

Homeroom Guidance

Quarter 1 – Module 1: Decoding the Secrets of Better Study Habits



Homeroom Guidance Self-learning Module – Grade 10

Quarter 1 Module 1: Decoding the Secrets of Better Study Habits
2020 Edition

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Secretary: Leonor Magtolis Briones
Undersecretary: Diosdado M. San Antonio
Assistant Secretary: Alma Ruby C. Torio

Development Team

Writer: Maria Laarni Carla C. Paranis, Mark Anthony V. Bercando

Illustrator: Daniel C. Tabinga, Jr.

Layout Artist: Jacqueline E. Libut

Management Team:

- Bureau of Curriculum Development: Jocelyn DR. Andaya, *Director IV*, Ma. Isabel A. Victorino, *CSDD Chief*, Mark Anthony V. Bercando, *Supervising EPS*, Jona Kristen Valdez, Melynda Andres, *Senior EPS*
- Bureau of Learning Resources

Homeroom Guidance Grade 10

Quarter 1 – Module 1:

Decoding the Secrets of Better Study Habits



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-directed 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 Pag-uugali (*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 Kagawaran ang inyong suporta 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.

Ito ay naglalayong paunlarin ang mga gawi at pamamaraan sa pag-aaral. Lubhang mahalaga ang modyul na ito lalo sa panahon ngayon ng pandemya kung saan gagamit ng alternatibong pamamaraan sa pagkatuto ang mga kabataan ng hindi nangangailangan ng pisikal na presensya sa paaralan. Mahalagang patatagin ang magagandang gawi ng mag-aaral gayundin ang mga isinasagawa niyang pamamaraan sa pag-aaral. Inaanyayahan po ang mga miyembro ng pamilya na makilahok sa mga gawain sa modyul na ito na nangangailangan ng inyong partisipasyon tulad na lamang ng mga naobserbahan ninyong gawi mag-aaral. Hikayatin ang ibang mga anak na makilahok sa gawaing nabanggit. Mangyaring tulungan ang mag-aaral upang maisagawa ang mga itinakdang gawain para sa modyul na ito. Siguraduhing may magagamit siyang kagamitan. Isa rin itong magandang pagkakataon upang magkaroon ng interaksyon ang mga miyembro ng pamilya. Ang inyong suporta at paggabay ay napakalaking bagay. Tiyakin na sasagutin ng mag-aaral ang bawat bahagi ng modyul at siguraduhing maipapasa sa gurong-tagapayo ang natapos na mga gawain.

Introductory Message

For the learner:

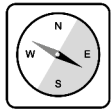
As a responsible learner, it is of utmost importance that you check on your study habits. To ensure your success in your studies, you should develop effective study habits and overcome distractions that might affect your focus on learning. It is also important to be always reminded that you are not just studying to get higher grades, but most importantly, to acquire competencies that will help you achieve your life and career goals in the future.

Work on the tasks seriously and seek help if you believe you need to. Embark on this journey of developing effective study habits and achieve optimum learning in school!

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



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



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



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



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

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



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

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

MODULE

1

DECODING THE SECRETS OF BETTER STUDY HABITS



Learning Objectives

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

1. describe the importance of developing study habits;
2. justify the value of study habits designed as a tool in achieving optimum learning in school; and
3. realize your effective and ineffective study habits.

Suggested Total Time Allotment: 60 minutes

Materials needed:

- Me and My Study Habits Sheet
- Homeroom Guidance Notebook
- Pen and paper



Introduction

This is your last year in Junior High School and by now, you can already observe how you have been studying for the past three years. You have already developed certain patterns to accomplish the school tasks and requirements including your exams, projects, paper works and many more. This module entails you to check how you have been doing your study habits and classify them as effective and ineffective based on your own experiences and practices. Let's start our journey!



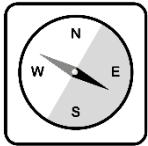
Let's Try This

Suggested Time Allotment: 15 Minutes

Recall and write a situation where you were so happy, proud and satisfied with your school performance. It can be a high rating for a well-done project, wonderful performance task, group work or even a high score in exams in the previous grade levels or quarters. Try to remember your feelings, reactions and if there were simple celebrations or acts of joy you had. Try to capture that moment as you write it on a piece of paper to be followed by your answers to the processing questions.

Processing Questions:

1. How did you feel after the activity?
2. What made the situation possible?
3. What specific things or actions did you do to be in that moment?



Let's Explore This

Suggested Time Allotment: 30 Minutes

Now, let us have another activity to help you further discover the importance of having a good study habits/methods. Our activity is entitled “Me and My Study Habits”.

There are ups and downs in a student’s life. There are times that you get your desired grades and there are times that you feel you’re not making it. In the past 9 or 10 years of schooling, try to reflect and write your personal study habits. Classify them as effective and ineffective based on your experiences. Make two columns on your piece of paper for your answers like the one shown below. Write also your answers to the processing questions after.

ME AND MY STUDY HABITS	
Effective Study Habits	Ineffective Study Habits
1.	
2.	
3.	
4.	
5.	
6.	
7.	

Processing Questions:

1. What were your considerations in classifying your study habits?
2. Do you still have those ineffective study habits with you today?

