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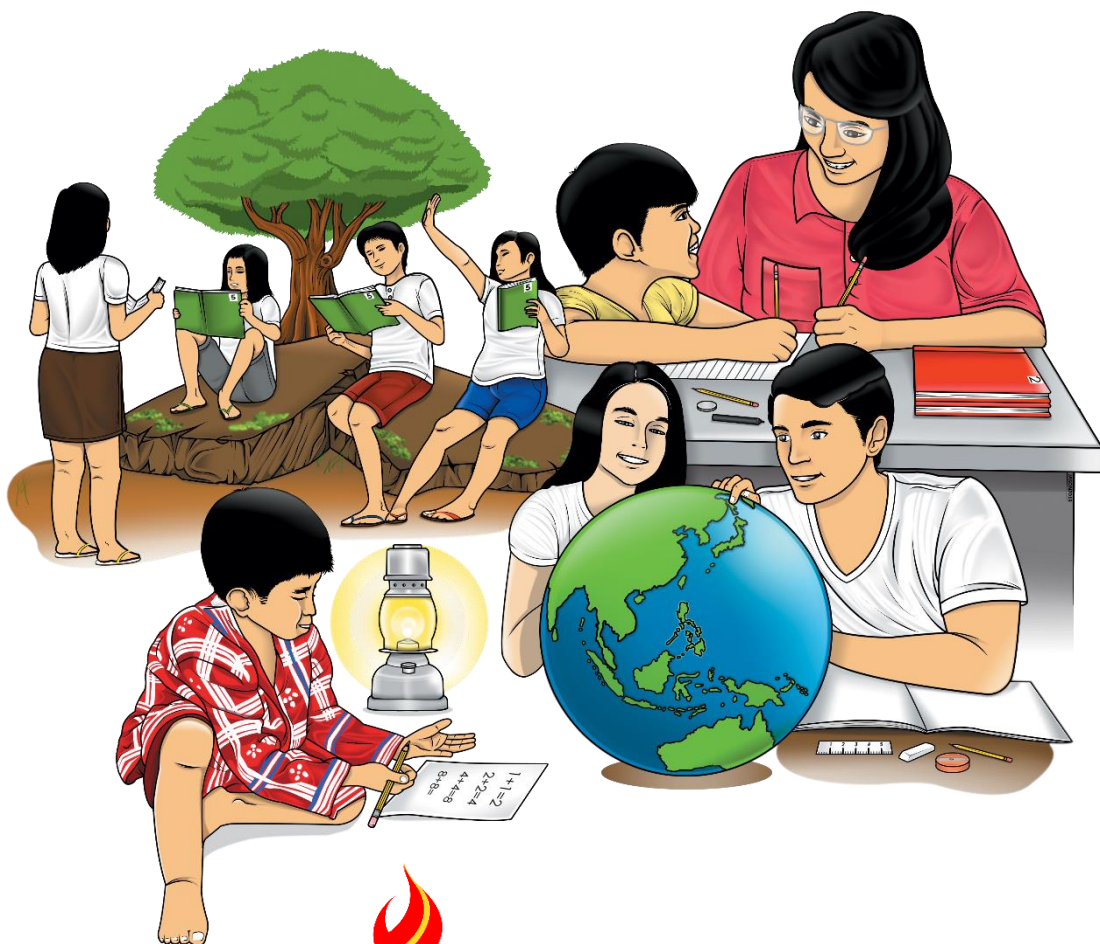# Personal Development
Quarter 2 – Module 15:
Creative Visualization of Personal Development Through the Various Stages That You Went Through

ALTERNATIVE DELIVERY MODE
ADM

Personal Development
Alternative Delivery Mode
Quarter 2 – Module 15: Creative Visualization of Personal Development Through The Various Stages That You Went Through
First Edition, 2021

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Personal Development
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Introductory Message

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

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

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

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

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

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

Thank you.

What I Need to Know

This module is about helping and guiding the learners construct a clear visualization of their personal development through the different stages they went through in career decision. Decision-making for career planning is one of the challenges that adolescents will encounter in their lives. There are stressors and influences which may affect their decision making. However, by the help of people around them, it will be easier to choose a right decision.

This learning material was anchored from the learning competencies, performance, and content standard of the curriculum guide. The content, activities, and assessments were designed according to learner's context.

