BICOL UNIVERSITY
COLLEGE OF SCIENCE
Legazpi, Albay

SELF-AWARENESS

VALUES DEVELOPMENT

BUCS NSTP - LTS 1
AM & PM CLASS

VISION

A University for Humanity characterized by productive scholarship, transformative leadership, collaborative service, and distinctive for sustainable societies

MISSION

Give professional and technical training, and provide advanced and specialized instruction in literature, philosophy, the sciences, and arts besides providing for the promotion of scientific and technological researches (RA5521, Section 3.0)

QUALITY POLICY

Bicol University commits to continually strive for excellence in instruction, research, and extension by meeting the highest level of clientele satisfaction and adhering to quality standards and applicable statutory and regulatory requirements

Nature of Self and Self-Awareness

According to **Birch (1997)**, one of the most crucial process in the early years of the child's life is the development of sense of self. In 1982, **Gardner** suggests that there are a number of factors that the children should know.

Nature of Self and Self-Awareness

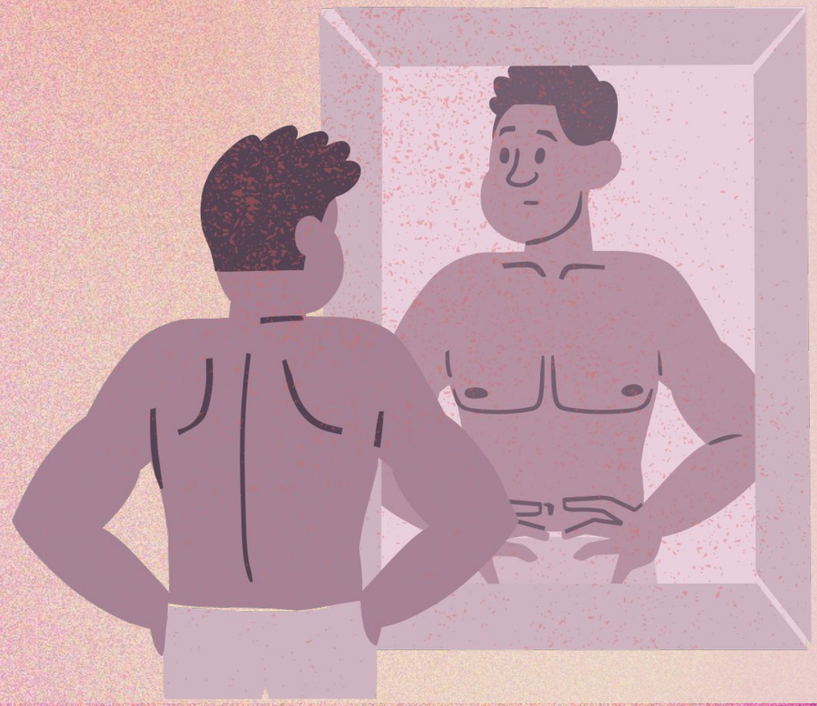
Be aware of their body, its appearance, state and size (body-size)

Be able to refer to themselves appropriately through language and be able to distinguish descriptions which apply to self and which do not;

Be aware of their own personal history, experiences they have had, skills and abilities, their own needs and wishes

IMPORTANCE

1. **Man** in the mirror
2. **Admission** - an ability to admit that you are wrong
3. **Empathy** - ability to imagine oneself in other people's situations (put ourselves in the shoes of other person)
4. **Humility** - quality/state of being humble
5. **Tolerance** - precocity to endure pain/hardship
6. **Liability** - no one could ever want people who are selfish



WHY DEVELOP A SELF-AWARENESS?

With self-awareness, a person are able to make changes in the thoughts and interpretations they make in their mind. By changing the interpretations, it allows the person to change their emotion.

Therefore, self-awareness is one of the attributes of emotional intelligence and important factor in achieving success.

SELF-AWARENESS:

HOW IT MAKES YOU EFFECTIVE?

Skill development. The improvement projects should normally begin with an assessment of the gap between the current situation and the desired future situation

Knowing your strength and weaknesses. It helps one person to exploit the strengths and cope with their weaknesses. If you are someone who is good at decisions, but not good at focusing in the details, you might want to consult colleagues that are more detail-oriented when making major decisions.

Developing intuitive decision-making skills. A person with well-developed emotional self-awareness are more effective intuitive decision makers. People who are highly emotionally self-aware are better able to read their “gut feelings” and use it to guide decisions

Stress. A state of worry or mental tension caused by a difficult situation. A job that doesn’t suit the personality tend to give more stress than jobs that are more compatible.

