



### LEARNER'S PACKET NO. 1

#### QUARTER 1

#### PERSONAL DEVELOPMENT

Name: \_\_\_\_\_

Grade Level: 11/12

Date/Week: \_\_\_\_\_



#### I. Most Essential Learning Competencies



- Explain that knowing oneself can make a person accept his/her strengths and limitations and dealing with others better. (EsP-PD11/12KO-Ia-1.1)
- Share your unique characteristics, habits, and experiences. (EsP-PD11/12KO-Ia-1.2)



#### II. Overview



Socrates once said, "To know thyself is the beginning of wisdom." What does this quote mean? Knowing yourself is beyond knowing your favorites. It is a long-term process, and you may need to meet the world for you to find yourself.

When you know who you are and clearly understand what you want, you have a better chance of discovering how to reach your success, happiness, and personal fulfillment in life. How much do we know about ourselves? How does knowing oneself can make a person accept his/her strengths and limitations, and deal better with others?

## SELF

The self is a person who is unique from others. This uniqueness defines oneself as one of a kind which constitutes the individuality and identity of a person. It is from within that is shown through our behavior and actions.

## SELF-CONCEPT

Self-concept is an awareness of what we have in ourselves, how we perceive our behavior and our unique characteristics. As a global understanding of oneself, self-concept shapes and defines who we are, the decision we make, and the relationship we form.

Humanistic Psychologist, Carl Rogers (1959), as cited by McLeod (2014), believed that your self-concept comprises the three components:

1. **Self-image.** It is how you see yourself, like your physical characteristics, personality traits, and social roles.
2. **Self-esteem or self-worth.** It is how much you like, accept or value yourself, including how others see you, how you think you compare to others, and your role in society.

High self-esteem	Low self-esteem
<ul style="list-style-type: none"><li>● Confidence in our abilities</li><li>● Self-acceptance</li><li>● Not worrying about what others think</li><li>● Optimism</li></ul>	<ul style="list-style-type: none"><li>● Lack of confidence</li><li>● Want to be/look like someone else</li><li>● Always worrying what others might think</li><li>● Pessimism</li></ul>

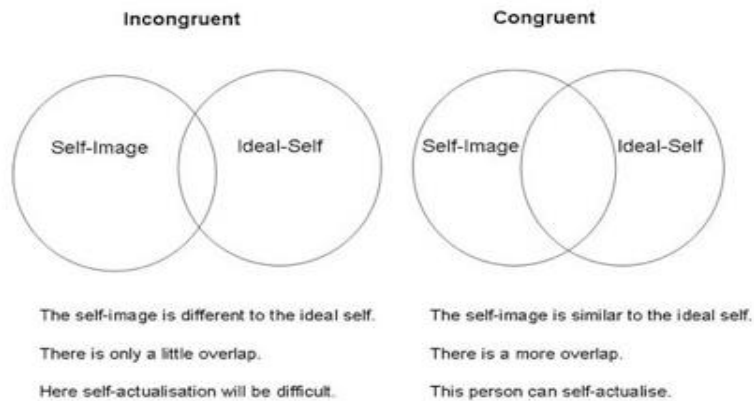
Source: McLeod, Saul. 2008. Self-Concept. Simply Psychology

We encounter positive feelings of high self-esteem when we are confident about our abilities and optimistic about the challenges that go along with them. We worry less about the opinions or criticisms of others. On the other hand, we experience negative feelings of low self-esteem when we believe that we are incompetent compared to others. We assume that we lack confidence, so we feel the need to imitate the lifestyle of others. With this thought in mind, we see the challenges as threats instead of opportunities to better ourselves

3. **Ideal self.** It is the person you wish you wanted to be. This includes your aspirations and dreams in life. Your ideal self varies when you are a kid and now that you are an adolescent. It can change once you reach the stage of youth.

Your actual experiences must be aligned with your ideal selves. If there is a discrepancy between the two, incongruence happens. Incongruence is an

inconsistency between what happens to your ideal self and your experience as a person.



### Roger's Concept on Incongruent and Congruent Self

Saul McLeod. 2014. Simply Psychology.

A state of congruence exists when a person's ideal self and actual self are similar. When your ideal self is to become an accountant in the future, as influenced by your parents, who are both Certified Public Accountants, and in real life, you are interested in the accounting field, this consistency between the ideal self and actual self is an example of a person experiencing a state of congruence. More so, congruence is nurtured when the children feel unconditional love from their parents and are accepted for who they are.

On the other hand, there will be incongruence when the person experiences a discrepancy between their self-concept and reality. When a person feels that what is happening in his or her life is not based on what he or she wants, he or she will create a distorted self-image that is far from reality just to compensate for the ideal self. For example, we are experiencing financial difficulty. With this, we need to cut down on our expenses. However, we see ourselves as someone well-off in life. And to deny the reality just to reflect our ideal self of being wealthy. This state of incongruence between the ideal self and the actual self has roots in childhood experience. Children who feel the conditional love of their parents are said to block out the experiences that are considered unacceptable to them.

Achieving congruence is necessary for a person to attain self-actualization. Being self-actualized means becoming a fully functioning individual capable of reaching his or her potential. Knowing oneself is important. It helps you to understand yourself, to know your weaknesses, to make good decisions, and to appreciate others.



