

## **Homeroom Guidance**

Quarter 1 - Module 1: Level Up Your Study Habits





PHIND STANGER SHIP

#### Homeroom Guidance Self-learning Module - Grade 8

Quarter 1 Module 1: Level Up Your Study Habits 2020 Edition

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#### **Homeroom Guidance**

#### Grade 8 Quarter 1 – Module 1: Level Up Your Study Habits

Gabay sa Magulang/Tagapag-alaga

Nagdulot ng napakaraming pagbabago sa pamumuhay ng bawat Pilipino ang pandemyang nararanasan ng buong mundo. Sa gitna nito, ang Department of Education ay kaisa ng inyong tahanan upang maipagpatuloy ang edukasyon ng lahat ng mag-aaral sa buong Pilipinas. Dalawa sa mga pamamaraang ito ang paghahanda ng Leaning Continuity Plan at ng Most Essential Learning Competencies (MELCs).

Sa taong ito, inihanda ang Homeroom Guidance MELCs na naglalayong matulungan ang mag-aaral upang maipagpatuloy ang pagkatuto sa kabila ng mga pagbabagong dulot ng pandemya. Ang Homeroom Guidance (HG) ay naglalayong maituro ang mga kasanayan sa buhay o *life skills* sa pamamagitan ng *self-directed learning modules*. Nakatuon ito sa tatlong mahahahalagang domeyn—ang *academic, personal-social* at *career development*. Binigyang-pokus sa Homeroom Guidance MELCs ang mga gawaing makatutulong sa lahat ng mga mag-aaral na magkaroon ng Rasyunal na Pag-iisip (Rational Thinking), Malusog/Maayos na Pag-uugali (Healthy Behavior) at Positibong Disposisyon (Positive Disposition) na higit na kailangan sa panahong ito.

Malaki ang gampanin ng mga magulang upang mapagtagumpayan ang mga gawaing nakalatag dito. Kakailanganin ng mag-aaral ang inyong patnubay at gabay sa mga gawain. Kung kaya, hinihingi ng Kagawaran ang inyong suporta upang mapagtagumpayan niya ang mga hamon sa buhay, maisakatuparan ang mga inaasahang gawain at higit sa lahat, matutuhan ang mga kasanayan sa buhay na kailangan nilang taglayin sa yugtong ito.

Isinulat ang modyul na ito upang gabayan ang inyong mag-aaral na linangin ang kaniyang aspetong personal at sosyal, akademiko, at karera. Ito ay dinesenyo para sa distance learning o alternatibong pamamaraan ng pagkatuto na hindi nangangailangan ng pisikal na presensya sa paaralan, bilang tugon sa direktiba na pagkansela ng face-to-face class dulot ng pandemyang COVID-19. Maaaring may mga pagkakataon na hingin ng mag-aaral ang inyong patnubay sa pagsunod sa mga tagubilin at pagsagot sa mga tanong sa bawat bahagi ng mga gawain. Makatutulong ang araling ito upang hubugin ang kaniyang kabutihan na tanggapin ang pagkakaiba-iba ng katangian, kakayahan, damdamin at pananaw ng bawat tao. Tiyakin na sasagutin niya ang bawat bahagi ng modyul nang tapat. Siguraduhing maipapasa niya ang kaniyang sagutang papel sa petsa at oras na itinakda ng kaniyang gurong-tagapayo.

#### **Introductory Message**

For the learner:

This module is designed to help you in academic-related needs; concerns affecting your individuality (self), relationship with others and interaction in the community; and interests, talents and skills discovery which will help you to explore future career options and opportunities.

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 ask to do.

Have fun! Stay safe and healthy!

# Module LEVEL UP YOUR STUDY HABITS



#### **Learning Objectives**

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

- 1. discuss your practices of effective study habits;
- 2. identify different ways in improving study habits; and
- 3. improve study habits plan.

Period: Week 1 of Quarter

Suggested Time Allotment: 180 minutes

Material Needed: Clean sheet of paper and ballpen

#### Introduction

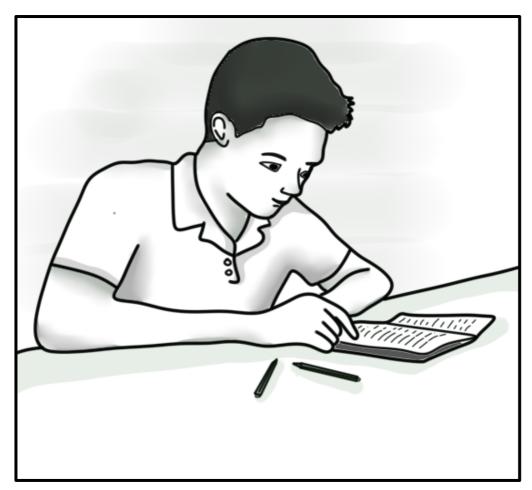
In this module, you will discover your areas of strength, and identify your weaknesses in studies. You will learn about your learning style, tips on how to organize your study time, and ways to improve your school performance.

