

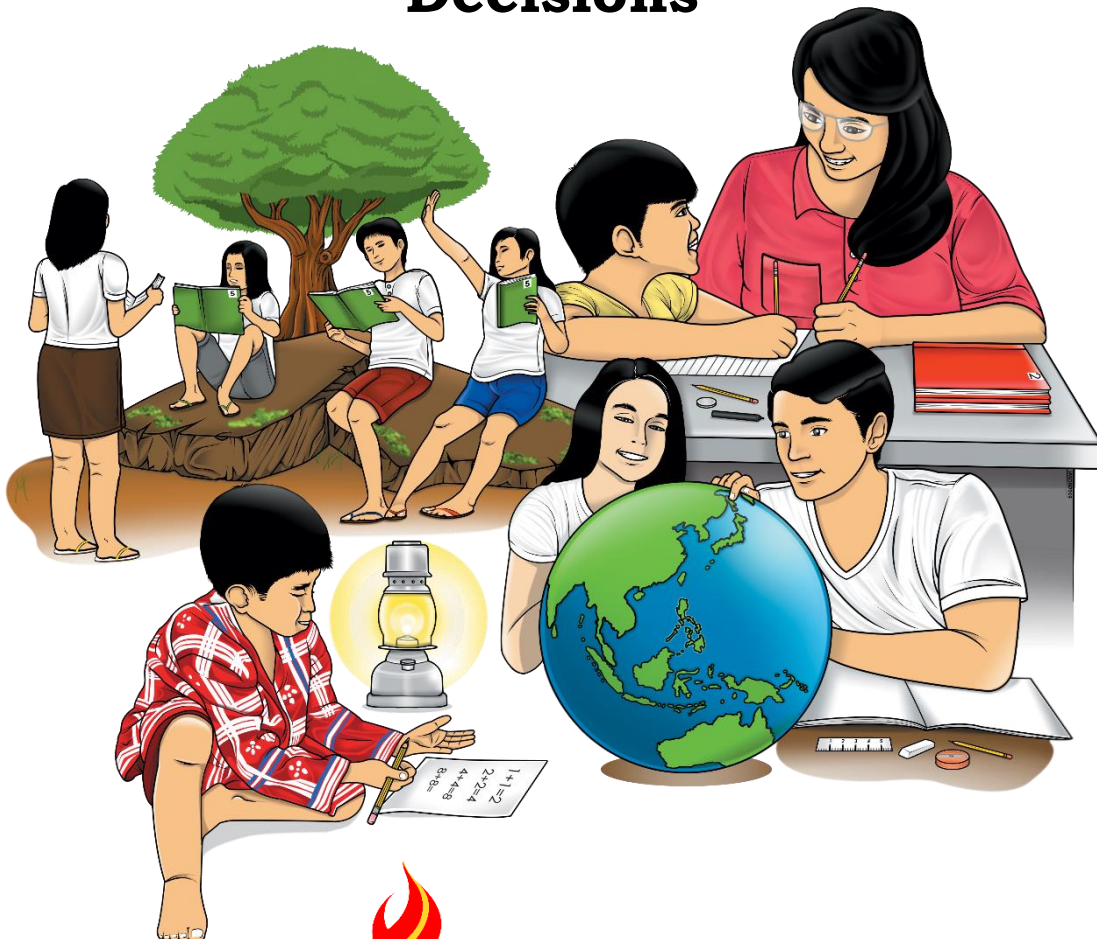
Senior High School



# Personal Development

## Quarter 2 – Module 13:

### Factors in Personal Development: Guide in Making Important Career Decisions



**Personal Development  
Alternative Delivery Mode**

**Quarter 2 – Module 13: Factors in Personal Development: Guide in Making Important  
Career Decisions**

**First Edition, 2021**

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# **Personal Development**

## **Quarter 2 – Module 13: Factors in Personal Development: Guide in Making Important Career Decisions**

## **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.

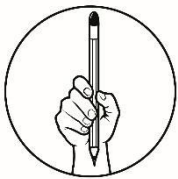


## ***What I Need to Know***

This module is designed to help you realize your personal development as an essential component of setting career and life goals. This will lead you into analyzing and synthesizing your personal development as a vital part of establishing a career and finalizing your life goals. This may also give you knowledge about your own personality development to be able to align your choices on your life goals and ambitions. The different factors in personal development play an important part and big role in decision-making processes of choosing your career.

