

Homeroom Guidance

Quarter 1 – Module 1: My Study Plan, My Guide



Homeroom Guidance Self-learning Module – Grade 7

Quarter 1 Module 1: My Study Plan, My Guide

2020 Edition

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Homeroom Guidance Grade 7

Quarter 1 – Module 1:

My Study Plan, My Guide



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 During Crisis MELCs na naglalayong matulungan ang inyong mga anak upang maipagpatuloy ang pagkatuto sa kabila ng mga pagbabagong dulot ng pandemya. Ang Homeroom Guidance (HG) ay naglalayong maituro 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:

This module is designed to help you identify the methods of effective study habits toward lifelong learning and to share knowledge, skills, and positive attitude helpful in lifelong learning. It is composed of two parts, one part for week one and one part for week two. There are activities that will help you value the small steps in strengthening good habits in your everyday life. You will also learn to value time and diligence. Your work will be submitted to your adviser which will be included in your portfolio. Enjoy learning and doing your activities even in the midst of this Covid-19 Pandemic.

The module comprises six interactive activities for you to follow, namely:

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

My Study Plan, My Guide



Learning Objectives

At the end of the session, you are expected to be able to:

1. describe proper time management and study habit plan;
2. demonstrate effective study habits; and
3. value good study habits and attitudes at home and in school.

Period: Week 1 of 1st Quarter

Suggested Total Time Allotment: 120 minutes

Materials Needed:

Clean sheets of paper/ bond papers
Pencil/ Ballpen



Introduction

Welcome to Junior High School. You have entered another phase of your life. You are now in one the most exciting yet challenging years of being a student. Since this is your first time in high school, expect to meet new friends and new set of teachers. Learn new things, too! Your teachers are here to support and guide you in your journey to have a deeper self-discovery.

The transition from elementary to high school entails a lot of adjustments. Hence, you need to be mindful on the differences between the two. As you reached this far, there is a need to modify how you manage yourself and habits to pass this grade level. We hope that this module helps you to have a smooth transition from grade school to high school, most especially in your academic tasks or school work.

With the technological advancement nowadays, our time management and study habits have also evolved. Internet has become a good friend of most of the learners who are searching to understand their assignment or even the class lessons

without the aid of physical books. Some libraries now offer online learning resources which are very useful for a learner like you. However, there are still schools that rely heavily on physical books or learning materials due to varied reasons and considerations. Resonating on the said premises, you need to adjust your own time management and study habits based on your set up, available resources and the target academic goal.

This module focuses on how you can make your time management and study habits serve a vital role in making your Grade 7 adjustment smooth while attaining your target academic goal.

The activities will bring you the opportunities to see how relevant your current study habits are, and the things that you need to change or even improve.

Enjoy and discover the beauty of learning.



Let's Try This

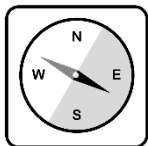
Suggested Time allotment: 15 minutes

My Self-forecast

Since this is the beginning of the school year, it would be helpful to have an idea on how you want this school year happen. On a clean sheet of paper, draw a symbol of your target achievements in Grade 7. After the drawing, write your explanation about the symbol and your answers to the processing questions.

Processing Questions:

1. How do you feel while doing the activity?
2. Are those targets attainable in this school year? Why?
2. What are the things that you need to change or do to accomplish it?



Let's Explore This

Suggested Time allotment : 20 minutes

The Old and The Current Me

Copy and answer the table below to see what you have done and what you intend to do to study your lessons and pass the grade level. Do this on a sheet of paper including your answers to the processing questions after the table.

Areas	Grade 6	Grade 7
Target Average Grade		
Motivation to Study		
Number of Hours of Studying outside of classes		
Number of Hours for leisure or relaxation		
Number of Hours to sleep at night		
Person helping you in studies		

Processing Questions:

1. What do you notice with your answers on both grade levels?
2. Why do you have similar and different answers in a certain area for both levels?
3. Do you think your study habits in Grade Six will work now that you are in Grade Seven, and why?



Keep in Mind

Suggested Time Allotment : 25 minutes

Here are some terms you need to understand.

Study – the activity or process of learning about something by reading, memorizing facts, attending school, etc. (as defined by *Merriam-Webster Dictionary*)

Habit – a usual way of behaving: something that a person does often in a regular and repeated way (as define by *Merriam-Webster Dictionary*)

Study Habits – is a well planned and deliberate pattern of study, which has attained a form of consistency on the part of the students towards understanding academic subjects and passing examination (as defined in the research by Evans Atsiaya Siahi and Julius Maiyo)

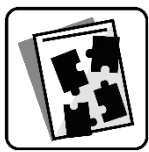
Let's take a look at some of the things you need to know.

