GE 1 –UNDERSTANDING THE SELF

(INTRODUCTION)

Living in this world I know myself as a unique individual shape by my experience, values and aspiration. At the same time, I could be a person who finds fulfillment in connection, supporting those you care about and fostering meaningful relationship.

I like have interest that excite and challenge me, whether they are intellectual, creative and physical. These pursuits contribute to my sense of purpose and help define who am I. My strength and weakness, like everyone’s. How my navigate likes challenges says a lot about my resilience and determination. Whether I see myself as a dreamer, my journey is personal and evolving.

Finding purpose in life is a deeply personal journey that varies for end individual. It often involves exploring one’s passions, values and goals while seeking meaningful connection’s with other and contributing to something larger than oneself.

PSYCHOLOGICAL PROFILE

PHYSICAL DEVELOPMENT

1. Physical Appearance

1.Facial Features

* Shape: Round
* Eyes: Small, color(black)
* Nose: Pointed Nose
* Lips: Thin
* Skin: Fair

2.Hair

* + Type: Straight
  + Length: Short
  + Color: Black

3.Body type

* Height: Tall
* Build: Slim

1. Physical Abilities

* I can perform stage through acting, singing, and dance
* I can play volleyball

1. Health Status/Concern
   * 1. Physical Condition
   * Vertigo

2. Mental Health Concerns

* Stress management

3. Lifestyle-related Concern

* + Smoke sometimes
  + Drink alcohol occasionally

1. Recommendation for Improvement

1. Diet and Nutrition

* Balanced Diet- I include fruits and vegetable
* Stay Hydrated- I drink atleast 8-10 glasses of water daily
* Limit Process Foods- I avoid excessive sugar, salt and trans fats

2. Exercise and Fitness

* + Regular Exercise- Aim for 150 minutes of moderate exercise
  + Stretching and Flexibility- I practice stretching exercise to prevent injuries

3. Stress Management

* Practice relaxation techniques- I use meditation and deep breathing
* Set priorities-I focus on tasks that truly matter
* Take Breaks- I step away from stressful situations periodically

4. Social Connection

* Build relationship- I spend time with friends and family
* Seek support- I don’t hesitate to ask for help
* Join communities- I participate in clubs and group activities

COGNITIVE DEVELOPMENT

A.I.Q LEVEL (based on test taken)

My I.Q level represents my cognitive abilities. Regardless of my I.Q level, consistent learning, skill-building and practical application of knowledge are essential for personal and professional growth.

B.Academic Achievements

* Elementary- 2nd honorable mention
* High School- 12th place

C.Learning/Study Technique

* I organize my study space and I choose a quiet, distraction-free and I teach what I learn, explaining concepts to my friends.

D.Recommendation for Improvement

* I clearly describe and be specific the one I want to improve and my desired outcome. I ask for feedback also and seek advice from people I trust and who have expertise in the relevant area.

SOCIAL AND EMOTIONAL DEVELOPMENT

A.Emotional Intelligence (based on test taken)

* Self-awareness- I understand my own thoughts, behaviors and how my impact to others.
* Managing Emotion- I manage emotion well in most situation by identify common emotional triggers and plan strategies to handle them(deep breathing or positive reframing).
* Motivating Oneself- Likely adept at staying focused, resilient and driven toward goals. I share my motivational techniques with peers or colleagues.
* Empathy- I am empathetic in many situations but may struggle with consistency or certain types of people. So I practice active listening by focusing on what others say without interrupting or judging.
* Social Skills- I generally comfortable in social situation but may struggle in specific contexts like handling conflict or initiating conversations.

B.Relationship With Others

* Father- Often provides emotional and financial support, ensuring my basic needs are met. His serve as integrity, responsibility and perseverance.
* Mother- Provides unconditional love, care and emotional support. She is the one who guide me through life’s challenges by offering wisdom and encouragement.
* Sibling- He’s my friend, sharing experiences and creating lasting memories. His provide companionship, fun and laughter during both good and challenging times.
* Friends- They provide me a safe space to share my thoughts, feelings and experience. They offer comfort, understanding and encouragement during challenging times.
* Teachers- They provide me with the tools to understand various subject and develop critical thinking. They help me acquire the knowledge needed for academic success and life skills.

C.Membership In Club

* ECODE
* PEER-FACILITATOR

SPIRITUAL/RELIGION

* As a Born Again Christian my religion often provides a community or spiritual group where I can connect with like-minded people. This sense of community fosters connection, support and a shared experience.

PERSONALITY (Based on test taken)

“The Big 5 Personality Test”

* A.Openness- I explore new ideas gradually, starting areas where I feel comfortable.
* B.Consciousness- I tend to balance responsibility with flexibility. I reasonably organized but might not be as driven or detail-focused.
* C.Extraversion- I typically outgoing, sociable and enjoy being the center of attention. I tend to thrive in social setting, often feeling energized by interactions with others.
* D.Agreeableness- I generally cooperative but may also assert my own opinions and stand up for myself when necessary. I can strike a balance between being kind and being firm.
* E.Negative Emotionally- I tend to remain calm and composed in stressful or challenging situation.

MOTIVATION AND COPING MECHANISMS

* A.Routines- I practice mindfulness and deep breathing. I take a few minutes each day to focus on my breath, body and present surroundings because mindfulness helps me reduce anxiety and increase emotional awareness.
* B.Short-term goal- I build a routine that keeps me focused and ensures consistent progress toward my short-term goal.
* C.Long-term goal- By identifying my significant long-term aspirations such as career advancement, academic success, personal growth or achieving a major milestone.
* D.Difficulties/Obstacle- Putting off tasks, even though I know they need to be done is a major challenge for maintaining motivation.
* E.Action Plan/Coping Strategies- I use time management. Sometimes, the hardest part is starting. Commit to just doing a small part of the task and often you’ll continue working beyond the initial effort.