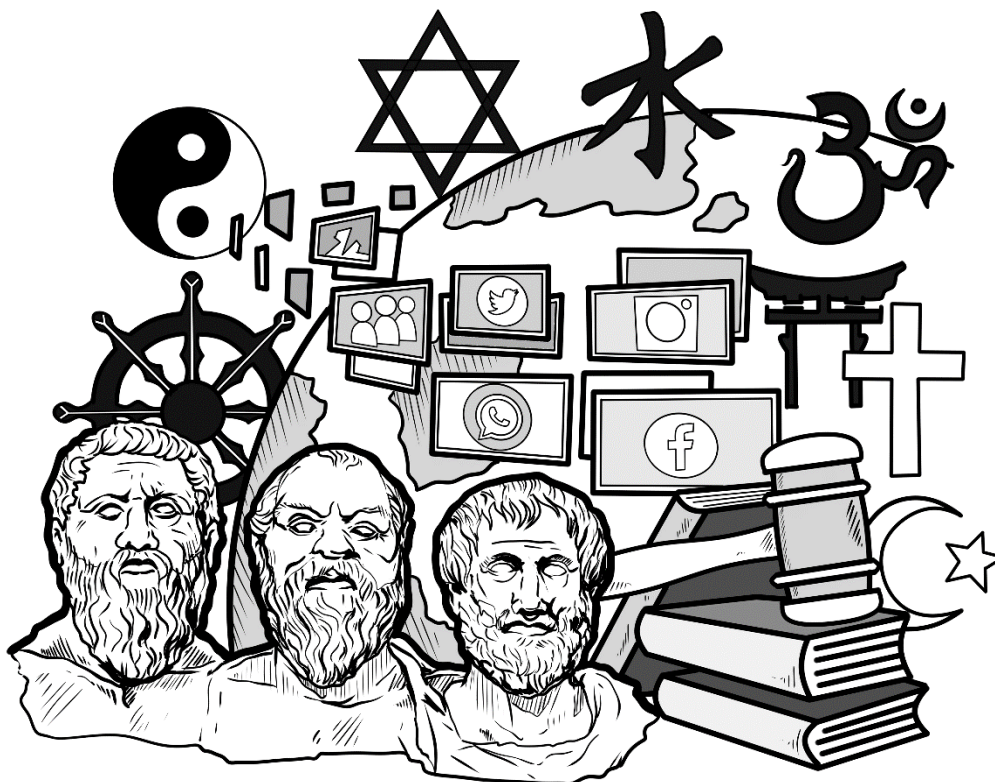


Disciplines and Ideas in Applied Social Sciences

DIVISION ARALING PANLIPUNAN TOOLS (DAPAT)

First Quarter - Lesson 1

Differentiating Social Sciences and Applied Sciences Goals, Scope and Principles of Counseling



Social Sciences – Grade 12
Division Araling Panlipunan Tools (DAPAT)
Disciplines and Ideas in Applied Social Sciences
First Edition, 2020

Published in the Philippines
by the Department of Education
Schools Division of Iloilo
Luna St., La Paz, Iloilo City

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Foreword

Welcome to Senior High School Social Sciences, Grade 12.

The **Division Araling Panlipunan Tools (DAPAT)** was co-authored, designed, developed and reviewed by educators from the Department of Education, Schools Division of Iloilo. This is done to guide you, and the teachers who will be teaching the subject to help the student achieve the standards set by the K to 12 Curriculum.

The purpose of the **Division Araling Panlipunan Tools (DAPAT)** is to guide students in independent learning activities according to their ability, speed and time. It also aims to help the students to develop and achieve lifelong skills with consideration to their needs and circumstances.

For the learning facilitator:

The **Division Araling Panlipunan Tools (DAPAT)** was created to meet the current needs of students in the country. To effectively assist the teachers, make sure it is clear to the students how to study or answer the activities in this material.

For students:

The **Division Araling Panlipunan Tools (DAPAT)** was created in response to your need. Its main purpose is to help you with your studies while you are not in the classroom. In this way you will have the freedom to study the entertaining activities contained in this material. Read and understand the instructions.

The following are important notes in using this module:

1. Use the module with caution. Do not mark any part of the module with any marks or letters. **Use a separate sheet of paper to answer the exercises.**
2. Don't forget to answer the Test before moving on to the other activities in the module.
3. Read the instructions carefully before doing each exercise.
4. Observe honesty and integrity in carrying out tasks and in correcting answers.
5. Finish the current task before going to another exercise.
6. Please return this module to your teacher or facilitator when you have completed all the exercises.

If you find it difficult to answer the tasks in this module, do not hesitate to consult your teacher or facilitator. You can also ask for help from mother or father, or your elder sibling or any of your housemates who are older than you. Always instill in your mind that you are not alone.

