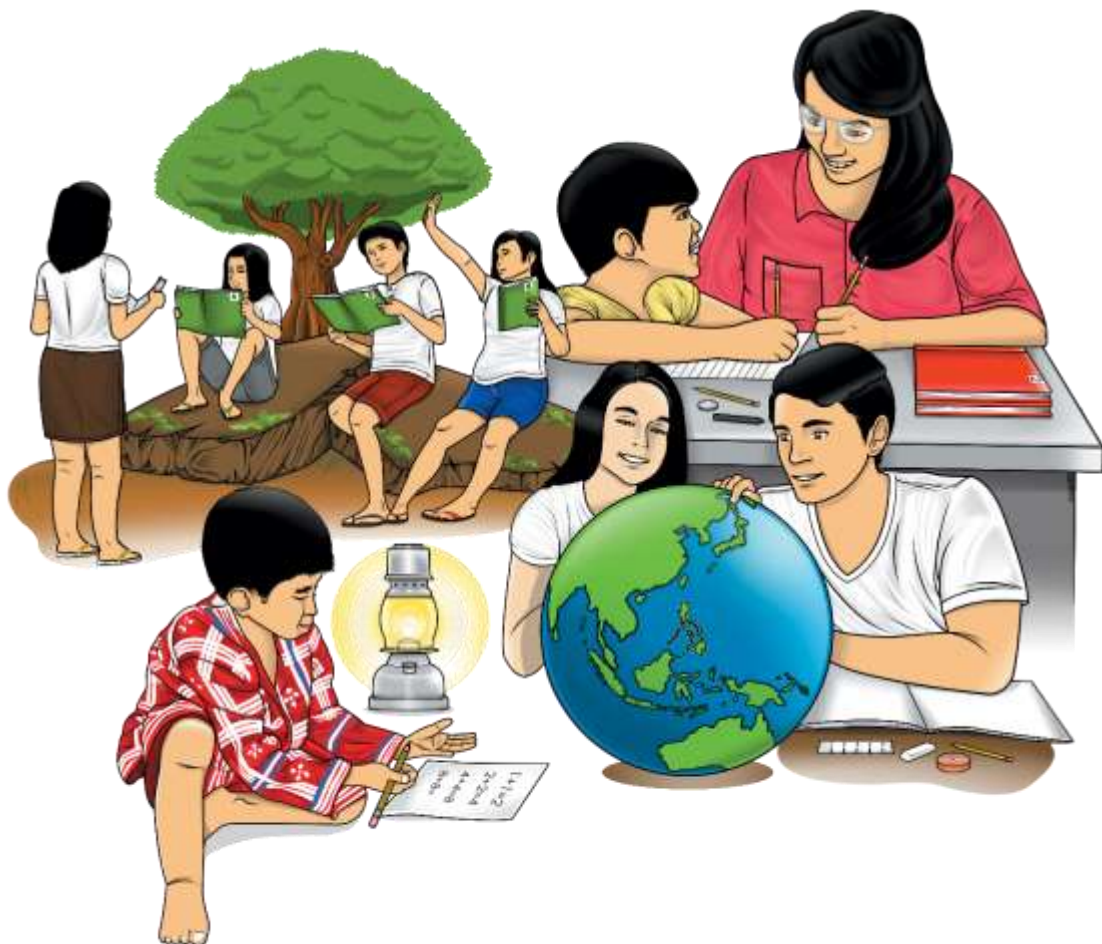


Health

Quarter 4 – Module 2: Preparing a Personal Health Career



Health - Grade 10
Alternative Delivery Mode
Quarter 4 - Module 2: Preparing a Personal Health Career
First Edition, 2020

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Health

**Quarter 4 – Module 2:
Preparing a Personal Health
Career**

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

In Module 1, you have learned about components and steps in making a personal health career plan. This time, you will be able to learn about preparing a personal health career following the prescribed components and steps. The activities designed in this module will help you become familiar with the topics or lessons about preparing a personal 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 preparing a personal health career.
Are you ready? Let's proceed.



In this module, you are expected to prepare a personal health career following the prescribes components and steps (H10PC-IVa-b-2).