The module is entitled "Creative visualization of personal development through the various stages that you went through".

After going through this module, you are expected to:
1. Construct a creative visualization of your personal development through the various stages that you went through - stressors, influencers, and decisions-making points and personal profile analysis.
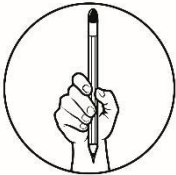
What I Know

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

1. Personal development is a lifelong process to improve oneself. How can a person develop his/her personality?
    a. Communicate with others
    b. Learn something new
    c. Enhance skills
    d. All of the above

2. A skill is the ability to perform an action with determined results often within a given amount of time, energy, or both. Which of the following is an example of skills?
    a. Lifestyle
    b. Religious
    c. Knowledge
    d. Good communication

3. It is an organized pattern of behaviors and attitudes that makes a human being distinctive.
    a. Identity
    b. Behavior
    c. Character
    d. Personality

4. A process of improving an individual's abilities for future opportunities for achieving career objectives.
    a. Long term-goals
    b. Short-term goals
    c. Career decisions
    d. Career development

5. Which of the following is a factor in career decision making?
    a. Experience
    b. Characteristics
    c. Financial status
    d. Careless behavior

6. The following are the people who influence your decision making EXCEPT one.
    a. Parents
    b. Friends
    c. Significant others
    d. Guidance counselor

7. Which of the following is an important characteristic in building personality development?
    a. Skills
    b. Values
    c. Interests
    d. All of the above

8. What is the benefit/s career planning?
    a. Saves time
    b. Set long goals
    c. Ensures self-development
    d. All of the above

9. Adolescents can improve their personality by the following EXCEPT one.
   a. Volunteering
   b. Playing mobile games
   c. Joining in school club
   d. Engaging a new hobby

10. Our personalities developed because of _____.
    a. cultural differences
    b. racial discrimination
    c. environmental influence
    d. addiction from playing games

11. The following statements are true EXCEPT.
    a. A person's character continues to evolve through life.
    b. Personal development does not affect your career choice.
    c. Your work skills and education are your key to succeed.
    d. Personal growth gives you a better sense of control of your life.

12. Education hones your personal development because...
    a. you acquire necessary knowledge to prepare you for the future
    b. it hones your qualities and skills
    c. determines your life goals
    d. All of the above

13. It is a process whereby an individual acquires a personality identity and learn the norms, values and behavior.
    a. Transition
    b. Maturation
    c. Socialization
    d. Developmental process

14. Career decision is_____
    a. the process of identifying a selecting alternative based on your unique performance
    b. the process of improving oneself
    c. the process of improving an individual's abilities in anticipation of future opportunities
    d. a realization or fulfillment one's talents and potentials especial considered as a drive

15. It is something you want to achieve further into the future.
    a. Short term goal
    b. Long term goal
    c. Honorary award
    d. Academic achievement

Lesson 15
Creative Visualization of Personal Development Through the Various Stages that You Went Through

We are now in the last module of our subject. At this point, this module will help you construct a creative visualization of your personal development as you go through with different stages of adolescence and the stage of choosing a career. We will also be focusing on the people who might be a source of your stress in decision making and/or could be an influence in your career planning who in one way or another are also your source of strengths in analyzing the right path you want to take.

Personal development is a long process. The influence of your family, school, church, and community in your early life development doesn't stop there. From the time you reached your adolescence stage, challenges will come along your way and one of these is choosing career and setting your life goals. As you are preparing yourself in adulthood, making decisions will definitely affect your plan in the future.

What's In

In the previous lesson, you understood that personal development is a long process of assessing your skills and qualities. Empowering and honing these characteristics will surely help you to choose a right decision for your future. By identifying the components that affect you, achieving your personal development will be easier for you to plan your career and set your life goals for the future.

The diagram below will help you to determine the factors that affect your career decision making.

Let's look at the past lessons and try to recall your ideas and your understanding of what you have learned from the topic by writing it down in the respective boxes.

Factors affecting your decision making	1. 2. 3. 4.
Benefits you can gain in developing yourself	1. 2. 3. 4.
Importance of Career Decision	1. 2. 3. 4.

