

Homeroom Guidance

Quarter 1 – Module 1: Self-Analysis: A Step to My Improvement



Homeroom Guidance Self-learning Module – Grade 12

Quarter 1 Module 1: Self-Analysis: A Step to My Improvement
2020 Edition

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Homeroom Guidance Grade 12

Quarter 1 – Module 1:

Self-Analysis: A Step to My Improvement



Gabay sa Magulang/Tagapag-alaga

Nagdulot ng napakaraming pagbabago sa pamumuhay ng bawat Pilipino ang pandemyang nararanasan ng buong mundo. Sa gitna nito, ang Department of Education ay kaisa ng inyong tahanan upang maipagpatuloy ang edukasyon ng lahat ng mag-aaral sa buong Pilipinas. Dalawa sa mga pamamaraang ito ang paghahanda ng Learning Continuity Plan at ng Most Essential Learning Competencies (MELCs).

Sa taong ito, inihanda ang Homeroom Guidance MELCs na naglalayong matulungan ang inyong mga anak upang maipagpatuloy ang pagkatuto sa kabila ng mga pagbabagong dulot ng pandemya. Naglalayong maituro ng Homeroom Guidance (HG) ang mga kasanayan sa buhay o *life skills* sa pamamagitan ng *self-learning modules*. Nakatuon ito sa tatlong mahahalagang domeyn—ang *academic*, *personal-social* at *career development*. Binigyang-pokus sa Homeroom Guidance MELCs ang mga gawaing makatutulong sa lahat ng mga mag-aaral na magkaroon ng Rasyunal na Pag-iisip (*Rational Thinking*), Malusog/Maayos na Pagkilos (*Healthy Behavior*) at Positibong Disposisyon (*Positive Disposition*) na higit na kailangan sa panahong ito.

Malaki ang gampanin ng mga magulang upang mapagtagumpayan ang mga gawaing nakalatag dito. Kakailanganin ng mag-aaral ang inyong patnubay at gabay sa modyul na ito. Kung kaya, hinihingi ng DepEd ang inyong suporta na makatutulong upang mapagtagumpayan ng mag-aaral ang mga hamon sa buhay, maisakatuparan ang mga inaasahang gawain at higit sa lahat, matutuhan ang mga kasanayan sa buhay na kailangan nilang taglayin sa yugtong ito.

Introductory Message

For the learner:

As part of examining your life while trying to adjust to the new normal, it is important to evaluate your strength and weaknesses. Doing it will help you to the adjustments that you will need for the next stage of your life. This could help you understand the things that happen around you and to effectively deal with different challenges.

Work on the tasks seriously. Seek help if you believe you need to. Remember, in life there are things that we cannot control. There will be negative events that will challenge our positive dispositions. However, let us not be disheartened; we have the means on how to overcome it. You have that in you! Embark on this journey of overcoming your weaknesses and optimizing your strengths to attain your better version.

This self-learning module has six interactive tasks such as:



Let's Try This – which will help you to get ready to learn;



Let's Explore This – which will guide you towards what you need to learn;



Keep in Mind – which will give you the lessons that you need to learn and understand;



You Can Do It – which will help you apply the lessons learned in daily activities;



What I Have learned – which will test and evaluate your learning;



Share Your Thoughts and Feelings – which will help you express your thoughts, opinions and feelings.

Make sure to read, think, follow, and enjoy every task that you are asked to do. Have fun! Stay safe and healthy!

MODULE

1

SELF-ANALYSIS: A STEP TO MY SELF-IMPROVEMENT



Learning Objectives

At the end of this module, you are expected to:

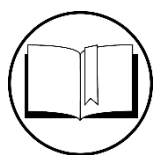
1. identify your strengths and weaknesses and their role on your personal development;
2. show ways to enhance strengths and overcome weaknesses on different aspects of personality: physical, physiological, mental, spiritual, social, moral and emotional; and
3. express an oath of commitment in valuing yourself.

Period: Week 1 of 1st Quarter

Suggested Total Time Allotment: 60 Minutes

Materials Needed:

- Personal Goal Development Worksheet
- Pledge of Commitment
- HG portfolio/notebook/clean sheet of paper
- Coloring materials, if available



Introduction

In this module, self-awareness is being highlighted. Since people like you are in constant change where family, school, community and others play a vital role, you have to be mindful on your strengths and weaknesses.

Hence, self-evaluation is greatly needed nowadays, especially during this time of pandemic. You need to assess what you have done so far in terms of managing the kind of life you have now and how your strengths and weaknesses helped in facing the challenges brought about by the difficult situation.

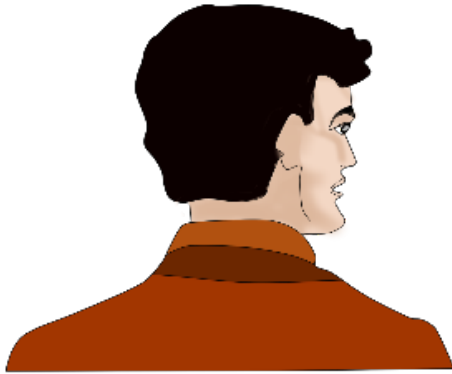


Let's Try This

Suggested Time Allotment: 10 minutes

Mirroring Therapy

1. Face in front of a mirror and act out your emotional reactions on the following scenarios or aspects of your personality:
 - a) Your facial structure
 - b) The circle of friends that you have
 - c) Your current academic performance
 - d) Living with family
 - e) Personal relationship with God
 - f) Your current relationship status
 - g) Your body posture
 - h) Attitude towards difficulties in life
2. Try to observe yourself and evaluate your emotional reactions. Write down your answers on a sheet of paper including your answers to the processing questions.



