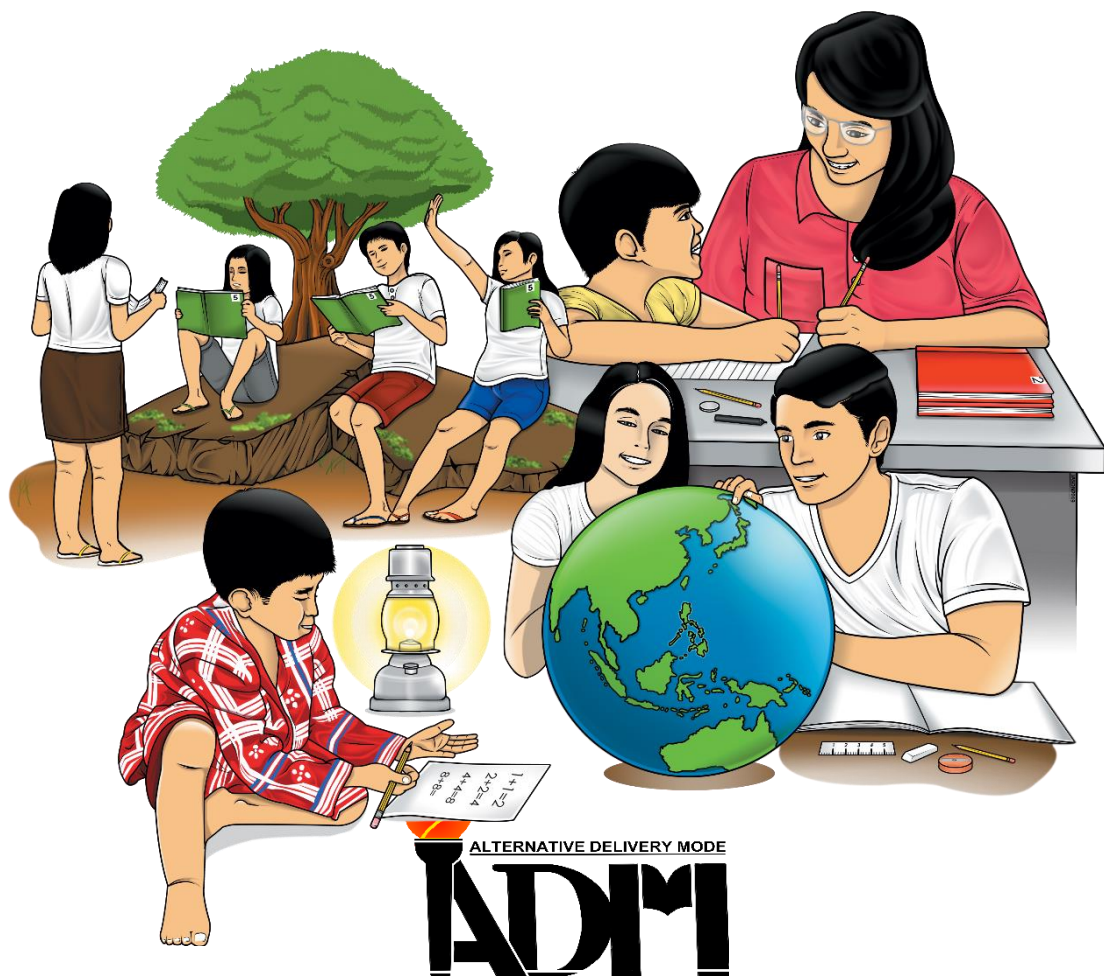


Health

Quarter 4 – Module 3: Selecting a Health Career Pathway



Health - Grade 10
Alternative Delivery Mode
Quarter 4 - Module 3: Selecting a Health Career Pathway
First Edition, 2020

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Health

**Quarter 4 – Module 3:
Selecting a Health Career
Pathway**

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 2, you have learned about preparing a personal health career following the prescribed components and steps. This time, you will be able to learn about selecting a health career pathway. The activities designed in this module will help you become familiar with the topics or lessons about exploring the various health career paths, selecting a particular health career pathway based on personal competence and interest, and participating in a health career orientation program.

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 selecting a health career pathway.
Are you ready? Let's proceed.



In this module, you are expected to:

1. explore the various health career paths;
2. select a particular health career pathway based on personal competence and interest; and
3. participate in a health career orientation program (**H10PC-IVc-d-3**).