As you advance into Grade 8, you will be progressing to a new set of lessons which demand more of your time and effort in school and at home.

It is then necessary to discover plans and develop study habits which go along with your learning style.

Take this module very seriously. This will be a big help for you to survive the various challenges throughout your stay in school.

You can do it!!





#### **Let's Try This**

**Suggested Time Allotment:** 10 minutes

#### How do you study well?

Recall your study habits when you were in Grade 7. On a piece of paper, list down the steps and strategies of studying lessons in your preparation for a quiz or exam. Share it with your family member/s.

#### **Processing Questions:**

On a piece of paper, write your answer to the following questions.

- 1. Did you find it easy to share your study habits with your family member/s? Why?
- 2. How do you plan to improve your study habits during this time of pandemic?

# Let's

#### **Let's Explore This**

Suggested Time Allotment: 20 minutes

My Study Habits: Effective or Not Effective

The following statements are some of the study habit practices. Check ( $\sqrt{}$ ) the Yes column if you practice it and the No column if you don't. Copy and answer it on a piece of paper.

Study Habit Practices	Yes	No
Bringing everything including those you don't need to school		
Cramming for a test or project		
Getting a good night sleep		
Having breaks in between study periods		
Making a schedule on the things that need to be		
accomplished		
Multitasking (ex. studying while taking care of younger		
siblings)		
Using a single resource even if there is/are other available		
material/s		
Outlining and rewriting your notes		
Practicing performance tasks by yourself and/or with friends		
Staying awake late at night to review		
Studying while the TV or radio is on		
Utilizing memory games (mnemonic devices)		

Then categorize these study habits whether they are

- a. Effective Study Habits, or
- b. Ineffective Study Habits

Effective Study Habits	Ineffective Study Habits

**Processing Questions:** (Please answer on a clean sheet of paper)

1. Based on your answers above, what did you realize regarding your study habits?

2. How do you feel about it? (Are you happy? A little bit sad? Contented? Worried? etc.) Why?

**Suggested Time Allotment:** (30 minutes)

#### **Our Family's Best Award!**

- Request your family members or anyone available in your household to be in one place (during dinner or any free time) for collaborative discussion for this activity. (If no one is available connect to your family/friends through social media like Facebook or Twitter.)
- 2. On a clean sheet of paper, list down the names of the family members and their roles (father, mother, etc.).
- 3. Ask each member regarding their best experience or academic award received during their school days or any appreciation they got when they were still young.
- 4. Let them identify their strategy or study habits that make them received such award.
- 5. Solicit any idea among family members on the effective ways to learn during this time of pandemic.
- 6. List down the ideas shared by family members that you think may help you to plan and prepare for your study.

**Processing Questions:** (Please answer on a clean sheet of paper)

- 1. Did the activity help you discover other effective study habits from your family members/friends that suit your personal preference/personality?
- 2. Is it important to have study habits which suit one's personality? Why?

#### Session 2



Let's Review

**Suggested Time Allotment:** 5 minutes

Recall the good study habits given by your family member/s. Write at least five (5) of them on a piece of paper. What possible effect could it yield if you adapt some or all of those?

Today you will discover more on your study plan.

**Activity No. 3:** My Weekly Log and Study Plan **Suggested Time Allotment:** (30 minutes)

1. On a whole sheet of paper, copy and accomplish your usual weekly study log guided by the following format.

MY WEEKLY LOG & STUDY PLAN							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Schedule							
7:00 a.m.							
8:00 a.m.							
9:00 a.m.							
10:00 a.m.							
11:00 a.m.							
12:00 n.n							
1:00 p.m.							
2:00 p.m.							
3:00 p.m.							
4:00 p.m.							
5:00 p.m.							
6:00 p.m.							
7:00 p.m.							

- 2. Fill out all your hourly schedule on a day-to-day basis. For example, your class is from 7:00 am to 2:00pm, and so forth. Fill out the log covering the time allotted.
- 3. Now, write also the pre-planned activities or social appointments. Examples are watching television and playing basketball.
- 4. Next, write down free time or time for relaxation on the log.
- 5. Finally, write down the self-study time on the log.