We hope that through this module, you will experience meaningful learning and gain deeper understanding of relevant competencies. You can do it!



INTRODUCTION

Social Sciences is a branch of science which is broad in scope. It can be said to be the key to all forms of knowledge that you can acquire. The field of history, anthropology, geography economics and political science are only a few among the many fields of social science. The concepts that are learned from this fields are not contained in books but rather can be applied in the society around us.

Thus, this module will help you realize the presence of social science in your day to day life and the community. The module also focuses on one of the major fields of applied social science which is counseling.



YOUR TARGET

At the end of the module, you should be able to:

- clarify the relationships and differences between social sciences and applied Social Science (HUMSS_DIASS 12-Ia-1);
- identify the goals and scope of counseling (HUMSS_DIASS 12-Ia-2); and
- explain the principles of counseling HUMSS_DIASS 12-Ib-5.



CHECK YOUR KNOWLEDGE

Let us start the lesson by checking on your prior knowledge.

Directions: Identify the word that is being described by the statements below.
Choose the correct answer from the box. Write your answers on a separate sheet of paper.

Empathy	Social Work
Anthropology	Listening Skills
Demography	Improving Relationship
Reorientation	Facilitate Client Potential
Communication	Applied Social Sciences

1. Deals with the study of human culture in the past and the present.
2. Helps individuals, families, groups, and communities to improve their individual and collective well-being.
3. Requires counselor to listen and understand in the perspective of the client.
4. Counselors attempt to understand both the content and the client's problem.
5. Begins to bring out the best in the person.
6. Strives to make an individual more sociable by developing his/her interpersonal skills.
7. Applies the theories, concepts, and models of Social Science disciplines to help understand society and its different problems and issues.
8. Studies the increase of human population.
9. Involves change in client's emotional self through a change in basic goal and aspirations.
10. Provides adequate training for careers in the field of journalism and mass communication.

Social Sciences and Applied Social Sciences



LEARN THIS

Can you distinguish social sciences from applied social sciences?

Task 1.

Directions: Identify the concepts/words/terms that you could associate with social sciences and applied social sciences. Write your answer on a piece of paper.

Social Sciences	Applied Social Sciences

Task 2.

Directions: Unscramble the letters to decode the different goals of counseling. Write your answer on a piece of paper.

1.

H	E	B	O	R	I	A	V		G	E	N	A	C	H
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2.

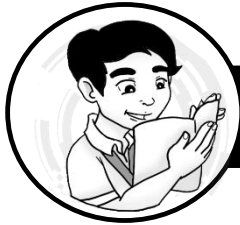
L	I	C	E	T	A	F	A	T	I		S	C	T	L	N	I	E		S	P	L	O	A	T	I	E	T	N
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3.

E	E	N	N	H	A	C		G	C	N	O	I	P		S	S	K	L	I	L
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4.

I	G	M	N	P	I	R	V	O		R	S	E	P	L	I	A	H	T	S	I	N	O
---	---	---	---	---	---	---	---	---	--	---	---	---	---	---	---	---	---	---	---	---	---	---



DISCOVER

Task 3.

Directions: Analyze the pictures below. Answer the questions on a separate sheet of paper.



Photos by Cheelyn Tabares

1. What are the common problems that arise among these people?
2. In what way a counselor can help them in facing their problems?



REMEMBER

Social Sciences

Social Sciences refers to the study of the society and the manner in which people behave and influence the world around. The primary goal of Social Sciences is to answer questions and problems pertaining to the society and how to improve the human condition.

As a body of scientific knowledge, the social sciences provide diverse set of lenses that helps understand and explain the different facets of human society.

As a discipline, it studies social phenomenon particularly the human society, human behavior and the interpersonal relationships of people within the community.

BASIC/PURE DISCIPLINES OF SOCIAL SCIENCES		
1. Anthropology	4. History	7. Psychology
2. Economics	5. Linguistics	8. Sociology
3. Geography	6. Political Science	9. Demographics

Anthropology. The science that deals with the study of the human culture in the past and the present times.

Economics. The study of allocation of scarce resources to satisfy basic needs for goods and services.

Geography. It is the study of interaction between people and their environments.

History. The science that deals with the study of past event to understand the meaning, dynamics and relationship of the cause and effect of the events in the development of societies.

Linguistics. The scientific study of language and its structure.

Political Science. It primarily studies human behavior in relation to political systems, governments, laws, and international relations.

Psychology. The study on how the human mind works in consonance with the body to produce thoughts that lead to individual actions.

Sociology. A systematic study of people's behavior in groups.

Demography. The scientific study of human populations across time.

Applied Social Sciences

Applied Social Sciences is a study that uses the knowledge-based theories, principles, and methods of interdisciplinary disciplines of basic social science to understand the society and help address or solve a social problem or practical problem in society.

