

Homeroom Guidance

Quarter 1 – Module 2:

Conquering the Clouds of Challenges



Homeroom Guidance Self-learning Module – Grade 9

Quarter 1 Module 2: Conquering the Clouds of Challenges

2020 Edition

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Homeroom Guidance Grade 9

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Gabay sa Magulang/Tagapag-alaga

Isinulat ang modyul na ito upang gabayan ang mag-aaral na maging mapanuri sa mga pagsubok na kaniyang naranasan at kung paano niya pinagtagumpayan ang mga ito nang may tatag, sigla at saya. Pag-aaralan din sa modyul na ito ang mga epekto ng iba't ibang epektibong gawi sa pag-aaral o *study habits*. Dinisenyo ito para sa *distance learning* o alternatibong pamamaraan ng pagkatuto na hindi nangangailangan ng pisikal na presensya sa paaralan, bilang tugon sa direktiba na pagkansela ng *face-to-face class* dulot ng pandemyang Covid-19.

Maaaring may mga pagkakataon na hihingiin ng mag-aaral ang inyong patnubay sa pagsunod sa mga tagubilin, pagsagot sa mga tanong sa bawat bahagi ng mga gawain at maging sa pagkakaroon ng mga kakailanganing materyales base sa nakatakdang gawain. Hinihiling ng Kagawaran ang inyong suporta upang matagumpay niyang maisakatuparan ang mga gawain. Makatutulong ang araling ito upang hubugin ang kaniyang kabutihan na tanggapin ang pagkakaiba-iba ng bawat tao sa katangian, kakayahan, damdamin at pananaw. Tiyakin na sasagutin niya ang bawat bahagi ng modyul nang tapat.

Kinakailangan din ang long folder na magsisilbing *portfolio* ng mag-aaral sa Homeroom Guidance. Dito isisilid lahat ng gawaing natapos sa bawat bahagi ng modyul. Tiyaking ito maipapasa ito sa petsa at oras na itinakda ng kanyang gurong-tagapayo.

Introductory Message

For the learner:

As part of examining your life while trying to adjust to the new normal, it is important to evaluate your strength and weaknesses. Doing so will help you with the adjustments that you will need for the next stage of your life. This can help you understand the things that happen around you and to effectively deal with different challenges.

Work on the tasks seriously; seek help if you believe you need to. Remember, in life there are things that you cannot control. There will be negative events that will challenge your positive dispositions. However, do not be disheartened: you have the means on how to overcome it – you have that in you! Embark on this journey of overcoming your weaknesses and optimizing your strengths to attain your better version.

This self-learning module has six interactive tasks such as:

Let's Try This – which will help you to get ready to learn;

Let's Explore This – which will guide you towards what you need to learn;

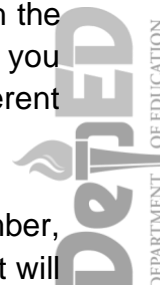
Keep in Mind – which will give you the lessons that you need to learn and understand;

You Can Do It – which will help you apply the lessons learned in daily activities;

What I Have learned – which will test and evaluate your learning.

Share Your Thoughts and Feelings – which will help you express your thoughts, opinions and feelings.

Make sure to read, think, follow, and enjoy every task that you are asked to do. Have fun! Stay safe and healthy!



MODULE 2

CONQUERING THE CLOUDS OF CHALLENGES



Learning Objectives

At the end of the learning session, you are expected to:

1. identify the different challenges encountered in dealing with school activities and how these challenges were dealt positively;
2. compare the pros and cons in utilizing the various study habits; and
3. share insights on performing daily tasks in school.

Period: *Week 2*

Suggested Total Time Allotment: *60 Minutes*

Materials Needed: Clean sheets of paper/bond papers & pen or pencil



Let's Review

Suggested Time Allotment: 1 Minute

From your past module, you learned about the different learning styles and how these can affect your study habits. In addition, you were able to assess your study skills and identify those that are needed for the effective facilitation of learning. You were also able to gain insights about the different ways on how you can strengthen effective study habits.