After going through this module, you are expected to:

1. explain the factors in personal development that may guide you in making important career decisions as adolescents.



## ***What I Know***

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

1. These are individual beliefs that motivate people to act. It serves as a guide for human behavior.
  - a. Goal
  - b. Values
  - c. Mission
  - d. Preference
2. It is something that concerns, involves, draws the attention of, or arouses the curiosity of a person.
  - a. Preference
  - b. Values
  - c. Career
  - d. Interests
3. It refers to a profession or occupation that requires special training.
  - a. Career
  - b. Goal
  - c. Mission
  - d. Preference

4. The following are the most important considerations in career planning EXCEPT
  - a. Interests
  - b. Skills
  - c. Family's financial capacity
  - d. Peer's Preference
  
5. It is the ability and capacity acquired through deliberate, systematic, and sustained effort to smoothly and adaptively carryout complex activities or job functions involving ideas, things, and people.
  - a. Interests
  - b. Skills
  - c. Hobbies
  - d. Peer's Preference
  
6. It refers to the things you like and do not like to do.
  - a. Mission
  - b. Values
  - c. Preference
  - d. Goal
  
7. This personality trait shows how desirous an individual is for cooperation and social harmony. It is characterized by likability, kindness, and courteousness.
  - a. Openness
  - b. Extroversion
  - c. Agreeableness
  - d. Conscientiousness
  
8. It is a personality trait which concerns how one controls, regulates, and directs impulses. It is characterized by high levels of effort and motivation.
  - a. Openness
  - b. Extroversion
  - c. Agreeableness
  - d. Conscientiousness
  
9. This personality trait reflects how eager an individual is to have social interaction, in constant contact with the outside world. It involves sociability, dominance, and energy.
  - a. Openness
  - b. Extroversion
  - c. Agreeableness
  - d. Conscientiousness
  
10. It is a personality trait that refers to the tendency to experience negative feelings and moodiness.
  - a. Openness
  - b. Extroversion
  - c. Neuroticism
  - b. Conscientiousness

11. It is a personality trait which concerns the desire to explore, enjoy novel experiences, and preference for change and variety.
- Openness
  - Extroversion
  - Neuroticism
  - Conscientiousness
12. When your dream career is not achievable, it is advisable \_\_\_\_\_.
- to open yourself for other career possibilities.
  - to focus on your hobbies.
  - to stop studying at the moment.
  - not to do anything.
13. In making important career decisions, the first thing to do is to \_\_\_\_\_.
- devise a strategy or course of action.
  - consider the options.
  - work on your values.
  - finalize your goal.
14. After considering all the possibilities, \_\_\_\_\_.
- modify your plan.
  - consider the options.
  - work out on your values.
  - finalize your goal.
15. When you want to make sure of your plan and you ask yourself whether you are going to pursue college courses, enroll in short-term TESDA courses, or open a small business, you are \_\_\_\_\_.
- trying to devise a strategy or course of action.
  - modifying your plan.
  - working out on your values.
  - finalizing your goal.

## Lesson

# 13

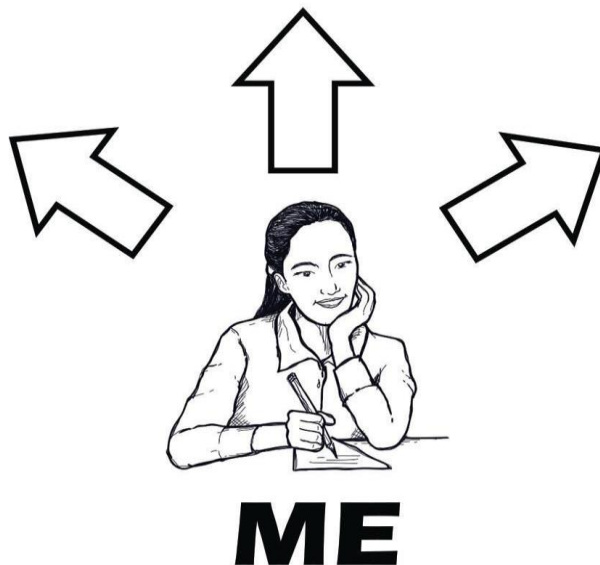
## Factors in Personal Development: Guide in Making Important Career Decisions

Developing insights into your own life can make your experiences more meaningful. It can also help you better understand yourself as a person and assert others too. By studying yourself as well as the world around you, you will discover new truths about you, your life, and your identity.