What I Know

Pretest

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



Your score will not be graded but you have to try your best to answer all items; The result of this activity is my way of checking your prior knowledge about this lesson. Are you ready? Let's get it on!

1. What health career pathway focuses on communicable and non-communicable diseases?
 - a. Community healthcare
 - b. Disease prevention and control
 - c. Occupational Safety
 - d. Personal healthcare
2. Which health career pathway deals with complex public health issues that affect women, children and their families?
 - a. Community healthcare
 - b. Drug prevention and control
 - c. Maternal and childcare
 - d. Nutrition
3. What health career pathway specializes in out-of-hospital medical care?
 - a. Dental health
 - b. Emergency medical services
 - c. Mental healthcare
 - d. Nutrition
4. In which health career pathway does a Barangay Health Worker belong to?
 - a. Community healthcare
 - b. Dental health
 - c. Emergency medical services
 - d. Nutrition
5. Which among the following careers belongs to emergency medical services?
 - a. Epidemiologist
 - b. Paramedic
 - c. Psychiatrist
 - d. Social worker
6. Which is not a sample career under mental healthcare?
 - a. Marriage and family therapist
 - b. Paramedic
 - c. Psychologist
 - d. Psychiatric nurse

7. Which health career is not included in environmental healthcare management?
 - a. Air pollution analyst
 - b. Community health worker
 - c. Environmental health educator
 - d. Environmental health inspector

8. What health career pathway seeks to reduce community and individual problems related to alcohol and drug abuse?
 - a. Community healthcare
 - b. Disease prevention and control
 - c. Drug prevention and control
 - d. Health education

9. Which among the following professionals performs healthcare-related tasks in a personal care level?
 - a. Air pollution analyst
 - b. Dental assistant
 - c. Disease detective
 - d. Home health aide

10. What is the main task of health professionals in occupational safety? They deal with...
 - a. various oral conditions which include tooth decay and tooth loss.
 - b. safety, health and welfare of people in a workplace.
 - c. ways to balance individuals' food and nutrition.
 - d. promotion of healthcare and training of health workers.

11. Kenneth is reading articles in magazines about anger management, anxiety, stress, and mood disorder. What health career pathway is he interested in?
 - a. Community healthcare
 - b. Health education
 - c. Mental health care
 - d. Occupational safety

12. John actively participates in various activities in saving Mother Earth against pollution. He is interested to take a health career. What health career pathway will you recommend to him?
 - a. Community healthcare
 - b. Dental health
 - c. Environmental healthcare management
 - d. Personal healthcare

13. Lea is passionate in cooking and meal planning for her family. Which among the following health career pathways should she pursue?
 - a. Community healthcare
 - b. Maternal and childcare
 - c. Nutrition
 - d. Occupational safety

14. Manny is competent in doing first aid. What health career pathway will he explore?
 - a. Dental healthcare
 - b. Emergency medical services
 - c. Mental healthcare
 - d. Personal healthcare

15. Robert cannot decide on what specific health career pathway he will take. What advice are you going to give?
 - a. Adopt your friend's plan.
 - b. Attend a health career orientation program.
 - c. Consider the personality and interests of others.
 - d. Never mind what the future holds.

Selecting a Health Career Pathway



What's In

In the previous module, you have gained information about preparing personal health career plan using prescribed components and steps. This time, you will focus on exploring various health careers, and selecting a particular health career pathway.

The health care field is so extensive. It offers various careers that you can explore and select from. To know the health career that suits you, your interests, skills, and abilities will be essential inputs in determining what pathway to take.



What's New



The activity contains the different health career pathways. It aims to help you become familiar with the different ideas concerning the lesson you are going to learn.

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

Activity 1: Fill Me In

Directions: Identify what is being described in each item by filling in the missing letters to form the correct answer. Write your answers in your activity notebook.

1. These health workers deal with complex public health issues that affect women, children and their families.

M _ T _ R N _ L AND CH _ L D C _ R _

2. These health workers focus on immunization, screening of newborns, promotion of breastfeeding, infant diseases prevention, adolescent healthcare and life skills.

D I S E A _ E P R _ V E _ T I _ N AND C _ N T R _ L

3. These health workers monitor patients, administer and assist in personal care and hygiene, and perform housekeeping duties.