Introduction



“Clouds come floating into my life, no longer to carry rain or usher storm, but to add color to my sunset sky.” – *Rabindranath Tagore*

Understanding your limitations inside and outside the school is just as important as looking into other aspects, like life experiences, social economic status, lifestyle, values, and beliefs. All of these can influence your achievement of life goals. These life goals are great motivational factors for you to keep going and be inspired in being the best, especially when unexpected life setbacks happen, such as the current Covid-19 pandemic.

Indeed, continuing to focus on your studies is one of the best foundations that you can build. Specifically, consider the advantages and disadvantages of using effective study habits as your guide to develop routines—things that you can do on a regular basis which can help you achieve academic success. As a learner, you constantly face several things that demand your time for school or family. But knowing your priorities or what is important in life will guide you to do what is best.

In this module, you can learn how to be a strong-minded individual who knows how to manage activities and time well and who can share effective study habits which will be helpful to lifelong learning.



Let's Try This

Suggested Time Allotment: 5 Minutes

How Do I Study?

1. Identify the possible challenges of a learner in each picture.
2. Write your answers on a clean piece of paper to be followed by your answers to the processing questions.





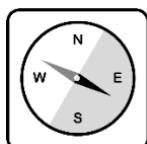
3.



4

Processing Questions:

1. What is the most challenging situation for you in the pictures?
2. Among the challenges presented, where can you relate the most? Why?
3. How do you overcome and deal with it positively?



Let's Explore This

Suggested Time Allotment: 15 Minutes

The Clouds of One's Life

Pick the different challenges written in the clouds that you have encountered or are facing right now. Then, copy the table below on a sheet of paper/bond paper and write your answers including your answers to the processing questions.

Difficulty in understanding a subject

Need to take care of younger siblings while studying

Lack of conducive space for learning

Procrastination or lack of motivation to study

Not enough food for family everyday

Struggling to adjust in distance-learning

Distracted by a lot of things at home (TV, house chores, social media, online games, etc.)

The Cloud of One's Life Worksheet

Name: _____ Date: _____

Grade & Section: _____

Challenges met in school	Factors or reasons in experiencing challenges	What are the actions to do to still have a good study habit?
Example: Not enough food for family everyday	My parents are jobless	Look for opportunities to earn while considering my safety, and allot time to focus on my schoolwork.
1.		
2.		
3.		
4.		
5.		
6.		
7.		

Processing Questions:

1. What do you feel when you recall those challenges?
2. How different or similar are the study habits in various challenges?
3. How do you look at these challenges in relation to your academic success?



Keep in Mind

Suggested Time Allotment: 10 Minutes



Challenges are normal occurrences in life. No single person can say that he or she has never encountered a challenge. From the time you were born as a baby, you struggled to crawl, to walk and to talk. As a toddler, you struggled to contain your

tantrums when you did not get what you wanted. As you added years in your life, you began to notice that the challenges you experienced became more varied, complex and difficult than before.

This health crisis situation that we are experiencing is a challenge in itself. We sometimes struggle to remember and apply all the necessary health and safety protocols from authorities. We struggle to avoid going to places if it is not necessary. We struggle to find safe ways to keep in touch with family, friends and loved ones while observing physical distancing. Even the learning setup is a challenge not only for you but for your classmates, parents, family members, teachers, and friends, as well.

Thus, everyone experiences challenges even before COVID-19. Could you imagine a life without challenges? A life where you don't have to overcome any challenge at all? Regardless of its kind, we must constantly equip ourselves with ways on how we can rise above these challenges and deal with it positively. We have to develop effective study habits for the attainment of exemplary performance not only in school but in life later on.

Below are the suggested strategies or ways to help you achieve academic success:

- S - Set your academic goal for this school year.
- T - Track your development through daily and weekly study plan.
- R - Recognize the need for help or assistance from your parents, teachers and other adults in relation to your academic needs.
- A - Accomplish your learning tasks ahead of time.
- T - Thoroughly check the quality, quantity and presentation of your outputs before submission.
- E - Exercise efficiency in the use of time, materials and efforts in achieving academic goal.
- G - Gather all possible resources from books and other resources in order to have better understanding of the topic in your classes.
- Y - Yearn to perform better and remember your motivation, study skills and study habits.

