



# Define and Design

**Name:** Gabriel Isiah Valentin

## Module 2 Activity

1. One adjective the best describes you  
(can be in any language or dialect)

Tenacious

3. If you would mentally picture yourself as if you are in a mirror, how would you like to look and appear to people? Why? Briefly share your thoughts.

I see myself smiling and being in the best physical shape of my life. I want to be more confident and more comfortable towards others.

2. In a scale of 1 to 10 how would rate your worth in terms of the following (1 for being the lowest or you perceive that your worth in the said item is absent, and 10 as you ultimately have the highest self-worth for the listed item):

### Your self-rating:

Fashion sense	6
"face" value	6
personal money	5
own material possessions	8
family name	10
achievements and awards	5
coping with challenges	10
study habits	6
school where are presently studying	10
faith in God	10
service and kindness to others	8
being a romantic lover	10





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4. If you are any of the following, who would you select to be like? (write the name - can be alive or deceased, brand or label). For each, rate as to how far or near/closely resembling you are or can be when you think of yourself at the present (with 1 as being so far being this person/thing and 10 as being like a twin or highly similar)

## My Self Rating

a movie star or athlete or musician: John Mayer

3

President of a country: Muhammadu Buhari

1

a philosopher: Socrates

1

a scientist (can be a doctor, teacher, researcher, etc.) Nikola Tesla

1

vehicle: Chevrolet Corvette C7

1

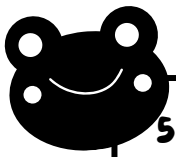
worker or career person: Steve Jobs

3

a mental disorder or a physical disease: Gigantism

1





5. What adjectives/qualities/traits would you suppose these people would use to describe you? (can be positive or negative).

**Name:** Gabriel Isiah Valentin

Directions: Answer the questions below to help me get to know you.

·your mother (if already deceased or you did not grow up with her, then change this to your father, siblings or your present guardian)

Loving, caring, sweet, diligent,  
thoughtful

·your significant other (boyfriend, girlfriend or best friend)

Patient, understanding, loving,  
caring, thoughtful, pogi

·your blockmates/schoolmates now

Quiet, reliable, trustworthy

·the teacher who you think does not like you so much

Dumb, ineffective, undeserving

your high school friends

Quiet, loyal, trustworthy





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**Module 2 Activity**

**6. If you have a private conversation with yourself, what would you say that can be motivating or uplifting to the spirit or morale?**

"You've come so far and I'm very proud of you. Keep your head down and just keep going. I promise you will reap the rewards of your hard work. You have a bright future ahead of you."

**7. If you are with a group (whether very close or not very close to you), what is it that you are not yet ready to reveal or share? (can be any area in your life or relationships or any aspect about yourself)**

The mistakes I've made in my life

**8. What is your highest or ultimate dream as a person?**

I want to be financially stable and capable of doing anything I want without worrying about money

**9. . Name/identify 3 ways, procedures, process or tools by which you have learned about who you are (traits, skills, talents, interests, weaknesses, goals, etc.)**

Playing LOTS of guitar, making beats and mixing songs, using the computer a lot





Define the following **COMPONENTS** of the **SELF**. You can source for any references, including interviews with friends, housemates, etc. Use the data gathered to come up with your **OWN** definition.

**Name:** Gabriel Isiah Valentin

## Module 2 Activity

### Self-Concept

Self-concept is how I see myself and who I believe I am. It continuously develops through my interactions with other people. There are different types of self-concept, including who I am now (actual self), who I want to be (ideal self), and who I think I should be based on others' expectations (ought self).

My self-concept can be healthy or unhealthy depending on how realistic and balanced it is.

### Self-Image

Self-image is how I see myself (how I look and who I am). It includes how I think people see me, how I compare myself to others, and how I wish I could be. My self-image can be accurate or distorted and like self-concept, it's developed through my experiences, the people around me, and the messages I get from media and society. It affects how I feel about myself and it can also influence my confidence

### Self-Esteem

It is how much I value and respect myself. It's about how I feel about who I am, if I'm good enough, and my confidence in my abilities. It can go up or down depending on what's happening in my life and how people treat me, and how I treat myself. If I have a healthy self-esteem I would likely handle life's challenges better.

### Ideal Self vs Real Self

The ideal self is who I want to be and the real self is who I am right now. Sometimes there's a gap between the two, but I should accept that it's normal. However, if I think the gap is too big, it might make me feel bad and not good enough. Learning to accept who I am while working toward who I want to be can help me feel more balanced and motivated.





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## Module 2 Activity

### Looking Glass Self vs Generalized Others

Looking glass self is seeing myself based on how others see me. I imagine what people think about me, how they might judge me, and I use that to know how I feel about myself. Generalized others are the expectations of society that guides me on how to act.

### Self-Talk

It's like talking to myself in my head. Sometimes it can be positive like self-encouragement or also negative like when I make a mistake and I blame myself for everything. The way I talk to myself affects how I feel and how I act so learning to notice and change how I talk to myself can help with my mental health.

### Self-Disclosure

Self-disclosure is opening up to other people and sharing things about myself. It can help to build relationships and trust, but it can also be scary. I can decide how much I share and when I share it, and the more honest I can be the more I can feel comfortable, seen, and heard.