Notes to the Teacher

The teacher should guide the learners in answering the prepared activities. Incorporated the lesson and activities with the past lesson. Process every activity using question and answer. Integrate a multidisciplinary approach is encouraged.

Research appropriate videos for the lesson if necessary.
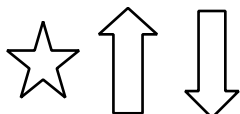

What's New

> *If you're not developing yourself to achieve your dream, then you're just a dreamer*
>
> *Brendon Burchard*

Personal development never stops even at the last phase of human development. It is a process involving many various stages and it's comprises different events, including challenges and adversities. People around you are also a big factor that contribute the development of your personality as whole.

They may serve as inspiration, though, sometimes can also be a stressor. These factors contribute to the forming your development as a person. There were happy moments and difficult times, but in the end, this would help you achieve your goals.

Directions: Draw or cut and paste pictures that symbolize your journey from the various stages of your personal development that you went through as adolescent. At the bottom, indicate your preparation for your plans in the future.

My Early Adolescence (Ages 10-13)	My Middle Adolescence (Ages 14-17)
☆ ⬆ ⬇	The symbols of My Personal Development in the Different Stages of My Adolescence
My Late Adolescence (Ages 18-21)	Preparation for my career plan in achieving my goals.

Explain each symbol:

_____
_____
_____.

Guides Questions:

1. How did you feel while doing the activity?
2. Have you encountered challenges along the way of your journey during adolescent years? Explain.
3. How were you able to overcome these challenges?

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4. Who were the most significant persons who influenced you or became source of your stress while forming your personality development?
5. How did this activity help your personal development and goal setting?

What is It

What influences Personal Development?

The following are some factors that influence you as you go through the different stages of personal development.

Family and Social Relationship. Social relationships were identified as one of the principal shapers of personality development which begins from earliest stage. Home became a significant place where honing of personality begins. According to Niya the author of Factors affecting the development of personality, it is very important to have a healthy and friendly family atmosphere to develop a good and a strong personality. There should be peaceful, happy and loving environment at home to develop a positive personality and for them to identify and figure out how they fit into their social worlds.

Gender, Beliefs, and Behavior. Greenwood, 2017 cited in the "Child Psychology: A Contemporary Viewpoint Updated," children learn values, motives, and behaviors from their parents and the culture within which they live. This includes their beliefs about gender. The author notes that typical male behavior expectations are independence, assertion, and competitiveness, while girls are expected to be passive, sensitive and supportive.

School Atmosphere. The school plays an important role in developing the personality of one's person. They make friendship from school and the friends influence their behavior. Teachers also influence the student's personality as the teacher is the person who can change or modify the behavior of his students. The education and the discipline that they could get from the school affects the way they think and decide of their own.

Culture. It refers to the shared values, beliefs, and norms of a specific group of people. The culture in which you live is an important factor that forms your personal development. Culture influences the manner we learn, the decision we make, and the behavior we project. Cultural traditions, environment and values in a society can influence personality of a person. This can contribute greatly to the development of believes, and moral values in a person. Along with that culture can also influence the way people behave and develop social interaction.

Who influences Personal Development?

Family always takes the big part in forming of one's personal development. Parents are expected to accept you and bring you up the best way they could. You learned to look up to them and tend to your source of inspiration in life. Your siblings also help you to overcome challenges and support your decision-making.

Peers offer the opportunity to develop social skills such as empathy, sharing, and leadership. During adolescence, you started to make friends with others wanted the feeling of belongingness in a group. According to the article of Boundless "Cultural and Societal Influences on Adolescent Development" Peer groups can have positive influences on an individual, such as academic motivation performance; however, they can also have negative influences, such as peer pressure to engage in drug use, drinking, vandalism, stealing, or other risky behavior. Exposure to peer pressure increases during early adolescence, and while peers may facilitate positive social development for one another, they may also hinder it.

How stressors affect Personal Development?

Stressors is defined in the Merriam-Webster dictionary as stimulus that cause stress. It is the reaction of our body when you feel the emotional and mental tension. The demand of the world causes as pressure and anxiety. Challenges never stops even you reach the last stage of human development.

