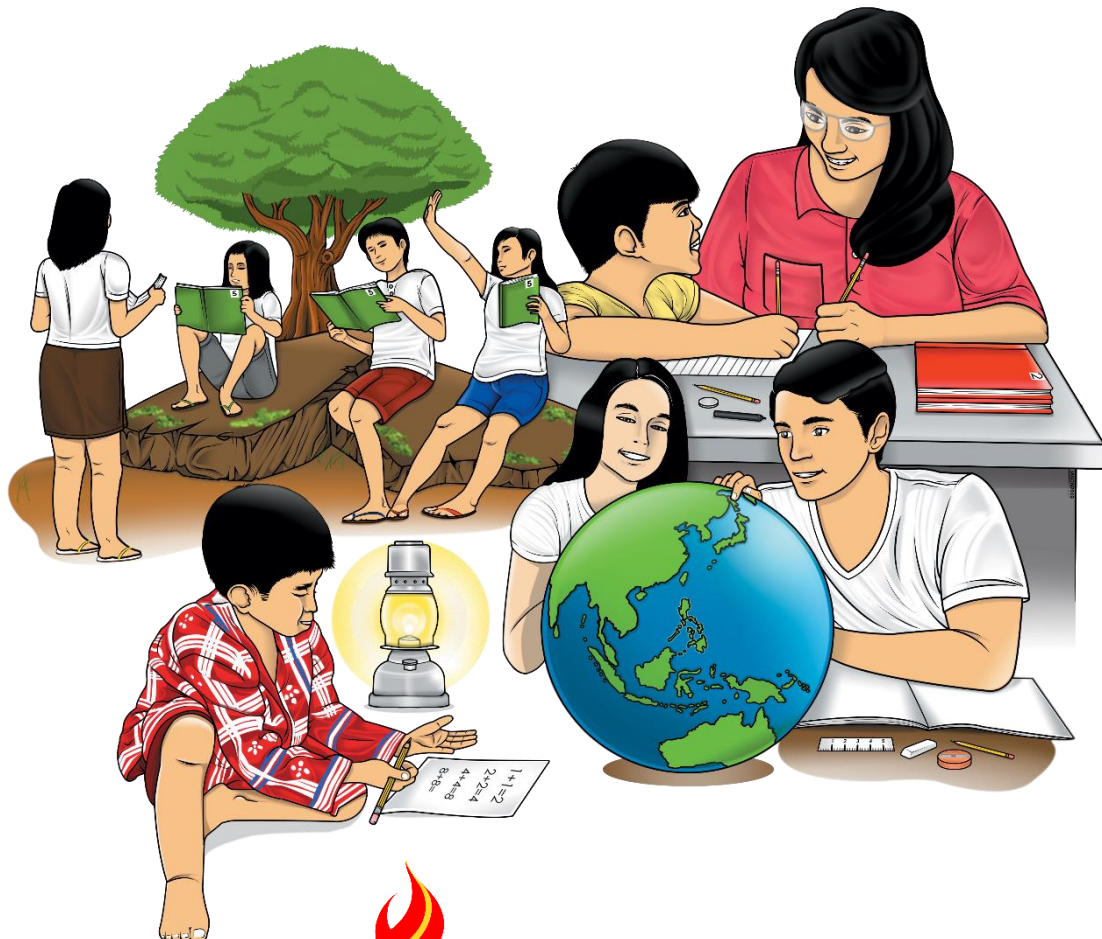


Health

Quarter 4 – Module 1: Components and Steps in Preparing a Health Career Plan



Health - Grade 10

Alternative Delivery Mode

Quarter 4 - Module 1: Components and Steps in Preparing Health Career Plan

First Edition, 2020

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Health

Quarter 4 – Module 1: Components and Steps in Preparing Health Career Plan

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

Planning for a career is an important stage that you must take as a student. It is not an easy task to do. There are a lot of stages to take and factors to consider. You might consider taking a career in healthcare which is a fast-growing industry here and abroad. Health career offers good salary, job security and most especially you will make a difference in people's lives. There are a lot of careers you may consider in healthcare. Knowing the different components of health career plan and preparing one is beneficial. A health career plan has four steps. Each step will lead you to a suitable health career.

Working on the module is a stress-free experience. Why? Because you can do the tasks or activities here at your most convenient time and place. Assistance of your parents, siblings or relatives in answering the module may be allowed particularly in doing performance tasks.

Let us check what you know about Components and Steps in Preparing a Health Career Plan.

Are you ready? Let's proceed.



In this module, you are expected to discuss the components and steps in making a personal health career plan (**H10PC-IVa-b-1**).



What I Know

Read each item carefully and write the letter of the best answer in your activity notebook.



Don't worry of your score because the result of your activity will not be graded. It is just my way of checking your prior knowledge about our lesson. Are you ready? Let's get it on!

1. The following are the steps in making a health career plan, except_____.
 - a. Self-assessment
 - b. Career Management
 - c. Decision Making
 - d. Plan of Action

2. There are steps in planning for a career. If you rank order the steps from the first to the last, which do you think is the third step?
 - a. Self-assessment
 - b. Career exploration
 - c. Decision Making
 - d. Plan of Action

3. In this step, you will be able to discover your personal strengths for your health career plan.
 - a. Self-assessment
 - b. Career Exploration
 - c. Decision Making
 - d. Plan of Action

4. Which of the following is a component of decision making in health career plan?
 - a. Attending conference and seminar
 - b. Knowing your personal strengths and interest
 - c. Narrowing down of health career choices
 - d. Designing short-term and long-term health career goals

5. In making a personal health career plan, which of the following statements under Plan of Action is true?
 - a. Choosing health career based on personal competence and interests
 - b. Developing strategies in pursuing a health career
 - c. Evaluating personal competence and interest
 - d. Knowing your health career for both current and future goals.