As an adolescent, you need to start planning the career you are going to pursue. Factors in personal development like your preferences, skills, interests, and values will guide you during the decision-making process. Writing down your goals, values, and preferences will help you to think about the kind of jobs suited for you.

Successful people have mission statements in life. Creating your personal mission statement and vision will be a good guide for career planning. You may update your mission statement as your values mature over time. As your self-awareness increases, your ability to maximize the use of strengths and manage weaknesses positively increases as well. Understanding yourself, managing your emotions, and positive outlook despite set-backs are the most important things that will bring you to a great career choice.

There might be challenges along the way, yet as you adapt with skill and face the challenges with a positive mind, it will be worth it. You will enjoy your journey accepting what you attain in life.

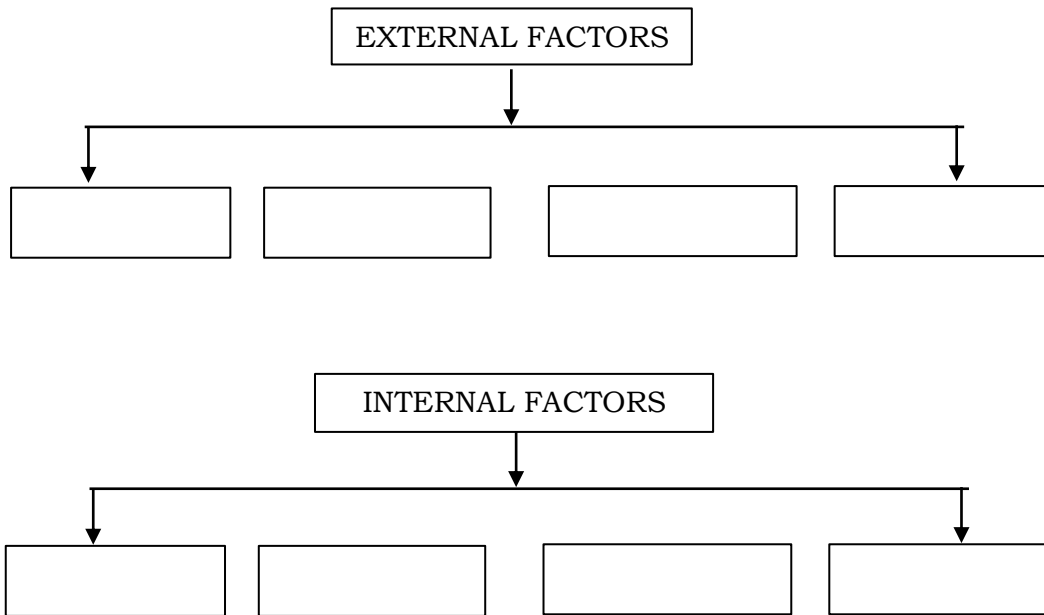






## What's In

**ACTIVITY 1.** What are the factors that influence career pathways? List down your answer under the appropriate column.



Put a check mark before the phrase/sentence which will help you create a personal development plan for your career.

- Define your dreams.
- Set goals.
- Defend your dream from someone.
- Choose your priorities.
- Implement your strength.
- Set deadlines.
- Have the result in mind.
- Start acting your plan.
- Reassess your goal.



## What's New

**Activity 2.** Directions: Arrange the jumbled letters to come up with examples of values that could work in personal or corporate situations. The clue will guide you to arrange the scrambled letters.

NESTYOH	A facet of moral character which connotes positive and virtuous attributes such as integrity, truthfulness, and straightforwardness.
GRITYTEIN	Firm adherence to a code, especially of moral or artistic values: incorruptibility
TYILTUAIRSIP	The quality of being concerned with the human spirit or soul.
SPREECT	A feeling of deep admiration for someone or something elicited by their abilities, qualities, or achievements.
GITURATDE	The quality of being thankful; readiness to show appreciation for and to return kindness.
KINESDNS	The quality of being friendly, generous, and considerate.
AGECOUR	Mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty.
IENPATCE	The ability to wait, to continue doing something despite difficulties, or to suffer without complaining or becoming annoyed.
PEANCERSEVER	Persistence in doing something despite difficulty or delay in achieving success.
RNESFOSGIVE	Letting go of past grudges or lingering anger against a person or persons.