SELF-AWARENESS:

HOW IT MAKES YOU EFFECTIVE?

Motivation. It is a desire to act in service of a goal. One of the driving forces behind human behavior. It very difficult to cope with poor results when you don't understand what causes them. Self-awareness is empowering because it can reveal where the performance problems are and indicate what can be done to improve performance.

Leadership. It is the abilities and strengths shown by people and it is about refining the ability to understand how one person can affect the other, to achieve a transparent view of their strengths and shortcomings, and adeptly recognizing and controlling the emotional responses.

Self-awareness is significant because it gives us the power to influence outcomes helps us become better decision-makers and gives us more self-confidence and be able to evaluate everything such as emotions and behavior

5 Dimensions of Self-care:

Physical self-care.

It involves your fitness and sleep habits. This area also includes stress management, your dental/medical check-ups 50 minutes of physical activity helps release endorphins as well as build strength and cardiovascular endurance. In addition, physical activity has proven to help you sleep better and feel better.

Intellectual self-care.

It involves personal growth and continuous pursuit for learning. This also includes engaging in new things, positive practicing mindfulness, and keeping a mindset. Take a much needed break from the millions of thoughts you experience every day! Also, setting an attainable fitness goal such as regularly attending classes (even online), and then sticking to this goal will help with personal growth.

Social self-care.

It involves having a supportive network of people. This group of people is one you can turn to when you need uplifting or guidance. Connections built help to create a sense of belonging and acceptance.

5 Dimensions of Self-care:

Spiritual self-care.

It involves the beliefs and values that help guide your life. This includes practices that help nourish your soul, seek understanding, and explore your spiritual life. Slow down and focus. Consequently, this allows you to be in touch with each muscle group that's working. Being in touch with your self is part of the spiritual self-care dimension

Emotional self-care.

It includes awareness of your feelings and emotions and dealing with stress in a positive way. It also entails cultivating a sense of compassion, kindness, and love for yourselves and others. The simple act of working out signals the body to release endorphins and other stress-reducing hormones to be able to deal with your emotions in a more positive way.

VALUES DEVELOPMENT

Values Development

Values

- It refers to everything from eternal ideas to behavioral actions
- The act of valuing is considered an act of making value judgements, an expression of feeling, or the acquisition of, and adherence to a set of principles
- Etymologically, values come from the Latin word, ***"valere"***, which means **"to measure the worth of something"**
- Values are the elements of life prevailing in any society. They lie at the core of a person's life. They color his/her choice. They shape and determine an individual or group decision whether to like or dislike, favor or disfavor, change or not to change

THE FORMATION OF VALUES

We start forming values in our childhood. First, we learn to appreciate things that fulfill our basic needs, but we value especially those people that provide them to us. Their behavior towards us becomes the main reference of what is valuable.

Thus, our character and personality are molded through the attitudes and behavior of the people who raise us, whether they're our parents or other relatives. Their behaviors determine in large part what will subsequently become our most important beliefs and principles.

THE FORMATION OF VALUES

Those who play a leadership role in our lives are most powerful at conveying to us their values. They are our parents, elder siblings, grandparents, some relatives, teachers, peers we admire, professors, and bosses.

However, to convey something, we must first posses it. Values, are only conveyed through the example of our daily attitudes and behaviors. They can seldom be formed by explaining them or through a list of what is considered correct or incorrect. Memorizing their theoretical meaning does not guarantee their implementation.