### Self-Assessment

Self-assessment is trying to understand myself better by reflecting on my thoughts and actions. It's like checking with myself to see what I excel at, what I need to improve, and how I am overall. Being honest in self-assessment will help me make better choices

### Self-Actualization

Self-actualization is about becoming the best version of myself. It's about reaching my full potential and living in a way that feels true to me. It's about being fulfilled and even if it's not perfect, as long as I can live knowing I have purpose and meaning.





# Screenshots

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## 1. SELF-CONCEPT

Participants:

- Yanssen Klugh Federez
- Gabriel Valentin
- Kaitlyn Marie Magno
- Charlene Ivy Chiong
- Elijah Gabriel Dionisio
- Leni Ramos- Carballo

Chat: SAS 1 C MIDYEAR 2024 2025 at 12:00PM to 2:00PM

Today

Leni Ramos- Carballo to Everyone 12:00 PM  
Magandang tanghali :)

We are starting in 2 mins.. hopefully the rest of your classmates will be here na

You to Everyone 12:25 PM  
**SELF-CONCEPT**

Kaitlyn Marie Magno to Everyone 12:25 PM  
SELF-CONCEPT

Yanssen Klugh Federez to Everyone 12:25 PM  
SELF IMAGE

Hannah Sophia Tan to Everyone 12:25 PM  
SELF-CONCEPT

BS-CS PAA Alyssa Erin to Everyone 12:25 PM  
SELF-CONCEPT

Edward Jefferson Gana to Everyone 12:25 PM (Edited)  
SELF CONCEPT

Rakel Alexis Matias to Everyone 12:25 PM  
Who can see your messages? Recording On

To: Everyone  
Type message here...

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# Screenshots

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## 2. SELF-IMAGE

Nicole Joy Mariano

Gabriel Valentin

[BSCS] - Pua, Kurt Ben...

Elijah Gabriel Dionisio

Hazelle Millarpis

Leni Ramos- Carballo

SAS 1 C MIDYEAR 2024 2025 at 12:00PM to 2:...

SELF IMAGE

Shaira Satinitigan to Everyone 12:25 PM

SELF-IMAGE

Albert Caro to Everyone 12:25 PM

self-concept

SELF-CONCEPT

You to Everyone 12:39 PM

SELF-IMAGE

Caño, Maria Loren Jimila to Everyone 12:39 PM

SELF IMAGE

[BSCS] - Jayme, Alysa Mariel, G. to Everyone 12:39 PM

SELF-IMAGE

Shaira Satinitigan to Everyone 12:39 PM

SELF-IMAGE

Jane Karen Ramoso to Everyone 12:39 PM

SELF-IMAGE

BS-CS PAA Alyssa Erin to Everyone 12:39 PM

SELF-IMAGE

16 new messages

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## 3. SELF-ESTEEM: your self-worth

Participants:

- Mated, Alejandro Earl R.
- Gabriel Valentin
- [BSCS] Lominoque, An...
- Yanssen Klugh Federez
- Rakel Alexis Matias
- Leni Ramos- Carballo

Chat: SAS 1 C MIDYEAR 2024 2025 at 12:00PM to 2:00PM

SELF-ESTEEM

Rakel Alexis Matias to Everyone 12:48 PM

SELF-ESTEEM

Kaitlyn Marie Magno to Everyone 12:48 PM

SELF-ESTEEM

Nicole Joy Mariano to Everyone 12:48 PM

SELF-ESTEEM

You to Everyone 12:48 PM

SELF-ESTEEM

Ryza Jane Vasquez to Everyone 12:49 PM

SELF-ESTEEM

Dapun, Rad Benedict V. to Everyone 12:49 PM

SELF-ESTEEM

Luzylie Regalado to Everyone 12:49 PM

SELF-ESTEEM

Albert Caro to Everyone 12:49 PM

SELF-ESTEEM

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12:49 pm 23/06/2025






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## 7. Self-disclosure

**CONNECTING SELF TO OTHERS THROUGH TALK**



You purposefully provide information to others about yourself that they would not learn if you did not tell them.

**INVOLVES RISK      RECIPROCAL      INVOLVES TRUST**

**For your reflection:**  
What makes is hard (or easy) for you to self-disclose?  
What areas or aspects or stories in your life are you not yet ready to disclose to others?

Participants: Leni Ramos- Carballo, Yanssen Klugh Federez, Dareen Al Hamesh, Raket Alexis Matias, Gabriel Valentin, Elijah Gabriel Dionisio

**SAS 1 C MIDYEAR 2024 2025 at 12:00PM to 2:00PM**

- SELF DISCLOSURE
- BS-CS PAA Alyssa Erin to Everyone 1:19 PM
- SELF DISCLOSURE
- [BSCS] - Jayme, Alysa Mariel, G. to Everyone 1:19 PM
- SELF DISCLOSURE
- You to Everyone 1:19 PM
- SELF-DISCLOSURE
- Edward Jefferson Sana to Everyone 1:19 PM
- SELF DISCLOSURE
- Mateo, Alejandro Earl R. to Everyone 1:20 PM
- self disclosure
- Hazelle Millarpis to Everyone 1:20 PM
- SELF-DISCLOSURE
- Janna Villas to Everyone 1:20 PM
- SELD-DISCLOSURE
- Yanssen Klugh Federez to Everyone 1:20 PM
- SELF DISCLOSURE
- Jane Karen Ramoso to Everyone 1:20 PM
- SELF DISCLOSURE
- Who can see your messages? Recording On

To: Everyone

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