

Homeroom Guidance

Quarter 3 – Module 8:

Together.. It Will be Easier



Homeroom Guidance Self-Learning Module – Grade 8

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Homeroom Guidance Grade 8

Grade 8 Quarter 3 – Module 8:

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Gabay sa Magulang/ Tagapag-alaga

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.

Naglalayong gabayan sa modyul na ito ang mag-aaral na magpupunyagi patungo sa tagumpay sa tulong ng kanyang mga karanasan sa kanyang pamilya, paaralan at komunidad. Isinusulong nito ang mas malalim na pagkilala sa sarili upang maihanda ang mga mag-aaral sa pagharap sa mga hamon ng buhay. Sa modyul na ito aalalahanin nila ang mga natatanging karanasang maaari nilang paghugutan ng tibay ng kalooban gayundin ang mga pamamaraang maaari niyang magamit sa kanyang kasalukuyang katayuan.

Introductory Message

For the learner:

This module is designed for learners like you to relate and share the lessons learned from school and community. These lessons can be a factor in attaining success in life. The lessons learned come from the varied experiences you have encountered in your life. You will discover that through these experiences you will gain insights that can be used in daily life.

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

8

TOGETHER.. IT WILL BE EASIER



Learning Objectives

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

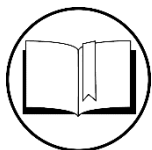
1. enumerate pros healthy problem-solving methods;
2. promote concern for others by sharing acquired skills in solving problem; and
3. practice responsible behaviors in responding to one's challenges, others and needs of the community.

Period: *Week 1 of 3rd Quarter*

Suggested Total Time Allotment: 80 Minutes

Materials Needed:

- Clean sheets of paper
- Ballpen



Introduction

In the last lesson, you learned that in making decisions in choosing a career it is important to consider personal abilities and experiences as well as the opinions of parents, guardians, and others. In this module, you will learn the importance of helping yourself and others when facing problems. To realize the importance of helping oneself and helping others is valuable in meeting the challenges in life. As you face these challenges or problems you must acquire problem-solving skills and recognize the importance of helping and supporting one another. With the help and support of others, it will be easy for you to face the challenges of life. Always remember, you are responsible for yourself and others as well and that together it will be easier.



Let's Try This

Suggested Time Allotment: 20 minutes

Pros and Cons

On a clean sheet of paper copy and answer the table below. Enumerated in the table are possible problems/challenges that teenagers faced. Identify solutions and enumerate the pros (advantages) and cons (disadvantages) for each solution to come up with an effective and healthy way of solving problems. Ask also your parents/guardians/older siblings what would be their answer for the given situation. Write the responses in the corresponding columns. Examples have been given to guide you. Answer the processing questions after.

Challenges/ Problems	Solution	Pros (Advantages)	Cons (Disadvantages)	Best Solution
<i>Ex. You broke the favorite glass of your mother.</i>	I will hide the broken glass and wait until my mother will notice that her favorite glass is missing.	My mother won't know until she will look for it.	My mother will get angry that I broke the glass. But I will be guilty of not telling her the truth.	<i>I will tell my mother that I accidentally broke her favorite glass, ask for an apology, and I will promise to be careful next time.</i>
	I will tell my mother immediately & ask for an apology.	She will understand and appreciate my honesty.	She might be angry because of the broken glass.	
	I will buy a replacement.	My mother will not notice it.	I don't have enough money and I might not find the same kind of glass in the store.	
<i>Your teacher informed you that you lacked or have not completed the modules yet. You are given a chance to comply but you cannot understand the lessons and nobody is around in your house to assist you.</i>				

You and your best friend got caught because you violated the health protocols by not wearing a face mask.				
You want to go out with your friends but your parents will not allow you.				

Processing Questions:

1. Does the identification of the pros (advantages) and cons (disadvantages) help in coming up with a healthy problem-solving solution? Enumerate the ways how it helped you?
2. Did the suggestions of others help you? How?
3. Do this method of solving problems effective or helpful? How?



Let's Explore This

Suggested Time Allotment: 20 minutes

Copy and answer the table below. Using the same method of solving problems, ask your brother/sister/cousin/friend or anyone that you think needs your help or has a concern. Ask what problem he/she might be facing today and how you can help him/her by suggesting a solution. After suggesting the best solution to their problem/concern, share how did you come up with your suggestion. Answer the processing questions after.

What is the problem of _____ (name of brother/sister/cousin/friend)	Your solution to his/her problem	Pros (Advantages)	Cons (Disadvantages)

Best solution to the problem	
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Processing Questions:

1. Did the method used in coming up with a healthy solution to the problem effective in helping others? How?
2. Is it important to help others find and share a solution to their problems? Why?



Keep in Mind

Suggested Time Allotment: 10 minutes

When you were younger, you were not mindful of your actions. You do things without thinking about the consequences, you act as if you are the only person in this world. But as you grow older, you start to understand that there are other people around you and that you live in a community. You also begin to notice that there are changes in yourself that you need to cope with and along with it are problems and challenges, but there are ways how to solve problems.

The following steps will help you to solve most of the problems with ease.

Step 1 Identify the **Problem** – What is the problem/challenge you are facing?

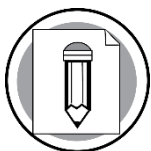
Step 2 Identify **Solutions** – Come up with possible solutions and think of the same situation that worked before

Step 3 Possible **Consequences** – In coming up with possible solutions think of the pros (advantages) and cons (disadvantages)

Step 4 Choose the **Best Solution** – After looking and thinking of the pros and cons pick the best action for the problem

Step 5 **Evaluate** – check if it is working if not try something else

As a teenager, some challenges are happening in your life that sometimes make you anxious. Don't be afraid, this is part of growing up, do not hesitate to consult your teacher, adviser, your counselor, or your parents about these issues and concerns. The steps above will help you find healthy solutions to problems or challenges that you may encounter. And eventually, you will be able to help others as well, together it will be easier.



You Can Do It

Suggested Time Allotment: 10 minutes

Complete the sentences below with your learning about healthy problem-solving methods in encountering challenges. Write your answers on a clean sheet of paper.

- a. Someone is asking my assistance to do the household chores but I just finished answering all my activities in school and I want to go back to sleep since I woke up very early, I will _____.
- b. During this time of pandemic, my father and mother left our house very early since they have to catch the first trip to their workplace. I and my siblings have _____.

to cook our food and look after ourselves, to help my parents I

_____.

- c. To take part and contribute to the community with the challenge faced by our country during this time of the pandemic, I will _____

_____.



What I have learned

Suggested Time Allotment: 10 minutes

Complete the phrase below. Write your answer on a clean sheet of paper.

Healthy problem solution is _____

_____.



Share your Thoughts & Feelings

Suggested Time Allotment: 10 minutes

Answer the question below on a clean sheet of paper.

1. *What does this phrase mean "No man is an island"?*

For inquiries or feedback, please write or call:

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