

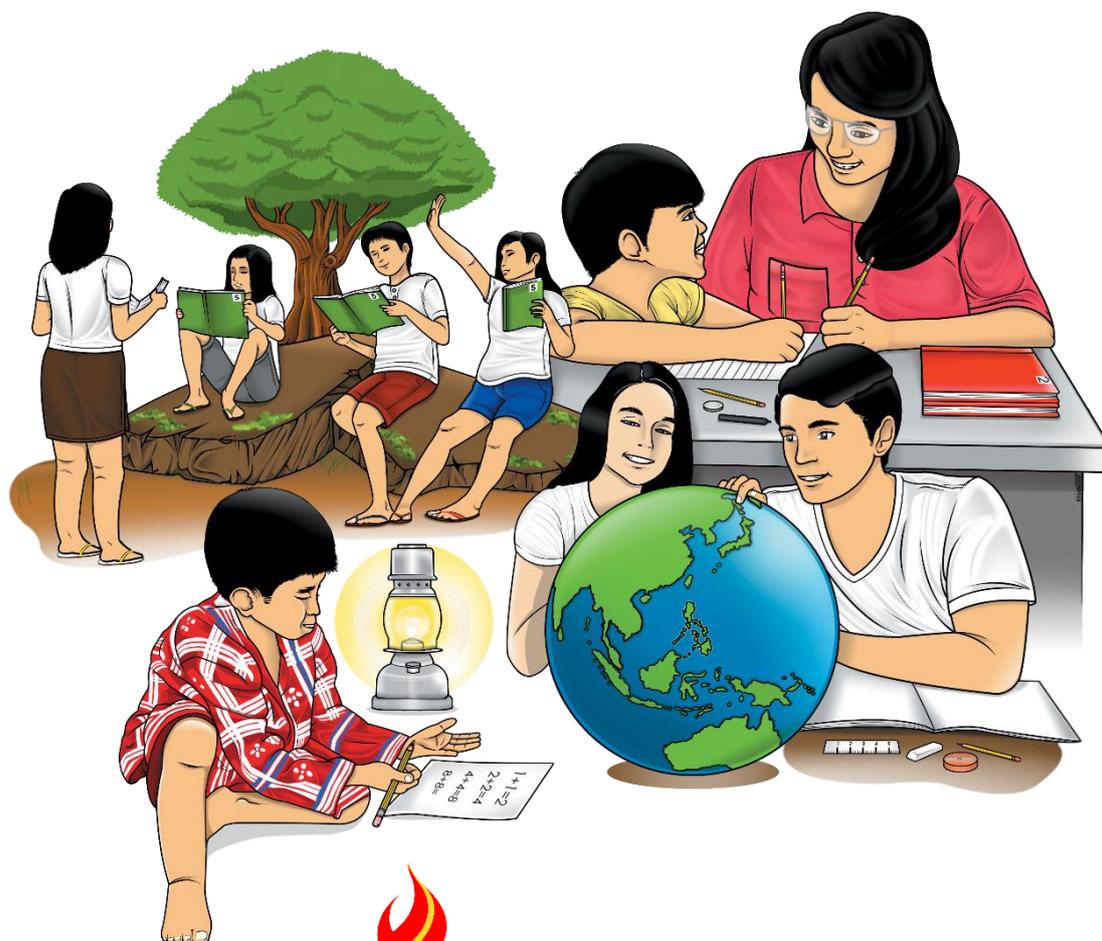
Senior High School



# Personal Development

## Quarter 2 – Module 14:

### Importance of Personal Development in Making a Career Decision



**Personal Development  
Alternative Delivery Mode**

**Quarter 2 – Module 14: Importance of Personal Development in Making a Career Decision  
First Edition, 2021**

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**Development Team of the Module**

**Writer:** Joneth D. Vibar

**Editors:** Cesar Chester O. Relleve

**Reviewers:** Melanie Mae N. Moreno, Regicelle D. Cabaysa, Darwin D. Bargo,  
Alona A. Encinares, Jonathan L. Canales, Shenn Ann G. Arriola,  
Sheila F. Adia, Bernadette B. Patag

**Illustrator:** Salvacion C. Montenegro

**Layout Artists:** Mark Laurence T. Tapas, Crizalyn D. Billones

**Management Team:** Wilfredo E. Cabral  
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  
Telefax: 02-8682-5773/8684-4914/8647-7487  
E-mail Address: lrmd.calabarzon@deped.gov.ph