6. If you are trying to reflect on your skills, abilities and interests in planning for a health career, you are doing a...
 - a. Self-assessment
 - b. Career Exploration
 - c. Decision Making
 - d. Plan of Action

7. Which of the following is not a method or way of exploring health careers?
 - a. Searching in the internet
 - b. Conducting interviews
 - c. Knowing your hobbies and interests
 - d. Attending internships

8. Which is a component of decision making in health career plan?
 - a. Gathering Personal Resources
 - b. Utilizing helpful people
 - c. Listing down the pros and cons
 - d. Considering Personal choice

9. Lino is conducting an informational interview with Ms. Julie Ann, a radiologic technologist. What step in making a health career plan is she doing?
 - a. Self-assessment
 - b. Career Exploration
 - c. Decision Making
 - d. Plan of Action

10. Which of the following statements is true in planning for health career?
 - a. Knowing the work environment
 - b. Developing personal skill
 - c. Reviewing your career plan
 - d. Asking help from alumni

Lesson

1

Components and Steps in Preparing a Health Career Plan



What's In

Health careers refer to the different careers related to medical and other allied health professionals. The tasks of health care workers and professional are enormous yet rewarding because their works focus on wellness and prevention of illnesses. In this module you will learn basic skills in designing a career path in healthcare. As healthcare providers, you must have the skills in communicating, decision making, problem solving, and stress management. You should also be aware of legal and ethical responsibilities and cultural considerations in healthcare industry.

This module will help you explore the components and steps in health career planning.



What's New



The activity will help you discover the components and steps of preparing a personal health career.

Are you ready? Do activity 1.

Activity 1: Components and Steps in Health Career Planning

Directions: Read each statement below then identify to what category in health career planning they belong. Write **SA** for Self-Assessment, **CE** for Career Exploration, **DM** for Decision Making and **PA** for Plan of Action. Write your answers in your activity notebook.

1. Choosing a health career
2. Conducting interviews
3. Considering hobbies and interests
4. Considering suggestion of family
5. Creating road map towards health career goals
6. Designing plans to reach health career goals
7. Developing strategies to achieve health career goals
8. Evaluating skills and abilities
9. Exploring strengths and weaknesses
10. Job shadowing and Job temping
11. Knowing personality and experiences
12. Listing down of pros and cons of chosen health career
13. Listing health career options
14. Narrowing down of health career options
15. Volunteering and attending internship

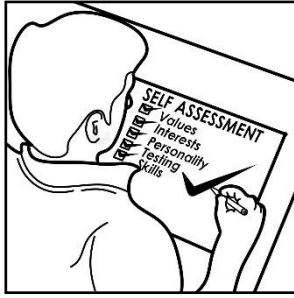
Now that you are done with activity 1, you can proceed to the next part. Keep going!



What is It

A Health Career Plan is an individual action or initiative in making career choice, in growing in chosen career or in making a career shift which involves a very important discernment.

Similarly, Career planning involves four important steps which include: Self-Assessment, Career Exploration, Decision Making, and Plan of Action.



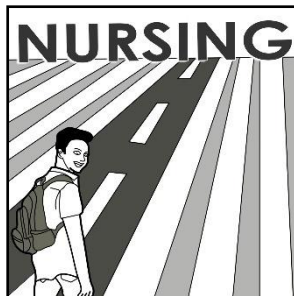
Step 1. Self-Assessment. This is the first step in knowing the health career that suits you. This step requires an honest evaluation of yourself. It is necessary for you to know yourself. You need to understand your capabilities and shortcomings.

The components of this step are your strengths, weaknesses, interests, hobbies, personal experiences, family income, skills, and competencies.



Step 2. Career Exploration. Exploring health career options through different ways or methods is an essential step to choosing a particular health career path to take. You can do this through reading articles, browsing the net, attending fora, and meetings. This stage is about knowing where to look and what to look for. It refers to searching different careers and work environments that suit you.

This step includes listing down of health career options, conducting informational interview, job shadowing (on-the-job learning), job temping (short term job), attending internship, and volunteering.



Step 3. Decision Making. Once you have assessed yourself and explored the health career that you are interested to pursue, you are now ready to make decisions. In this step, you need to consider both current and future goals in life by narrowing down your choices.

This step includes listing of pros and cons, comparing your personal strengths and interests, choosing a specific health career to pursue, considering suggestion of family, and finally deciding a health career to take.



Step 4. Plan of Action. Now that you have chosen a health career, you are now ready to make a career plan. At this point, you will design your action plan or identify and organize the necessary steps to achieve your desired goals.

This step includes designing a plan to reach health career goals, identifying short-term and long-term goals, identifying education and training requirements, developing job search strategies, and creating road map considering possible problems that may arise along the way.

There are ways to come-up with your Personal Health Career Plan. These are textual, tabular, and graphical forms.

Textual Form

PERSONAL HEALTH CAREER PLAN

(You can write here the different activities that you will do following the prescribed component or step in planning a health career. You will be guided by the different questions at each step.)

Self-Assessment. (What are your strengths and weaknesses? What are your skills and abilities? What are your interests or hobbies? What are your life experiences that motivated you to pursue a health career?)

Career Exploration. (What career path are you going to explore? What are the job descriptions of chosen health career? What are the methods that you will do to search relevant information about your chosen health career and work environments that suit your personal interests and competence?)

Decision Making. (What health career are you going to pursue? What are the pros and cons in pursuing your chosen health career? Why are you going to pursue your chosen health career?)

Plan of Action. (What are the necessary steps that you will do in reaching your personal health career goals? What are your short-term and long-term goals? What are different education and training required in your chosen health career? What are your strategies to solve possible problems that may arise along your way?)