PE _ S _ N _ L H _ A L T _ C _ R _

4. These health workers focus on the maintenance, protection and improvement of the health of all community members

CO _ U _ I _ Y H _ A L T _ C A _ E

5. These health workers find ways to balance individuals' food and nutrition and their impact on patient's health.

N _ T _ I _ I _ N

6. These health workers specialize in cognitive and psychosocial development, promotion of healthy self-esteem through feelings and anger management.

M _ N _ A _ H _ A _ T _ C A _ E

7. These health workers protect workers from sickness, disease and injury arising from possible hazards of their employment and workplace.

O _ C _ P _ _ I O _ A L S _ F _ _ Y

8. These health workers specialize in out-of-hospital medical care such as first-aid procedures, emergency medical response and immediate.

E _ E _ G E N _ Y M E _ I C _ L S _ R _ I _ E S

9. These health workers deal with various oral conditions which include chronic mouth and facial pain, oral sores, gum disease, tooth decay and tooth loss, other diseases and disorders that affect the oral cavity.

D E _ _ L H _ _ L _ H

10. These health workers try to establish the correlation between and among the physical, chemical, biological, social and psychosocial factors in the surrounding environment.

E N _ I R _ N _ _ N T _ L H E _ L T _ C _ R E M A _ A _ E M _ N T

Did you enjoy the activity? Now that you are done, you may proceed to learn more. Keep going!





What is It

Career pathways are cluster of occupations that are grouped because of shared skills. All pathways include a variety of careers that require different levels of education, skill, and training. Selecting a career pathway provides you with an area of focus, along with flexibility and a variety of ideas to pursue for personal development.

Learners who are interested in helping others, working in a team environment and being a part of a field with a lot of opportunities for growth are encouraged to pursue in the health career pathways. In this career path, students will acquire the skills to be valuable members of any healthcare team.

Moreover, sample career skills of learners are:

Beginner:

- Understand how healthcare teams communicate, interact and practice
- Learn industry standard procedures for both patient safety and infection control

Intermediate:

- Demonstrate direct patient care skills, including patient grooming, rehabilitation and restorative care, vital signs and oxygen management
- Understand human growth and development by visiting and observing early childhood programs

Advanced:

- Learn medical terminology and study human anatomy
- Chart on real-life healthcare flow sheets to record patient data

Health career pathway is significant for it provides a guide on what to take in order to achieve your desired goals. It is a concrete representation of your personal health career plan. Understanding health career pathways is important because it makes it easier for you to identify health career professionals, assists you in choosing a health career, and helps you develop a plan on how to prepare for your chosen health career.

There are 12 various health career pathways which you can explore. These are:

1. Community Healthcare



Specialists in this area focus on the maintenance, protection, and improvement of the health of all community members.

Sample of health careers in this pathway are *Barangay or Community Health Worker, Health Coach, Community Health Educator, Community Outreach Manager, Family Advocate, Peer Counselor, and Public Health Aide.*

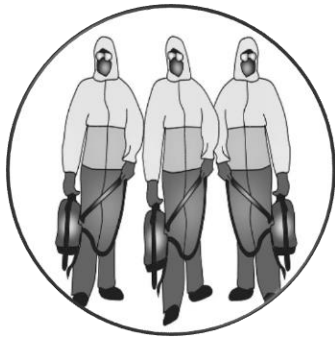
2. Dental Health

Dental health workers deal with various oral conditions which include chronic mouth and facial pain, oral sores, gum disease, tooth decay and tooth loss, other diseases and disorders that affect the oral cavity, and risk factors for oral diseases which include unhealthy diet, tobacco use, harmful alcohol use and poor oral hygiene.



Sample of health careers in this pathway are *Dental Hygienist, Dental Assistant, Dentist, Dental Nurse, and Dental Health Support.*

3. Disease Prevention and Control



People who specialize in this career path focus on communicable and non-communicable diseases. Their work includes immunization, screening of newborns, promotion of breastfeeding, infant diseases prevention, adolescent healthcare and life skills.

Sample of health careers in this pathway are *Community or Barangay Health Worker, Disease Detective, Nurse, Epidemiologist, Epidemiology Assistant, and Prevention Specialist.*

4. Drug Prevention and Control

People whose careers revolve around this area seek to reduce community and individual problems related to alcohol and drug abuse through evidence-based programs and policy advocacy.

Sample of health careers in this pathway are *Addiction Counselor, Addiction Nurses, and Detox Specialist.*



5. Emergency Medical Services



People assigned in this work specialize in out-of-hospital medical care. Their skills include first-aid procedures, emergency medical response and immediate medical attention.