Questions:

1. What are the words that you have formed in the activity?
2. What are these words all about?
3. What is the relationship of the words formed above in developing one's personality?
4. Do you think personal development will help in making a career decision? In what way?

The words above are values which can be used as inspiration when deciding your own core values.

Is there a need to have personal core values? Yes, because those personal core values may serve as your motivating factor and guide as you plan for your career and your future. Your personal values will distinguish you from the rest. These values will help you live a joyful and meaningful life.

**Activity 3.** Complete the statement below based on your personal experiences.

This activity may guide your career decisions.

I excel in \_\_\_\_\_.  
*(subjects that you find interesting)*

My hobbies include \_\_\_\_\_.

While in school, I gained skills in \_\_\_\_\_.  
*(things you like to do while at school)*

At home, my parents hone my skills in \_\_\_\_\_.

I love to explore \_\_\_\_\_.  
*(activities that I'm interested)*

I have easy access in the field of \_\_\_\_\_.  
*(course)*

I want a stable job because \_\_\_\_\_.

My family's financial situation is \_\_\_\_\_.

My dream career is \_\_\_\_\_.

I am open to all possibilities of career choice because \_\_\_\_\_.

When I'm confused about what career to pursue, I ask the ideas of \_\_\_\_\_.

*(name at least three persons you asked about the career you want)*

**Questions:**

1. What did you realize while answering the activity?
2. How will you utilize your responses in the activity in career planning?



## **What is It**

Values are individual beliefs that motivate people to act. It serves as a guide for human behavior. Most of the time, a person adopts the values observed with the people he/she lives with or the community that he/she grew up in.

Values are regarded as which is good, desirable, or worthwhile. People usually act based on the values he believes which we call personal values. Personal Values are “broad desirable goals that motivate people's actions, and serve as guiding principles in their lives”. It represents what is vital to someone. Proper utilization of values is a key in making career decisions.

Activity 2 suggests values that will guide you in finalizing your career plan, and be successful in your chosen career. Honesty, integrity, spirituality, respect, gratitude, kindness, courage, patience, perseverance, and forgiveness are values that you may utilize while you are into the crucial career planning, and facing college pressures and numerous setbacks.

As an adolescent, it is imperative to prepare yourself with enough knowledge leading to the career that you want. Supportive family and friends may ease your confusions in finalizing career decisions, choosing the best university, taking College entrance examinations, and facing four-year college life afterwards.

Choose a career that you love, and you like the most. Courage, patience, and perseverance to face the challenges are some of the keys to survive the challenging world of career preparation and make it to the end line we call SUCCESS!!!

Career is defined by Merriam-Webster dictionary as a profession for which one trains and is undertaken as a permanent calling. Moreover, Cambridge described it as the job or series of jobs that you do during your working life. Deciding for a career to pursue is a major decision, and one’s personal preferences largely influence his/her choices.

In activity 3, you were tasked to write your interests, skills, experiences both in school and at your home, access to the job, stability of the job, family’s financial situation, dream career, open possibilities of career choice, and person you confide with.



*Illustrated by Robinson M. Alegre*

**While working on the best career for yourself, it is best to consider the following:**



**Interest** concerns, involves, draws the attention of, or arouses the curiosity of a person. You may consider analyzing the Senior High School subjects that you found interesting and the hobbies that inspire you. Contemplate on the following questions: Do you enjoy solving mathematical problems? Are you into arts? Do you love writing short stories? Are you good at public speaking? Do you enjoy exploring different places? Or perhaps you are not into academics, yet you are very good at cooking, baking or carpentry. Allowing yourself to be in the field that you enjoy may bring you satisfaction and success.



**Skills** refer to the ability and capacity acquired through deliberate, systematic, and sustained effort to smoothly and adaptively carry out complex activities or job functions involving ideas (cognitive skills), things (technical skills), and people (interpersonal skills).



It would be better if you will find a career in the field where you are skillful and you have easy access. For instance, you observed that while in SHS, you are constantly the best in food preparation, you competed in school competitions and won in baking. You also had the highest grades in Technology and Livelihood Education (TLE) subjects, then it is an indication that your skills are into foods, therefore, you may opt to a course related to food preparation. You may choose for a four-year degree course in college or short-term courses in TESDA.