I am _____

and I will become a/an _____

Tabular Form

Name: _____

PERSONAL HEALTH CAREER PLAN

(Fill out the required information)

Self-Assessment

Areas of Assessment	Description
Strengths	
Weaknesses	
Talents	
Interests/Hobbies	
Skills	
Family Income	
Experiences	
Others <i>(Please specify)</i>	

Career Exploration

Health Careers	Description of the Health Career	Reason why I am interested in this

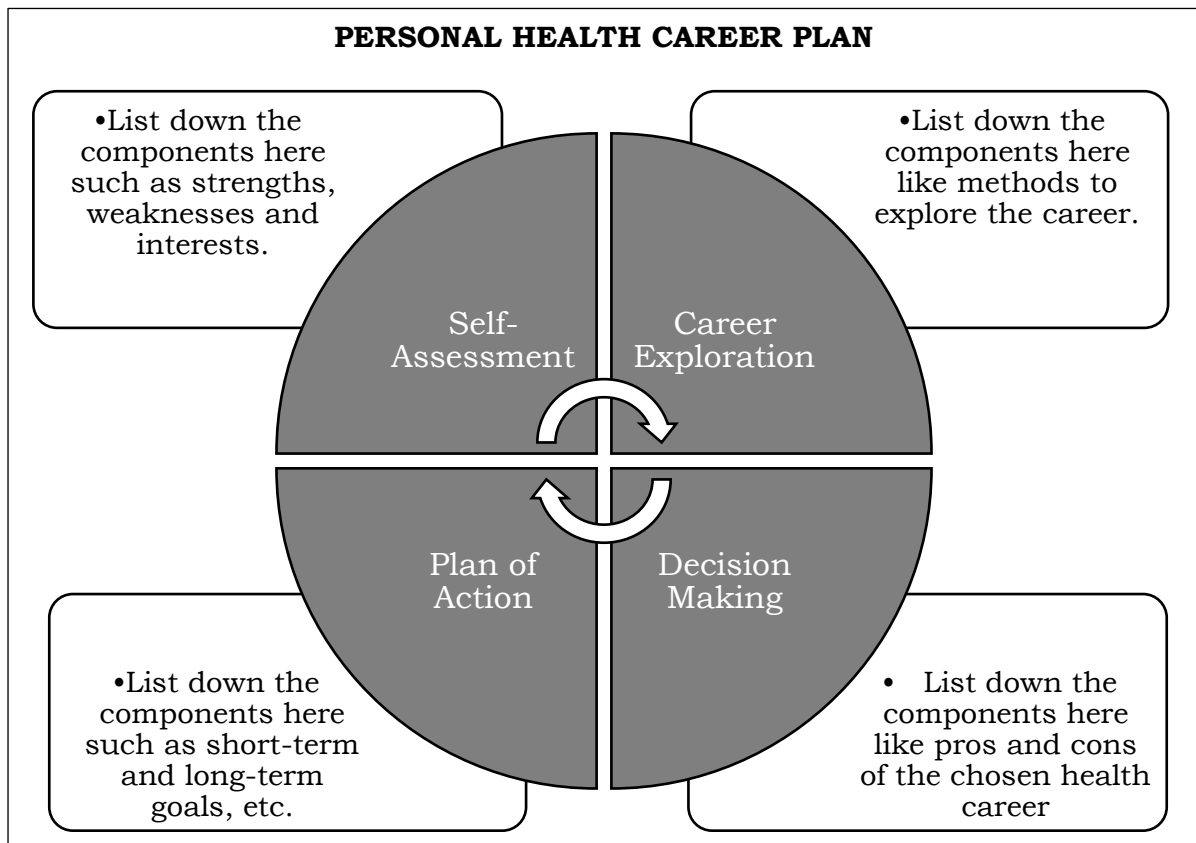
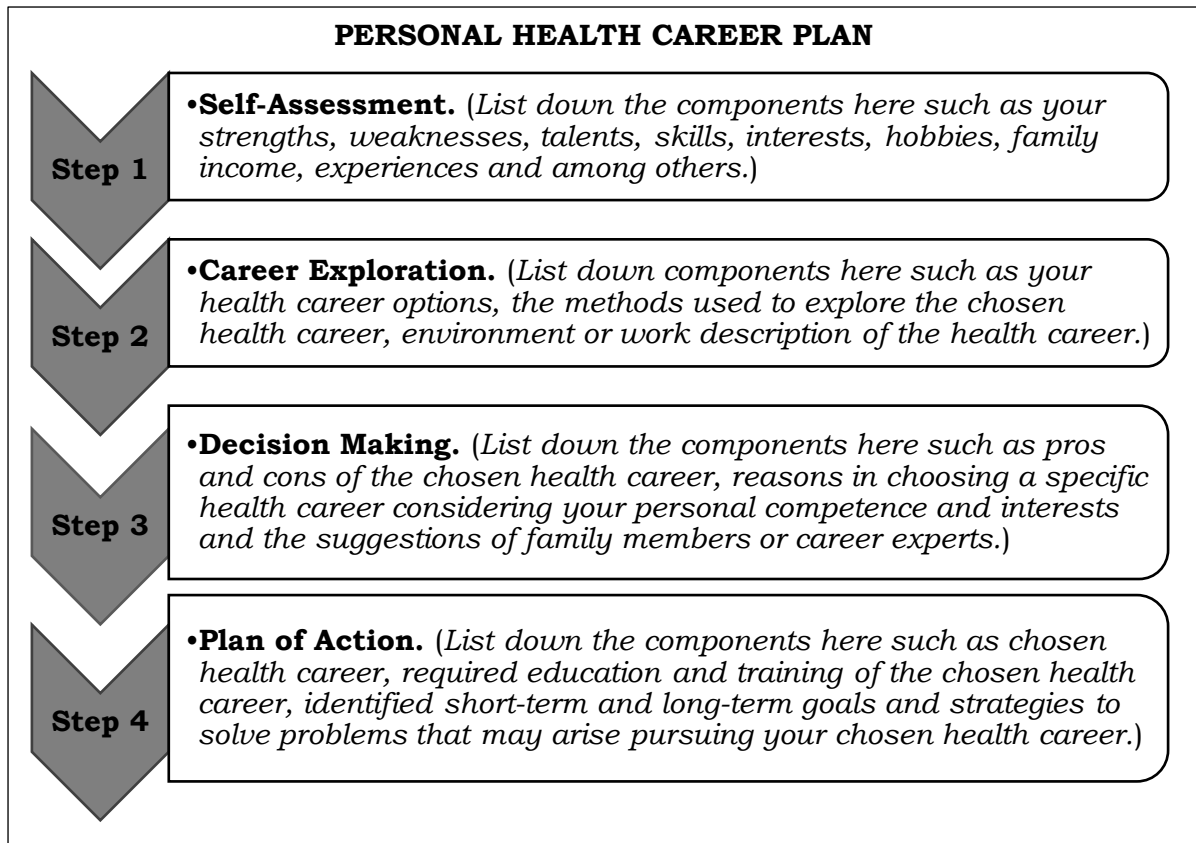
Decision Making