# **Personal Development**

## **Quarter 2 – Module 14: Importance of Personal Development in Making a Career Decision**

## **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***

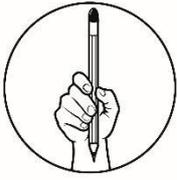
This module was designed and written with you in mind. It is here to help you share insights about the importance of personal development in forming career choices as adolescent. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse 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 composed of one lesson:

- Lesson 1 – Importance of Personal Development to Career Decisions

After going through this module, you are expected to:

1. share ways on how to deal with the discovered strengths and weaknesses;
2. identify ways on how to decide for a career choice.
3. realize the importance of personal development in making career decisions as adolescent.



## ***What I Know***

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

1. This is influenced by many factors which adolescents usually are anxious of making.
  - a. Training and Experiences
  - b. Personal Development
  - c. Life Goals
  - d. Career Choice
  
2. An attitude of an adolescent wherein he/she chooses too early on what he/she wants to pursue in their career, notwithstanding lack of knowledge about it.
  - a. Conducting Research
  - b. Abrupt Decision Making
  - c. Career Planning
  - d. Acquiring Necessary Skills
  
3. A strategy to solve potential problems in the future, know personal capacity, and set goals for the future.
  - a. Career Plan
  - b. Plan of Action
  - c. Future Work
  - d. Career Choice
  
4. A strategy to know about the career that a person wants to pursue.
  - a. Involvement in the Society
  - b. Peer Interviews
  - c. Exposure to Experience
  - d. Conduct Research
  
5. An opportunity to acquire proper training and involvement in activities to gain skills and expertise.
  - a. Career Planning
  - b. Abrupt Decision Making
  - c. Acquiring Necessary Skills
  - d. Conducting Research

6. The first consideration in formulating a career plan.
  - a. Setting strategies to accomplish goals
  - b. Knowing one's skills and capacity
  - c. Understanding the nature of the goal
  - d. Looking for solutions to the problem
  
7. A normal reaction of adolescents if they start planning for their future.
  - a. Happiness
  - b. Anxiety
  - c. Regret
  - d. Excitement
  
8. It is a way of joining activities that you like the most to discover more about yourself.
  - a. Acquiring Skills
  - b. Personal Interest
  - c. Conducting Research
  - d. Strategy in Developing self
  
9. It takes an initial step on self-exploration by determining your interests and personal limitations.
  - a. Identifying personal skill
  - b. Preparing career plan
  - c. Knowing the career options
  - d. Knowing oneself
  
10. The process of comparing and contrasting possible career options.
  - a. Career Planning
  - b. Strategize in Developing Self
  - c. Research on Career Options
  - d. Know personal interest
  
11. The following are examples of personal skills, except\_\_\_\_.
  - a. Leadership Skill
  - b. Cooperative Skill
  - c. Research Skill
  - b. Motivation Skill
  
12. The following are examples that influence an adolescent in career choice, except \_\_\_\_.
  - a. Influence of Parents
  - b. Financial Resources
  - c. Personal Interest
  - d. Set Goals

13. Learning to stand for what is good on your personal career can develop \_\_\_\_.
- Self-confidence
  - Self-reliance
  - Self-introspection
  - Self-reflection
14. What is the importance of using strategies in developing oneself in order to help in career decisions?
- Looking for information using reading resources for research.
  - Finding learning opportunities in the community to learn new skills.
  - Leading a group for community involvement.
  - Analyzing oneself first in order to know strengths and weaknesses.
15. Which of the following is the best way on how to acquire new skill?
- Learn a skill one time after the other for better mastery.
  - Learn skills all at the same time to acquire more.
  - Learn only what interests you and refrain from trying other things.
  - Learn to acquire a skill in the fastest time possible.

# Lesson 14

## Importance of Personal Development to Career Decisions

It is important for an adolescent like you to recognize that personal development has been one of the most important factors for career decision making. As it capitalizes on human development, being aware of skills, talents, knowledge, and behavior can direct you to a path toward achieving your dreams.

There is a need to invest so much on developing your weaknesses and increasing strengths in order to be equipped with skills required in this generation. Since our world is composed of varied information, adolescents must be properly guided to practice a well-thought decision making opportunities to understand the essential things to focus on.