3. How do you intend to improve your effective study habits and overcome the ineffective ones?



Keep in Mind

Suggested Time Allotment: 15 Minutes

Break free from your Faulty Study Habits

Being a student for almost nine to ten years, you must have formed a habit of studying your lessons and accomplishing the school tasks to pass each grade level. Along the way, you got to test what works for you and what's not. It is important for you to be mindful of those patterns that bring you to your academic goals for the school year while try to get rid of those proven to be bad for your school performance. Hence, we want to bring to your attention the faulty study habits that you might still have in the hope of changing it with a helpful one.

1. **Studying for the sake of doing it.** When was the last time you asked yourself, "Why I am studying?" What do I intend to gain from it? Good grades? A good job later? Personal fulfillment? Or acceptance in college? You have to **clarify your intention or even your motivation** because if you cannot see the point in studying, it will only make it boring and tedious. If your intention is clear, then studying can be meaningful for you.

In times of crisis like the Covid-1 pandemic where you have to stay at home, you may find it difficult to study given the circumstances of doing household chores or being surrounded by siblings who are playing or watching television. Bear in mind that the only way to form a study habit in times of pandemic is to study, study, study in spite of temptations to play, watch television, storytelling, or getting busy with gadgets.

2. **Studying by impulse.** Have you experienced doing your homework, reviewing for an exam and doing your project without analyzing how they should be prioritized and scheduled? If so, then, you must have felt overwhelmed, stressed or anxious how to do it all at the same time. It may be a result of lack of careful planning and assessment of your tasks to do. It would help if you try to enumerate the things to do, rank them according to date of submissions or even the time needed to do it. You

may also account for other considerations to strategically sequence your activities. Keep in mind that the clearer your study plan is, the more chances of accomplishing it well without feeling too much anxiety.

3. Studying long but still unproductive. You need to be mindful what time of the day you're mind works well and very receptive to learn. Try to notice yourself when you are at your best reviewing and in doing your project, among other activities, while also considering the other things like physical set up, deadlines and health condition.

4. Organizing all requirements and tasks before you start doing them. As a Junior High School learner, you have a lot of subjects to take. Naturally, your teachers will give you assignments, projects, paper works, exams and many more. If you let those things pile up, you are creating a gigantic opponent that will soon knock you out. Once the tasks are given to you, include them in your calendar as part of your schedule on a particular day. In this way, you are doing it in piecemeal which prevents you from harboring fear of failing the subjects.

5. Dismissing things that you don't understand. There are times that teachers ask you, "Do you have any questions, class?" and everyone would say "None." The truth of the matter is, it's either they just want to end the lesson and do something else or they totally got the lessons. However, there are times that test scores say otherwise. Because you missed that opportunity to clarify or unlock your difficulty, it resulted in a failing score. You have to be particular on the things that you don't understand in a lesson and have the initiative to deal it with your teacher during or even after classes. Asking help from your high performing classmates would also facilitate your comprehension.

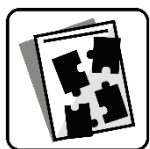
6. Having random notes and confusing learning space. Have you experienced writing notes on a random paper or notebook? It is definitely not a good practice for someone who wants their thoughts organized. It will give you difficulties to retrieve your lessons and add up to your tasks. Delegating a certain folder or notebook for each subject will make you segregate and organize the lessons well. It is also important to **take notes** of the modules/ learning kits as you read. Your notes will help you remember the good points you may need during examinations. Without notes, you

will need to re-read and review the entire modules before the test. Your notes will help you save time and easily recall the main points.

7. Having a crunch time for the exams the next day. You might have experienced trying to absorb all the lessons for a long test or even important performance task the next day. It's like you are getting food that are hard to chew. Making it tidbits by setting time to concentrate and focus on certain parts of the test coverage would make your life easier. It pays to be organized and disciplined in carrying out these things.

8. Multi-tasking while studying. It's typical nowadays for some learners like you to go online on social media, watch TV or even listen to music while studying. For some, they claim that it works for them but it actually prevents them from being 100% focused. Try to remove distractions from your study area and be mindful of what you're doing. You will get to appreciate the details, and even the areas for improvement if you are doing a school project or readings. You will also easily understand the concepts and ideas of the lessons if you turn off your TV, music, social media or anything that distracts you.

9. Repeating the ineffective study habits and mistakes. If you already know that certain actions or behavior do not help you to get good grades, why still do it in Grade 10? By now, you can project how the patterns of your action lead you to a certain result. You have to make use of those insights and avoid putting yourself in a problematic situation. Hence, the courage and willingness to break those ineffective study habits and upgrade the effective ones.



You can do it

Suggested Time Allotment: 15 Minutes

Based on the discussion, try to identify the ineffective or faulty study habits that you have and suggest ways on how you can change it that are doable on your part. Write your answers on a piece of paper.



What I have Learned

Suggested Time Allotment: 15 Minutes

Among the study habits that you have, write an experience where it proves to be effective in attaining your desired grade and how you can still improve it in Grade 10. Write your answer on a sheet of paper.



Share your Thoughts & Feelings

Suggested Time Allotment: 10 Minutes

On a short bond paper, draw a symbol that would remind you to become a better student this year. It could be something that will direct you to break the faulty study habits or gives you a motivation to pursue learning and finish your studies. Try to use coloring materials if available.

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For inquiries or feedback, please write or call:

Department of Education - Bureau of Learning Resources (DepEd-BLR)

Ground Floor, Bonifacio Bldg., DepEd Complex
Meralco Avenue, Pasig City, Philippines 1600

Telefax: (632) 8634-1072; 8634-1054; 8631-4985

Email Address: blr.lrqad@deped.gov.ph * blr.lrpd@deped.gov.ph