Your career option where most of your relatives and family have access is a good choice as well. Your relatives may assist you to land a job easily and work in a stable company.



**Your family's financial capability** to support your studies in college should also be considered. No matter how good your career choice is, your family's capacity to financially support your chosen career is vital. It is recommended to have at least three alternatives.

At times, your dream career is not the career that is opening doors for you, you might consider **opening yourself for other career possibilities**. For instance, if you dream of becoming an Engineer but did not pass the College Entrance Examination in Engineering course, then you might consider a three-year Technology course leading to Engineering.

As an adolescent, it is good to seek advice from people who have already **been there**. You might consider asking your parents, teachers, guidance counselor, or “people you look up to” when it comes to your career. They can provide you insights on how they **did it**.

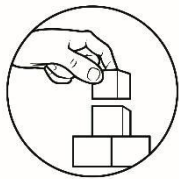
**Here is a simplified guide in preparing for important career decisions.**

<b>Process</b>	<b>Questions to ask yourself</b>
<b>Finalize your goal</b>	<i>Am I going to pursue college courses, enroll in short-term TESDA courses, work while studying, or open a small business?</i>
<b>Work on your values</b>	<i>What values do I need to achieve my goals? My personal mission and vision.</i>
<b>Consider the options</b>	<i>What other choices do I have (second and third choice) for a career if the first choice would not be possible?</i>
<b>Strategize</b>	<i>How will I be able to support my studies? My parents are not financially stable, yet I have the “drive” to pursue, and possess the knowledge.</i>
After considering all the possibilities, <b>modify your plan.</b>	<i>What is the best possible scheme for success after I am done in evaluating my goal and all the possibilities?</i>

Understanding your Personality--the characteristic way of thinking, feeling, and behaving that distinguishes one person from another; and your personality traits which reflect patterns of thoughts, feelings, and behaviors will also guide you in finalizing your career decisions. According to Psychologists, dimensions of personality describe the essential traits that serve as the building blocks of personality. The Big Five Personality Traits include *Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism* (OCEAN) is widely used to classify individual’s ways of thinking, feeling, and acting.

<b>Personality Trait</b>	<b>Facets and Career Choice</b>
<b>Openness</b> concerns with the desire to explore and enjoy novel experiences; preference for change and variety	<b>Facets:</b> imagination, curiosity, originality, broad-mindedness, and intelligence <b>Career Choice:</b> tour guide, pilot, writers, entrepreneurs, artists, actors, musicians
<b>Conscientiousness</b> deals with high levels of effort, motivation, being organized, systematic, punctual, and dependable.	<b>Facets:</b> reliability, orderliness, impulse control, decisiveness, deliberation, punctuality <b>Career Choice:</b> lawyers, doctors, CEO’s accountant, sales managers, scientists, engineers

<p><b>Extraversion</b> involves traits relating to sociability and dominance; concerns on how eager an individual is to have social interaction and in constant contact with the outside world</p>	<p><b>Facets:</b> Dominance, Sociability, positive emotions.  <b>Career Choice:</b> manager, personal trainer, news presenter, radio jockey, public speaking, entertainment, event planner,</p>
<p><b>Agreeableness</b> includes being compassionate and cooperative toward others; shows likability, kindness, and courteousness</p>	<p><b>Facets:</b> nurturance, trust, modesty, tolerance, likability, straightforwardness  <b>Career Choice:</b> HR Specialist, Teacher, nursing, social work, counseling</p>
<p><b>Emotional Stability/ Neuroticism</b> refers to a person's tendency to become emotionally upset; proneness to experience emotional distress</p>	<p><b>Facets:</b> anxiety, hostility, depression, vulnerability, low self-esteem.  If you can stay calm under pressure, career choice may be: social work, psychiatric nursing</p>



## ***What's More***

At this point, let us see how you absorbed the substance of our topic. Fill in the blanks to complete your five-year career plan (vision, mission, guided by personal core values) that you think will be beneficial for you to live a meaningful and joyful life. You may check the sample expected response provided at the answer key section.