Likewise, as much as possible learn to avoid the following:

- W - Wasting time or doing irrelevant activities while having classes like playing online games, chatting, watching movies or TV series and daydreaming
- A - Allowing peers to dictate your plans and actions
- S – Stressing yourself to the point that you cannot function well
- T – Thoughts that are negative like difficulty of the subject, chance of failure and inability to learn new lessons
- E – Exhibiting unhealthy behavior (e.g. poor sleeping habits, excessive use of gadgets, not taking time to relax)

Keep in mind that the strategies discussed above cannot be mastered overnight. All study habits which are proven effective and efficient take time, hard work and practice. Whenever you take it upon yourself to apply the strategies seriously, you will begin to see that the challenges you encounter within and outside the school setting are not as overwhelming or discouraging as before. Navigating life, with or without the presence of a crisis situation such as the Covid-19, becomes more manageable if you are familiar with the strategies or ways that will lead you towards academic success.

For adolescent learners like you, some of the most needed study habits in your age group are time management, note-taking, managing distractions, doing advance readings and of course listening attentively, even if face-to-face classes for now are temporarily not being conducted. While it is ideal to practice every single effective study habit, all learners have preferential study habits depending on their learning styles and personal circumstances.

Similarly, avoiding unhelpful routines that hinder a learner from academic success also takes practice. It takes a lot of determination, focus and self-control to nurture your ability to say “no” to distractions and unnecessary activities, especially now that you do a lot of studying by yourself because of the pandemic.

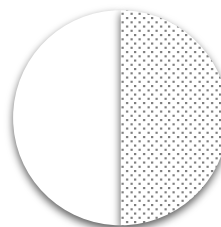


You Can Do It!

Suggested Time Allotment: 10 Minutes

1. Copy the illustration of a pie below on a clean sheet of paper/bond paper.
2. List down your expectations before the start of School Year 2020-2021 as well as the things that happened during the first month of classes.

My Story Pie



☛ Things that Happened During the First Month of Classes

My Expectations Before the Start of School Year 2020-2021



What I Have Learned

Suggested Time Allotment: 9 Minutes

Sentence Completion

On a clean sheet of paper/bond paper, complete each sentence below by writing the best phrase that applies. Select your answers from the boxes.

good study habits	self-esteem	take a deep breath	activities
cramming	goals	focus	group study

- _____, relax and do not put extreme, unnecessary pressure on yourself during your lessons.
- One way of having good study habits is to avoid _____. It is better to review your notes ahead of time and study slowly but surely in a span of days than study everything in one go.
- Set specific _____ that you can integrate in your routine. Consistency is one way of having good study habits.
- Having _____ can be of immense help to students in acquiring knowledge and skills.
- Good study habits also boost _____ especially during exams and tests.
- Some people learn better when they join a _____.
- Each study session has its own _____. These may come in many forms such as memorizing vocabulary, solving problems or reading a whole chapter.
- When you are surrounded with distractions such as noise and social media, you tend to lose _____ which can interfere in your study time.



Share Your Thoughts and Feelings

Suggested Time Allotment: 10 Minutes

Study Habits: Pros (+) and Cons (-)

- Copy the following table on a clean sheet of paper/bond paper.
- Write the pros (advantage) and cons (disadvantage) and your insight/s for each listed study habit.

Study Habit	Pros	Cons	Insight
1. Time management			
2. Note-taking			
3. Managing distractions			
4. Doing advance readings			
5. Listening attentively			

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ANSWERS to What I Have Learned:

- (1) Take a deep breath, (2) Cramming, (3) Goals, (4) Good study habits,
(5) Self-esteem, (6) Group study, (7) Activities, (8), Focus

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References

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Acido, M., (2010). *High School Students' Reasoning Skills and Their Study Habits and Attitude Towards Learning*, *Alipato: A Journal of Basic Education*, Vol. 4 Available at <http://journals.upd.edu.ph/index.php/ali/article/viewFile/1769/1685>

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