



Republic of the Philippines
SULTAN KUDARAT STATE UNIVERSITY
Isulan, Sultan Kudarat
College of Industrial Technology
2nd Semester S.Y. 2024-2025



GEC 004

UNDERSTANDING THE SELF

2nd Semester
School Year 2024 – 2025

Prepared by:

AMY A. ARMADA, MAT

UNIVERSITY OBJECTIVES

A trailblazer in arts, science and technology in the region.

UNIVERSITY MISSION

The University shall primarily provide advances instruction and professional training in science and technology, agriculture, fisheries, education and other related field of study. It shall undertake research and extension services, and provide leadership in its area of specialization.

UNIVERSITY GOAL

To produce graduates with excellence and dignity in arts, science and technology.

- a. Enhance competency development, commitment, professionalism, unity and true spirit of service for public accountability, transparency and delivery of quality services;
- b. Provide relevant programs and professional trainings that will respond to the development needs of the region;
- c. Strengthen local and international collaborations and partnerships for borderless programs;
- d. Develop research culture among faculty and students;
- e. Develop and promote environmentally-sound and market-driven knowledge and technologies at par with international standards;
- f. Promote research-based information and technologies sustainable development;
- g. Enhance resource generation and mobilization to sustain financial viability of the university.

Program Objectives and its Relationship to University Objectives:

PROGRAM OBJECTIVES (PO)	UNIVERSITY OBJECTIVES						
	a	b	c	d	e	f	g
A graduate of Bachelor of Science in Information Systems can:							
a. Design and implement business information system.	/	/			/	/	/
b. Perform theoretical and practical skills in innovating latest technology in computing.	/	/	/	/	/	/	/
c. Design industry-based services and technology that will promote advancement and development to the community.	/	/	/	/	/	/	/
d. Demonstrate the code of conduct as well as the social and legal aspects of information system.	/	/			/		

1. Course Code: GEC 004

2. Course Title: Understanding the Self/ Pag Unawa sa Sarili

3. Pre- Requisite: None

4. Credits: 3

5. Course Description:

This course introduces the student on the nature of self, as well as the factors and forces that affect the development and maintenance of personal identity. Further, this facilitates the exploration of the concerns and issues of the young students regarding self and identity to arrive at a better understanding of themselves.

6. Course Learning Outcomes and Relationships to Program Objectives

COURSE LEARNING OUTCOMES	PROGRAM OBJECTIVES			
	a	b	c	d
At the end of the semester, the students shall be able to:				
a. Understand the construct of the self from various disciplinal perspectives which are philosophy, sociology, anthropology, and psychology.			/	/
b. Explores the various aspects of self and identity such as the physical or biological, sexual, material or economic, digital, political and spiritual self.			/	/
c. Demonstrate critical, reflective though in integrating the various aspects of self and identity.			/	/
d. Understand the theoretical underpinnings for how to manage and care for the different aspects if the self.			/	/
e. Acquire and hone new skills and learnings for better managing of one's self and behaviors.			/	/

7. Course Content

Course Objectives, Topics, Time Allotment	Desired Student Learning Outcomes	Outcomes – Based Assessment (OBA) Activities	Evidence of Outcomes	Course Learning Outcomes	Program Objectives	Values Integration
Topic 1: SKSU VMGO, Classroom Policies, Course Overview, Course Requirements, Grading System (1 hour)						
1.1. Discuss the VMGO of the University, classroom policies, and overview of the course, course requirements, and grading system.	1.1. Students shall be able to discuss the University VMGO, classroom policies, course overview, requirements and grading system.	Class Discussion	Students understood the University VMGO, classroom policies, requirements, and grading system.	e	d	Value of awareness Value of obedience
Topic 2: The Self from Various Perspectives (17 hours)						
2.1. Discuss the different representations and conceptualizations of the self from various disciplinal perspectives. 2.2. Examine the different influences, factors, and forces that shape the self 2.3. Compare and contrast how the self has been represented across the different disciplines and perspectives.	2.1. Students shall be able to identify, the different representations and conceptualizations of the self from various disciplinal perspectives. 2.2. Students shall be able to examine the different influences, factors, and forces that shape the self. 2.3. Student shall be able to compare and contrast how the self has been	Group Research and Reporting Class Discussion Individual/Group Sharing Small group discussion Making Individual "Theory of Self"	Quizzes score Assignments score Pair/Group Presentation score	a, c	d	Value of Excellence Value of self-learning Value of unity and teamwork