### *What's In*

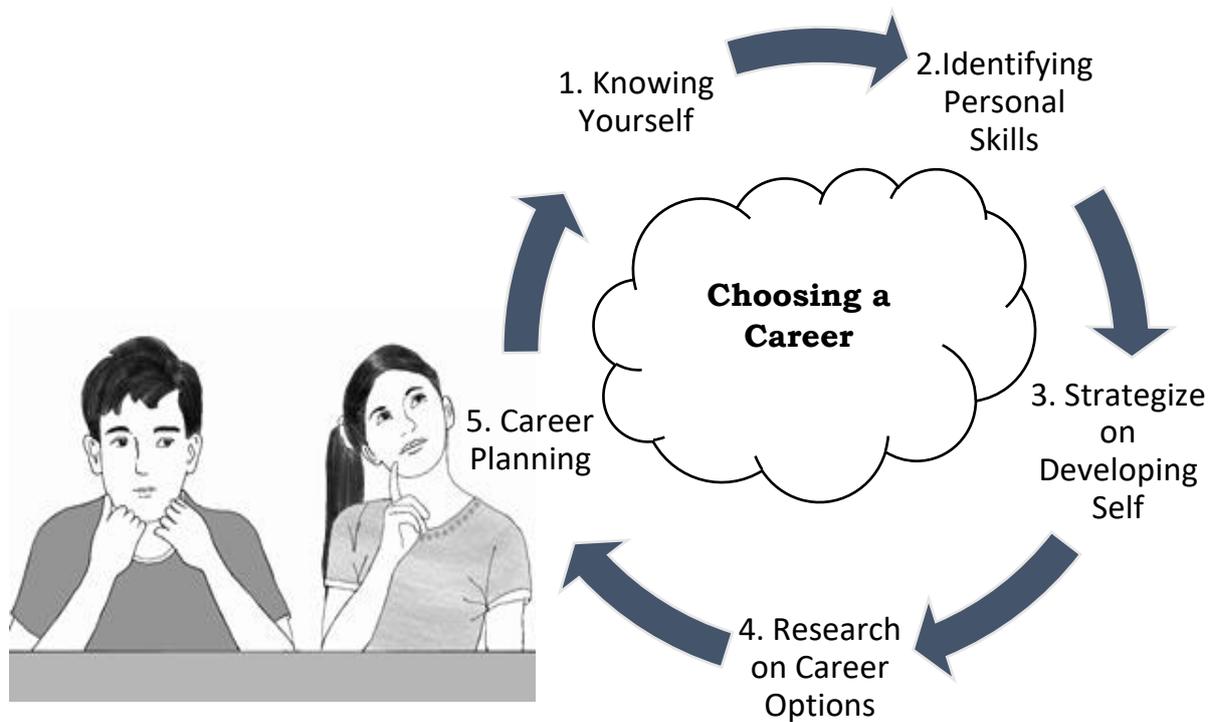
**Activity 1.1 Matching Type** – Knowing the main ideas presented in this module would help you better understand the concepts related to career decision making. Match column A with column B to determine the definition of terms to be encountered in this lesson. Write the answer on the space provided.

Answers	Column A	Column B
1.	Personal Research	A. Exploring the nature of the work by identifying information on potential trainings and skills to be earned in a choosing a career.
2.	Acquiring Skills	B. Choosing a profession based on your personal skills
3.	Personal Interest	C. Finding trainings, preparing career plans, conducting research, and knowing your self-interest
4.	Strategy in Developing Self	D. Identifying activities that you like the most to get involved with.
5.	Career Decision	E. Learning to develop potentials by trying out worthwhile activities



## What's New

### Career Decision Making



In making a career choice, an adolescent like you may undergo a process of thinking and rethinking. You may find it challenging to make decisions right away because of the different factors that you need to consider in career choices. There is a suggested strategy in order to help you decide for your future career. The diagram above could help you follow a step in analyzing the right career for you.