As a branch of study, it applies the different concepts, theoretical models, and theories of the social science disciplines to help understand society and the different problems and issues. It is utilized to provide alternative solutions to the diverse problem of the society.

Social Sciences vs. Applied Social Sciences

Social Sciences	Applied Social Sciences
The subject of the study is more focused on the different views of phenomenon found in the society.	The insights that arises from various Social Sciences disciplines.
Applied Social Sciences is ACHIEVED when the theories, methods, concepts, and findings of Social Sciences is APPLIED.	

Tracks of Applied Social Sciences

1. Counseling	<p>Empowers diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals.</p> <p>Involves helping people make needed changes in ways of thinking, feeling, and behaving.</p> <p>Provides guidance, help, and support to individuals who are distraught by a diverse set of problems in their lives.</p>
2. Social Work	<p>Focuses on social change, problem-solving in human relations, and empowerment and liberation of people to enhance social justice.</p> <p>Helps individuals, families, and groups, communities to improve their individual and collective well-being.</p>
3. Communication	<p>Focuses on how human use verbal and nonverbal messages to create meaning in various contexts across cultures using variety of channels and media.</p> <p>Provides adequate training for careers in the field of journalism and mass communication.</p>

Goals and Scope of Counseling

Every individual has its own perception of what can be expected of counseling. Those who prepare themselves as counselors and those who seek counseling including parents, teachers, school administrators, and government agencies, differs in their expectations of the counseling experience.

Below are the goals of counseling:

1. **Facilitating Behavior Change.** The goal of counseling is to bring about change in behavior that will enable the client to be more productive as they define their role within society's limitations. Behavior change is a necessary result of the counseling process.

2. **Facilitating Client Potential.** Counseling seeks to maximize an individual's freedom by giving him/her control over their environment while analyzing responsiveness and reaction to the environment. Example: Counselors will work to help people learn how to overcome excessive substance use and to better take care of their bodies.

3. **Enhancing Coping Skills.** Tough and difficult times are part of the growing up process. Society imposes expectations can result to problems on our developmental task. An inconsistent development can cause ineffective behavior patterns as the child grows older. As the individual incurs anxiety and difficulties, a counselor can help him cope with what he feels. Through counseling he can overcome his feeling and become an effective individual again.

4. **Improving Relationships.** There are individuals who have difficulty in dealing with others. Some of them are shy while others are anxious and tend to have interpersonal problem due to poor self-image. Moreover, inadequate social skills cause individuals to act defensively in relationships. These behaviors are observed in the family, peer, and marital relationship. The counselor could help the client improve the quality of their lives by developing more effective interpersonal relationships.

5. **Promoting Decision-Making.** The goal of counseling is to enable the individual to make critical decisions regarding alternative courses of action without outside influence. Counseling will help individuals obtain information and to clarify emotional concerns that may interfere with or be related to the decisions involved. These individuals will acquire an understanding of their abilities and interests. They will also come to identify emotions and attitudes that could influence their choices and decisions.

The scope of counseling includes:

1. Individual Counseling
2. Marital and Pre-Marital Counseling
3. Family Counseling

Principles of Counseling

The principles of counseling can be found in its basic process such as: developing trust, exploring problem areas, helping set goals, empowering into action, helping to maintain change, and agreeing when to end (Velleman 2001).

Counselors are to set aside their value system in order to empathize with their clients. It is effective when it is performed with clear objectives that includes:

1. Advice. Counseling may involve advice giving as one of the several functions that counselors perform. When this is done, the requirement is that a counselor makes judgment about a counselee's problem and lays out options for a course of action. Advice giving has to avoid breeding a relationship in which the counselee feels inferior and emotionally dependent on the counselor.

2. Reassurance. Is a way of giving clients courage to face a problem or confidence that they are pursuing a suitable course of action. Reassurance is a valuable principle because it can bring out a sense of relief that may empower a client to function normally again.

3. Release of Emotional Tension. It provides clients the opportunity to get emotional release from their pent-up frustrations and other personal issues. They become more relaxed and tend to become more coherent and rational.

4. Clarified Thinking. It tends to take place while the counselor and counselee are talking and therefore becomes a logical emotional release. As this relationship goes on, other self-empowering results may take place. Clarified thinking encourages a client to accept responsibility for problems and to be more realistic in solving them.

5. Reorientation. It involves a change in the client's emotional self through a change in basic goals and aspirations. This requires a revision of the client's level of aspiration to bring it more in line with actual and realistic attainment. It enables clients to recognize and accept their own limitations. The counselor's job is to recognize those in need of reorientation and facilitate appropriate interventions.

6. Listening Skills. Listening attentively to clients is the counselor's attempt to understand both the content of the client's problem as they see it, and the emotions they are experiencing related to the problem. Good listening helps counselors to understand the concerns being presented.