What I Know

Pretest

Directions: Read each item carefully. Choose the best answer and write it 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!

- Which among the following is included in self-assessment?
a. Career work conditions c. Skills and abilities
b. Job description of the health career d. Strategies to reach career goals
- Which among the following is not involved in doing self-assessment?
a. Characteristics and personality c. Salary and job description
b. Hobbies and interests d. Strengths and weaknesses
- Jerry wanted to search the different tasks/duties of a medical technologist. In what component and step in making a personal health career plan will he place this activity?
a. Self-assessment c. Decision making
b. Career exploration d. Plan of action
- Julie Ann is good in Science. She watches Korean dramas about doctors and other medical workers. What component and step in making a personal health career plan does her action portray?
a. Self-assessment c. Decision making
b. Career exploration d. Plan of action
- Which among the following should be done in career exploration?
a. Searching for the different health careers
b. Considering the choice of your family
c. Knowing problems that may arise
d. Evaluating your skills and abilities

6. Which among the following is not a way of exploring a health career?
- Conducting interviews with health professionals
 - Listing down your interests, skills, and abilities
 - Searching the net about the health career
 - Watching TV programs related to health career
7. Which among the following situations shows the component and step of making a personal health career plan under decision making? Jose...
- considers his own skills and abilities to become a radiologic technologist.
 - evaluates his skills and abilities to become a radiologic technologist.
 - plans his strategies to become a radiologic technologist.
 - searches required skills and abilities to become a radiologic technologist.
8. In decision making, which is incorrect?
- Choosing based on skills and interests required in a health career
 - Considering typical working conditions of a chosen health career
 - Determining ways to explore a health career
 - Listing down pros and cons in pursuing health career
9. Benny has evaluated his skills and abilities, explored various health careers, and already decided to become a physical therapist, what will be his next step?
- Self-assessment
 - Career exploration
 - Decision making
 - Plan of action
10. In plan of action, which among the following is incorrect?
- Developing possible solutions of problems that may arise
 - Listing down pros and cons in pursuing health career
 - Planning strategies needed to reach chosen health career
 - Scheduling things to do to realize goals

Module

2

Preparing a Personal Health Career



What's In

In the previous module, you have gained information about components and steps in making a personal health career plan. There were three templates provided showing the four components and steps.

After knowing the components and steps in preparing a health career plan, you are now ready to prepare your personal health career. Setting up a personal health career using the prescribed components and steps will be a good starting point to understand yourself, explore health careers, decide what health career you want, and plan how to reach your health career goals.

This module will help you plan for your future health career.



What's New



The activity contains key questions in each component and steps in preparing for a personal health career. It aims to help you become familiar with the questions in each component and step.

Are you ready? Then let us start answering the activity. Have fun!

Activity 1: Classifying Key Questions

Directions: Read each key question below then identify to which category of the component and step it belongs. 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. What are my strengths and weaknesses?
2. What kind of education or experience is required to pursue this career?
3. What are my skills and abilities?
4. What are my ways to explore different health careers?
5. What are the things to consider in pursuing my chosen health career?
6. What health careers do I want to explore?
7. What characteristics and skills must I possess to work in this field?
8. What are my hobbies and interests?
9. What health career will I choose based on my skills and interests?
10. What are the different tasks of my chosen health career?
11. What are my strategies to reach my goals?
12. What will I do to realize my goals in health career?
13. Can I engage myself in the typical working conditions of this health career?
14. Am I still interested in pursuing this career? Why or why not?
15. What problems may arise in pursuing this health career?

Now that you are finished, you may proceed to learn more. Keep going!



What is it

Before preparing your personal health career, take first a short review of the four prescribed components and steps in making a personal health career plan. Answer the key questions. Your answers are necessary inputs in creating personal health career.

Step 1. Self-Assessment. Identify your vision, values, interests, skills, traits, and abilities. It will help you decide what you want from your next health career move.

Key Questions:

1. What are my strengths and weaknesses?
2. What are my skills and abilities?
3. What are my hobbies and interests?
4. What are my characteristics and personality?
5. What are my significant life experiences?

Step 2. Career Exploration. Explore your options and gather information about them. Find out about the occupations that interest you. Try talking with people in those fields.

