

# Homeroom Guidance

## Quarter 2 – Module 5:

### My Journey to a Stronger Me



## Homeroom Guidance Self-learning Module – Grade 8

Quarter 2 Module 5: My Journey to a Stronger Me

2021 Edition

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#### **Gabay sa Magulang/Tagapag-alaga**

Isinulat ang modyul na ito upang maunawaan ng mag-aaral ang kaugnayan ng kaniyang mga karanasan sa buhay at ang kahalagahan nito tungo sa kaniyang paglago bilang isang indibidwal. Sa kabila ng nararanasan nating pandemya, maaari itong maging isang repleksyon upang mas maging malalim ang kaniyang pagkilala sa kaniyang sarili batay sa kaniyang mga katangian at kakayahan.

Naglalayon ang modyul na ito na mas mapalalim ang kanilang pagkilala sa kanilang mga kalakasan at kahinaan na lubos na makatutulong sa kanila upang makayanan ang mga hamon sa buhay.

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 may pag-unawa at tapat sa sarili.

# Introductory Message

For the learner:

As part of examining your life as you go along this pandemic to a new normal, it is important to know important things related to you such as your being unique and at the same similar with others. Acknowledging your uniqueness and accepting other people's individual differences will lead you to a more harmonious way of living.

This module is composed of different tasks as a reflection on how you handle the demands of life. This could help you understand the things that are happening around you and for you to be able to stay effective in dealing with different challenges.

Work on the tasks seriously; seek help if you believe you need to. Remember, in life there are things that we cannot control. There will be negative events that will challenge our positive dispositions. However, let us not be disheartened: you have the means on how to overcome it – you have that in you! Embark on this journey of overcoming your weaknesses and optimizing your strengths in transforming into a better version of yourself!

This self-learning module has six indicative tasks, which are as follows:



**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

# 5

## MY JOURNEY TO A STRONGER ME



### Learning Objectives

At the end of this module, you are expected to:

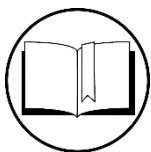
1. describe life experiences that helped you develop your strengths;
2. enumerate ways on how to improve your strength and overcome your weaknesses; and
3. appreciate the importance of discovering your strengths and overcoming weaknesses in achieving academic success.

**Period:** Week 2 of 2<sup>nd</sup> Quarter

**Suggested Total Time Allotment:** 60 Minutes

### Materials needed:

- clean sheet of paper
- crayons
- pencil



### Introduction

We learn from realities and experiences, whether they be bad or good. As we experience ups and downs in life, we also discover our strengths and weaknesses which are important to be successful in dealing with the challenges in life.

In this module you will examine your experiences that are valuable in realizing your strengths and weaknesses. This kind of awareness contributes in your success in life.



### Let's Try This

**Suggested Time Allotment:** 7 minutes

Copy and complete the table shown below. On the first column, list down top 3 of your most memorable experiences in school or with your family. On the second column, write down the strengths that you developed in each experience. After completing the table, answer the processing questions on a sheet of paper. An example has been provided as your guide.

Most Memorable Experience	Strengths that I developed
Example: We were able to finish our project in EsP with high grades.	Example: I was able to discover that I am good at writing essays and poems because of the experience.
1.	1.
2.	2.
3.	3.

#### Processing Questions:

1. How can you use those strengths to achieve your goals in studies?
2. What else would you like to develop as your strengths?



### Let's Explore This

**Suggested Time Allotment:** 15 minutes

Rate the statements that best describes you by checking the corresponding box using the rating legend below. Write your answers on a sheet of paper, including your responses to the Processing Questions.

