**CvSU Vision**

The Premier University in historic Cavite globally recognized for excellence in character development, academics, research, innovation and sustainable community engagement.

Republic of the Philippines 

**CAVITE STATE UNIVERSITY Imus Campus**

Palico IV, Imus City, Cavite

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**CvSU Mission**

Cavite State University shall provide excellent, equitable and relevant educational opportunities in the arts, sciences and technology through quality instruction and responsive research and development activities.

It shall produce professional, skilled and morally upright individuals for global competitiveness.

**ACTIVITY 3: WHY ARE WE SO ATTACHED TO THINGS?**

**Instructions:** Share a picture of an item to which you are emotionally attached. It could be a anything that reminds you of a specific moment in your life. After giving careful thought to the emotional bond you share with this item, answer the following questions:

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**Guide Questions:**

***1. Why do you feel emotionally attached to it?***

I feel emotionally attached to this picture because it’s the only physical photo I have with my father. When he passed away, I realized how few moments were actually captured between us, and that made this single photograph even more precious. Every time I look at it, I’m reminded of his presence, his smile, and the bond we shared. It’s a reminder of the time we had together, and in a way, it helps me keep his memory alive.

**2. *How does it reflect a part of your identity or personal story***

It represents not only the relationship I had with my father, but also how that loss has shaped who I am today. It reminds me to value time with the people I care about and not take any moment for granted. Having only this one photo made me more aware of the importance of memories, and it has made me someone who cherishes meaningful connections and holds on tightly to the people I love. This picture may be small, but it holds a big part of my heart and my journey.

| **RUBRIC FOR ACTIVITY NO. 3** | | | | | |
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| **Criteria** | **Excellent**  **(10 pts)** | **Good**  **(8 pts)** | **Needs**  **Improvement (6 pts)** | **Incomplete**  **(4 pts)** | **No Attempt (0 pts)** |
| **Content** | The reflection is rich in detail and meaning;  provides a clear understanding of the object and its background. | The content is clear and meaningful, with minimal missing details. | The content lacks supporting details or depth. | Limited content; unclear or lacks relevant  information. | No written response  was  provided. |
| **Reflection** | Shows deep personal insight and emotional connection;  thoughtful and honest. | Reflective and personal; shows meaningful  connection. | Some insight shown; could be more personal or developed. | Lacks depth; minimal  reflection. | No written response  was  provided. |
| **Relevance of**  **the Picture** | Picture clearly illustrates the object and enhances the reflection. | Picture is appropriate and supports the reflection. | Picture is somewhat  related but adds little to the explanation. | Picture is missing or unrelated to the object  discussed. | No written response  was  provided. |
| **Response to**  **Guide**  **Questions** | Fully answers both guide questions in detail, with clear explanations and personal  examples. | Answers both questions with clarity; some detail or depth may be lacking. | One or both questions  answered briefly or vaguely. | Guide questions are not addressed or answered  incompletely. | No written response  was  provided. |
| **Organization** | Ideas are clearly organized, well structured, and easy to follow. | Ideas are mostly organized but have issues in clarity. | Organization is inconsistent,  with some parts difficult to follow. | Reflection is disorganized  and difficult to understand. | No written response  was  provided. |
| **TOTAL** | | | | | **\_\_\_\_\_\_/50** |