Career	Rank according to choice of course	Justification

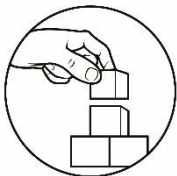
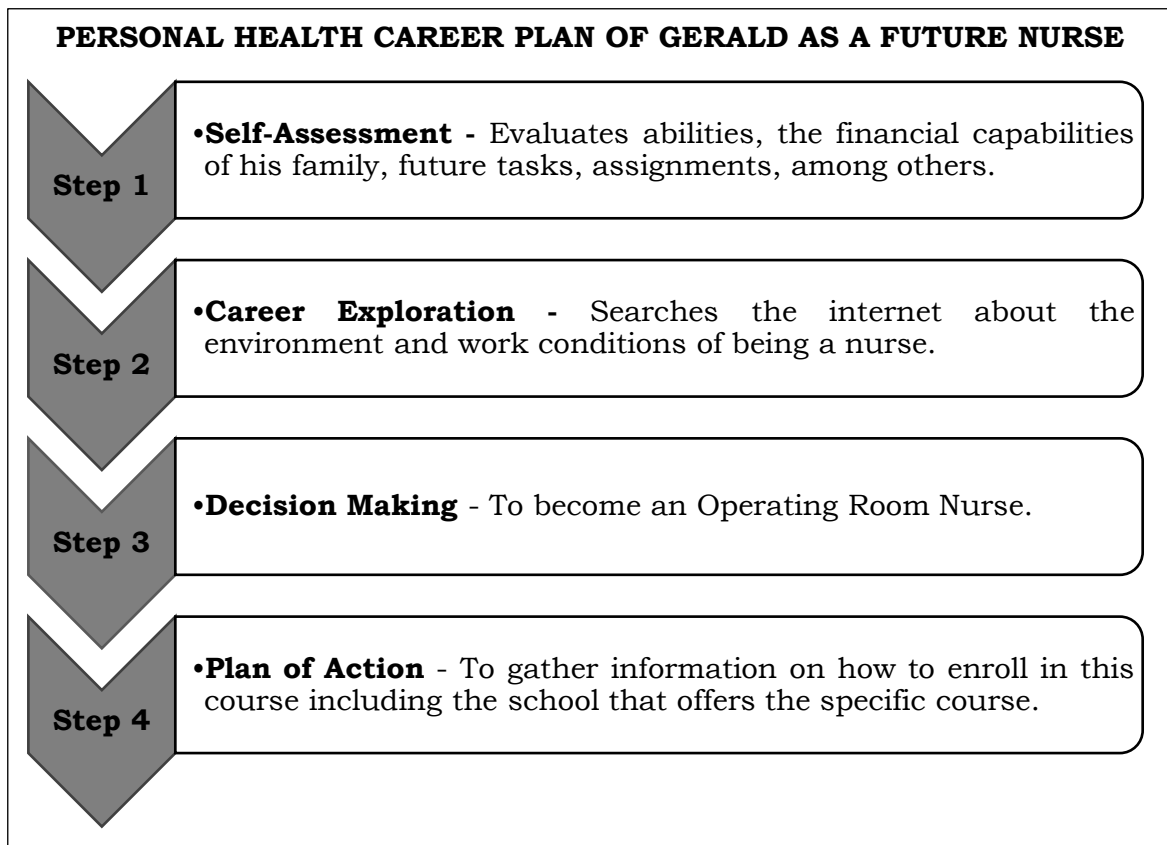
Plan of Action

Chosen Career (Your rank No. 1 in Decision Making)	Specific action to do			
	Name of Course	School to enroll	School Address	Financial Mechanism

Graphical Form



Here is an example.



What's More



Good job! Now that you have learned the concepts about the components and steps of a personal health career plan, let's check how far you have gone. Do the assessment activities.

Activity 2: Health Career Planning Word Hunt

Directions: Find the hidden words related to the components of health career planning then identify what step will it fall. Write your answer in your activity notebook.