Key Questions:

1. What health careers do I want to explore?
2. What are the ways to explore different health careers?
3. What are the different tasks of my chosen health career?
4. What characteristics and skills must I possess to work in this field?
5. What kind of education or experience is required to pursue this career?

Step 3. Decision Making. Evaluate your career options. Decide which ones are best for you at this stage. Look at the pros and cons of each option. Consider the challenges you may face and how you can handle them.

Key Questions:

1. What health career will I choose based on my skills and interests?
2. What are the things to consider in pursuing my chosen health career?
3. What are the pros and cons in pursuing my chosen health career?
4. Can I engage myself in the typical working conditions of this health career?
5. How much money will I earn if I pursue this health career?
6. Am I still interested in pursuing this career? Why or why not?

Step 4. Plan of Action. Develop a plan to make your options a reality. Identify the short-term and long-term steps that you need to take. Create deadlines for the completion of each step. Identify things you can do to stay motivated. Then take the steps you've identified.

Key Questions:

1. What will I do to realize my goals in health career?
2. What are my strategies to reach my goals?
3. What problems may arise in pursuing this health career?
4. What will I do to solve problems that may arise along the way?

Planning works because:

1. Picturing your goals can motivate you and keep you focused.
2. Planning how to reach your goals helps you set priorities and stay organized.
3. Sometimes you need to do things in a certain order, so it's important to know where to start.

In preparing a meaningful personal health career, make it **SMART**.

Specific - the plan must be clear, concise and tangible.

Measurable - the plan must be quantifiable by means of indicators.

Attainable - the plan must be achievable.

Realistic - the plan should not be simply a wish.

Time-Bound - the plan must have a clear schedule or time frame to do a task.



What's More

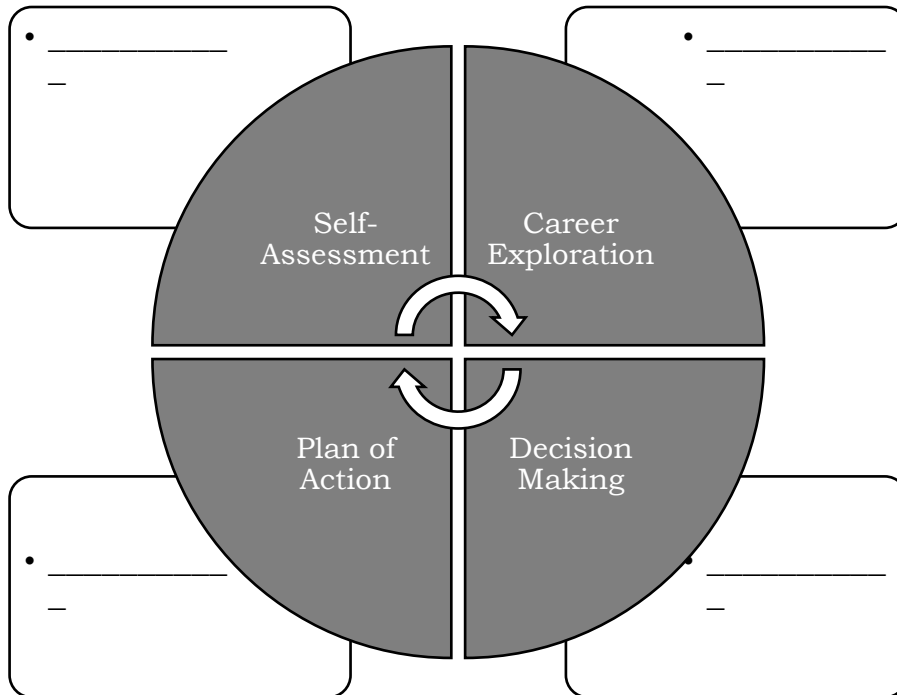
Good Job! Now that you have learned the concepts about preparing a personal health career following the prescribed components and steps, let's check how far you have gone. Do the activities and assessments work for you? Alright, let's move on with the next activity.



Activity 1: Read and Organize!

Directions: Read the following suggested activities inside the box then organize by placing them in the appropriate component or step in the given graphic organizer. Use your activity notebook.