CLARIFICATION AND INTEGRATION OF VALUES

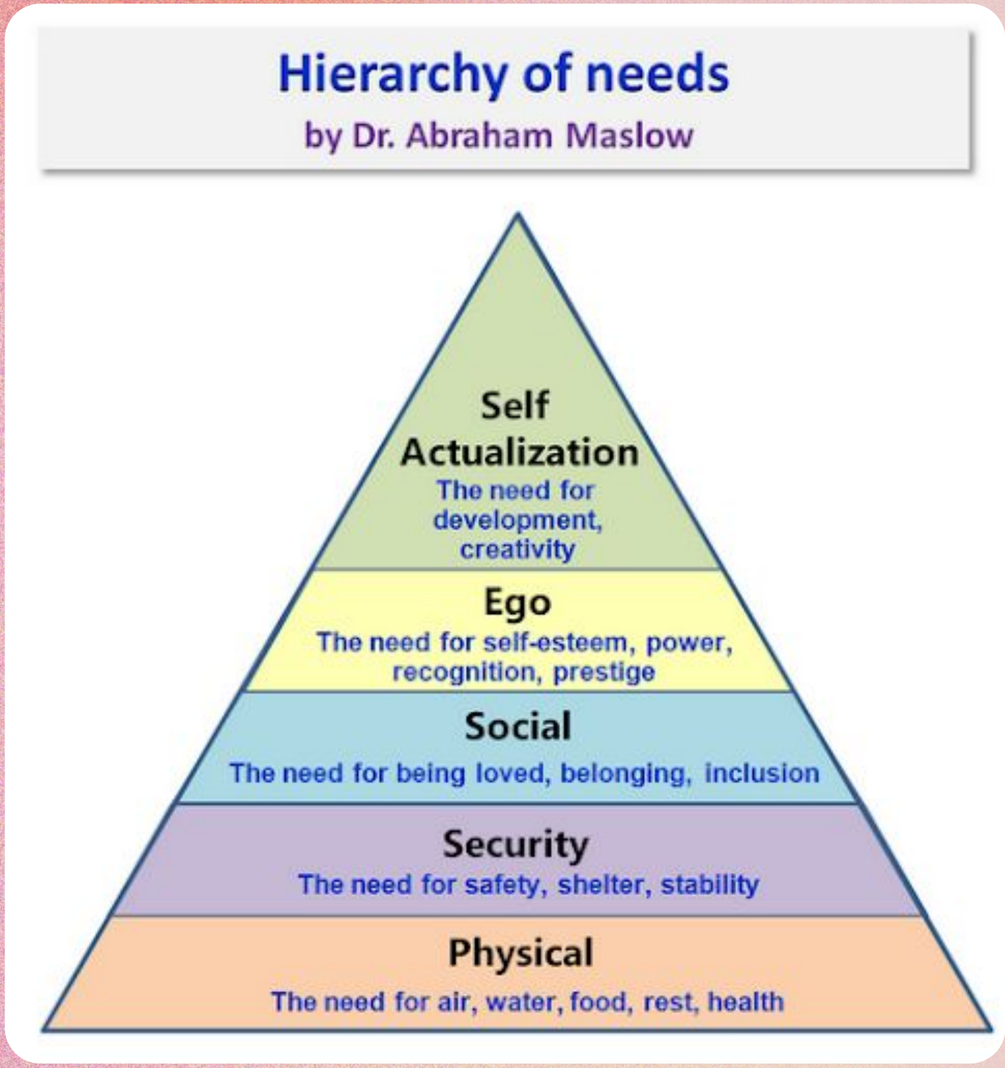
Two Aspects of Philosophy of life for every person:

1. **A map of reality -** an understanding of what life is all about, a nature and the cosmos. The one person beliefs define their “map of reality” and how they see themselves and the world. To grow and improve, they must be willing to update this “map of reality” in the face of new information and new experiences.

CLARIFICATION AND INTEGRATION OF VALUES

Two Aspects of Philosophy of life for every person:

1. **A hierarchy of values -** a perception of which things are more important than others. **Value hierarchy** refers to the relative prioritization of values within an individual's value system.



3 KINDS OF VALUES

Universal Values

values that are valued by all human beings due to the intrinsic nature of these values or by virtue of being human beings

Cultural Values

values that are dependent on the social norms, religious beliefs, and other environmental situations of people

Cultural Values

values that are worthwhile to a particular individual and differ from person to person.

THE BASIC VALUES OF THE FILIPINO

NSTP as a citizenship training scheme focuses on translating the good citizenship values as reflected in the Preamble of the Constitution into concrete action in building a better Philippines. There are **sixteen (16) Basic Filipino values based on the 1987 Philippine Constitution**.

Preamble

We, the sovereign Filipino people,

imploring the aid of Almighty God,

in order to build a just and humane society

and establish a Government

that shall embody our ideals and aspirations,

promote the common good, conserve and develop our patrimony,

and secure to ourselves our posterity the blessings of independence and

democracy under the rule of law and a regime of truth, justice, freedom, love,

equality, and peace do ordain and promulgate this Constitution.