S	T	R	E	N	G	T	H	S	J	O	L	K	G	H	P	I	Z
Q	U	S	T	R	O	L	M	I	N	Z	X	R	T	I	C	N	L
P	V	S	H	O	R	T	T	E	R	M	G	O	A	L	S	T	O
R	I	N	W	L	A	C	E	F	H	I	K	L	M	O	P	E	R
O	B	D	F	E	G	H	I	K	L	O	P	Q	U	R	E	R	T
S	L	I	P	L	A	N	N	I	N	G	P	U	S	T	E	N	F
A	O	R	E	S	L	K	Q	U	R	V	B	O	N	F	G	S	T
N	M	I	K	L	U	F	N	O	L	I	K	B	N	R	T	H	H
D	R	U	S	G	O	Y	U	E	F	C	X	I	Z	S	T	I	U
C	O	N	H	O	B	B	I	E	S	P	R	A	E	T	E	P	T
O	R	I	C	G	H	O	T	R	E	S	K	R	H	R	T	S	R
N	O	P	I	L	K	N	I	K	L	I	E	W	H	I	E	T	E
S	F	G	U	E	O	T	L	U	Q	T	U	S	O	J	Y	B	D
D	S	E	R	T	U	I	L	M	N	I	G	H	E	R	T	Y	T
O	R	I	C	K	L	O	P	I	E	R	D	W	E	F	E	O	U
Y	T	F	R	I	G	J	O	B	S	H	A	D	O	W	I	N	G
F	S	T	R	A	T	E	G	I	E	S	T	R	W	O	P	C	Y

1. _____ - _____
2. _____ - _____
3. _____ - _____
4. _____ - _____
5. _____ - _____
6. _____ - _____
7. _____ - _____
8. _____ - _____
9. _____ - _____
10. _____ - _____

Assessment 1: True or False

Directions: Read the following statements carefully then write TRUE if the statement is correct and FALSE if it is not. Write your answers in your activity notebook.

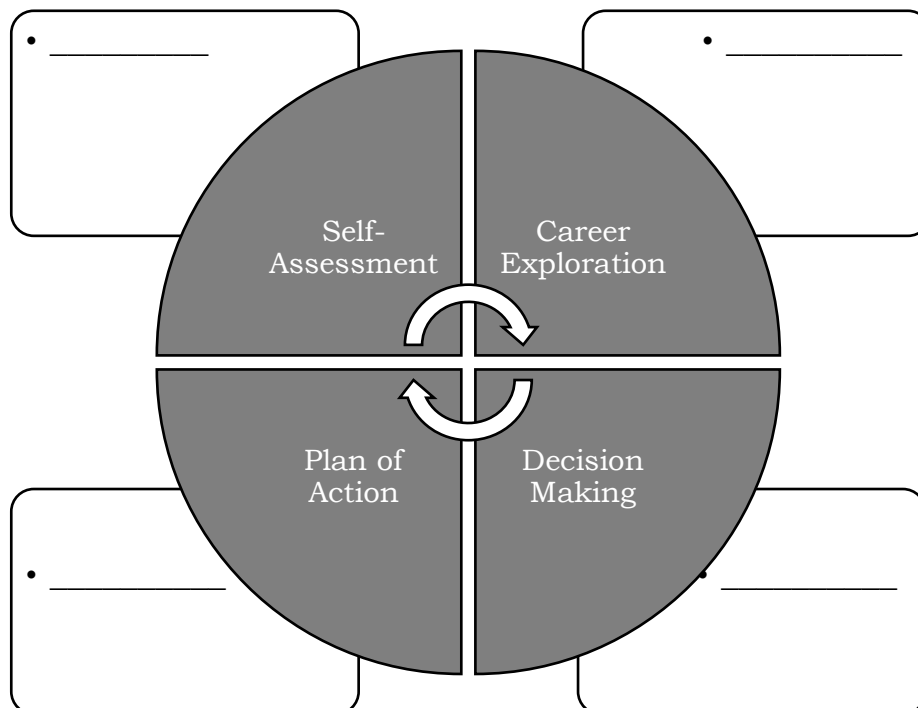
1. One suggested activity under Plan of Action is narrowing down your health career options.
2. Skills and abilities are examples of components in Self-Assessment.
3. In Decision Making, you will identify necessary steps in realizing health career goals.
4. To explore health career, you may conduct interview or read health-related articles.
5. Attending to internship is a necessary activity in Plan of Action.
6. Self-assessment is a step which involves listing down of skills, abilities, strengths, weaknesses, among others.

7. Short-term and long-term health career goals are components under Plan of Action.
8. Listing down of pros and cons of chosen health career is a part of Decision Making.
9. You can discover and evaluate yourself through career exploration.
10. Plan of Action is the last step in making a health career plan.

Activity 3: Read then Organize

Directions: Read the following components inside the box then organize the words by placing them in the appropriate step in making a health career plan in the given graphic organizer that follows. Write your answers in your activity notebook.

Road Map	Strengths	Job Shadowing
Pros and cons	Internship	Phobia
Short-term goals	Skills	Interview
Reason to pursue health career	Job Temping	Health Career Options
Strategies	Volunteering	Abilities



Assessment 2: Complete Me!

Directions: Complete the graphic organizer below showing the steps in making a health career plan then write at least two components in each step. Use your activity notebook.

Step 1	Step 2	Step 3	Step 4
_____ <i>Components:</i> 1. _____ 2. _____	_____ <i>Components:</i> 1. _____ 2. _____	_____ <i>Components:</i> 1. _____ 2. _____	_____ <i>Components:</i> 1. _____ 2. _____

Activity 4: Health Career Plan

Directions: Read each question below then briefly answer them. Write your answers in your activity notebook.

1. What are the different forms in making a personal plan?
2. Which among the forms of making a personal health career plan are you going to select if you will create your own plan? Why?
3. If you will ask help in making your health career plan, who among your family members will you choose? Why?
4. Select a template to fill-out to come-up with your Personal Health Career Plan.