Processing Questions:

1. How did you feel about the activity?
2. Was it easy or difficult? Why?
3. Were you able to mirror emotional reactions you had towards the different scenarios in your life and aspects of your personality? How?
4. What strengths and weaknesses have you noticed or identified?



Let's Explore This

Suggested Time Allotment: 10 minutes

Activity No. 2: Personal Goal Development Worksheet

Based on your identified strengths and weaknesses from the previous activity, write your personal development action plan by copying the Personal Development template below on a sheet of paper. Write your response in each column about your personal goals and behavior that you would want to stop, minimize, continue, improve and start. An example has

been provided as your guide. On the same paper, write your answers to the processing questions.

Personal Goal Development Worksheet

	Personal Goal	Stop	Minimize	Continue	Improve	Start
1	Better grades for this year	Sleeping late at night	Using gadgets for gaming	Keeping my notes orderly	Reading in advance	Developing a daily personal study plan
2						
3						
4						
5						

Processing Questions:

1. How did you find this activity?
2. How would this help you to attain your personal goal ?
3. What could be the possible barriers in the achieving your personal goals?



Keep in Mind

Suggested Time Allotment: 10 minutes

You are now in Grade 12 which is the last level in basic education. Hence, it would be important that you are aware on your adjustments as a teenager in the different developmental aspects of personality. How do you think you're dealing with it?

A group of researchers led by Amanda Eller states that a balanced person might develop an active role by interpreting the expectations of the social actors from the home and work domains and from other institution. It is where he/she studies and adopts boundaries with degrees of permeability that enable a state of greater balance between the said domains. When it comes to life, happiness, and well-being, there isn't one single area of life that we need to focus on. Instead, life is multi-dimensional and dynamic.

The following dimensions will guide you on the areas to focus and improve.

1. **Physical.** Your adolescence period is a good time for you to take more responsibility for your physical health. You can learn to make healthy food choices, be active, and engage in your own healthcare. It is highly recommended that you have at least 60 minutes of physical activity each day. Support from family and friends will help increase your physical activity as adolescent. In addition, learning the healthy habits like drinking enough water and eating enough fruits and vegetables, is important to maintain your good nutrition. Valuing your physical health by taking care of your body

through the following: exercise regularly, eat a healthy diet, maintain a healthy weight, get enough sleep, keep up with vaccinations, brush and floss your teeth, and avoid listening to loud music.

2. **Mental.** It is important for you to maintain good mental health habits, including coping, resilience, and good judgment among your age group to achieve overall wellbeing. It sets the stage for positive mental health in adulthood. Mood swings, for example, are common during adolescence. Some adolescents might experience a serious mental health adjustment, such as depression and/or anxiety disorders, at some point in life. That is why for a healthy mental aspect, you as an adolescent must remember that talking about your feelings with a trusted person can help. He/she could be a member of your family or a close friend. Definitely he/she can support you in maintaining a sound mind and positive outlook in every challenge as an adolescent.
3. **Emotional.** The adolescent healthy emotional development is marked by a gradually increasing ability to perceive, assess, and manage emotions. This is a biological process driven by physical and cognitive changes and heavily influenced by context and environment. You generally become more aware of your own feelings and the feelings of others, but these perceptions may still be weak. You sometimes might expect to keep your emotions from interfering with performance in school, task and other activities, but doing so may be challenging in a complex environment. You may be excited to take on new challenges to become more independent, whereas others may need more support to build confidence. The process of emotional development gives you the opportunity to build skills, discover unique qualities, and develop strengths for optimal healthy emotion.
4. **Social.** You as an adolescent must continue to refine how you relate with others. Questions like “Who am I?” and “Who do I want to be?” may direct you to have a deeper understanding of yourself. You may adopt the values and roles that your parents expect from you and later on develop your own identity that might be different from your parents but similar with your peer group. This is common as peer relationships can become a central focus in your life. It is recommended that you build relationship with your peers through social interrelated activities. You may establish healthy relationship with them through freedom to be yourself, mutual respect of both people in the partnership, support, privacy, boundaries and communication.
5. **Spiritual.** Religion has a strong influence to our country even up to now. The teenagers who are guided and nurtured by a clear belief system and spiritual activities are much less likely to go off the rails during adolescence. The experiences and observations you have in your spiritual aspect could continuously refine your belief system. It is better to be surrounded by adults who can be your good role model and a source of inspiration to improve your life direction than to be with people who are very prone to be off-track in life.

Therefore, after internalizing the five dimensions of human individual, it is important to include personal development plan to manage your strengths and weaknesses.

A Personal Development Plan is an action plan for self-development within the context of education, relationships, career, or for self-improvement. It provides an awareness and reflection that will help you set and reach personal goals and improve on various aspects of your life across various life stages.



You Can Do It

Activity No. 3: Poem Writing Challenge

Suggested Time Allotment: 15 minutes

Let's be creative! Write a poem of at least four lines about your personal insights on how you value yourself. You may read the poem with your family at home or share it with your friends in your social media accounts.



What I have learned

Suggested Time Allotment: 5 minutes

Make your own "Pledge of Commitment" stating that despite the many challenges you are facing now, still you are able to manage life with courage and determination. Write it on a sheet of paper.

Pledge of Commitment



Share your Thoughts & Feelings

Suggested Time Allotment: 10 minutes

Congratulations! You have come this far. Share the insights you learned by filling out the following graphic organizer. Do it on a sheet of paper.

My Three Big Steps in Achieving Personal Development



Personal Development
Step 3: _____
Step 2: _____
Step 1: _____

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References

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