Tips to Develop Effective Study Habits

1. **Have a specific time to study.** A routine helps you to develop mental preparedness. It will also condition yourself to do the school work. Be particular on the exact time of your classes (for online, TV and radio-based learning modalities) and set the time for you to do the self-learning modules (SLM). Whatever learning modality you're using, consistency with the time matters.
2. **Follow your plan.** Delaying a study session is only procrastinating and can lead to rushed work later. Your self-discipline will be challenged if you are studying from home. That's why, your plan will direct you on how you manage your time not only for school work but for other responsibilities you have at home.
3. **Do the difficult assignment first when mental energies are working very well.** You know better when your mind is very responsive and when you're having a hard time to process things. However, you also need to consider the deadlines and other aspects that have to be accounted for.
4. **Ask for help when needed.** In the absence of physical teacher, you may need to ask the nearest adults at home to help you understand the lesson. If possible, you may communicate with your teachers to unlock your difficulties.
5. **Take short breaks.** Sitting for a long period of time requires break. You may use the time to do body stretching, relax your eyes and muscles or eat your snack or meal.
6. **Maintain a positive attitude even with difficult subject.** Having a negative attitude toward a hard subject will not make it easier for you. Therefore, instead of focusing on the negative side, exert your effort on different ways to understand it. This will redirect your actions in helping yourself rather than magnifying your unhelpful attitude toward the subject.
7. **Attend classes regularly.** Classes are conducted because they follow certain sequence and arrangement of lessons and activities. Therefore, being in class on a daily basis will help yourself to complete the tasks expected for a student like you.
8. **Practice concentration and focus.** Remove all possible distractions around you if possible. If you're studying in a limited place where noise and other interruptions are beyond your control, find a safe, quiet and comfortable place where you can have a 100% attention on your studies.
9. **Write your assignments on a notebook.** It pays to be organized with your things most especially with your studies. If you have eight subjects, definitely, each will have an assignment. For you to avoid from missing and forgetting to do your homework, you need to be very keen on writing down the details of your assignment regularly. Otherwise, no one will do it for you.

10. Keep your supplies in your study place. Before starting your study session, be sure to prepare and arrange the needed things in your area. Practicing this will help you to have a smooth and hassle-free time.

Why is it so important to plan your study session? Just like a regular activity, everything has to be organized, calculated and placed. In this way, you can have clear view of your activities involving your studies and other tasks. You can feel a sense of direction on what you do daily. You prevented yourself from rushing which causes too much stress and you can develop a sense of self-discipline to follow your own schedule which promotes concentration on what your currently do.



You Can Do It!

Period : Week 2 of 1st Quarter
Suggested Time Allotment : 30 minutes
Title : My New Study Plan

Now it is your turn to write your study plan.

Directions : Copy Table No. 1.2 on a clean sheet of paper. Write the activities that you do in one week in the “new normal” set-up. Be realistic! Write also your answers to the processing questions after the table.

Table 1.2

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am							
7:00 am							
8:00 am							
9:00 am							
10:00 am							
11:00 am							
12:00 noon							
1:00 pm							
2:00 pm							
3:00 pm							

4:00 pm							
5:00 pm							
6:00 pm							
7:00 pm							
8:00 pm							
9:00 pm onwards							

 Student's Signature
 Processing questions:

1. What did you observe in your study schedule? Would it make you attain your target goal this school year?
2. How much time do you spend for your studies? For your rest? For your leisure or relaxation?
3. Upon seeing your study plan, what are the activities that you want to eliminate, change and improve?



What I have Learned

Suggested Time Allotment : 15 minutes

Directions : Write at least five (5) new ways and/or habits that you will **commit** to apply in your study habits starting today ----

Now that I am in Grade 7 (Junior High School).....

1. Starting today I will reduce
2. From now on I will increase
3. I will maintain
4. I will keep on
5. I will start



Share your Thoughts & Feelings

Time Allotment : 15 minutes

Make a letter to yourself motivating you to pursue your target goal this school year. Include things that remind you of your big dreams and future plans in life.

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Reference

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Atsiya siahi, Evans and Julius K. Maiyo. *Study of the Relationships Between Study Habits and Academic Achievement of Students: A Case of Spicer Higher Secondary School, India.* International Journal of Educational Administration and Policy Studies. *Volume 7 (7)*, 2015.

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