

MAPEH

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Section: Hawking

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COMP 1 - ACT 2

I. True or False. Write the word True if the statement is correct and False if incorrect. Write the answer on the space provided before the number.

- True 1. In choosing your career, you have to take into consideration your values and needs.
- False 2. Demanding a big salary is very important once you are starting your chosen career profession.
- True 3. Consultation with the parents is a must in choosing your career.
- True 4. It is important to understand your skills, knowledge and personal qualities so that you can match them to jobs you would like to do.
- False 5. In choosing a career, the ability to formulate a plan will be a waste of time.
- True 6. Having a career plan gives you a much-needed direction and makes it clear where you see yourself in the future.
- True 7. Always consider your career options and identify which available roles fit your interests.
- False 8. Take the advice of your peers/friends in choosing your career path.
- False 9. Having a career same as your friends will lead you to an assured successful life.
- True 10. Setting goals and planning will ensure that you will reach your career destination.

COMP 1 ACT 3

Answer the following questions as honestly as you can. Your responses will give you an idea of your personal career plan.

CAREER PLAN		
Name: <u>Hugo P. Molina</u> Grade: <u>10</u>	Age: <u>16</u>	Sex: <u>Male</u>
1. What two (2) careers interest you the most? <u>Programming and Engineering</u>		
2. What factors influenced your choice? <u>My friends, family and my interest</u>		
3. Does any health care careers interest you? If yes, what is it? <u>Psychologist</u> If NO, why not? <u>I would be a psychologist, but I am way more interested in becoming a programmer.</u>		
4. List your personal values skills, and interests that will match with your chosen career. a. Values: <u>I am good at typing (100wpm+), I am good at controlling my computer, I am very interested in programming and I don't think there's any other career for me. I am also learning under someone who is an expert on programming as well as computer in general.</u>		

REFLECTION

Check the appropriate box that corresponds to your experiences

	Learning outcomes	Always	Sometimes	Never
1	I think of my future all the time.		/	
2	I let my friends/peers influence my career.		/	
3	I let my parents decide on my course/career.		/	
4	I let destiny choose for my career.	/		
5	I encouraged my classmate to have the same job/ career someday.			/

6	I consulted my boyfriend/girlfriend about my career.			/
7	I think of my career as my stepping stone to a brighter future.	/		
8	I appreciate my parents for giving me advice in terms of my career decisions.	/		

COMP 2 ACT 3

Answer the following questions as honestly as you can. Your responses will give you an idea of your personal career plan.

MY HEALTH CAREER PLAN

My Career Goal/s

SELF- ASSESSMENT

What are my skills and interests?

I am good at typing (100wpm+) and I have knowledge about the human psychology.

CAREER EXPLORATION

What health careers do I want to explore?

If I would ever want to be a doctor, I would be most interested in becoming a psychologist.

What will I do to explore the different health careers?

I would research different health careers via the internet to learn more about those said careers.

DECISION MAKING

What health career will I choose based on my skills and interests?

Psychologist.

What do I need to consider?

I need to consider whether or not I want to pursue a health career, I also need to take into consideration what my current skills are.

My Plan of Action

What will I do to meet my goal/s?

I would need to learn about the career that I want to choose. I also need enthusiasm to be able to keep myself motivated. And most importantly, I need to work hard and smart as well as to not give up.

REFLECTION

Check the appropriate box that corresponds to your experiences

	Learning outcomes	Always	Sometimes	Never
1	I think career challenges are part of professional growth.	/		
2	I am confident that I can choose the career that I want in life.	/		
3	I envision my future career.	/		
4	I easily give up in terms of rejections.		/	
5	I enjoy working with groups.		/	
6	I analyze things carefully and analytically.	/		
7	I prefer to work independently.	/		
8	I am able to maintain a positive attitude despite the frustrations of a job search.	/		

COMP 3 ACT 1

Multiple choice. Choose the letter of the correct answer that corresponds to the different sample allied health career pathways. Write the letter of your answer on the space provided before the number.

a 1. Environmental noise control

- a. Community healthcare
- b. Mental healthcare
- c. Environmental healthcare
- d. Dental healthcare

a 2. Midwifery

- a. maternal healthcare
- b. personal healthcare
- c. community healthcare
- d. health education

c 3. Rural sanitary inspection

- a. nutrition
- b. occupational safety

c. community healthcare

d. dental healthcare

c 4. Paramedic

a. mental healthcare

b. occupational safety

c. emergency medical services

d. health education

b 5. Guidance Counseling

a. Community health care

b. Mental healthcare

c. Environmental health care

d. occupational safety

c 6. Public health Nutrition

a. health education

b. community healthcare

c. nutrition

d. occupational safety

c 7. Drug Enforcement

a. community healthcare

b. dental health

c. drug prevention and control

d. mental health

d 8. Education and Research

a. community healthcare

b. nutrition

c. occupational safety

d. health education

c 9. Psychiatry

a. community health care

b. health education

c. mental healthcare

d. environmental health care

d 10. Industrial Hygienist

a. health education

b. nutrition

c. community healthcare

d. educational safety

COMP 4 ACT 3

Choose ONE activity. Put a check on the space opposite your chosen activity. Submit your output through messenger in video presentation, song composition, picture collage and an oslo paper for the poster activity.

1. /	Create a poster that will promote your health career choice.
2.	Make a video presentation about your health Career choice.
3.	Compose a song about choosing a health career.
4.	Create a picture collage of your chosen health career.