Stressors are a part of human life. It is said that our body is designed to react to stress to protect our body against threats. However, when a person has long-term(chronic) stress, continued activation of the stress response causes wear and tear on the body. Physical, emotional, and behavioral symptoms develop such as aches and pains, chest pain or a feeling like your heart is racing, exhaustion or trouble sleeping. and weak immune system and a like. When people with chronic stress did not able to manage it properly it may lead to emotional and mental symptoms like anxiety or irritability, depression, panic attacks, and sadness.

Personal Development in Decision Making for Career Planning

The journey in the different stages of personal development is not easy, as we have discussed earlier. It may serve as your guide now that you are entering in another new phase of your life, which is preparation for your future. This is the time that you are going to make decisions on what career you want to take since there are a lot of factors that you need to consider.

Personal development, as we have discussed many times in other modules, helps you set goals and expectations for yourself. Any individual without a vision in life not only fails to deliver but also gets easily lost in the crowd. It is important to set expectations for yourself. There is a scope of improvement always. Never settle and never cease to better yourself.

Personality development is not only about changes in traits but also about changes in other layers of the self. Forming one's identity is thought to be the key to achieve life goals. Career setting is the first step to achieve life goals. It is important to prepare yourself in the process of decision-making because your future relies on this. Career choice is a big challenge for student like you because of the factors that influence your decision making and the stressors that interplay in choosing the right decision.

The article "Steps in Personal Development Planning Process" by Prachi Juneja, various steps in the whole process of personal development planning were stated:

1. **Know your goals and aspirations in life**. Define your goals, whether they are short-term goals or long-term goals. Remember, goals need to be realistic. Write your goal on a piece of paper. You need to be very clear and confident about it. Be honest to yourself.
2. **Do a SWOT analysis of yourself**. Understand your strengths. There are very few people who know their weaknesses and areas of improvement. Sit and jot down what all new things you would like to learn which would eventually help in your career.
3. **Understand what would be the best available option**. You must be ready that you cannot get all the things you want. If the first option didn't work-out at least you prepared yourself for the second option.
4. **Look at the positive and the negative side**. Learn to weigh your decision. What would be the effect and what might the result? This would help you choose the right decision.
5. **Be patient enough**. This may be a cliché that patience is a virtue, but having a long patience always results the positive feedback. Always give your hundred percent to whatever you do because anything you work half-hearted result negative feedback.
6. **Do not get demotivated.** If the results are not positive at the first attempt. You need to give yourself some time.

In the research of Asma Shahid Kazi, Abeeda Akhlaq, entitled "Factors Affecting Students' Career Choice", the author stated some factors that influence the decision making for career opportunity:

Parent's Role. Parents pre-determine the career for their child and only serve to steer them in that direction. It was elaborated that the attitude of parents and the influence of the home environment influences a child's career path. Similarly, parents' education has been proven as a factor influencing career choice. The research of Kazi and Akhlaq in their research supports the position that parents' education is linked with the students' career choice. The parents' educational level is the most important factor in students' career decision.

But in some cases, choosing a career just to live up to the parent's expectation is the most common decision taking by students at an early stage, which they tend to regret later.

Socioeconomic. Socioeconomic factors are also important in motivating the students to make a career decision. In a comprehensive study by Ngesi (2003) cited by Kazi and Akhlaq in their research, it was reported that students from poor socioeconomic backgrounds made wrong career decisions, and chose professions which required a short duration of training, primarily due to financial constraints.

High Paying Job. Students prefer a job which will give them better opportunity and high paying salary are thus considered most important factor for the students when they harp about their career choice. They choose a profession that can provide for our bread and butter.

Global Opportunity. Some students' preferences in choosing a career depends on the opportunity abroad.

Academic Performance. Career choice may also depend on the academic achievements or performance. A student who did well in school has a better opportunity than those who struggled in their studies.

Different Curriculum Options. School has a to provide accurate curriculum program and accurate guidance for the students. In the study conducted by Dr. Nancy T. Pascual, Factors Affecting High School Students' Career Preference: A Basis for Career Planning Program, she determined that exposure of students to career related technical and academic subjects also known as elective subjects in the Philippines also helps in students' decision making in career choices in college.

