



“Your journey to excellence starts here...”

## MIDTERM PERSONAL DEVELOPMENT 11

**DURATION: 40 MINUTES**

**Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**Name of Learner:** Talingdan Rogelio Gio C.  
(Last Name, First Name Middle Name)

\_\_\_\_\_  
Parents'/Guardian's Signature

**Grade Level & Section:** \_\_\_\_\_

**Teacher:** \_\_\_\_\_

### General Directions:

- This is a 60– item test, read each directions written in every type of test,
- Answer this test in 40 minutes.
- Follow the test decorum.

### Test I. Multiple Choice

Directions: Choose the best possible answer on each item.

*Cheating gives you perfect score, BUT Honesty will lead you to progress and Good Conscience.*

1. He proposed the theory wherein he argues that human behavior is the result of the interactions among three component parts of the mind: the id, ego, and superego. **B**
  - a. Erik Erikson
  - b. Sigmund Freud
  - c. Howard Gardner
  - d. Jean Piaget
2. He coined the term “Psychosocial Development” not to repudiate Psychosexual Theory but to offer new views about Child development. **A**
  - a. Erik Erikson
  - b. Sigmund Freud
  - c. Howard Gardner
  - d. Jean Piaget
3. It believes that life was built round tension and pleasure. Freud also believed that all tension was due to the build-up of libido (sexual energy) and that all pleasure came from its discharge. **B**
  - a. Psychosocial Theory
  - b. Psychosexual Theory
  - c. Psychoanalytic Theory
  - d. Scaffolding Theory
4. It is believes that personality develops in a predetermined order through eight stages of psychosocial development, from infancy to adulthood. **A**
  - a. Psychosocial Theory
  - b. Psychoanalytic Theory
  - c. Psychology
  - d. Scaffolding Theory
5. It is the psychosocial stage wherein individual’s productivity is gauge by his contributions to his family and to society. **C**
  - a. Stage 4
  - b. Stage 5
  - c. Stage 6
  - d. Stage 7
6. It is a harmonious element of Psychosocial Development. **B**
  - a. Asymptomatic
  - b. Symptomatic
  - c. Syntonic
  - d. Dystonic

7. It is a disruptive element of Psychosocial Development. **D**
  - a. Asymptomatic
  - b. Symptomatic
  - c. Syntonic
  - d. Dystonic
8. It takes place according to epigenetic principle, which states that a person's development is predetermined. **B**
  - a. Development
  - b. Growth
  - c. Growth and Development
  - d. Personal development
9. It is a continuous process through which physical, emotional and intellectual changes occur **C**
  - a. Development
  - b. Growth
  - c. Growth and Development
  - d. Personal development
10. It is the development of the organized pattern of behaviors and attitudes that makes a person distinctive. **A**
  - a. Development
  - b. Growth
  - c. Growth and Development
  - d. Personal development

## **Test II. Enumeration:**

Directions: Enumerate the following:

1-8. Stages of Human Development in Chronological order.

1. Infancy
2. Early Childhood
3. Middle Childhood
4. Late Childhood
5. Adolescents
6. Late Adolescents
7. Early Adulthood
8. Adulthood

9-11. Three phases of Prenatal Development

9. Early Childhood/Early Childhood
10. Middle childhood/Adolecents
11. Late Childhood/Adulthood

12-15. Give at least four (4) physical changes during adolescent period.

11. height
12. facial appearance
13. quality of skin and hair
14. Drastic Weight gain

Test III. Identification

Directions: Identify the Aspects of Self. Refer to the box below.

Emotional self Physical Self <del>Drastic self</del> Nutritional self Interactional self Intellectual self	Spiritual self <del>Self-concept</del> Sensual self Metaphysical self Contextual self
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1. It includes the description of your height, facial appearance and quality of skin, hair and description if body areas such as neck, chest, waist, legs etc. **Physical Self**
2. An assessment of how well you reason and solve problems, your capacity to learn, & create, your general amount of knowledge, wisdom you have acquired & insights you have. **Intellectual self**
3. Includes typical feelings you have, feelings you seldom have, feelings you try to avoid, feelings you especially enjoy, feelings from the past and present & feelings which are associated with each other. **Emotional Self**
4. It includes what do you use most-sight, hearing, smelling, touching? How do you feel about diff. ways you take in information- through the eyes, ears, mouth, nose & skin? **Sensual self**
5. It is the description of your strengths & weaknesses in intimate relationships and relationships to friends, family, classmates and strangers in social settings. Describe the strength & weaknesses w/c your friends & family have noticed. **Interactional self**
6. How do you nourish yourself? What foods do you like & dislike? What do you like and dislike about these? **Nutritional self**
7. Descriptors could be in the areas of maintenance of living environment: reaction to light, temperature, space, weather, sound and seasons and your impact on the environment. **Contextual self**
8. This could include your feelings about yourself and organized religion, reaction about spiritual connections to others, spiritual dev. & though of metaphysical self. **Spiritual self**
9. Represented by several aspects of self. A collection of multiple, context-dependent selves. **Self - Concept**
10. Drastic changes in moods. **Drastic self**

Test IV. Modified True or False

Directions: Write TF if the first statement is True and the second statement is False, and Write TT if both statements is True. For two points.

1. Infancy Oral-sensory is first stage is infancy, is approximately the first year or year and a half of life. The goal is to develop trust without completely eliminating the capacity for mistrust **TT**
2. Oral stage (0-1 year) the main erogenous zone is focused in a child’s mouth. For example, thumb sucking, nail-biting and finger-chewing. **TT**
3. Oedipus and Electra complexes are the imperative parts of Phallic stage. It the stage where the erogenous zone is the Genitals. **TF**
4. During Latency there is no further improvement that happens, the drive is lethargic. This is the last part of Freud’s psychosexual development. **TF**
5. Charisma the main concept of child’s rear-ends and the kid is now delighted in pooing. The kid is presently and completely mindful that they are a man in their own desires. **TT**

### Test V. Short-answered Essay.

Five points each.

**1. How do you handle stress?**

Stress is just psychological situation in our mind that we've made up because of lack of organization of self with tremendous emotional Inputs and Outputs. I simply handling it with clear mindset first, even I am very in perilous situation I still make my mind clear first before taking an action because you can't just make decision with tremendous emotion backing you up, all the action that you will make without clear mind is making a decision with emotional factor than logical factor. Having a clear mind also help you to know what to do and calm yourself, with this, you clearly can make clear decision and help you to caught up with stress and emotion.

**2. How mindful are you in dealing, peer pressure, family problems and studies?**

Just like I mention earlier in this essay, you need clear mind and also have a better management of your emotion, stress and problem. *peer pressure, family problems and studies* these are pretty apparent in the adolescent. Anyone has different kind of coping but must needed of each and everyone that dealing this problem is **Clear mind and Proper Management of Emotion**

**3. Does knowing yourself important? Why? Why not?**

It is important because of it will guide you to find your identity and also help you in decision making and your role in the society

**4. How do you perceive yourself, ten years from now?**

From what I can see. I might have a proper and stable life with little problems yet I can overcome it learn from it and doesn't any presumption and disdain.

*Take this test with confidence, scores will never be the measurement of your intelligence and will never be the parameter of your journey to better future.*

▪ *Your Teacher*

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