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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
<p>How do you regulate yourself in terms of learning, goal setting, and self-care for your physical self (or your body)?</p> <p>I practice sleeping early, eat more healthy foods, have daily exercise, and having a balanced diet.</p>	<p>How do you regulate yourself in terms of learning, goal setting, and self-care for your intellectual self (or education and thinking)?</p> <p>I practice reading more often, and looking if the source is credible/facts always.</p>	<p>How do you regulate yourself in terms of learning, goal setting, and self-care for your emotional self (or feelings, behavior, and mental health)?</p> <p>I try my best to be patient and be more understanding so I won't get annoyed or be angry easily.</p>	<p>How do you regulate yourself in terms of learning, goal setting, and self-care for your spiritual self (or faith and religion)?</p> <p>I try my best to attend virtual masses and pray more often.</p>
Social Self	Intrapersonal Self	Digital Self	Economic Self
<p>How do you regulate yourself in terms of learning, goal setting, and self-care for your social self (or interacting and making relationships with others)?</p> <p>I always think first before saying something, and practice more in terms of my communication skills.</p>	<p>How do you regulate yourself in terms of learning, goal setting, and self-care for your intrapersonal self (or relationship or treatment to self)?</p> <p>Having a self - reflection at times so I'll know where I lack or develop more.</p>	<p>How do you regulate yourself in terms of learning, goal setting, and self-care for your digital self (or use of social media)?</p> <p>I practice looking if the site I am reading is credible, and limiting myself from engaging too much in social media.</p>	<p>How do you regulate yourself in terms of learning, goal setting, and self-care for your economic self (or financial, like spending and saving)?</p> <p>I limit myself from buying unnecessary things and saving more money that may be useful in the future.</p>

Action Plans

Goal 1: Physical Self		
<p>What do you intend to reach?</p> <p>To lose 10 kilograms in weight</p>		
Action Steps	Resources	Potential Challenges
<p>What are the actions to be done?</p> <p>To go to the gym every other day for 3 - 4 hours</p>	<p>What do you need (e.g. financial, material, support, etc.) to be able to do this specific action?</p> <p>Money and dry fit shirt, shoes, water, short, earphones</p>	<p>What challenges will you be facing in doing this specific action step?</p> <p>Hassle to breath in doing my working out routine while wearing face mask</p>
<p>What else do you think you need to do to reach your goal?</p> <p>Limit my cravings and have a healthy diet</p>	<p>What do you need to be able to do this specific action?</p> <p>Eat less, avoid junk foods and eat more nutritious food</p>	<p>What problems or hindrances you think you will be facing in doing this specific action?</p> <p>Temptation from eating junk foods</p>
<p>So on...</p> <p>Jogging</p>	<p>Wake up early</p>	<p>Unable to wake up early because sometimes I sleep late at night</p>
Measures of Success		
<ul style="list-style-type: none"> How do you say that you reached you goal? What observable or tangible evidences needed to say that the goal is met? From being 80 to 70 pounds When my clothes are starting to fit loose from my body 		
Minimum Time of Completion:	<p>When shall you be able to reach this goal?</p> <p>End of January 2021</p>	

Goal 2: Economic Self		
<p>What do you intend to reach?</p> <p>To be able to add money in my saving account</p>		
Action Steps	Resources	Potential Challenges
<p>What are the actions to be done?</p> <p>Spending less money</p>	<p>What do you need (e.g. financial, material, support, etc.) to be able to do this specific action?</p> <p>Buy only essential things like foods, toiletries, and clothes when needed</p>	<p>What challenges will you be facing in doing this specific action step?</p> <p>Temptation from looking for brand new clothes/shoes, and gadgets in malls</p>
<p>What else do you think you need to do to reach your goal?</p> <p>Start separating from my whole allowance</p>	<p>What do you need to be able to do this specific action?</p> <p>Spend only what is available for my budget</p>	<p>What problems or hindrances you think you will be facing in doing this specific action?</p> <p>The temptation from buying expensive things like food, clothing, and other things</p>
Measures of Success		
<ul style="list-style-type: none"> How do you say that you reached your goal? What observable or tangible evidences needed to say that the goal is met? If I already saved enough money in my account and accomplish being a practical consumer Less possessions like new gadgets and clothes 		
Minimum Time of Completion:	When shall you be able to reach this goal?	End of December 2020