1. **Knowing Yourself** - It takes an initial step on self-exploration by determining your interests, limitations, inner talents, skills, and potentials that would help create an image of your future self. Determining personal strengths and weaknesses can also give you a chance to set bigger plans for the future.
2. **Identify Personal Skills** – A person's skill differs from one person to another. Once you realize your capacities, it is important to concentrate on improving it even further.
3. **Strategize on Developing Self** – After knowing your personal skills, expose yourself to worthwhile activities like: training workshops, community projects, school organization, and even extra-curricular activities in school. Find opportunities within your community where you could learn new skills.

Learning one skill at a time is a good way to see potentials and see how it can benefit your future profession.

4. Research on Career Options – There are plenty of career options that an adolescent like you can choose from. Should you wish to know more about these options, you may compare and contrast the different background of your chosen professions and see if that suits your interest and skills.
5. Career Planning – Think of your personal plan of actions on how to achieve your set goals for the future. In career planning, you may include your teachers, parents, and peers so that they can give you necessary feedback in order to decide on a good career choice. Listening to experts also gives additional help and guidance.

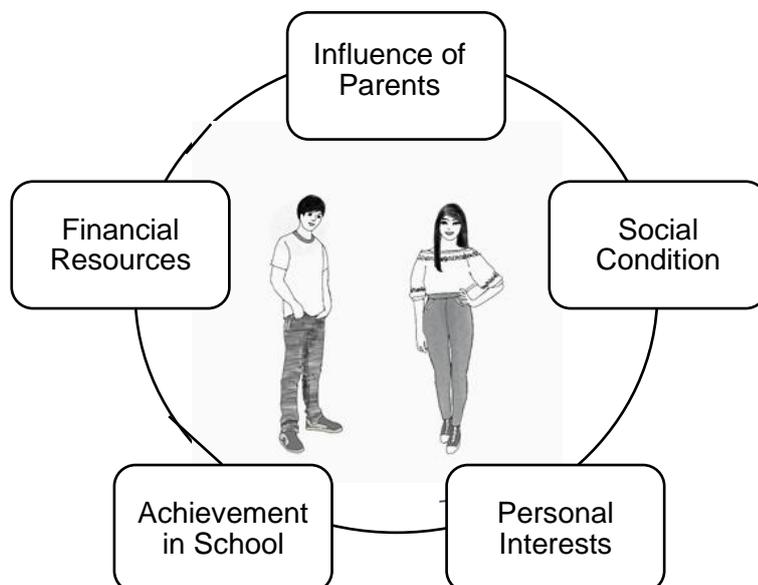
The diagram comes in a cycle so that you can go back to any step which you think needs more self-reflection. In the process of decision making, you would discover more about yourself and realize how important it is to make careful decisions because it can direct you to the right path towards achieving your future career.



## ***What is It***

### **Challenges of Adolescents in Choosing Career**

Career choice is probably one of the most challenging things that adolescents like you are facing right now. There are several factors that influence decision making: achievement in school, social and environmental condition, personal interest, influence of parent, and financial resources.



Looking at these factors, realize how each factor influences you right now in choosing and deciding on your future career.

You have the entire world to help you in making decisions. It is normal to feel afraid in making career choices because you are dealing with an unfamiliar world that you need to face. The thought of doing things independently brings enough anxiety for a teen-ager while you try to deal with challenging tasks and continue to discover more about life. Since there are factors that contribute to this fear, there are suggested ways on how to deal with this personal issue in order to help you in making career choice.

**1. Conduct Personal Research -**

Reading few articles and journal entries about the kind of career that you wish to have can help you gather information which may be helpful in your decision-making. Exploring the nature of the work by identifying potentials for professional growth, trainings to



undergo, skills to be earned, and security of finances may be some of the things that you may look into for deciding a career. Talking with professionals, family members, or experts in the field can also contribute to the amount of ideas that you would be needing for you to start. If you are interested to know more about running a business, asking an entrepreneur can be of great help. Their authentic experiences and testimonials can help shed light to your queries on the field that you wish to get into.

**2. Invest in Acquiring Necessary Skills -**

It is expected that adolescents do not have enough skills at this stage; however, this is earned through proper training involvements and pursuing activities related to the kind of field you wish to become expert with. Since skills are acquired by hands-on experiences, you have to open yourself to many learning opportunities that can contribute to your well-being. In this manner, you can also discover your strengths and weaknesses as a starting point in understanding the appropriate career that suits your interests. Think about developing a skill that can be of advantage for everyday usage and can be useful for your future career. Learning one skill at a time would not divide a person's attention, instead gives enough process to master the desired skills effectively.