III.

**ACTIVITY NO. 1. SELF-CHECK**

Directions: Based on what has been read, what is Self and Self-Concept? Write your answer on your answer sheet.

Self	Self-Concept

Commented [1]: Revised. Make it based from what they read

**ACTIVITY NO. 2. ESSAY**

Directions: Your task is to talk about your talents or skills creatively. Do this by following the steps below.

1. Give a brief introduction of yourself (name, age, family, address, and hobbies).
2. Showcase your talents or skills by answering the following questions:
  - 2.1. What are your brilliant talents or skills?
  - 2.2. Did your talents come out naturally, or did you work hard to develop them?
  - 2.3. Did your talents or skills give you opportunities in school and the community? Share how and in what way you were able to make use of them.
  - 2.4: How will you improve your limitations or weaknesses?
  - 2.5. End your essay with an inspiring quote about talents or skills.
3. Make sure your essay includes the three main parts: introduction, body, and conclusion.

### **ACTIVITY NO. 3: "ME" TREE**

Directions: Follow the instructions below. Perform this activity on a separate sheet of paper.

1. Draw a tree.
2. On its roots, write or draw symbols or paste pictures of all your strengths and talents or abilities. There should be one strength or talent per root.
3. On the branches, write, draw, or paste pictures of all your accomplishments and successes. one accomplishment for each branch.
4. Some roots and branches should be left empty so that new elements can be added as they happen in the future.
5. Lastly, write your name on the trunk of the "Me" tree.

### **ASSESSMENT**

Directions. Choose the best answer to the following questions/statements below. Write the chosen letter on a separate sheet of paper.

1. This refers to a person who is unique from others.
  - A. self
  - B. Ideal-self
  - C. Self-image
  - D. self-concept
2. It is an awareness of what we have in ourselves, how we perceive our behavior, and our unique characteristics.
  - A. Ideal-self
  - B. Self-image
  - C. Self-esteem
  - D. self-concept
3. Who is the Humanistic psychologist who believes that your self-concept comprises the three components?
  - A. Carl Rogers
  - B. Ivan Pavlov
  - C. B.F. Skinner
  - D. Abraham Maslow

4. The following are true about self-concept, EXCEPT:
- A. unique to the individual.
  - B. can be positive or negative.
  - C. remains the same over time.
  - D. has a powerful influence on one's life
5. The following are the keys to improve your performance, EXCEPT:
- A. fixed behavior.
  - B. being self-aware.
  - C. making the most of your strengths.
  - D. learning new skills and techniques.
6. Student A tells his friend about his negative characteristics. What component of self-concept does this statement best reflect?
- A. Ideal self
  - B. other self
  - C. Self-image
  - D. self-esteem
7. Student B wanted to be a good and well-respected person. What part of self-concept is described in the statement?
- A. Ideal self
  - B. other self
  - C. Self-image
  - D. self-esteem
8. What do you call when a person's ideal self and experience are not consistent?
- A. congruent
  - B. Incongruent
  - C. Consistent
  - D. inconsistent
9. Which of the following situations **BEST** portrays when your self-concept is seeking for change?
- I. You are too shy, but you decided to socialize with people.
  - II. You attended a networking event, and you decided to communicate with people you never spoke to before.
  - III. You are going to a party, and you decide to dress drastically different from the way people have seen you before.
  - IV. You stayed home for the past three college summers, but suddenly decided to do a study abroad program for your final year.
- A. II                      B. I, II                      C. I, III, IV                      D. I, II, III, IV

10. Why is it important for you to know and understand yourself during middle and late adolescence?

- A. Knowing and understanding oneself makes someone feel important.
- B. Knowing and understanding oneself can make someone better in doing something.
- C. Knowing and understanding oneself is important because it would help someone improve his/her talent and skills in drawing.
- D. Knowing and understanding oneself can make you accept his/her strengths, limitation, and ability to deal with other people, and can help someone value oneself.



**Rubric for Scoring**



IV.

**I. RUBRIC FOR ESSAY**

CRITERIA	5	4	3	2	1
<b>Content</b>	The student presented five factual arguments about the topic.	The student presented four factual arguments about the topic.	The student presented three factual arguments about the topic.	The student presented two factual arguments about the topic.	The student presented one factual argument about the topic.
<b>Grammar and Mechanics</b>	Zero – two errors in grammar and mechanics	Three – five errors in grammar and mechanics	Six - eight errors in grammar and mechanics	Nine - eleven errors in grammar and mechanics	Twelve or more errors in grammar and mechanics



V.

**ACTIVITY NO. 1. SELF-CHECK**

Self	Self-Concept
Self is a person who is unique from others. This uniqueness defines oneself.	Self-concept is an awareness of what we have in ourselves, however we perceive our behavior and our unique characteristics. As a global understanding of oneself, self-concept shapes and defines who we are, the decision we make, and the relationship we form.

**ACTIVITY NO. 2. ESSAY**

Answers may vary.

**ACTIVITY NO. 3. "ME" TREE**

Answers may vary.

**ASSESSMENT**

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



VI.

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