

# Homeroom Guidance

## Quarter 1 – Module 3: Being Mindful with My Influencers



## Homeroom Guidance Self-learning Module – Grade 8

Quarter 1 Module 3: Being Mindful with My Influencers

2020 Edition

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# Homeroom Guidance Grade 8

## Quarter 1 – Module 3:

### Being Mindful with My Influencers

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Isinulat ang modyul na ito upang gabayan ang mag-aaral na linangin ang kaniyang aspektong personal, sosyal, akademiko, at karera. Dinisenyo ito sa alternatibong pamaraan na pagkatuto na hindi nangangailangan ng presensya sa paaralan, bilang tugon sa direktiba na pinalabas ng Kagawaran ng Edukasyon na naaayon sa Inter-Agency Task Force (IATF).

Maaaring may pagkakataon na hingin ng mag-aaral ang inyong patnubay sa pagsunod sa mga tagubilin at pagsagot sa mga tanong sa bawat bahagi ng gawain. Hinihiling ng Kagawaran ang inyong suporta upang matagumpay niyang maisakatuparan ang mga gawaing ito. Tiyakin na sasagutin niya ang bawat bahagi ng modyul nang tapat.

## Introductory Message

For the learner:

This module is designed for learners like you to be mindful of the factors that may influence your Senior High School track and strand choice. In the coming years, you need to decide a path that will surely affect your future career planning. Remember, your involvement in your own future is a must.

This module has six interactive activities for you to follow, namely:



**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 3

## BEING MINDFUL WITH MY INFLUENCERS



### Learning Objectives

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

1. explain the influence of family, peers, significant person/s, media, socioeconomic status, and other aspects in choosing SHS track and strand;
2. recognize the relevance of the different factors in choosing your SHS track and strand; and
3. value the benefits of an informed choice of SHS track and strand.



**Period:** Week 7 of Quarter 1

**Suggested Total Time Allotment:** 60 minutes

### Materials Needed:

Clean sheet of paper  
Ballpen



### Introduction

You are in Grade 8 now, and in one way or another, you might have thought about the Senior High School track and strand that you will be taking two years from now. Let us take a deeper look at the factors that may influence your choice.

Some of the factors in choosing your track and strand, and eventually your career path, are family, peers, significant person/s, media, and even your socioeconomic status. There are also other aspects that may affect your decisions, like health status and culture. Being mindful of these things helps you to reflect on the path you will thread in life.



## Let's Try This

**Suggested Time Allotment:** 10 minutes

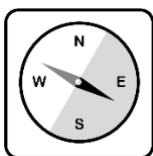
### My Influencers

Copy the table below on a sheet of paper. Write your responses on what are being asked. In the third column, write what influenced you to have such choices. Examples have been provided as your guide. Answer the processing questions after.

Area	Your responses	Influencer
Examples: 1. Interest 2. Leisure activities 3. Values	music, movies, travel biking, videoke respect, perseverance, humility	Gellie & Agnes (friends) Social media Mother
1. Interest		
2. Beliefs about education		
3. Values		
4. Food preference		
5. Leisure activities		
6. Ambitions		
7. Friends		
8. Spoken language		
9. School		
10. Talents		

### Processing Questions:

1. What do you notice with your influencers?
2. How are these influential to you?
3. Among them, what would probably influence the most in choosing your SHS track and strand? Why?



## Let's Explore This

**Suggested Time Allotment:** (15 minutes)

Refer to your previous activity and try to categorize your influencers using the template below. Feel free to add a category if you think your influencer does not fall under in any of the given categories. Examples have been provided as your guide.

Possible categories			
Family	Peers	Significant Person	Media
Socioeconomic status			

My Influencers	Category
Gellie & Agnes (friends)	Peers
Social media	media
Mother	Family

## Processing Questions:

1. What category/ies appear/s more often in your answers?
2. How does their influence help you to understand the SHS track and strand you want to take?
3. How do you feel about their influence and why?



## Keep in Mind

**Suggested Time Allotment:** (10 minutes)

Two years away from Senior High School may appear to be long enough for you to decide on the track and strand that you will take. But at this point in time, you should be considering all possible options, mindful of the influences of other people and factors that affect your decisions.

Your family may become your influence in choosing your career. Your parents and other relatives may create an impact on the kind of work you would want in the future through their encouragement. They may influence you to follow in their footsteps and expect to have the same career in the future. On the other hand, they may also discourage you to pursue their footsteps and choose a different career. Every family member has a different approach in influencing your future career.

Your friends or peers may also influence you in making a career choice. They may persuade you or they may encourage you toward a certain track or strand. It is important that you recognize your personal capabilities, circumstances and personal life and career goal before making such decision.

Media can provide career information that can be found in different platforms. You may browse the internet to acquire information on different careers in relation to your SHS track/strand interest. There are also magazines, newspapers and other relevant resources that may guide you.

The socioeconomic status of the family plays a vital influence on career choice. The financial capacity of the family to send you to a course and school is a deciding factor in choosing a career. On a more positive note, this may also serve as an inspiration in choosing career well, no matter the financial requirements. Also, it may guide you to take on the road to scholarships that points you to more career options.

There are people that you come across with who may have a great impact on the way you see yourself in the future and you may consider them as significant persons. They could be anyone who would make you pursue the best version of your future self like guidance counselor, teacher, neighbor, community leader and others.

There are other aspects that will surely influence your decision and you just need to be sensitive enough to realize that.

The following are just practical tips to guide you in making sense out of those influences:

1. **Understand yourself.** Try to identify what you want, what your interests are, what you can do, and how your talents can be of use.
2. **Ask help and guidance from the right people.** Your guidance counselor can facilitate your journey to understand yourself better so as your career pathing. If they are not around, you may want to seek help from your teachers or trusted adults.
3. **Help yourself to be informed.** Read or watch informative programs or sources about SHS tracks and strands from respectable and legitimate sources only. You may also ask about the experiences of your school's alumni or those who graduated from SHS.
4. **Consider the pros and cons of your choice.** You are the most affected person by your choice because it pertains to your future path. Hence, it would be wise of you to check the positive and negative outcome of choosing each track and strand. Remember, you need to be involved in planning your own future.





## You Can Do It!

**Suggested Time Allotment:** (10 minutes)

Write a simple self-prophecy about your Senior High School life. What topics or activities would you be delighted to do or learn? How are you performing the activities in that level? How do you want SHS to help you reach your goals after basic education?

My Senior High School Life would be...



## What I Have Learned

**Suggested Time Allotment** : 5 minutes

Copy and complete the sentence below on a sheet of paper.

My greatest influence on career pathing right now is \_\_\_\_\_  
and it leads me to consider \_\_\_\_\_ as my possible SHS  
track and strand choice.



## Share your Thoughts & Feelings

**Suggested Time Allotment** : 10 minutes

Answer the following questions on a sheet of paper.

What thoughts come to mind about SHS life? What feeling does it give you?  
How do you intend to prepare yourself for that?

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### For inquiries or feedback, please write or call:

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