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Course/Year Level: BSIT-1

UNDERSTANDING THE SELF

Final Examinations (Module 3 Output)

Self-Assessment

Physical Self	Intellectual Self	Emotional Self	Spiritual Self
I am maintaining my body clock to have a healthy goodnight sleep even though we have practice every night in E-sports	I usually watch videos from YouTube that is educational or facts like from the Infographics videos I subscribe in	I always talk to my friends when I have something to share when I achieve something	I always pray before I do something like before eating, before sleeping, etc
Social Self	Intrapersonal Self	Digital Self	Economic Self
I usually meet with my teammates in discord and discuss some strategy and different kind of rotations and sometimes we are having fun with each other	I reward myself with treats like buying myself a McDonalds, and Milk tea.	I limit myself in not getting tilted when I am playing I always get high tempered because of my teammates.	I have invest myself in buying an iPad for myself with my own money coming from tournaments I have joined

Action Plans

Goal 1: <u>Digital</u> Self		
I intend to stop putting my anger on someone I am close with		
Action Steps	Resources	Potential Challenges
Watching vlogs, Netflix and random videos	YouTube, Facebook, Netflix	I forgot that I will have some school works that I need to pass
Playing another game that I will not get tilted	Valorant, Rise of Empires	I forgot to do my household chores
I play instruments to distract myself	Acoustic Guitar, Electric Guitar, Piano	It's hassle because when I need to set up my instruments
I'm just surfing on Facebook to find memes and funny posts	Facebook, Twitter, Instagram	Sometimes I get slow internet connection
Measures of Success		
<ul style="list-style-type: none"> Before I always Ignore someone that I am close with and how I treat them like that I don't care, now I am just happily playing and don't treat that game like my life I eventually get a reliable friend that I can count on 		
Minimum Time of Completion:	End of November 2020	

Goal 2: <u>Physical</u> Self		
I intend to reach to have a 8-10 hour sleep		
Action Steps	Resources	Potential Challenges
Saying "No" to my teammates	Messenger, Discord, Mobile Games	I might be tempted on playing instead of getting my goodnight sleep
Putting a Screen Time on my gadget	Settings	I might get the eager to find a way to disable the Screen Time
Putting my gadget on my parents room	Room, Parents	I may attempt to get my gadget on my parents room
Turning off our Wi-Fi	Wi-Fi router	I may attempt to Turn on our Wi-Fi
Measures of Success		
<ul style="list-style-type: none"> • Before I get 6-8 hours of sleep and I feel like I need to sleep more now when I woke up I feel myself freely • I eat my breakfast lively • • • • 		
Minimum Time of Completion:	End of December 2020	