Assessment 3: Read then Reflect

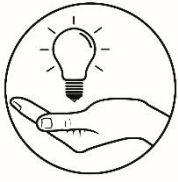
Direction: Read carefully the situation below then briefly answer by reflecting on the concepts you have learned in making a health career plan. Write your answer-in your activity notebook.



Diego's Dilemma

Diego, a grade 10 student, is facing a problem regarding what career to pursue. He does not know what to do. As one of his friends, he called you over the phone to talk about his current concern.

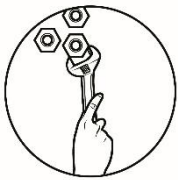
Help your friend Diego by discussing to him the components and steps in making his health career plan.



What I Have Learned

A health career is one of the fast-growing profession/vocation that a student must consider. In order to be guided on what health career to pursue, you must know how to make a health career plan. Health Career Planning refers to the process of creating an individual's plan to make a career choice, growing in the chosen career or making a career shift. Career planning involves four important steps which are as follows: 1. Self-Assessment, 2. Career Exploration, 3. Decision Making, and 4. Plan of Action.

Each of the four steps in health career planning has components which you should consider. Each component is essential in making a personal health career plan.



What I Can Do

LET'S EXPLORE!

Directions: Using the given graphic organizer below, write the different components and steps in making a health career plan. Write a short discussion of the diagram highlighting the process of making a health career plan. Do the activity in your activity notebook.

Step 1 _____	•List down the components here
Step 2 _____	•List down the components here
Step 3 _____	•List down the components here
Step 4 _____	•List down the components here



Assessment

Posttest

Directions: Read each item carefully and write the letter of the best answer in your activity notebook.

1. Vina is evaluating her strengths, weaknesses, skills and abilities. What step in health career plan is she doing?
 - a. Self-assessment
 - b. Career exploration
 - c. Decision Making
 - d. Plan of Action

2. What is the second step in health career planning?
 - a. Self-assessment
 - b. Career exploration
 - c. Decision Making
 - d. Plan of Action

3. Christian planned to explore his health career options through on-the-job learning in a nearby health center. Which of the following component of career exploration is exemplified?
 - a. Attending fora
 - b. Job shadowing
 - c. Job temping
 - d. Searching the net

4. Lyka searched the internet, listed down career options and attended internships and fora. What other activities will you suggest to Lyka for Career Exploration?
 - a. Develop job search strategies
 - b. Design plan to reach career goals
 - c. Read articles about career options
 - d. Compare personal strengths and interests

5. Rudy had assessed himself and explored the health career that he is interested to pursue. What step will he do next?
 - a. Self-assessment
 - b. Career exploration
 - c. Decision Making
 - d. Plan of Action

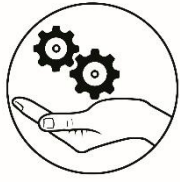
6. Which of the following is not a component of decision making in health career plan?
 - a. Listing down of pros and cons
 - b. Considering suggestion of family
 - c. Choosing a specific health career
 - d. Designing a plan to reach career goals

7. Linda would like to narrow down her choices to decide on what specific health career will she pursue. What advise are you going to give to Linda?
 - a. Evaluate skills and abilities
 - b. Consider suggestion of family
 - c. List down health career options
 - d. Design plans to achieve career goals

8. The following are the components of plan of action in health career plan, except
 - a. Identifying short-term and long-term goals
 - b. Narrowing down your health career options
 - c. Designing a plan to reach health career goals
 - d. Identifying education and training requirements

9. Joseph is at the last step in creating his health career plan. Which of the following components should be considered?
 - a. Considering hobbies and interests
 - b. Conducting informational interviews
 - c. Choosing a specific health career to pursue
 - d. Creating road map towards health career goals

10. Which of the following is not a form of presenting a Personal Health Career Plan?
 - a. Graphical Form
 - b. Pictorial Form
 - c. Tabular Form
 - d. Textual Form



Additional Activities

Let's create a concept map

On a piece of bond paper, create your concept map. Be creative. The use of coloring materials is highly encouraged. Make sure to apply what you have learned from this lesson.