Sample of health careers in this pathway are *Emergency Medical Responder, Emergency Medical Aid, Emergency Medical Technician, and Paramedic.*

6. Environmental Healthcare Management

These health workers try to establish the correlation between and among the physical, chemical, biological, social and psychosocial factors in the surrounding environment. These include monitoring the quality of environment and impact of human activities on ecosystems and developing strategies for restoring ecosystems.



Sample of health careers in this pathway are *Air Pollution Analyst, Environmental Health Educator, Environmental Health Inspector, Environmental Health Specialist or Manager, Environmental Toxicologist and Groundwater Protection Specialist.*

7. Health Education



Those who work in this field are tasked with promotion of healthcare and training of health workers on managing change in healthcare. Their work involves assessing individual and community needs, planning, implementing and evaluating health programs, promoting the understanding of various health-related behaviors plus coordinating health education services.

Sample of health careers in this pathway are *Health Education Specialist, Health Advocate, Wellness Director, Community Health Educator, and Social Worker.*

8. Maternal and Child Care

These health workers deal with complex public health issues that affect women, children and their families. These include providing information on reproductive health, family planning and improvement of health delivery system through advocacy, education and research.



Sample of health careers in this pathway are *Maternal and Child Health Specialist, Midwife, Community Health Educator, Outreach Specialist, and Pediatrician.*

9. Mental Healthcare



These medical professionals specialize in dealing with interpersonal and intrapersonal relationships and life skills. These include cognitive and psychosocial development, promotion of healthy self-esteem through feelings and anger management and identifying warning signs or red flags of learning disorders, such as ADHD, anxiety, mood disorders, stress, and bullying.

Sample of health careers in this pathway are *Psychologist, Psychiatric Nurse, Psychiatrist, Mental Health Counselor, Clinical Social Worker, and Marriage and Family Therapist*.

10. Nutrition

Specialists in this area find ways to balance individuals' food and nutrition and their impact on patient's health. These include meal planning, food preparation and health and nutrition economics.

Sample of health careers in this pathway are *Nutritionist, Dietitian, Clinical Dietitian, Sports Nutritionist, Public Health Nutritionist, Nutritional Therapist, and Nutrition Educator*.



11. Occupational Safety



Careers in this path are related to the safety, health and welfare of people engaged in work or employment. These include protecting workers from sickness, disease and injury arising from possible hazards of their employment and workplace.

Sample of health careers in this pathway are *Occupational Health and Safety Technician, Health Inspector, and Industrial Hygienist*.

12. Personal Healthcare

Professionals in this field perform healthcare related tasks in a personal care level. These include monitoring patients; administering and assisting in personal care and hygiene; performing housekeeping duties; and advising clients on related healthcare issues like infant care, hygiene and nutrition.

Sample of health careers in this pathway are *Physical Therapist, Practical Nurse, Home Health Aide, and Wellness Consultant*.



Now that you have already explored the 12 different career pathways, how will you select a particular health career pathway? These are the suggested ways.

Motivation

What are your reasons for selecting this health career?

Educational and Training Requirements

How will you be educated and trained in this health career?

Skill Alignment

Are your skills suitable to the health career?

Role Suitability

Do you see yourself in the healthcare field?