Being informed and ready to choose a career focus area in a student freshmen year could help make the transition from middle school to high school easier thus help prevent the student from dropping out of school before graduation. On the importance of integrating the academic curriculum in students' preparation for a college course choice, it is explained that academics should be integrated with career-focused courses so students can see practical application for the academic courses such as mathematics, science, reading and writing.
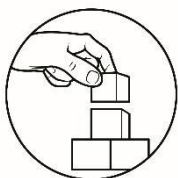
What's More

Now that you are already done discussing various aspects in personal development and its aspects that affect career decision-making, let us now test your understanding.

Activity 1.1 Creative visualization of personal development through the various stages that you went through as an adolescent.

Directions: Create a collage of the various stages of your personal development throughout your adolescence. You may use your photos, magazines, newspapers or materials to make it more creative.

Processing Questions:

1. How this activity helped you realize the importance of your personal development?
    _____
    _____
2. Did the activity give you a better idea of how you will improve your personality?
    _____
    _____
3. Have you decided on your plans knowing that there would be challenges along the way?
    _____
    _____

Actvity1.2: Rank the list of factors below that influence your career choice from 1-10. Make it 1 being the most important and 10 being the least important.

_____ wage	_____ less stress
_____ stability of work status	_____ mental capacity
_____ opportunity to work abroad	_____ health condition
_____ friend's influence	_____ align with your interest
_____ financial status of family	_____ college preference

Processing Questions:

1. What is your realization after answering the activity?
   _____
   _____

2. How would this activity help you to make the right decision for your career?
   _____
   _____

3. Are there any factors that influence you in decision making which are not mentioned in the activity?
   _____
   _____

Assessment. Read and analyze the following statements. Identify the following statements that influence career choice.

_____1. Dexter is good in painting. He wanted to take Fine Arts after Senior High School, but his parents did not allow him to take the course because they wanted him to become an engineer like his father. Dexter has no choice but to follow his parents.

_____2. Nica will take education in college because her mother and her tita were teachers, too.

_____3. In Canada, nursing is one of high paying professions. Jayden wanted to work there because he wanted to help his family.

_____4. Pong really wanted to be a mechanical engineer someday, but there is no automotive servicing course offered in the only Senior High School in their barrio.

_____5. There are four universities which offered Francis full scholarship program and he can choose any course he wants, because he graduated with highest honors in his school.

_____6. Your cousin wanted to be an international flight attendant Someday, because of the opportunity to travel to other countries in the world.

_____7. You really wanted to be a doctor someday, but because your parents can't afford to send you in medical school, you have no choice but to enroll in a vocational course.

_____8. Dan's father is a well-known architect. Dan really admires him and wants to be like him.

_____9. Bea did well in school that's why she passed in the university where she took a college test.

_____10. You heard from the television that Japan needs more cartoon artists for the next five years, so you took a crash course for cartooning.

What I Have Learned

Key Takeaways

1. The various experiences you went through during adolescence like problems, stress, happiness make your personal development better.
2. Culture, gender, beliefs, behavior, economic and social conditions influence the improving personal development.
3. Parents have always been the most significant people who hone the personal development of a person.
4. Peers also serve as support, but they tend to influence you in negative way. It is important that you choose the right peers.
5. Stressor is part of human life but threatening when your mental health is affected.
6. Career setting is the first step to achieve life goals.

Directions: Answer what is being asked for.

| 1	2	3
one question in mind about topic in career planning	two interesting ideas that you've learned about the factors that affect your personal development	three insights on how will prepare your future career
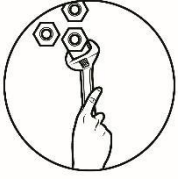
What I Can Do

Activity 1.3: Analyze your personal development using your own personal profile analysis diagram.