- 5- Very true of me  
4- True of me  
3- Somewhat true of me  
2- Somewhat untrue of me  
1- Untrue of me

My Positive Characters....		1	2	3	4	5
1	I enjoy new experiences.					
2	I am pleased with my own skill achievement.					
3	I make good choices in the areas of my interest.					
4	I am an independent teenager.					
5	I make creative ideas happen.					
6	I have a clear life direction.					
7	I am hopeful and positive.					
8	I take care of my self.					
9	I am willing to ask for help when needed.					
10	I recover well from challenges.					
11	I share and cooperate with others.					
12	I am affectionate.					
13	I handle stress well.					
14	I have a good sense of humor.					
15	I am helpful.					

\* If you scored between 4-5 in a particular item, that is a strength; if your score is 1-2 that could be something that you may want to improve, or a sort of your weakness.

### Processing Questions:

1. What are your realizations about your strengths? About your weaknesses?
2. Can these strengths and weaknesses help you in facing the new normal?  
How?



### Keep in Mind

**Suggested Time Allotment:** 10 minutes

Life experiences teach us lessons that lead us to better understand ourselves. In the previous activities in this module, you may have some difficulty in determining the specific life experience that made you realize your strengths and weaknesses. That is completely normal. The value that you put in each experience definitely impacts your personal journey to become a better person.



As you embark in this experience of discovering your strengths and weaknesses, you may consider **J.O.U.R.N.E.Y.**

**Join in different activities to connect and maintain healthy relationships.** Being with people who support you like your family and friends is an essential factor that can lead to better experiences. This will help you in developing your strengths and in overcoming your weaknesses. Do not hesitate to explore on things that interests you especially those that will positively influence your development as a person. *(Just make sure that you also take in consideration the health protocols during this pandemic.)* You can:

- Enjoy the company of your siblings, parents and other family members
- Talk to your parents or trusted adults like Guidance Counselor about your weakness and ask them to help you in overcoming these.

**Observe.** You can learn many things through observation. Try to observe yourself when dealing with different situations as you use your strengths and weaknesses. You may also get to learn as you observe the experiences of others as they overcome their difficulties.

**Understand.** Understanding oneself, others, different situations and experiences is an indicator of becoming reflective which is a strength of person who finds meaning in every experience. This will aid you in making better decisions for your studies and for your life.

**Remember.** Do not forget about the lessons you learned from different experiences. Make sure that when you are faced with similar situations, you can always look back and recall how you dealt with it in the past. By remembering, you can plan ahead and avoid the same mistakes in the past.

**Never stop.** Continue discovering your potentials and in learning different ways on how you can improve yourself and your decisions in the future. Your strengths and weaknesses changes over time. It is important that you allow yourself to continue despite difficulties.

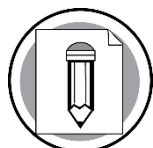
**Exercise regular routines that lead to the development of strengths and in overcoming weaknesses.** You can:

- List down your strengths and weaknesses; (things that you are good at or the things that you would like to learn or explore)
- Set a specific time in a day for your personal development;
- Be patient in learning new things
- You may encounter failures or frustrations but you can always start anew.



**Yearn to apply what you have learned in this lesson in your everyday life.** You can:

- Share with your parents and other family members about this lesson. Your family may be interested about your story, your triumphs and struggles
- Use this lesson in developing your academic and personal-social skills. Your strengths and weaknesses can be a factor that can influence your decisions in the future.



### **You Can Do It!**

**Suggested Time Allotment:** 10 minutes

Think of a weakness that hindered you in achieving your academic goal when you were still in elementary. Complete the table by answering the questions under the second and third columns. Copy and answer this on a clean sheet of paper.

My Weakness when I was in Elementary	Things that I have done to overcome my weakness. / What will I do to overcome my weakness?	How can this help me in my current situation?



### **What I have learned**

**Suggested Time Allotment:** 10 minutes

Make a symbol of your strength that you consider to be the most important one. Do this on a sheet of paper.



## Share your Thoughts & Feelings

**Suggested Time Allotment:** 8 minutes

Create a slogan that would best describe your journey in discovering your strengths and weakness. Write this on a clean sheet of paper. You may follow the sample shown below:



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