SUGGESTED RUBRIC FOR CONCEPT MAP

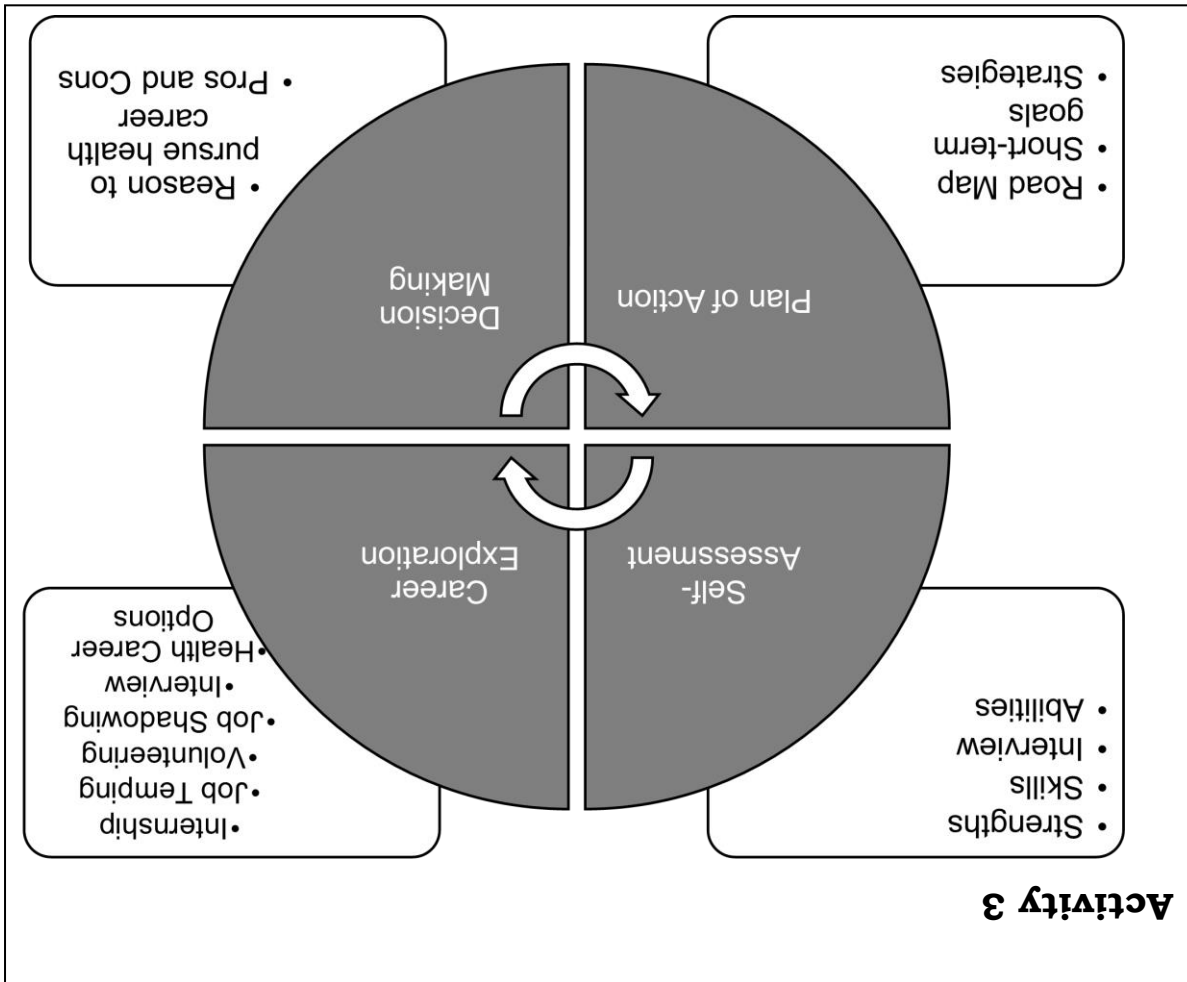
Criteria	3	2	1
Clarity	The concept map shows clear and meaningful connections between relevant concepts on health career plan.	The concept map shows clear and meaningful connections between relevant concepts on health career plan but can still be improved.	The concept map poorly shows clear and meaningful connections between relevant concepts on health career plan.
Completeness	The concept map shows adequate number of relevant concepts and relationships.	The concept map shows inadequate number of relevant concepts and relationships with 1 to 2 concepts missing.	The concept map shows inadequate number of relevant concepts and relationships with more than 2 concepts missing.
Accuracy	The concept map shows accurate concepts used on health career plan.	The concept map shows 1 to 2 inaccuracies of concepts used on health career plan.	The concept map shows more than 2 inaccuracies of concepts used on health career plan.
Neatness	The concept map is easy to read and free from errors and erasures.	The concept map has at most 2 errors and erasures.	The concept map has more than 2 errors and erasures.

Congratulations! You're done.