By the year 1) \_\_\_\_\_  
I will be 2) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My mission in  
life is to 3) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My career development will be guided by the  
following personal core values:

4) \_\_\_\_\_  
5) \_\_\_\_\_  
6) \_\_\_\_\_  
7) \_\_\_\_\_

8) \_\_\_\_\_  
9) \_\_\_\_\_  
10) \_\_\_\_\_



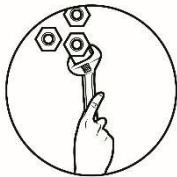
## ***What I Have Learned***

Fill in the blanks with the correct answer to complete the sentence.  
Write your answer on a separate sheet.

1. \_\_\_\_\_ are individual beliefs that motivate people to act one way or another.
2. Having your personal mission and vision might help as well. \_\_\_\_\_ are “broad desirable goals that motivate people’s actions and serve as guiding principles in their lives”. It represents what is important to someone.
3. \_\_\_\_\_ defined as the mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty may be utilized to withstand the setbacks in career planning.
4. It is also significant to consider your interests, \_\_\_\_\_, experiences both in school and at your home, access to the job, stability of the job, family’s financial situation in making important career decisions.

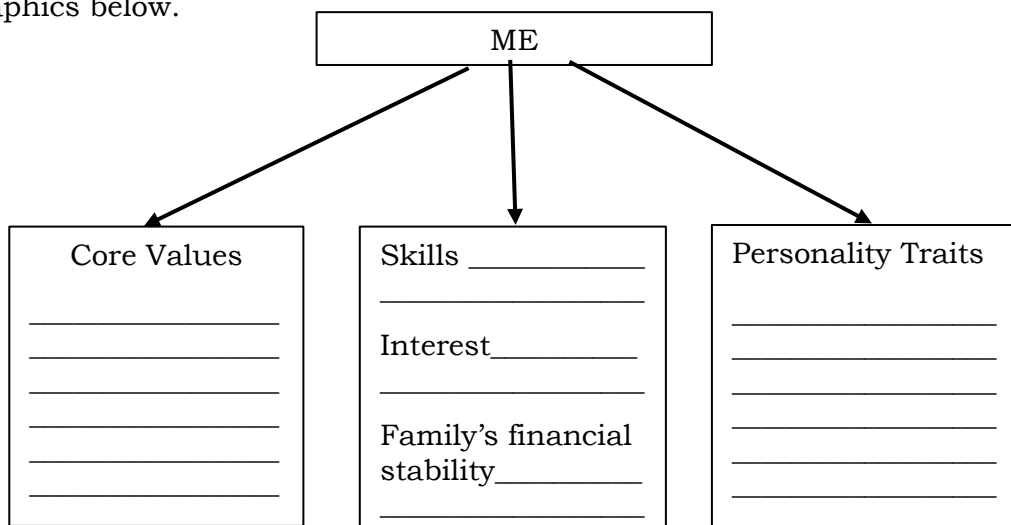


5. While preparing for important career decisions, it is important to follow a simplified guide: A) Finalize your goal; B) Work on your values; C) Consider the options; D) Strategize; E) After considering all the possibilities, \_\_\_\_\_.
6. Personality Trait is widely used to classify an individual's ways of thinking, feeling, and acting. \_\_\_\_\_ includes characteristics such as likability, kindness, courteousness, and nurturance.
7. \_\_\_\_\_ involves traits relating to sociability, dominance, energy, and positive affect. Career opportunities include: news presenter, radio jockey, public speaking, entertainment, event planner, and personal trainer.
8. The career in law, medicine, accountancy, managerial, and engineering involves reliability, orderliness, impulse control, decisiveness, punctuality, and high levels of effort which are characteristics of \_\_\_\_\_ trait.
9. \_\_\_\_\_ refers to a person's proneness to experience emotional distress and maladaptive coping strategies.
10. Imagination, curiosity, originality, broad-mindedness, and intelligence are aspects of \_\_\_\_\_ personality trait.



## ***What I Can Do***

You have reached the last part of this lesson. It is expected that you finally realize your core values, personality traits, as well as the skills, interests, preferences, and your family's financial stability. Based on your understanding of the topic, fill in the blanks with the factors in personal development, and complete the graphics below.



Based on the factors in personal development written on the blanks, explain in three paragraphs how these factors will guide your career decisions as an adolescent.