My Own Personal Profile Analysis

QWSS

Qualities | Weaknesses

Skills | Strengths
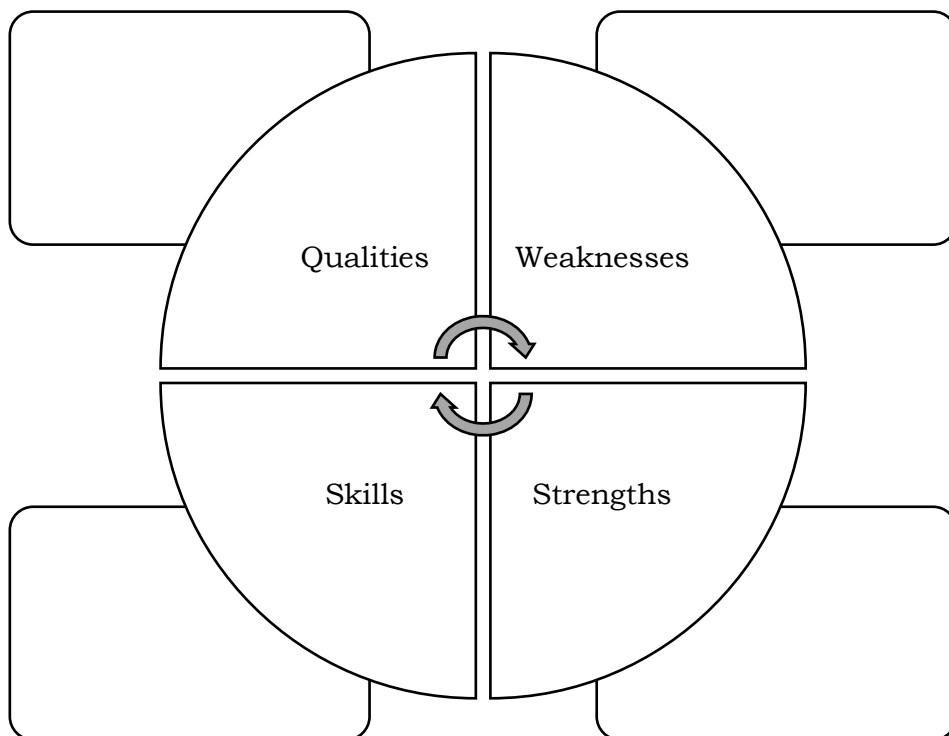
Assessment

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

1. These are the things that you like to achieve in order to satisfy your future.
    a. Life goals
    b. Self-fulfillment
    c. Career planning
    d. Personal Interest

2. It is defined as activities that improve awareness and your identity that develops your skills, behavior, talents and habits to achieve your good well-being.
    a. Life goals
    b. Career planning
    c. Career development
    d. Personal development

3. Most influential people that affect your decision-making.
    a. Friends
    b. Parents
    c. Teachers
    d. Guidance Counselors

4. They are the professional people who could guide you in the process of career choice.
    a. Parents
    b. Principal
    c. Teachers
    d. Guidance Counselor

5. It refers to the process of creating a detailed action plan on how to develop ones' being.
    a. Bucket list
    b. Career planning
    c. Lesson planning
    d. Personal development planning