Listing down your hobbies and interests	Knowing different health careers
Planning strategies to do	Selecting career based on skills
Watching health-related TV programs	Considering skills and abilities
Determining ways to explore health careers	Scheduling activities to do
Evaluating Strengths and Weaknesses	Conducting an interview to health professionals



Assessment 1: True or False

Directions: Write **true** if the statement is correct, or **false** if it is not. Write your answers in your activity notebook.

1. Self-assessment is the first step in preparing a health career.
2. Watching health-related TV Programs is one way of career exploration.
3. Visualizing your goals can motivate you and keep you focused.
4. Self-assessment involves evaluating one's strengths and weaknesses.
5. Listing down pros and cons of pursuing a health career is a suggested activity in career exploration.
6. Considering skills and abilities is necessary for decision-making.
7. "What are my skills and abilities?" is a key question under career exploration.
8. In decision-making, you must create deadlines for the completion of each step.
9. In planning personal health career, the plan must be SMART.
10. For the plan to be specific, the plan must be quantifiable by means of indicators.

Activity 2: Complete Me!

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

Directions: Complete the graphic organizer below. Indicate the components and steps in preparing a health career plan. Write two key questions in each component or step. Use your activity notebook.

Assessment 2: Putting Events in Order

Directions: Read the situations below then arrange them in order by placing them on the appropriate step in the health career planning. Write your answers in your activity notebook.

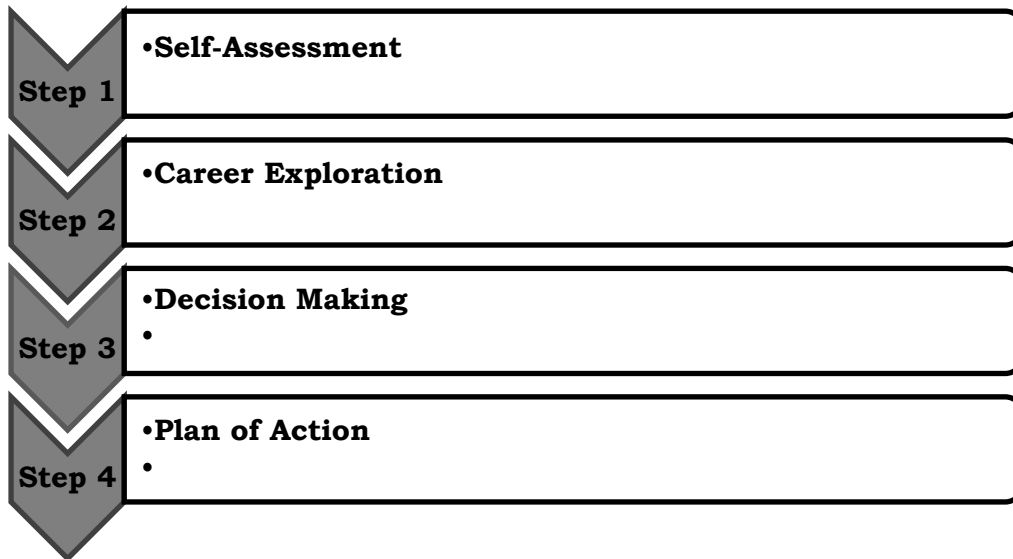
Situation A

- Kyla determined ways to know more how to become a dentist.
- Kyla gathered information from schools offering dentistry.
- Kyla evaluated herself as to her strengths and weaknesses.
- Kyla considered her evaluation of her strengths and weaknesses.

Step 1	• Self-Assessment
Step 2	• Career Exploration
Step 3	• Decision Making
Step 4	• Plan of Action

Situation B (two options may be placed in one step):

- Mark listed the things to do in order to become a physician.
- Mark listed down his skills, abilities, and interests.
- Mark planned strategies to reach his personal goals.
- Mark considered the pros and cons of pursuing his chosen health career.
- Mark interviewed Dr. de la Cruz, the physician in their municipal Health Center.



Activity 3: Helping Henry

Directions: Read Henry’s situation below and help him in accomplishing his personal health career form. Write your answers in your activity notebook.

