

EXERCISE 3.1.1A Me, Myself, and SocietyName: Alaric S. Espina Section: A17

Instructions: Using the worksheet below, define what thoughts, beliefs, values, habits, and other behavior (both positive and negative) you have acquired by filling in the spaces in the table. You may also use a separate sheet.

	Group/ Institution/Event	Beliefs/Values/ Behavior (BVB)	Your BVB
Microsystem	1. MAPUA	1. Teamwork	1. Cooperation
	2. Family	2. Meek	2. Curiosity
	3. San Lorenzo Ruiz Parish	3. Pride	3. Humility
Mesosystem	1. Barangay Culiati	1. Awareness	1. Be aware but not aggressive
	2. PTA - SHS	2. Always be happy	2. Be happy despite the sad times
	3. Neighbors	3. Dependency	3. Learn to stand on your own
Exosystem	1. Solimar Company	1. Money - Oriented	1. Money can buy but not solve anything
	2. ABS Roadworks	2. Care for your workers	2. Rest is a must for all workers
	3. BIR	3. Obey the Law	3. The Law must be helpful to the man
Macrosystem	1. Philippines	1. Serve your country	1. Help yourself before others
	2. PhilHealth	2. Corruption	2. Transparency
	3. Robotics Community	3. Innovation is a need for development	3. We must not sacrifice our environment for technology
Chronosystem	1. Elementary Graduation	1. Sacrifice is a must for progress	1. Not everything must be sacrificed
	2. Senior High Graduation	2. Work smart not hard	2. Perseverance is important for any way
	3. Junior High Graduation	3. Number of friends is only a number	3. Quality of friends should be prioritized

EXERCISE 3.1.1B Me, Myself, and SocietyName: Alario S. Espino Section: A17**Process Questions:**

1. What beliefs, values, and behaviors do you consider to be helpful to your social self? Why?

The belief of karma, that whatever you do to someone would come back to you at least 3x better or worse. It gives me the idea that if I do something bad to someone it would also come back to me as something terrible. I also believe in the idea that people have an innate tendency to do good, that despite what happens they would choose to do something good over evil. It gives me the idea to respect people no matter their background. It also helps me understand more what I would do if I were in their shoes.

2. What beliefs, values, and behaviors do you consider as detrimental to your social self? Why?

My behavior of quick thinking is not really that helpful. Yes it is helpful for situations where reflexes or sticky situations is needed. But this could also lead to hasty judgements and these hasty judgements could affect how we see a person. The belief that there is an innate

Ability for one person to do good over evil can also be detrimental in a sense that we generalize people to only do good despite already on a long history of bad activities and fail to think for justice on the things they do.

3. What new insights about your social self do you have at this point?

A New Insight that I learned about my social self is the impact of society and your environment. The environment you grow on contributes greatly to how you would grow up. Having a toxic environment where there isn't really anyone listening to what you say would make you a very quiet person. Having a community that constantly raises dire problems without being given long term solutions would inspire you to become the problem solver. Another insight that I have learned would be the impact of culture to the social self. Having a commonly accepted culture within a group would force an individual to adapt into these cultures in order to join the group.

EXERCISE 3.2.1A MSM – My Social MediaName: Alvin S. Espina Section: X17

Instructions: Open any of your social media accounts. Review your posts and screen capture those that you think show benign and toxic online disinhibitions. Why do you think they are benign or toxic? Use the table below for your answers.

Posts	Benign	Toxic	Explanation
Happy Birthday Greetings Acknowledgment	/		It was a post to thank all that greeted me on my birthday
Stets (Sketch) Picture	/		A picture of my sketch in senior high school
Statistics & Probability Meme	/		A meme before our final defense in senior high school
Changing my DP for a campaign	/		A change in DP to support a business by classmates
Tournament News	/		News regarding postponing of a Robotics Tournament
Christmas Party with fellow MAS	/		Pictures of Christmas Party with Ministry of Altos senes
Simbang Gabi Pictures	/		Pictures of Simbang Gabi with family
Championship PRO pictures	/		Pictures when we won the Philippine Roster Olympiad
Competition WRO pictures	/		Pictures when we competed on World Robotics Olympiad
Christmas Party Pictures	/		Pictures on Christmas Party with my section on Grade 12

EXERCISE 3.2.1B MSM – My Social Media

Name: Alaric S. Espiña Section: ALT

Instructions: Take a look at the things you post on your social media accounts and answer the following questions.

Processing questions:

1. Based on the things you post, what can you say about your online persona?

I do not really post alot of things online, most of the things I post there were only for requirements. I guess its showing that it's not different with my personality offline. I believe that its not really a necessity to post on social media since if we want to say something to someone we must message them and not tag them or namecall them on post.

2. How do you feel about your posts?

It feels nostalgic, since most of my posts were only about requirements it reminds me about the stress I felt. It also reminded me that there was actually a time that I thought of such concepts. It also feels satisfying that these posts which are just memories of achievement and completing hard requirements.

3. Have you ever been involved in social media conflicts? If yes, explain how, and if no, explain your general feeling toward social media conflicts.

No I haven't been to any social media

conflicts and for me it is just a very immature way of actually solving a problem.

For me if you wanna solve a problem you should meet up in real life and talk about it. Solving a problem by name calling them on social media and exposing some private information, which only makes it worse, would open other problems and endanger other people

4. What can you do to avoid social media conflicts in the future?

In order to avoid possible social media conflicts I think the most important thing to remember would be to think twice about things. Thinking twice or even more about things give us chances to understand the opposing opinion more and try to avoid conflict. It is possible that sometimes we would fail to understand the true sense of the opposing opinion therefore we must try and seek help from others. In doing so it is important not to pressure the person to become biased to your own opinion.

EXERCISE 3.3.1 Wants and Needs, Utility and Significance, Signifier and Signified

 Name: Alanic S. Espina Section: A17

Instructions: List down at least 10 material things that you possess. Indicate whether they are wants or needs. Write their utility and significance.

Material Things	Wants/ Needs	Utility	Significance
Laptop	Need	For Academic Purposes	Without this I couldn't attend online session
cellphone	Want	For communication Purposes	Given to me by my parents and something I must take care of
Guitar	Want	For Entertainment Purposes	It is what I spend most of my free time on
Robot Kit	Want	For Entertainment Purposes	It is what I played on while I was on Senior High School
desktop	Want	For Gaming Purposes & Video Editing	This is where I spend a lot of time on especially when stressed
Soccerball	Want	For Entertainment & Healthy life	It was a gift given by my teacher on STS
Basket ball	Want	For Entertainment & Healthy life	This was the first sport I played
TV	Need	For Entertainment & Information	It is the only place I know for good reliable information
Cassack & Surplice	Need	Needed when serving on the church	It is what I used for a long time & has sentimental value
Router	Need	Needed to provide a stronger connection of internet	This is what I use everyday, to aid in classes