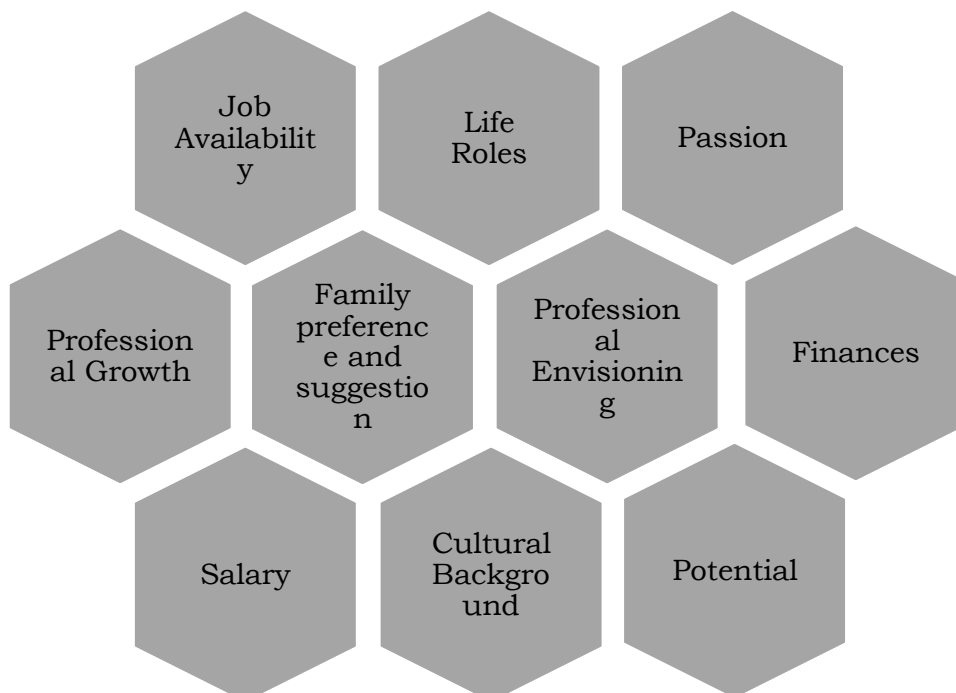
Place of work

Will you be comfortable working in the healthcare field?

Impact

Will you and your family be benefitted when you work in the healthcare field?

In addition, other factors that may affect in selecting a particular health career pathway may include



After exploring the various career paths and selecting a particular health career pathway based on the given factors, you are now ready to participate in a health career orientation program. Health career orientation program aims to provide meaningful, relevant, updated and valuable information regarding the health career that you want to pursue which directs and assists you in your chosen health career path.

Health career orientation program helps you to evaluate and assess such factors as personal needs, interests and skills, provide an opportunity to identify and explore health careers, learn about the duties and responsibilities of health professionals, acquire an awareness for both academic and vocational fields, and pursue health career pathways for future education or training.

On February 14, 2019, President Rodrigo Roa Duterte signed into law Republic Act 11206 otherwise known as Secondary School Career Guidance and Counseling Act. This Act shall pursue the following objectives:

- a. Institutionalize a career guidance and counselling program for students in all public and private secondary schools nationwide in order to provide them proper direction in pursuing subsequent tertiary education;
- b. Equip secondary education students with the capability to make educated career decisions and expose them to relevant labor markets; and
- c. Ensure that graduates of tertiary education meet the requirements of the government, industry, and the economy.

In this regard, schools are conducting career advocacy activities under the career guidance program. The schools invite different professionals to share their unique and inspiring life experiences. Other activities during the orientation program are parade of professionals, lectures from the different partner institutions, course caravan, mock interview for admission, among others.



Parade of Professionals



Lectures from the different partner institutions

Different Activities in Health Career Orientation Program



Course Caravan



Mock Interview for Admission



What's More



Good Job! Now that you have explored and selected a health career and understood the concepts in participating in a health career orientation program, let's check how far you have gone. Do the activities and assessments work for you? Alright, let's move on for the next activity.

Activity 1: Exploring Health Careers

Direction: Find 10 sample health careers in the Word Hunt below then identify what health career pathway do they belong. Write your answers in your activity notebook.

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

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

Assessment 1: Complete Me!

Directions: From the 12 career pathways presented, rank order your first five choices. Complete the table below by writing the required information and answer the questions afterwards. Write your answers in your activity notebook.

Health Career Pathway	Health Career	Job Description of the Chosen Health Career
1.		
2.		
3.		
4.		
5.		

Reflective Questions:

1. Why is it important to understand the different health career pathways before choosing which one to pursue?
2. What are the factors that will affect your choice in selecting a particular health career pathway?

Activity 2: MatchBox

Direction: Match Column A with Column B. Write your answers in your activity notebook.

COLUMN A Sample Health Careers	COLUMN B Health Career Pathways
1. Physical Therapist and Home Health Aide	A. Community Healthcare
2. Maternal and Child Health Specialist and Community Health Educator	B. Dental Health
3. Health Inspector and Industrial Hygienist.	C. Disease Prevention and Control
4. Environmental Toxicologist and Groundwater Protection Specialist.	D. Drug Prevention and Control
5. Health Education Specialist and Community Health Educator	E. Emergency Medical Services
6. Emergency Medical Responder and Emergency Medical Technician	F. Environmental Healthcare Management
7. Sports Nutritionist and Nutritional Therapist.	G. Health Education
8. Epidemiology Assistant and Prevention Specialist	H. Maternal and Child Care
9. Addiction Nurses and Detox Specialist	I. Mental Healthcare
10. Mental Health Counselor and Marriage and Family Therapist.	J. Nutrition
11. Dental Nurse and Dental Health Support	K. Occupational Safety
12. Community Health Worker and Public Health Aide.	L. Personal Healthcare

Assessment 2: A Friend in Need

Directions: Read the different situations below then complete the table that follows. Write your answers in your activity notebook.

