

Angeles City Science High School
MAPEH 10

Name: Paul Gerald D. Pare

Section: 10-Hawking

Let Us Remember (Tandaan mo)

Activity No 2

I. True or False. Write the word 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 person 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 designation.

Let us Appreciate (Isapuso Mo)

Activity No 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 developed my interest of programming into a skill and passion. With this, I have a deep understanding of human psychology and their logic.

Career Exploration

What health careers do I want to explore?

I would like to be a psychologist. What will I do to explore the different health careers?

I will try to research more stuff about human psychology as this will improve my knowledge. If I ever want to pursue this career path, I would go into internship to gain experience to feel what it's like to be a psychologist.

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 the salary, job security, and if I really want to pursue it.

My Plan of Action

What will I do to meet my goal/s?

I would need to pursue this career path but I have already pursue mine to software engineering. If that career path didn't worked out, I would have to pursue this path.

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.	/		

Let Us Practice (Pagsanayan Mo)

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 provide 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. communitiy healthcare | d. health education |

C 3. Rural sanitary inspection

- | | |
|--------------------------|------------------------|
| a. maternal healthcare | b. personal healthcare |
| c. communitiy healthcare | d. health education |

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 healthcare
- b. health education
- c. mental healthcare
- d. environmental health care

D_10. Industrial Hygienist

- a. health education
- b. nutrition
- c. community healthcare
- d. education safety

Let Us Appreciate (Isapuso Mo)

Activity No. 3. Differentiated Instrutions. (Performance Task)

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.