3. **Refrain from Abrupt Decision** – One of the challenges adolescents encounter is by deciding too early about what they want to pursue even without adequate background on that field. This is sometimes followed with regret in the end because it is done without careful understanding. It happens when peer pressure comes in the way when you consider the voice of others to reign over what you aspire for yourself. If you are faced with this dilemma, it is better to talk with an expert or parent because they can provide you with the proper guidance in making appropriate decision. Learning to stand for what is good on your personal career is a good manifestation of self-confidence and independence.

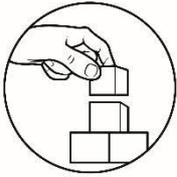


To learn more about life is a life-long process. It involves learning and engaging yourself with the varied opportunities. With these opportunities, you have to expect plenty of changes and obstacles along the way that may either break or create you as a person. The challenge lies on how you absorb and transform these challenges into a worthwhile learning avenue in order to acquire necessary skills in enhancing one's capacity to accomplish short- or long-term goals.

The future world may seem too distant for your hands to reach; but it is never too early to prepare for what lies ahead. Proper career plan, therefore, is necessary to shape your life based on how you picture it. It begins with understanding yourself. Knowing what you are good at and identifying areas for improvement are significant in discovering the unseen qualities that you can use for self-transformation.

As early as now, you have to understand that planning for your career is a way to explore individual capacity to accomplish a goal, to understand the nature of the goal and look of possible solutions whenever struggle comes along the way, and to set specific strategies to achieve life goals with appropriate actions and resources.

Keeping these things in mind can help an adolescent like you to have focus and embrace challenges as part of a personal learning experience; hence, these learnings are necessary to guide you in choosing the career that you wish to achieve.



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

**Activity 1.2 Multiple Choice:** Analyze each statement and determine what is being described. Choose the answer from the pool of options in the box.