7. Respect. In all circumstances, clients must be treated with respect, no matter how peculiar, strange, disturbed, weird, or utterly different from the counselor. Without this basic element, successful counseling is impossible.

8. Empathy and Positive Regard. Carl Rogers combined empathy and positive regard as two principles that should go along with respect and effective listening skills. Empathy requires the counselor to listen and understand the feelings and perspective of the client and positive regard is an aspect of respect.

9. Clarification, Confrontation, and Interpretation. Clarification is an attempt by the counselor to restate what the client is either saying or feeling, so the client may learn something or understand the issue better. Confrontation and interpretation are other more advanced principles used by counsellors in their interventions.

10. Transference and Countertransference. When clients are helped to understand transference reactions, they are empowered to gain understanding of important aspects of their emotional life. While countertransference helps both clients and counsellors to understand the emotional and perceptual reactions and how to effectively manage them.



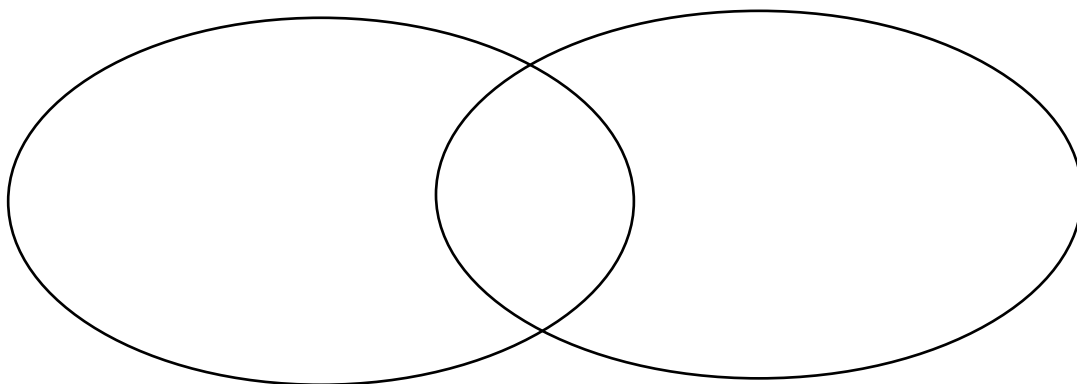
YOUR LEARNINGS

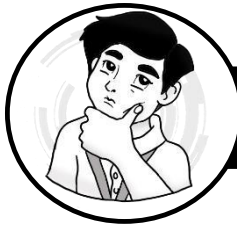
Task 4.

Directions: Using the Venn diagram, list down the things that you have learned about the Social Sciences and the Applied Social Sciences. On the overlapping part of the Venn diagram, write also the things that made Social Sciences and Applied Social Sciences related or similar with each other. Write your answers on a piece of paper.

SOCIAL SCIENCES

APPLIED SOCIAL SCIENCES





THINK AND REFLECT

Every topic is meaningful if you look at it beyond its context. Reflect as you perform the activity. Write your answers on a separate sheet of paper.

3 THINGS THAT I LEARNED TODAY

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TEST YOUR KNOWLEDGE

Let us see how far you have gone in this lesson. Please take the assessment below to test your knowledge.

Task 5: Lessons Learned

Directions: Answer the following questions. Write your answers in a separate sheet of paper.

1. How is Social Sciences related with Applied Social Sciences?
2. Identify four benefits of counseling? Explain your answer.

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ANSWER KEY

Check your Knowledge

- | | |
|----------------------------------|----------------------------|
| 1. Anthropology | 6. Improving relationships |
| 2. Social Work | 7. Applied Social Sciences |
| 3. Empathy | 8. Demography |
| 4. Listening Skill | 9. Reorientation |
| 5. Facilitate client's potential | 10. Communication |

Learn This

Task 1. Answers may vary

Task 2.

- | | |
|----------------------------------|----------------------------|
| 1. Behavior Change | 3. Enhance Coping Skills |
| 2. Facilitate Clients Potentials | 4. Improving Relationships |

Discover

Task 3. Answers may vary

Your Learnings

Task 4. Answers may vary

Test your Knowledge

Task 5. Answers may vary

RUBRIC FOR ESSAY WRITING				
Features	4 Expert	3 Accomplished	2 Capable	1 Beginner
Content	The answer contains new information.	The answer is somewhat informative without new inputs.	The answer is limited to the ones found in the discussion.	The answer is incomplete.
Organization	The thoughts are well organized.	The thoughts are organized.	The thoughts are poorly organized	The thoughts are disorganized.
Grammar, Usage and Mechanics	There are no spelling, punctuation and grammatical errors.	There are few spelling, punctuation and grammatical errors.	There are many spelling, punctuation and grammatical errors.	There are many spelling, punctuation and grammatical errors that interfere with the thought of the essay.

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