Henry, a grade 10 student, is the only son of a family earning an average income. He likes Science and plays basketball, too. He is good at laboratory works, but poor in music. He helps his father in preparing appropriate food for his diabetic mother. Ever since, he has wanted to become a medical worker. He has read different articles about becoming a dietician, a nurse, and a pharmacist. After exploring the different health careers, becoming a nurse is his top priority. Finally, he plans to enroll in a university offering a related course in his chosen career. He also seeks a scholarship to finance his studies.

HENRY’S PERSONAL HEALTH CAREER

Self-Assessment

Areas of Assessment	Description
Strengths	
Weaknesses	
Talent/Interest/Hobby	
Skills	
Family Income	
Experiences	

Career Exploration

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

Decision Making

Career	Rank according to choice of course	Justification

Plan of Action

Chosen Career	Specific action to do			
	Name of Course	School to enroll	School Address	Financial Mechanism

Assessment 3: Read then Reflect

Directions: Read the questions carefully then briefly answer by reflecting on the concepts discussed. Write your answers in your activity notebook.

As a Grade 10 learner, why is it important to prepare health career plan?



What I Have Learned

In preparing a personal health career, the prescribed components and steps should be considered. There are various key questions in self-assessment, career exploration, decision making, and plan of action. These key questions help in accomplishing personal health career plan.

Planning a Personal health career can help you to set health career goals and plan actions to realize this goal. The personal health career must be SMART.



What I Can Do

LET'S EXPLORE!

Directions: Create your own personal health career plan using any of the different forms (Personal Health Career Form, Diagram for Personal Health Career or Inquiry Form for Personal Health Career). Write a short discussion of your personal health career. Write your answers in your activity notebook.

SUGGESTED RUBRIC FOR SCORING

Criteria	3	2	1
Content	All the activities indicated are aligned with each step.	1 to 2 activities are not aligned with each step.	More than 2 activities are not aligned with each step.
Appropriateness	The activities lead to the next step.	1 to 2 activities do not lead to the next step.	More than 2 activities do not lead to the next step.
Completeness	All the required elements in each step are present	Missing 1 of the required elements	Missing 2 of the required elements
Grammar and Spelling	No errors in spelling and grammar.	At most 5 errors in spelling and grammar	More than 5 errors in spelling and grammar
Conformance	All activities are SMART	Two of the activities are not SMART	More than two of the activities are not SMART



Assessment

Post test

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

1. Julie Ann is good in Science. She watches Korean dramas about doctors and other medical workers. What component and step in making a personal health career plan does her action portray?
 - a. Self-assessment
 - b. Career exploration
 - c. Decision making
 - d. Plan of action
2. Which among the following is included in self-assessment?
 - a. Career work conditions
 - b. Job description of the health career
 - c. Skills and abilities
 - d. Strategies to reach career goals
3. Which among the following is not involved in doing self-assessment?
 - a. Characteristics and personality
 - b. Hobbies and interests
 - c. Salary and job description
 - d. Strengths and weaknesses
4. Which among the following should be done in career exploration?
 - a. Searching for the different health careers
 - b. Considering the choice of your family
 - c. Knowing problems that may arise
 - d. Evaluating your skills and abilities
5. Jerry wanted to search the different tasks/duties of a medical technologist. In what component and step in making a personal health career plan will he place this activity?
 - a. Self-assessment
 - b. Career exploration
 - c. Decision making
 - d. Plan of action
6. Which among the following is not a way of exploring a health career?
 - a. Conducting interviews with health professionals
 - b. Listing down your interests, skills, and abilities
 - c. Searching the net about the health career
 - d. Watching TV programs related to health career
7. Which among the following situations shows the component and step of making a personal health career plan under decision making? Jose...
 - a. considers his own skills and abilities to become a radiological technologist.
 - b. evaluates his skills and abilities to become a radiologic technologist.
 - c. plans his strategies to become a radiologic technologist.
 - d. searches required skills and abilities to become a radiologic technologist.