6. It is usually used in the industrial/business industry which is very effective in their business analysis that would lead a business success.
    a. SWOT Analysis
    b. Leadership System
    c. Personal Profile Analysis
    d. Business Management Analysis
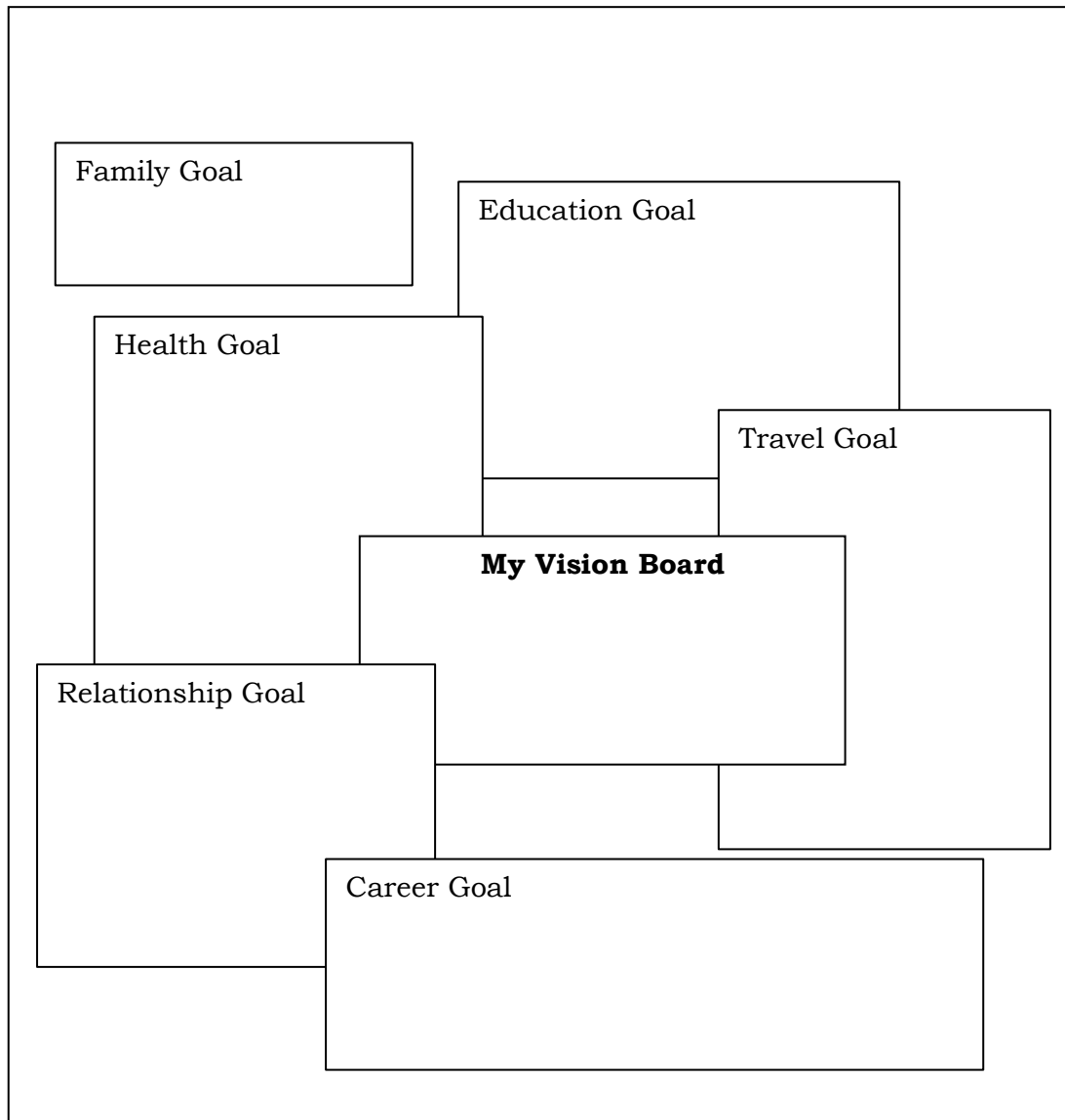
7. It involves the social and economic status of a family.
   a. Social status
   b. Sociocultural
   c. Sociodynamic
   d. Socioeconomic

8. It refers to the socially constructed characteristics of women and men, such as norms, roles, and relationships of and between groups of women and men.
   a. Sex
   b. Gender
   c. Bisexual
   d. Transgender

9. It often shapes the values and expectations of people as they relate to many parts of our lives.
   a. Culture
   b. Practices
   c. Behavior
   d. Experience

10. Going abroad is also considered in career decision. What could be the thing that an individual considered in this kind of career planning?
    a. Socioeconomic
    b. High paying job
    c. Global opportunity
    d. Academic performance

11. It is something that causes of strain or tension from the people around you in career decision
    a. Stress
    b. Problem
    c. Headache
    d. Depression

12. It is the capacity to influence the character, development or behavior of someone or something, or the effect itself.
    a. Attitude
    b. Influence
    c. Guidance
    d. Inspiration

13. The process that requires to think carefully about your interests, talents, abilities, and values in choosing a career.
    a. Career development
    b. Career decision making
    c. Personal profile analysis
    d. Stages of career planning

14. At this stage you are starting to look for a better opportunity and where your interests and aptitudes fit.
    a. Exploration
    b. Job hopping
    c. Work abroad
    d. Work experience

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15. It is the process that initiates, guides, and maintains goal-oriented behavior.
    a. Interest
    b. Passion
    c. Patience
    d. Motivations
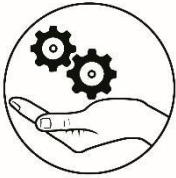
![Additional Activities icon] ***Additional Activities***

A **vision board** is a visualization tool which refers to a **board** of any sort used to build a collage of words and pictures that represent your goals and dreams. It's time for you to make your own version of vision board.

Family Goal	Education Goal
Health Goal	Travel Goal
	My Vision Board
Relationship Goal	
Career Goal	

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