Situation A: *Nicole, a Grade 10 student, is kind and helpful to her classmates. She excels in Science and Mathematics. In fact, she is always appreciated by her teacher whenever she does laboratory works. She always volunteers in various civic activities for her fellow youth and enjoys participating in different outreach programs. Recently, she helped in the conduct of a feeding program in a nearby barangay. Help Nicole in choosing a health career pathway to pursue.*

Self-Assessment (Personality, skills, talents, abilities, hobbies, interests, strength and weaknesses)	Career Exploration (Career path that Nicole may be interested to pursue)		Justification (Reason for selecting or pursuing the specific health career)
	Health Career Pathway	Specific Health Career	

Situation B: Andy is an active member of the Boys Scout of the Philippines. He is energetic and dynamic. He loves playing volleyball and basketball. He excels in giving first aid procedures in the conduct of fire and earthquake drills. In his bag, he always has his first-aid kit. He can think even under pressure especially in times of emergency. Help Andy in selecting a health career pathway fitted for him.

Self-Assessment (Personality, skills, talents, abilities, hobbies, interests, strength and weaknesses)	Career Exploration (Career path that Andy is interested to pursue)		Justification (Reason for selecting or pursuing the specific health career)
	Health Career Pathway	Specific Health Career	

Activity 3: Getting Across with Health Careers

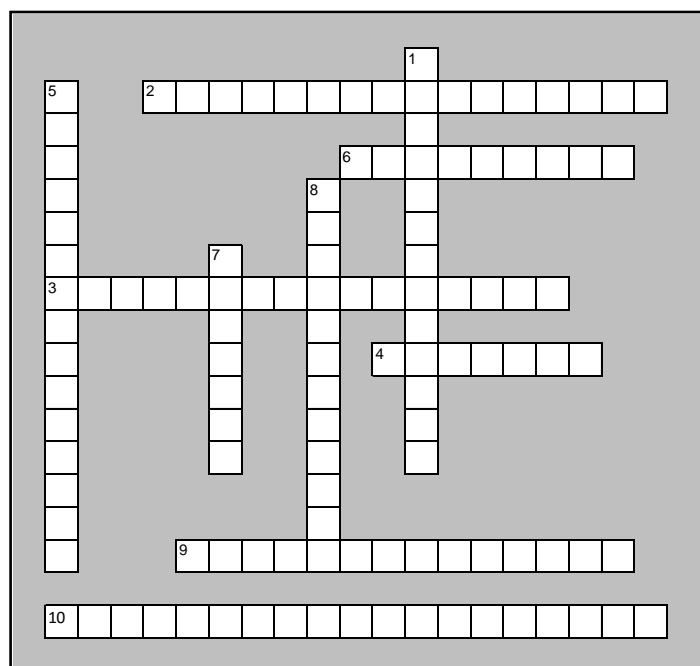
Directions: Complete the given crossword puzzle below by identifying sample health career in the given Health Career Pathway. Write your answers in your activity notebook.

Down:

1. Community Health Care
5. Drug Prevention and Control
7. Maternal and Child Care
8. Nutrition

Across

2. Disease Prevention and Control
3. Mental Health Care
4. Dental Health
6. Emergency Medical Services
9. Health Education
10. Environmental Healthcare Management



Assessment 3: Find your path

Directions: The table below is for you. Fill it out with the necessary information. Answer the questions that follow. Write your answer in your activity notebook.

Self-Assessment (Personality, skills, talents, abilities, hobbies, interests, strength and weaknesses)	Career Exploration (Career path that I am interested to pursue)		Justification (Reason for selecting or pursuing the specific health career)
	Health Career Pathway	Specific Health Career	

Reflective Questions:

1. What do you think are your most important attribute, attitude, or skill that can help you in selecting a health career pathway?
2. Which among the first three health career pathways that you have listed would you like to pursue? Why?
3. Why is it important for you to attend a health career orientation program?



