

Angeles City Science High School
Homeroom Guidance 10

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Section: 10-Hawking



Let's Try This

Suggested Time Allotment: 5 Minutes

Today, your activity is something more personal. In a clean sheet of paper, copy and fill out the table below. List down on the first column five (5) feelings that you have towards this pandemic and on the second column, write down five (5) personal experiences during this pandemic and on the third column, ways to prevent you and others from getting the virus. And answer the processing questions below.

“MY PANDEMIC EXPERIENCE”

My Feeling Towards the Pandemic	My Personal Experiences during this pandemic	My little ways to prevent me and others from getting infected by the COVID-19 virus
Optimistic	I tried out new things that I have never done before. New skills that I can learn while we're on our home. New experience that have great benefits.	We always use alcohol whenever we go to outside and go back home.
Sad	Lockdown prevented us from going outside and we can't go outside to do our jobs and go to school.	Whenever we go to a public place where there is a lot of people. We use face shields.
Angry	To top it all off, Russia declared a war against Ukraine which made oil	I tried to avoid touching things such as the elevator handle, windows, screen

	prices and other resources more expensive than it already is because of the pandemic.	door, etc. that might be already touched by a person that has COVID-19.
Happy	Most of the time, me and my family are not together back when face-to-face was a thing. The COVID-19 pandemic made it so that we are always together and are happy.	We try to avoid going into places that have a higher count of COVID-19 patients or affected by it.
Horried	The economy is slowly going down, not just in our country, but also in other countries. This made products much more expensive and stocks going down.	We always use face mask whenever we are going outside, no matter how far or how close the destination is.

Processing Questions:

1. What did you feel after doing this activity?

I felt like the pandemic is not as bad as we thought it was going to be. Yes, there has been a lot of deaths and suffering from this but there are some positives like being close to our family, spending our time learning new things and skills.

2. What is the importance of following ways to prevent the spread of COVID 19 virus?

Just like what I said in the table above, some of the ways that we can prevent the spread of coronavirus is try not to go outside too much, wear facemask when we are going to go outside, put alcohol and thoroughly wash your hands with it after you go outside, and lastly, avoid touching things in the public such as elevator handle, screen doors, and etc., because it might spread the virus if you or other people has it.



Let's Explore This

Suggested Time Allotment: 20 minutes

Activity 1:

You are to read the case story below and answer the guide questions thereafter. Each case story is given 10 minutes, internalize and jot down your answers in a clean sheet of paper.

Case 1:

You, Roel, Michelle and Athena have been friends and classmates since Grade 7. However, now that we are in a pandemic, classes have been changed to modular or online classes. You have not seen each other anymore. But one day, Roel learned from his mother that Michelle was sick with COVID 19 and all her family is in the isolation facility to be treated. After 14 days Michelle was already healed together with her family. However, Athena upon learning that Michelle got sick of the COVID 19 would no longer chat to Michelle due to her fear that Michelle and her family may still be a carrier of the virus.

Processing Questions:

1. What are your thoughts after reading the story? The experience of Michelle and his family was brutal but thankfully they survived. The aftermath though is not good for Michelle, as Athena doesn't want to chat with her anymore.
2. Have you encountered such an issue now that we are in the pandemic? If yes, how did you react to such situation? Not really, I did not yet experience this issue to one of my friends.
3. What do you think is the best thing to do? I think the best thing to do is for Michelle to talk to Athena through social media and sort things out. Avoiding communication with one of your friends is heart breaking and is bad for your relationship.
4. What actions should be done to resolve such issue? All of them should talk together and try to convince Athena to communicate with Michelle through social media. It's going to be rough but it's much better than avoiding communicating with one of your friends.

Case 2:

This pandemic, classes have been changed to modular, blended, or online classes. Peter is a consistent academic awardee, an active student leader. However, now that he is enrolled in a modular class. He finds it difficult to submit his modules because he is hooked on playing online games on his mobile phone now that he is just at home. In effect, his academic performance for the First Quarter lowered compared to his previous grades.

Processing Questions:

1. What is the significance of prioritizing things in resolving issues? Prioritizing things that you have responsibility with is important for time management. Prioritizing important tasks will make it so that you don't rush and struggle later down the line.
2. What actions should you take to be able to be successful and achieve your dreams? Do your school tasks that are important and high priority tasks. After that, you can take a day off and play video games but still do your responsibilities in your home.
3. What is the lesson of the story? Do your responsibilities in school, home, and society, but don't forget to take a break from time to time.



You Can Do It!

Suggested Time Allotment: 5 Minutes

Directions:

1. Together with your parent or parents or guardian practice the proper handwashing and wearing of mask as a daily routine.



What I Have Learned

Suggested Time Allotment: 15 Minutes

In a clean sheet of paper make a poster or infographics on the Ways to prevent the spread of Covid – 19. You may be creative as you want and can use coloring materials, a necessary.





Share Your Thoughts and Feelings

Time Allotment: 10 Minutes

Directions: In a clean sheet of paper, answer the following questions: The pandemic has brought a lot of challenges in our lives. These difficulties may be in a form of scholastic or academic problems, relationship issues, family concerns and the like. In a clean sheet of paper, copy and fill out the table below.

Issue/Concern	How did you manage to resolve the issue or concern? (cite examples on effective ways in responding to these concerns)
Too much exposure on your screen	I take break for 10 min for every hour. Within this 10 min, I am able to drink water, go to restroom, walk, and talk to family members. Keep in mind, you shouldn't use your phone at this time.
Rushing and struggling in doing the modules	Better time management with prioritizing things, setting a deadline for each tasks, and taking a day off from time to time without worrying about the modules.