Answer Key

<p style="text-align: center;">Assessment 1</p> <ol style="list-style-type: none"> 1. False 2. True 3. False 4. True 5. False 6. True 7. True 8. True 9. False 10. True 	<p style="text-align: center;">What's New</p> <ol style="list-style-type: none"> 1. DM 2. CE 3. SA 4. DM 5. PA 6. PA 7. PA 8. SA 9. SA 10. CE 11. SA 12. DM 13. CE 14. DM 15. CE 	<p style="text-align: center;">What I Know</p> <p style="text-align: center;">Pretest</p> <ol style="list-style-type: none"> 1. B 2. C 3. A 4. C 5. B 6. A 7. C 8. C 9. B 10. C
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Q	U	S	T	R	O	L	M	I	N	Z	X	R	T	I	C	N	L
P	V	S	H	O	R	T	E	R	M	G	O	A	L	S	T	O	
R	I	N	W	L	A	C	E	F	H	I	K	L	M	O	P	E	R
O	B	D	F	E	G	H	I	K	L	O	P	Q	U	R	E	R	T
S	L	I	P	L	A	N	N	I	N	G	P	U	S	T	E	N	F
A	O	R	E	S	L	K	Q	U	R	V	B	O	N	F	G	S	T
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D	R	U	S	G	O	Y	U	E	F	C	X	I	Z	S	T	I	U
C	O	N	O	H	O	B	B	I	E	S	P	R	A	E	T	P	T
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S	F	G	U	E	O	T	L	U	Q	T	U	S	O	J	Y	B	D
D	S	E	R	T	U	I	L	M	N	I	G	H	E	R	T	Y	T
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Y	T	F	R	I	G	J	O	B	S	H	A	D	O	W	I	N	G
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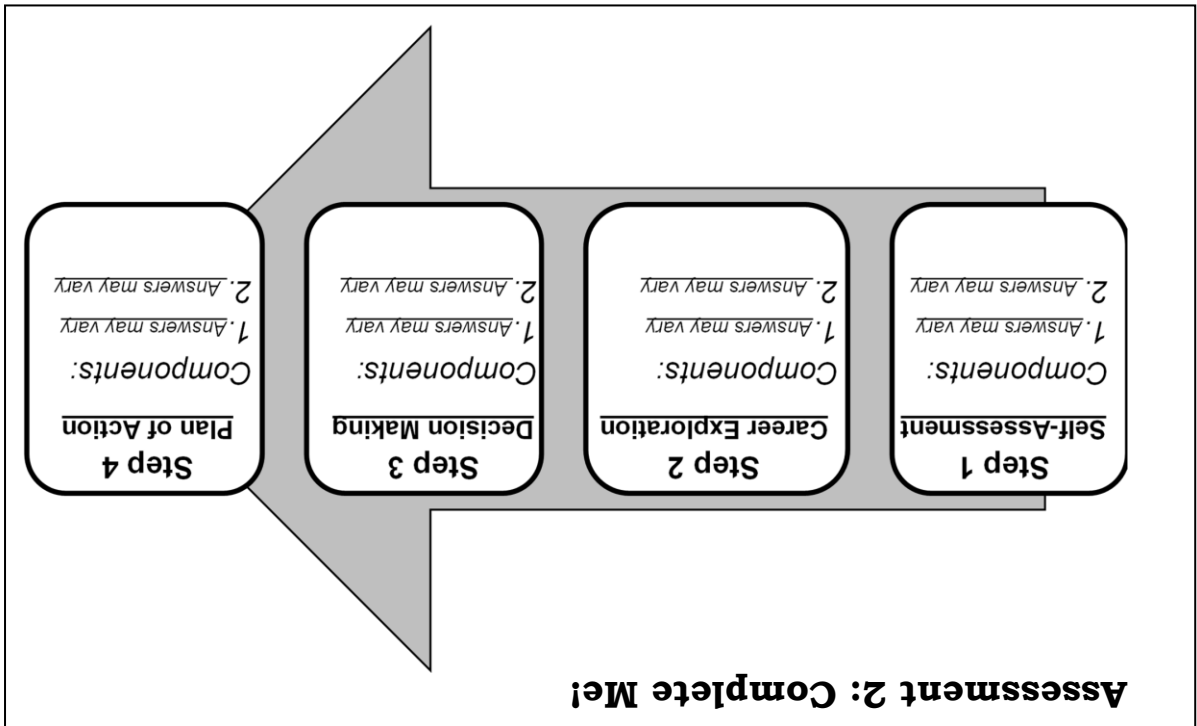
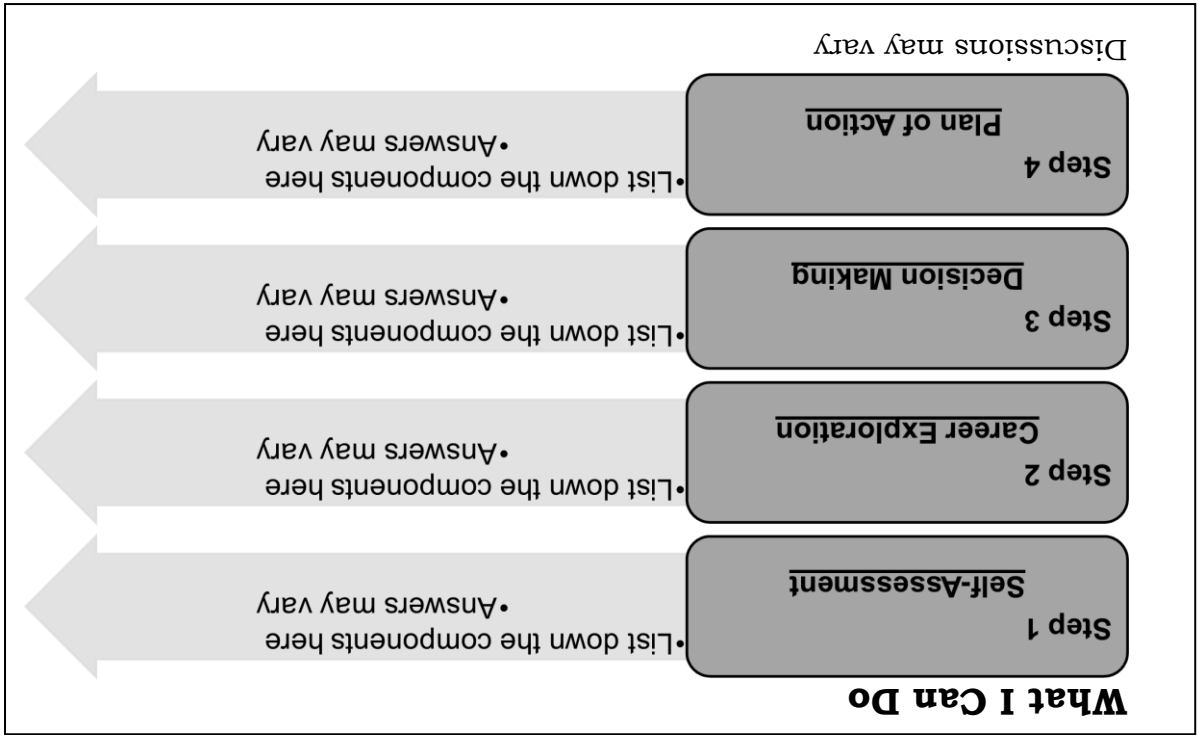
1. Strengths – Self-Assessment
2. Interests – Self-Assessment
3. Weaknesses – Self-Assessment
4. Hobbies – Self-Assessment
5. Job Shadowing – Career Exploration
6. Internships – Career Exploration
7. Pros and Cons – Decision Making
8. Planning – Plan of Action
9. Goals – Plan of Action
10. Strategies – Plan of Action

What I Know
Activity 2

1. The different forms are textual form, tabular form and graphical form.
2. Answers may vary
3. Answers may vary
4. Answers may vary

Activity 4: Forming a Health Career Plan

Assessment 3: Read the Reflect
Answers may vary



Additional Activity
Let's build the concept
Outputs may vary

Assessment 1
Posttest
1. A
2. B
3. B
4. C
5. C
6. D
7. B
8. B
9. D
10. B

References

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