<p>2.4. Demonstrate critical and reflective thought in analyzing the development of one's self and identity by developing a theory of the self.</p>	<p>represented across the different disciplines and perspectives.</p> <p>2.4. Students shall be able to demonstrate critical and reflective thought in analyzing the development of one's self and identity by developing a theory of the self.</p>					
<p>Topic 3: Unpacking the Self (16 hours)</p>						
<p>3.1. Explore the different aspects of the self and identity.</p> <p>3.2. Demonstrate critical, reflective thought in integrating the various aspects of the self and identity.</p> <p>3.3. Identify the different forces and institutions that impact the development of various aspects of self and identity.</p> <p>3.4. Examine one's self against the different aspects of self discussed in class.</p>	<p>3.1. Students shall be able to name and understand the different aspects of the self and identity.</p> <p>3.2. Students shall be able to demonstrate critical, reflective thought in integrating the various aspects of the self and identity.</p> <p>3.3. Students shall be able to identify the different forces and institutions that impact the development of various aspects of self and identity.</p> <p>3.4. Students shall be able to examine one's self against the different aspects of self discussed in class.</p>	<p>Group Research and Reporting</p> <p>Class Discussion</p> <p>Individual/Group Sharing</p> <p>Small group discussion</p> <p>Online Role play</p>	<p>Quizzes score</p> <p>Pair/Group presentation score</p> <p>Assignments score</p>	<p>b, c</p>	<p>d</p>	<p>Value of Excellence</p> <p>Value of self-learning</p> <p>Value of unity and teamwork</p>

	3.4. Students shall be able to examine one's self against the different aspects of self-discussed in class.					
Topic 4: Managing and Caring for the Self (16 hours)						
4.1. Understand the theoretical underpinnings for how to manage and care for the different aspects of the self. 4.2. Acquire and hone new skills and learnings for better managing if one's self and behaviors. 4.3. Apply these new skills to one's self and functioning for a better quality of life.	4.1. Students shall be able to understand the theoretical underpinnings for how to manage and care for the different aspects of the self. 4.2. Students shall be able to acquire and hone new skills and learnings for better managing if one's self and behaviors. 4.3. Students shall be able to apply these new skills to one's self and functioning for a better quality of life.	Class Discussion Individual/Group Sharing Small group discussion Group Activity	Quizzes score Pair/Group presentation score Assignments score	c, e	b	Value of Excellence Value of self-learning Value of unity and teamwork
Number of hours	Lecture (50 hours) Exam (2 hours)					
Total Number of Hours	52 hours					

8. Course Evaluation

Grading System	Midterm	Final Term	Final Grade
Quiz	10%	10%	$\text{Midterm Grade} + \text{Final term Grade} \\ = \text{Final Grade}$
Assignment	10%	10%	
Examination (Midterm/Final)	50%	50%	
Group/ Individual Research and Reporting	30%	30%	
TOTAL	100%	100%	

REFERENCES

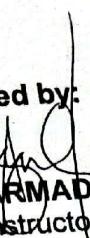
Textbooks:

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- Lanuza (2004). *The constitution of the self. In David R. (ed) Nation, Self and Citizenship: An invitation to Philippine Sociology.* Anvil Publishing.
- Go-Monilla, M. & Ramirez, N. (2018). *Understanding the self.* C & e Publishing Inc., Quezon City, Philippines

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Belk (2013). **Extended Self in a Digital World.** Journal of Consumer Research. 40. 3. 477 – 500

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