Meaning of Preamble

The term preamble is derived from the Latin word ***"preambulare"*** which means **"to walk before".** It is the prologue of the Constitution. Clustered below are the good citizenship values that are reflected in the Preamble of the 1987 Philippine Constitution:

The Maka-Diyos Cluster	The Maka-Tao Cluster	The Maka-Bayan Cluster	The Maka-Kalikasan Cluster
1. Faith in the Almighty God 2. Respect for Life 3. Order 4. Work 5. Concern for the Family and Future Generations	6. Love 7. Freedom 8. Peace 9. Truth 10. Justice	11. Unity 12. Equality 13. Respect for the Law and Government 14. Patriotism 15. Promotion of Common Good	16. Concern for the Environment

THE FILIPINO VALUE SYSTEM

- The Filipino value refers to the set of values or the value system that majority of people have historically held important in their lives

- The Philippine value system includes their own unique assemblage of consistent ideologies, moral codes, ethical practice, etiquette, and cultural and personal values that are promoted by their society.
- As with any society though, the values that an individual holds a sacred can differ on the basis of religion, upbringing, and other factors
- Generally, the distinct value system of Filipinos is rooted primarily in personal alliance systems, mainly those based in kinship, obligation, friendship, religion, and commercial relationships.

THE FILIPINO VALUE SYSTEM

- Filipino values are centered at maintaining a social harmony motivated primarily by the desire to be accepted within a group.
- The main sanction against diverging from these values are the concepts of ***"hiya"***, roughly translated as '**a sense of shame**', and ***"amor propio"*** or '**self-esteem'.**
- Such social approval, acceptance by a group, and belonging to a group are major concerns of most Filipinos.

Caring about what other wilk think, say or do, are strong influences on social behavior among Filipinos.

PHILIPPINE CORE VALUES

- It is defined by the way people live their lives as an influence of one's culture

- The values of Filipinos have been looked upon by foreigners as a weakness instead of strength due to the nature of how they may be abused and manipulated due to these values. But values are what make up a certain nation both in growth and unity.

- Some may see that Filipino values as a hindrance to the growth of the country and yet other may say that these are what make our country powerful.

FAMILY

- The Philippines is known to be a family-centered nation
- Filipinos recognized their family as an important social structure that one must take care of
- The Filipino family is so intact that it is common for members of the same family to work for the same company
- People get strength from their family, thus a child may have several godparents to ensure his future in case his parents will not be there for him
- They believe that when their elders are unable to live alone, the time has come for them to pay respects and to be able to serve their parents just as they were cared for when they were younger

POLITENESS

- Filipinos are taught to become respectful individuals due to influence of Christianity that tell us to honor both our parents and our elders
- **“Mano po”** usually performed with the right hand, the person showing respect may ask "Mano po" to the elder in order to ask permission to initiate the gesture
- Another is the use of **"opo"** when in conversation with an elder or someone who is older is a manifestation of how Filipinos respect their elders

HOSPITALITY

- The Filipinos are very hospitable when it comes to their fellowmen where they invite their visitors to come into their homes and offer them treats such as snacks and drinks

GRATITUDE

- **"Utang na loob"** is a very popular Filipino characteristic
- One does not forget the good deeds that others may have done to him or her especially at times of great need
- This sense of gratitude is sometimes abused by those who have done well to others as they may ask favors or things that may either be unreasonable or beyond the means of the one in debt.

SHAME

- **"Hiya"** is a very common Filipino value

- Hiya has a great influence on one's behavior for one will do everything, if it is beyond his means just to save his reputation as well as the reputation of his family

- Filipinos feel pressured to meet the status quo of the society. One indication of this might be a willingness to spend more than they can afford on a party rather than be shamed by their economic circumstances

FLEXIBILITY, ADAPTABILITY, AND CREATIVITY

- Filipinos sense of joy and humor is evident in their optimistic approach to life and its travails
- Ability to laugh at themselves and their predicament is an important coping mechanism that contributes to emotional balance and a capacity to survive

FLEXIBILITY, ADAPTABILITY, AND CREATIVITY

- Filipinos have a high tolerance for ambiguity that enables them to respond calmly to uncertainty or lack of information.

- Filipinos often improvise and make productive and innovative use whatever is available. These qualities have been repeatedly demonstrated in their capacity to adapt to living in any part of the world and in their ability to accept change

LOYALTY

- **"Pakikisama"** is another Filipino value
- Filipinos are said to be loyal to their friends and fellowmen in order to ensure the peace in the group
- Filipinos recognize the essential humanity of all people and regard others with respect and empathy

HARD WORK AND INDUSTRY

- The related capacity for hard work and industry among the Filipinos is widely recognized

- Filipinos are universally regarded as excellent workers who perform well whether the job involves physical labor and tasks or highly sophisticated technical functions.

- This propensity for hard work, which often includes a highly competitive spirit is driven by the desire for economic security and advancement for oneself and one's family

Significance of Studying Filipino Values

The shaping of the Philippine society into a successful and progressive nation would depend on understanding and appreciating the positive side of Filipino values and how they are applied to attain such goal.