8. In decision making, which is incorrect?
- a. Choosing based on skills and interests required in a health career
 - b. Considering typical working conditions of a chosen health career
 - c. Determining ways to explore a health career
 - d. Listing down pros and cons in pursuing health career
9. In plan of action, which among the following is incorrect?
- a. Developing possible solutions of problems that may arise
 - b. Listing down pros and cons in pursuing health career
 - c. Planning strategies needed to reach chosen health career
 - d. Scheduling things to do to realize goals
10. Benny has evaluated his skills and abilities, explored various health careers, and already decided to become a physical therapist, what will be his next step?
- a. Self-assessment
 - b. Career exploration
 - c. Decision making
 - d. Plan of action



Additional Activity

Let's build the concept

On a piece of bond paper, make a slogan regarding the importance of preparing a personal health career. The slogan is limited to 10 to 15 words. The use of coloring materials is highly encouraged. Make sure to apply what you have learned from this lesson.

SUGGESTED RUBRIC FOR SCORING

Criteria	3	2	1
Relevance of the poster	The slogan talks about the importance of preparing a health career plan	The slogan talks about the importance of preparing a health career plan but can still be improved	The slogan talks a little about the importance of preparing a health career plan
Creativity	The slogan makes use of appropriate rhyming words.	The slogan makes use of appropriate rhyming words but 1 word can be replaced.	The slogan makes use of appropriate rhyming words but more than 1 word can be replaced.
Grammar and Spelling	No errors in spelling and grammar.	At most 2 errors in spelling and grammar	More than 2 errors in spelling and grammar
Originality	The slogan exceptionally used new ideas related to the topic	The slogan averagely used new ideas related to the topic	The slogan poorly used new ideas related to the topic

Congratulations! You're done.



Answer Key

What I Know

PRETEST

Multiple Choice

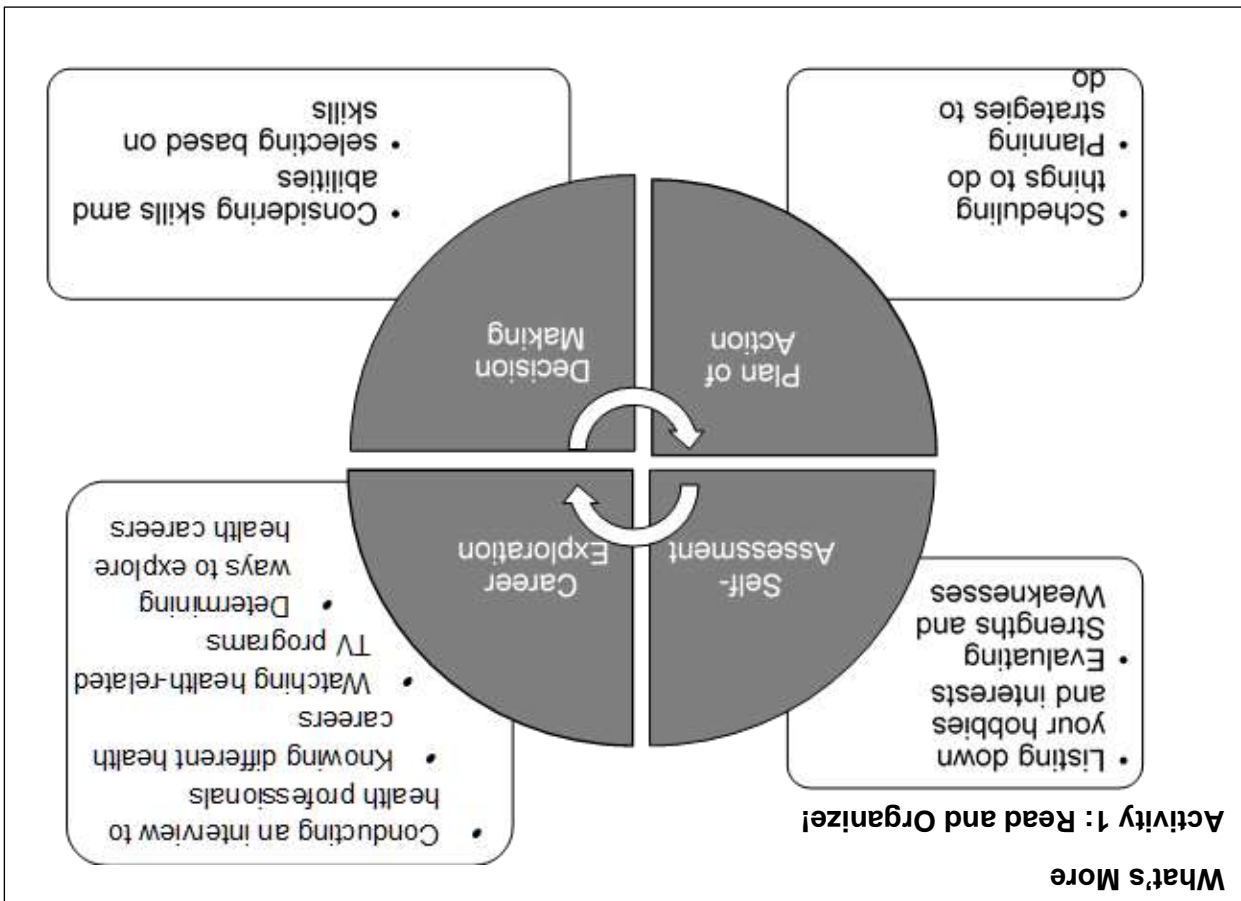
1. C
2. C
3. B
4. B
5. A
6. B
7. A
8. C
9. D
10. B