What I Have Learned

Health career pathways are a cluster of occupations grouped together because of shared skills. There are 12 various health career pathways such as 1. Community Healthcare; 2. Dental Health; 3. Disease Prevention and Control; 4. Drug Prevention and Control; 5. Emergency Medical Services; 6. Environmental Healthcare Management; 7. Health Education; 8. Maternal and Child Care; 9. Mental Healthcare; 10. Nutrition; 11. Occupational Safety; and 12. Personal Healthcare. Each Career Pathway has a specific sample of health careers.

After exploring the different health career pathways, the next step is selecting a particular health career pathway to pursue. There are various factors that may affect the chosen health career path such as personal competence, interest, passion, job description of the chosen health career, health career impact to family, different life roles, cultural background, family preference, salary, growth opportunities, and among others.

To guide and assist you in the chosen health career path, it is necessary for you to participate in a health career orientation program. Health career orientation program provides meaningful direction in the chosen health career path and makes smart health career decisions.



What I Can Do

LET'S EXPLORE!

A. Complete the table below. Identify at least 3 health careers that are present in your school or community that may influence you in selecting a health career pathway. Write your answers in your activity notebook.

B. Read and answer the questions below. Write your answers in your activity notebook.

Health Career Pathways	Specific Health Career	Name of the Health Worker	Job Description of the Health Worker
1.	1.	1.	1.
2.	2.	2.	2.
3.	3.	3.	3.

1. What health careers are commonly available in your school or community?
2. Which among the health workers/professionals should be present in your school or community? Why?
3. Why is the presence of health care workers/professionals in the school and in the community important?
4. Have you decided which health career pathway to pursue? Why?



Assessment

Posttest

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

1. Which among the following careers belongs to emergency medical services?
 - a. Epidemiologist
 - b. Paramedic
 - c. Psychiatrist
 - d. Social worker
2. What health career pathway specializes in out-of-hospital medical care?
 - a. Dental health
 - b. Emergency medical services
 - c. Mental healthcare
 - d. Nutrition
3. What health career pathway focuses on communicable and non-communicable diseases?
 - a. Community healthcare
 - b. Disease prevention and control
 - c. Environmental healthcare management
 - d. Personal healthcare

4. Which health career pathway deals with complex public health issues that affect women, children and their families?
 - a. Community healthcare
 - b. Drug prevention and control
 - c. Maternal and childcare
 - d. Nutrition

5. What health career pathway does a barangay health worker belong to?
 - a. Community healthcare
 - b. Dental health
 - c. Emergency medical services
 - d. Nutrition

6. Which is not a sample career under mental healthcare?
 - a. Marriage and family therapist
 - b. Paramedic
 - c. Psychologist
 - d. Psychiatric nurse

7. Which health career is not included in environmental healthcare management?
 - a. Air pollution analyst
 - b. Community health worker
 - c. Environmental health educator
 - d. Environmental health inspector

8. What health career pathway seeks to reduce community and individual problems related to alcohol and drug abuse?
 - a. Community healthcare
 - b. Disease prevention and control
 - c. Drug prevention and control
 - d. Health education

9. What is the main task of health professionals in occupational safety? They deal with...
 - a. various oral conditions which include tooth decay and tooth loss.
 - b. safety, health and welfare of people in a workplace.
 - c. ways to balance individuals' food and nutrition.
 - d. promotion of healthcare and training of health workers.

10. Which among the following professionals performs healthcare-related tasks in a personal care level?
 - a. Air pollution analyst
 - b. Dental assistant
 - c. Disease detective
 - d. Home health aide

11. Kenneth is reading articles in magazines about anger management, anxiety, stress, and mood disorder. What health career pathway is he interested in?
 - a. Community healthcare
 - b. Health education
 - c. Mental health care
 - d. Occupational safety

12. John actively participates in various activities in saving Mother Earth against pollution. He is interested to take a health career. What health career pathway will you recommend to him?
 - a. Community healthcare
 - b. Dental health
 - c. Environmental healthcare management
 - d. Personal healthcare

13. Manny is competent in doing first aid. What health career pathway will he explore?
 - a. Dental healthcare
 - b. Emergency medical services
 - c. Mental healthcare
 - d. Personal healthcare

14. Lea is passionate in cooking and meal planning for her family. Which among the following health career pathways should she pursue?
- Community healthcare
 - Maternal and childcare
 - Nutrition
 - Occupational safety
15. Robert cannot decide on what specific health career pathway will he take. What advice will you give him?
- Adopt your friend's plan
 - Attend a health career orientation program
 - Consider the personality and interests of others
 - Never mind what the future holds



Additional Activity

Let's build the concept

Cut a picture from magazines and newspapers showing activities involving participation in a health career orientation program. You can also search from the net. Write a caption and describe its importance. Make sure to apply what you have learned from this lesson. Place your activity on a coupon bond.

