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**Course/Year Level:** BSCS - I

### **UNDERSTANDING THE SELF**

Final Examinations (Module 3 Output)

#### **Self-Assessment**

<b>Physical Self</b>	<b>Intellectual Self</b>	<b>Emotional Self</b>	<b>Spiritual Self</b>
Meditation is vital for my physical health. I allot time to meditate any hour of the day because I believe that the mind can control what I feel and it can control my motivation in life. I also watch motivational videos for me to be boosted.	Studying is one of my drives in life. I love to learn and study and I regulate that by keeping myself in a state of looking forward to my future, to my dream to study and work abroad.	I have mental issues; I tend to be anxious and it affects my performance before and after and I also have panic attacks and thinking of these leads to my sadness. I cope by approaching my friends and looking forward to what I can achieve in the future.	Growing up, I have been a ward and a server to the Benedictine Hermits in our province. Every Sunday, I do livestreams of our mass at our chapel and serve as an altar server. I also join in private vesper prayers of our sisters in our local hermitage for spiritual development.
<b>Social Self</b>	<b>Intrapersonal Self</b>	<b>Digital Self</b>	<b>Economic Self</b>
Relationships and connections are now essential, virtual of physical, during this pandemic. I reconnect with my friends and chat or hang with them during this pandemic. Also, through my projects in our local church, I interact with new friends and have new insights in life.	Meditation and prayer are my friends. I pray to God to help me in developing myself to achieve the personality that I want.	I love being in social media and I fear of missing out. I update myself on digital platforms and look up to credible sources for news, articles, etc.	I target myself to be financially stable in my early 20's. I study finance and how can I apply business on my course and future work.

## Action Plans

Goal 1: <u>Intellectual</u> Self		
To acquire the necessary ideas or lessons in programming and business for my future as a software engineer. To have the basic knowledge in coding and be competitive enough to work at big software firms abroad.		
Action Steps	Resources	Potential Challenges
Study CS50 courses and enroll in online classes. Learn the basics of Javascript, C++, Python, etc.	Fast laptop, stable internet, a clean workspace, notebooks.	Unstable internet, lack of motivation, and side hustles.
Read books that may help in for my future interviews.	Books on Computer Science and Information technology, business management and financial stability.	The lack of time due to side hustles and online class. Lack of money for books.
Look for motivation and look up job internships or volunteer for local business as their IT technician.	Phone, stable internet, and a blooming niche business.	Coronavirus.
Measures of Success		
<ul style="list-style-type: none"> <li>Know how to code in Python, C++, and Java.</li> <li>Know how to start from scratch.</li> </ul>		
<b>Minimum Time of Completion:</b>	April 2021	

Goal 2: <u>Economic</u> Self		
To be financially stable and knowledgeable.		
Action Steps	Resources	Potential Challenges
Educate myself online for business	Online learning materials	Unstable internet, lack of motivation, and side hustles.
Knowing how stock and foreign exchange work.	Online materials	Unstable internet, lack of motivation, and side hustles.
Studying financial literacy	Books on finance	Coronavirus and quarantine.
Measures of Success		
<ul style="list-style-type: none"> <li>• If I am capable to manage money and be financially stable</li> <li>• If I am not scared to handle a business</li> <li>• I am literate about finance and can differentiate financial jargons.</li> </ul>		
<b>Minimum Time of Completion:</b>	March 2021	