What's New

Activity 1: Classifying

Key Questions

1. SA
2. CE
3. SA
4. CE
5. DM
6. CE
7. CE
8. SA
9. DM
10. CE
11. PA
12. PA
13. DM
14. DM
15. PA



What's More

Activity 2: Complete me

Note: In Key Questions: Answers may vary

Step 1
Self-Assessment
Key Questions:
1. _____
2. _____

Step 2
Career Exploration
Key Questions:
1. _____
2. _____

Step 3
Decision Making
Key Questions:
1. _____
2. _____

Step 4
Plan of Action
Key Questions:
1. _____
2. _____

What's More

Assessment 1: True or False

11. true
12. true
13. true
14. true
15. false
16. true
17. false
18. false
19. true
20. false

What's More

Assessment 2: Putting Events in order

Situation A

Step 1
•Self-Assessment
 Kyla evaluated herself as to her strengths and weaknesses.

Step 2
•Career Exploration
 Kyla determined ways to know more how to become a dentist.

Step 3
•Decision Making
 Kyla considered her evaluation of her strength and weaknesses.

Step 4
•Plan of Action
 Kyla gathered information from schools offering dentistry.

What's More

Assessment 2: Putting Events in order

Situation B

Step 1
•Self-Assessment
 Mark listed down his skills, abilities and interests.

Step 2
•Career Exploration
 Mark interviewed Dr. de la Cruz, the physician in their Municipal Health Center.

Step 3
•Decision Making
 Mark considered the pros and cons of pursuing his chosen health career.

Step 4
•Plan of Action
 Mark listed the things to do in order to become a Physician. Mark planned strategies to reach his personal goals.

What's More

Activity 1: Helping Henry

HENRY'S PERSONAL HEALTH CAREER

Self-Assessment

Areas of Assessment	Description
Strengths	Science
Weaknesses	Music
Talent/Interest/Hobby	Playing basketball
Skills	Good in laboratory works
Family Income	Average family income
Experiences	Preparing food for his diabetic mother

Career Exploration

Careers	Description of the Career	Reason why I am interested in this
Dietician	Answers may vary	Answers may vary
Nurse	Answers may vary	Answers may vary
Pharmacist	Answers may vary	Answers may vary

Decision Making

Careers	Rank according to choice of course	Justification
Nurse	Rank 1	Because of his experiences with his mother
Dietician	Rank 2	Answers may vary
Pharmacist	Rank 3	Answers may vary

Plan of Action

Chosen Career	Name of Course	School to enroll	School Address	Financial Mechanism
Nurse	BS Nursing	University	Answers may vary	Through Scholarship
Specific action to do				

What's More
Assessment 3: Read then Reflect
Answers may vary

Assessment
POSTTEST
Multiple Choice

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

Additional Activity
Slogan Making
Answers may vary

What I can do
Let's Explore
Personal Health Career
Answers may vary

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