#### Sample weekly log

MY WEEKLY LOG & STUDY PLAN							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Schedule							
7:00 a.m.	Class	Class	Class	Class	Class	Relaxation	Biking
8:00 a.m.	Class	Class	Class	Class	Class	Relaxation	Biking
9:00 a.m.	Class	Class	Class	Class	Class	Study time	Biking
10:00 a.m.	Class	Class	Class	Class	Class	Study time	Biking
11:00 a.m.	Class	Class	Class	Class	Class	Relaxation	Biking
12:00 n.n	Break	Class	Class	Class	Class	Relaxation	Biking
1:00 p.m.	Class	Class	Class	Class	Class	Relaxation	Biking
2:00 p.m.	Class	Class	Class	Class	Class	Relaxation	Biking
3:00 p.m.	Travel home	Travel home	Travel home	Travel home	Travel home	Relaxation	Biking
4:00 p.m.	Basketball	Basketball	Basketball	Basketball	Basketball	Relaxation	Biking
5:00 p.m.	Travel home	Travel home	Travel home	Travel home	Travel home	Relaxation	Biking
6:00 p.m.	Watch T.V.	Watch T.V.	Watch T.V.	Watch T.V.	Watch T.V.	Watch T.V.	Watch T.V.
7:00 p.m.	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep

**Processing Questions:** (10 minutes) (*Please answer on a sheet of paper*)

- 1. Was it easy for you to accomplish the activity or not? Why?
- 2. Did you devote time in improving your school performance? Are you satisfied with it? Why?
- 3. Do you have a plan to change or improve it? Why?

### Keep in Mind

Suggested Time Allotment: (15 minutes)

#### **MAKE STUDYING A HABIT**

Being successful in school requires a high level of study skills that must be first learned, practiced and developed in order to be successful. Once developed, the job of studying and learning will become easier and smarter.

To help you establish good study habits that fit your personality, take time to read the topics below:

#### 1. Know what your dominant learning style is.

Learning style refers to how an individual is able to learn and remember information.

- a. Visual learners. Many authors and researchers like Dawna Markova and Anne Powell tell that you learn best in seeing and showing. Learners who are visual learners tend to appreciate printed handouts and resources that reinforce educational concepts. Writing down information will help process and remember it.
- b. **Auditory learners** choose verbal instruction. Some learners learn best from hearing and speaking, and are comfortable listening and talking and tend to engage easily in conversation.
- c. Tactile-kinesthetic learners prefer being physically engaged in the learning process. Markova and Powell stipulated that these learners are best engaged through experiencing and doing. They prefer to write things down themselves and will remember best when they are documenting their own goals and progress.
- 2. Create a SMART (Specific, Measurable, Achievable, Relevant and Timebound) goals.
- 3. Make your study time a part of your routine. Know which time of the day you learn well.
- 4. Establish your study zone. Some like a quiet place while others want a little noise. Use gadgets like laptops, cellphones and tablets wisely.

#### Pointers to Level Up Your Study Habits

- a. Set a clear academic goal or grades for this school year.
- b. Identify your effective study habit practices that were proven helpful to get your target grades or academic goals. List it down so you could count and recall.
- c. Determine your ineffective study habit practices that were proven to be bad for your school performance. Enumerate them so you could count and remember easily.
- d. Now that you are in Grade 8 and given the current set up of your studies, try to choose from your effective study habit practices that you can still apply this school year.
- e. Identify those that are effective but need to be modified due to change of learning modality.
- f. Add other study habit practices which you think are lacking, for instance, having a regular area or space to set up your modules, notebooks and other materials, schedule a consultation with your teachers etc.
- g. Display your academic goal and effective study habit practices in your study area as a reminder for you to do it all the time.

#### Session 3



Let's Review

**Suggested Time Allotment:** (5 minutes)

Based on previous sessions, make a list of effective study habits which you think will work well to improve your school performance.



You Can Do It!

Suggested Time Allotment: (20 minutes)

Do the Pointers to level up your Study Habits on a piece of paper. Get your Weekly Log and Study Plan. Try to improve it using the things you learned from this module. Then, share it with any family member.



#### **What I have Learned**

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

#### Activity No. 4: Study Habits Status Check

- 1. I know that my study habits work well if...
- 2. I know that my study habits do not work well if...
- 3. I know I am faithful to my study plan if...
- 4. My goal for making my study plan is...
- 5. For my study habits to work, I need to...

Since you already revised your study plan, what makes it so responsive to the current situation? What will be your steps to make sure that your plan will be realized? Write your answer to these questions on a sheet of paper.



#### **Share Your Thoughts and Feelings**

Suggested Time Allotment: 15 minutes

On a sheet of paper, answer the following questions.

- 1. What are three possible problems which might block the application of your planned and improved study habits?
- 2. How will you deal with these problems?

#### Follow this format:

Problem	Solution



Time Allotment: (5 minutes)

Read something about the United Nations Convention on the Rights of the Child.

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#### Reference

Chapman, Wyatt. *Learning Styles*. VeraVia Fitness. December 18, 2013. Accessed January 10, 2018. https://veraviafit.com/2013/09/05/learning-styles/.

Markova, Dawna and Anne Powell. *How Your Child is Smart: A Life-changing Approach to Learning*. Emeryville, California: Conari Press.

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