A. Conduct Personal Research	B. Invest in Acquiring Necessary Skills	C. Refrain from Abrupt Decision
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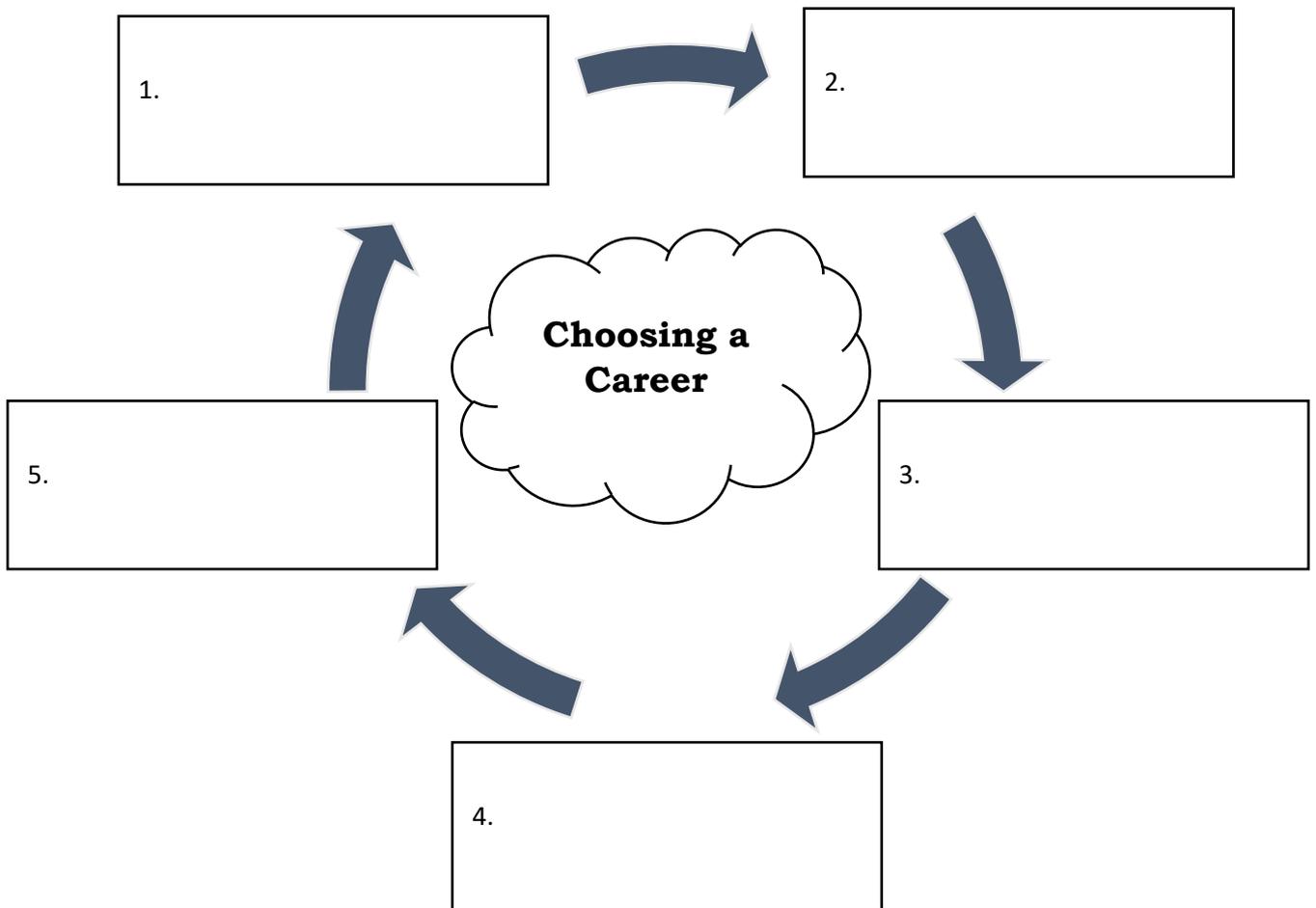
- \_\_\_\_\_ 1. Watch/Listen to different testimonials from professionals who share personal experiences on their field of expertise.
- \_\_\_\_\_ 2. Learn to weigh the suggestions given by your peers and your parents.
- \_\_\_\_\_ 3. Get involved with volunteer works in your community and meet other group of people.
- \_\_\_\_\_ 4. Think and rethink before making a choice of career.
- \_\_\_\_\_ 5. Have enough time to think about what is best for your future.
- \_\_\_\_\_ 6. Read educational materials about the career that you wish to know.
- \_\_\_\_\_ 7. Learn to master a new set of skills beyond what you have right now.
- \_\_\_\_\_ 8. Know more information to whether your chosen career can provide financial stability in the future.
- \_\_\_\_\_ 9. Join available trainings for the youth provided by the local agency units.
- \_\_\_\_\_ 10. Search for available learning opportunities within your community.
- \_\_\_\_\_ 11. Hear feedback from peers but realize which one is beneficial or not.
- \_\_\_\_\_ 12. Lead a group in promoting a program that can help other students like you.
- \_\_\_\_\_ 13. Try to challenge yourself in doing unfamiliar tasks to discover potentials.
- \_\_\_\_\_ 14. Learn to stand for your decision after considering all the factors that might influence your choice.
- \_\_\_\_\_ 15. Interview experts from the field of work to gather more information.



## What I Have Learned

### Activity 1.3 My Own Guide in Choosing a Career

Choosing a career requires careful analysis of yourself and personal development. In order to have a successful career option, you need to identify a process on how to achieve it. Use the same diagram as the one in *What's New* to create your very own career guide. Then, share insight on how this will help you make career decisions.



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**Activity 1.4 Forming my Future Career**

After Senior High School I want to pursue a career on,

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This is how I look like in that career. (Draw/cut-out pictures of yourself)

These are the skills that I need to have to become successful in my career.

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After reading the articles in the module, these are the things that I have realized.

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In order for me to become successful in the future, these are the things that I need to do at present.

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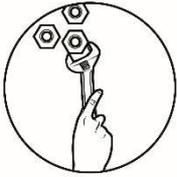
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## ***What I Can Do***

### **Activity 1.3 Share Insights**

#### **THEY MAKE AN IMPACT IN MY CAREER CHOICE**

There are several factors that motivate a person in terms of choosing a career. Share insights about how you perceive each of the influential factors in life and tell how they contribute to your decision making.