<u>Factors in Personal Development: Guide in Making Important Career Decisions</u>
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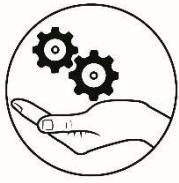


## **Assessment**

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

1. It is a personality trait that is concerned with the way in which we control, regulate, and direct our impulses. It deals with high levels of effort and motivation.
  - a. Openness
  - b. Extroversion
  - c. Agreeableness
  - d. Conscientiousness
2. This personality trait shows how desirous an individual is for cooperation and social harmony. It includes characteristics such as kindness and nurturance.
  - a. Openness
  - b. Extroversion
  - c. Agreeableness
  - d. Conscientiousness
3. This personality trait is characterized by the tendency to experience negative feelings, moodiness, and proneness to experience emotional distress.
  - a. Openness
  - B. Extroversion
  - c. Neuroticism
  - d. Conscientiousness
4. This personality trait is characterized by pronounced engagement with the external world and extent to which an individual is assertive and sociable.
  - a. Openness
  - b. Extroversion
  - c. Agreeableness
  - d. Conscientiousness
5. It is a personality trait that shows desire to explore, enjoy novel experiences, and prefer change and variety.
  - a. Openness
  - b. Extroversion
  - c. Neuroticism
  - d. Conscientiousness
6. It is the individual beliefs that motivate people to act. It serves as a guide for human behavior.
  - a. Goal
  - b. Values
  - c. Mission
  - d. Preference

7. It is something that concerns, involves, draws the attention, or arouses the curiosity of a person.
  - a. Preference
  - b. Values
  - c. Career
  - d. Interests
  
8. It refers to a profession or occupation that requires special training.
  - a. Career
  - b. Goal
  - c. Mission
  - d. Preference
  
9. The following should be considered in career planning EXCEPT:
  - a. Interests
  - b. Skills
  - c. Hobbies
  - d. Peer's preference
  
10. It is the ability and capacity acquired through deliberate, systematic, and sustained effort to carry out complex activities or job functions smoothly and adaptively involving ideas, things, and people.
  - a. Interests
  - b. Skills
  - c. Hobbies
  - d. Peer's preference
  
11. It refers to the things you like to do and do not like to do.
  - a. Mission
  - b. Values
  - c. Preference
  - d. Goal
  
12. In making important career decisions, the first thing to do is to \_\_\_\_\_.
  - a. devise a strategy or course of action.
  - b. consider the options.
  - c. work on your values.
  - d. finalize your goal.
  
13. After considering all the possibilities, \_\_\_\_\_.
  - a. modify your plan.
  - b. consider the options.
  - c. work out on your values.
  - d. finalize your goal.
  
14. When you want to make sure of your plan, you ask yourself whether you are going to pursue a college course, enroll in short-term TESDA courses, or open a small business, you are \_\_\_\_\_.
  - a. Trying to devise a strategy or course of action.
  - b. modifying your plan.
  - c. working out on your values.
  - d. finalizing your goal.
  
15. When your dream career is not achievable, it is advisable to \_\_\_\_\_.
  - a. stop studying at the moment
  - b. focus on your hobbies
  - c. open yourself for other career possibilities
  - d. not to do anything.



## ***Additional Activities***

You are now on the last part of this lesson, and by this time, you should have thought so well of your career decisions. Prepare a three-paragraph essay on the most current career decision that you have made.

Be guided by the following instructions.

- 1) 1<sup>st</sup> paragraph-introduction on the career decision.
- 2) 2<sup>nd</sup> paragraph- factors in personal development which affects the career decision
- 3) 3<sup>rd</sup> paragraph- your realizations about decision-making

### My Career Decision

\_\_\_\_\_

\_\_\_\_\_.

\_\_\_\_\_

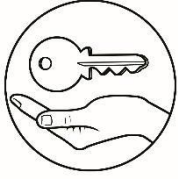
\_\_\_\_\_.

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\_\_\_\_\_.



## **Answer Key**

<p><b>Assessment</b></p> <p>D C C B D A D C D A D A D C D</p>	<p><b>What's More</b></p> <p>2025 An engineer To provide high quality but affordable engineering design to ordinary Filipino people. Integrity Empathy Courage Perseverance Honesty Patience Gratitude</p>	<p><b>What I Know</b></p> <p>B D A D C C C D B A A D A D</p>
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