SUGGESTED RUBRIC FOR SCORING

Criteria	3	2	1
Appropriateness	The picture selected extensively depicts the importance of participating in health career orientation program	The picture selected partially depicts the importance of participating in health career orientation program	The picture selected poorly depicts the importance of participating in health career orientation program
Caption	The caption extensively explains the picture. It has no error in grammar and spelling.	The caption partially explains the picture. It has 1 to 2 errors in grammar and spelling.	The caption poorly explains the picture. It has more than 2 errors in grammar and spelling.
Appearance	The output appears neat and presentable.	The output appears neat but presentation can still be improved.	The output is a product of haphazard work.

Congratulations! You're done.



Answer Key

What I Know

PRETEST

1. B
2. C
3. B
4. A
5. B
6. B
7. B
8. C
9. D
10. D
11. C
12. C
13. C
14. B
15. B

What's New

Activity 1: Fill Me Up

1. **MATERNAL AND CHILD CARE**
2. **DISEASE PREVENTION AND CONTROL**
3. **PERSONAL HEALTHCARE**
4. **COMMUNITY HEALTHCARE**
5. **NUTRITION**
6. **MENTAL HEALTHCARE**
7. **OCCUPATIONAL SAFETY**
8. **EMERGENCY MEDICAL SERVICES**
9. **DENTAL HEALTH**
10. **ENVIRONMENTAL HEALTHCARE**
- MANAGEMENT**

What's More

Activity 1. Exploring Health Careers

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

1. Addiction Counselor – Drug Prevention and Control
2. Barangay Health Worker - Community Healthcare
3. Health Inspector – Occupational Safety
4. Epidemiologist – Disease Prevention and Control
5. Social Worker – Health Education
6. Dental Hygienist – Dental Healthcare
7. Paramedics – Emergency Medical Services
8. Psychologist – Mental Healthcare
9. Dietitian - Nutrition
10. Practical Nurse – Personal Healthcare

Assessment 1: Complete Me!

Answers may vary

What's More

Activity 2: MatchBox

1. L
2. H
3. K
4. F
5. G
6. E
7. J
8. C
9. D
10. I
11. B
12. A

Assessment 2: A Friend in Need

Situation A

Self-Assessment (<i>Personality, skills, talents, abilities, hobbies, interests, strength and weaknesses</i>)	Health Career Pathway	Community Healthcare	Answers may vary	Answers may vary
	Career Exploration (<i>Career path that I am interested to pursue</i>)	Specific Health Career		
				<ul style="list-style-type: none"> • Kind and helpful • Excels in Science and Math • Excels in laboratory works • Volunteers in various civic activities • Enjoys participating in outreach programs

Situation B

Self-Assessment (<i>Personality, skills, talents, abilities, hobbies, interests, strength and weaknesses</i>)	Health Career Pathway	Emergency Medical Services	Answers may vary	Answers may vary
	Career Exploration (<i>Career path that I am interested to pursue</i>)	Specific Health Career		
				<ul style="list-style-type: none"> • Member of BSP • Energetic and dynamic • Loves playing volleyball and basketball • Excels in conducting first aid procedures • Always has his first aid kit • Can think under pressure

What's More
Activity 3: Getting Across with Health Careers

5D	I S E A S E A S E D E T E C T I V E												
E	E												
T	R A 6P					A R A M E D I C							
O	8N												
X	U												
S	7M		I A T R I C H I D W I F E										
3P	S Y C H I D W I F E												
E	I												
C	4D					E N T I S T							
I	L												
A	O												
V	R												
L	S												
S	I												
I	S												
Assessment 3: Answers may vary													
10A	I R P O L L U T I O N A N A L Y S T												

**ASSESSMENT
POSTTEST**

- 1. B
- 2. B
- 3. B
- 4. C
- 5. A
- 6. B
- 7. B
- 8. C
- 9. D
- 10. D
- 11. C
- 12. C
- 13. B
- 14. C
- 15. B

Additional Activity

Let's Make a Poster!

Newspaper Ads

Answers may vary

What I Can Do

Let's Explore!

A. Answers may vary

B. Answers may vary

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