. Values
 - D. Self-Concepts
4. This is the combination of different characteristics in one person.
- A. Career concept
 - B. Values
 - C. Self-Concept
 - D. Personality
5. It develops and changes through time as a result of experiences and discovery of sense of self.
- A. Career concept
 - B. Values
 - C. Self-Concept
 - D. Personality
6. There are situations that we think it's impossible to achieve our goals, but if we have the desire in our heart to achieve it, we would. What kind characteristic is illustrated?
- A. Self-concept
 - B. Self-determination
 - C. Self-monitoring
 - D. Self-achievement
7. Which of the following actions showed a low sensitive monitor?
- A. Become more responsible to their action
 - B. Create positive environment
 - C. Greater ability to modify their behavior
 - D. React using their feelings
8. Which of the following statements shows a proactive personality?
- A. Actively initiating a project for their class
 - B. Doing an activity in expense of others
 - C. Deciding to leave if dissatisfied
 - D. Being ethical and honest

9. Amy was assigned to be a leader in their group, but she thinks that her classmate is much better than her and feels that her groupmates will not listen to her. What is the problem with Amy?
- A. She has a high self-esteem
 - B. She has a low self-esteem
 - C. She is highly sensitive monitor
 - D. She is low sensitive monitor
10. Janet has an openness and extraversion personality. She always wants to have things that are new and “in” as social standard. What kind of work do you recommend for her?
- A. Marketing specialist
 - B. The Caregiver
 - C. Pharmacist
 - D. Life coach
11. Which of the following statements is TRUE?
- A. Career decision making should be aligned with interests, skills, personality, and values.
 - B. It is important to assess the interest, skills, and abilities of others to form a solid foundation of self-efficacy.
 - C. Time management is only the key in achieving career goal.
 - D. None of the above
12. Luisa is a product of a broken family; her parents have an amicable separation when she was in high school, but it did not affect her. She became more responsible to herself to fulfill her goal and doesn't blame her parent. What personality does Luisa show?
- A. Self-Esteem
 - B. Parental Autonomy
 - C. Self-Efficacy
 - D. Locus control
13. What is the benefit of a person who is proactive and value high education and multiple skills?
- A. Ability to change jobs when opportunities arise
 - B. Enhance skills and help to progress along the career path
 - C. Earning benefit is large
 - D. All of the above

14. During adolescence stage, adolescents start to develop their self-concept, attitudes, needs, and interests. What stage of the five career development theories are they categorized?
 - A. growth
 - B. exploration
 - C. establishment
 - D. maintenance

15. What influences in shaping one's personality?
 - A. Biological characteristics coming from parents
 - B. Environmental influences
 - C. Adversity in life
 - D. A&B

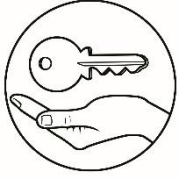


Additional Activities

Write a letter to yourself highlighting your expectations, as well as the reminders and pieces of advice on the values and traits that you feel you need to possess. Keep a copy of the said letter and see how much you will improve your personality over time.

Dear Self,

_____ ,



Answer Key

<p>Assessment</p> <p>1. C 2. D 3. C 4. D 5. C 6. B 7. D 8. A 9. B 10. A 11. A 12. D 13. D 14. A 15. D</p>	<p>What's I have Learned</p> <p>ANSWERS MAY VARY</p>	<p>What I Know</p> <p>1. B 2. B 3. C 4. B 5. C 6. A 7. C 8. B 9. A 10. A 11. B 12. A 13. C 14. C 15. D</p>
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