Research on Career Options	Personal Interest and Skills
Self-Independence	Community Involvement
Financial Resources	Knowledge and Skills Earned
Family Influence	Feedback from Experts
Careful Decision Making	Peer Influence



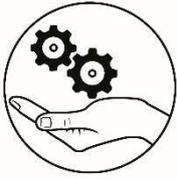
## **Assessment**

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

1. This is a strategy to know about the career that a person wants to have in the future.
  - a. Conduct Research
  - b. Involvement in the Society
  - c. Exposure to Experience
  - d. Peer Interviews
  
2. This is influenced by many factors which adolescents usually are afraid of making.
  - a. Training and Experiences
  - b. Career Choice
  - c. Personal Development
  - d. Life Goals
  
3. This is an attitude of an adolescent in choosing too early on a kind of career, notwithstanding lack of knowledge about it.
  - a. Conducting Research
  - b. Acquiring Necessary Skills
  - c. Career Planning
  - d. Abrupt Decision Making
  
4. A strategy to solve potential problems in the future, know personal capacity, and set goals for the future.
  - a. Future Work
  - b. Plan of Action
  - c. Career Plan
  - d. Career Choice
  
5. This is the suggested first step in deciding for a career plan.
  - a. Looking for solutions to the problem
  - b. Setting strategies to accomplish goals
  - c. Knowing one's skills and capacity
  - d. Understanding the nature of the goal
  
6. This is a way to have proper training and involvement in activities to gain skills and expertise.
  - a. Career Planning
  - b. Abrupt Decision Making
  - c. Conducting Research
  - d. Acquiring Necessary Skills

7. This is a common emotion of adolescents as they start planning for their future.
  - a. Happiness
  - b. Regret
  - c. Fear
  - d. Excitement
  
8. It is a way of getting into worthwhile activities that you like the most to become better.
  - a. Strategy in Developing self
  - b. Acquiring Skills
  - c. Conducting Research
  - d. Personal Interest
  
9. The process of comparing and contrasting different career options that are suitable for your skills.
  - a. Research on Career Options
  - b. Strategize in Developing Self
  - c. Career Planning
  - d. Know personal interest
  
10. This is the initial step on self-exploration by determining your interests and personal limitations.
  - a. Knowing oneself
  - b. Identifying personal skill
  - c. Preparing career plan
  - d. Knowing the career options
  
11. The following are examples of personal skills needed in gathering background information about your chosen career.
  - a. Leadership Skill
  - b. Cooperative Skill
  - c. Research Skill
  - b. Motivation Skill
  
12. The following are examples that influence an adolescent in career choice, except \_\_\_\_\_.
  - a. Set Goals
  - b. Influence of Parents
  - c. Personal Interest
  - d. Financial Resources

13. What is the importance of using strategies in developing oneself in order to help in career decisions?
- Looking for information using reading resources for research.
  - Finding learning opportunities in the community to learn new skills.
  - Leading a group for community involvement.
  - Analyzing oneself first in order to know strengths and weaknesses.
14. Which of the following is the best way on how to acquire new skill?
- Learn skills all at the same time to acquire more.
  - Learn to acquire a skill in the fastest time possible.
  - Learn only what interests you and refrain from trying other things.
  - Learn a skill one time after the other for better mastery.
15. Learning to stand for what is good on your personal career can develop \_\_\_\_.
- Self-reliance
  - Self-confidence
  - Self-introspection
  - Self-reflection



## Additional Activities

### Activity 1.4 Creating My Career Timeline

Make your own career timeline. Starting from being a Senior High School student, look at how you plan to develop yourself. Choose necessary actions that you need to accomplish in order to achieve your future career. Share your insights using the boxes.

This is how I plan my future career

Working in my Chosen Career

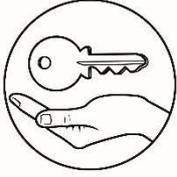
After College Graduation

College Days

After Senior High School Graduation

Senior High School \_\_\_\_\_ (Current Year)

Timeline diagram with a central vertical arrow pointing upwards, flanked by boxes for planning and writing.



## ***Answer Key***

<p><b>Assessment</b></p> <p>A B D D C C C C D C B A A A A A C A B B D B</p>	<p><b>What's More</b></p> <p>A C C B B C A A B A B A A C C C B C C A</p>	<p><b>What I Know</b></p> <p>D B A D C D D D D C D B B B B C C D A B A B</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](mailto:blr.lrqad@deped.gov.ph) \*