

Personal Development

Quarter 1 – Module 1: Knowing and Understanding Oneself during Middle and Late Adolescence



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**Personal Development
Alternative Delivery Mode
Quarter 1 – Module 1: Knowing Oneself
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Development Team of the Module

Writers: Rosalia J. Gaddi

Junjie B. Talatayod, RGC

Editor: Dr. Ma. Carmen D. Solayao

Reviewer: Mariel Eugene L. Luna

Illustrator: Junjie B. Talatayod, RGC

Layout Artist: Mariel Eugene L. Luna

Management Team: Malcolm S. Garma, Director IV

Genia V. Santos, CLMD Chief

Dennis M. Mendoza, Regional EPS In-Charge of LRMS

Micah S. Pacheco, Regional ADM Coordinator

Madeline Ann L. Diaz, CID Chief

Dr. Gina U. Urquia, Division EPS In-Charge of LRMS

Mariel Eugene L. Luna, EPS and Division ADM Coordinator

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Department of Education – NCR

Office Address: Misamis St., Bago Bantay, Quezon City
Telefax: 02-929-0153
E-mail Address: depedncr@deped.gov.ph

Personal Development

**Quarter 1 – Module 1:
Knowing and Understanding Oneself
during Middle and Late Adolescence**

This instructional material was collaboratively developed and reviewed by educators from public and private schools, colleges, and or/universities. We encourage teachers and other education stakeholders to email their feedback, comments, and recommendations to the Department of Education at action@deped.gov.ph.

We value your feedback and recommendations.

Introductory Message

For the facilitator:

Welcome to the **Personal Development** Alternative Delivery Mode (ADM) Module on Knowing Oneself!

This module was collaboratively designed, developed and reviewed by educators both from public and private institutions to assist you, the teacher or facilitator in helping the learners meet the standards set by the K to 12 Curriculum while overcoming their personal, social, and economic constraints in schooling.

This learning resource hopes to engage the learners into guided and independent learning activities at their own pace and time. Furthermore, this also aims to help learners acquire the needed 21st century skills while taking into consideration their needs and circumstances.

For the learner:

Welcome to the **Personal Development** Alternative Delivery Mode (ADM) Module on Knowing Oneself!

The hand is one of the most symbolized part of the human body. It is often used to depict skill, action and purpose. Through our hands we may learn, create and accomplish. Hence, the hand in this learning resource signifies that you as a learner is capable and empowered to successfully achieve the relevant competencies and skills at your own pace and time. Your academic success lies in your own hands!

This module was designed to provide you with fun and meaningful opportunities for guided and independent learning at your own pace and time. You will be enabled to process the contents of the learning resource while being an active learner.

This module has the following parts and corresponding icons:



What I Need to Know

This will give you an idea of the skills or competencies you are expected to learn in the module.



What I Know

This part includes an activity that aims to check what you already know about the lesson to take. If you get all the answers correct (100%), you may decide to skip this module.



What's In

This is a brief drill or review to help you link the current lesson with the previous one.



What's New

In this portion, the new lesson will be introduced to you in various ways such as a story, a song, a poem, a problem opener, an activity or a situation.



What is It

This section provides a brief discussion of the lesson. This aims to help you discover and understand new concepts and skills.



What's More

This comprises activities for independent practice to solidify your understanding and skills of the topic. You may check the answers to the exercises using the Answer Key at the end of the module.



What I Have Learned

This includes questions or blank sentence/paragraph to be filled in to process what you learned from the lesson.



What I Can Do

This section provides an activity which will help you transfer your new knowledge or skill into real life situations or concerns.



Assessment

This is a task which aims to evaluate your level of mastery in achieving the learning competency.



Additional Activities

In this portion, another activity will be given to you to enrich your knowledge or skill of the lesson learned. This also tends retention of learned concepts.



Answer Key

This contains answers to all activities in the module.

At the end of this module you will also find:

References

This is a list of all sources used in developing this module.

The following are some reminders in using this module:

1. Use the module with care. Do not put unnecessary mark/s on any part of the module. Use a separate sheet of paper in answering the exercises.
2. Don't forget to answer *What I Know* before moving on to the other activities included in the module.
3. Read the instruction carefully before doing each task.
4. Observe honesty and integrity in doing the tasks and checking your answers.
5. Finish the task at hand before proceeding to the next.
6. Return this module to your teacher/facilitator once you are through with it.

If you encounter any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator. Always bear in mind that you are not alone.

We hope that through this material, you will experience meaningful learning and gain deep understanding of the relevant competencies. You can do it!



What I Need to Know

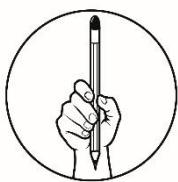
This module was designed and written with you in mind. It is here to help you master the concept of knowing oneself. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

The module is about Developing the Whole Person. The learners would be able to learn the various aspects of holistic development: physiological, cognitive, psychological, spiritual, and social development. Also, they would be able to illustrate the connections between thoughts, feelings, and behaviors in a person's holistic development.

The module has one lesson on Knowing Oneself.

After going through this module, you are expected to:

1. Explain that knowing oneself can make a person accept his/her strengths and limitations and dealing with others better (EsP-PD11/12KO-Ia-1.1).
2. Share his/her unique characteristics, habits, and experiences (EsP-PD11/12KO-Ia-1.2).



What I Know

Direction: Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

1. After Evelyn has taken her Personal Development subject, she realized how important it is to know how to get along with other people with different types of attitudes and personality. Eventually, her parents noticed a significant change in her behavior on how she deals with her friends. What aspect of self does Evelyn try to improve?
 - a. Self-esteem
 - b. Social Self
 - c. Emotional Self
 - d. Self-image

2. Bo Sanchez believed that there are three kinds of people living on this planet. Which of the following kind who do not only watch, do not only act, but they actually create the whole movie and determine what they will say, what they will do and how they will end the movie?
- a. Moviegoers
 - b. Actors
 - c. Actor-Scriptwriters
 - d. Scriptwriters
3. Actual self and Ideal self are part of our self-concept that deals with the general awareness about ourselves. If actual self is the one we actually see, how about the ideal self?
- a. The ideal self is the one that is built on self-knowledge
 - b. The ideal self is our self-image that includes our personal attributes
 - c. The ideal self is our sense of value or personal worth
 - d. The ideal self is the self that we aspire to be
4. Ariana Shane is a grade 12 transferee from Mindanao who has a very low level of self-confidence because of her regional accent. Her newly-found friends have noticed that she has lots of potentials that she was totally not aware of. In the Johari window, this scenario shows Ariana Shane's;
- a. Blind Spot
 - b. Arena
 - c. Façade
 - d. None of the above
5. Junrel barely shares about his feelings, ambitions and opinions due to fear of negative reactions from others. What quadrant of Johari Window best explains Junrel's behavior?
- a. Blind Spot
 - b. Arena
 - c. Façade
 - d. None of the above
6. He is one of the psychologists who proposed the Johari Window.
- a. Carl Rogers
 - b. Bo Sanchez
 - c. Joseph Luft
 - d. Sigmund Freud
7. It is our overall subjective sense of value or personal worth
- a. Self-concept
 - b. Self-image
 - c. Self-knowledge
 - d. Self-esteem
8. It is a state of having the knowledge about our existence as unique individuals who are able to recognize our values, beliefs, traits, behaviors and feelings.
- a. Self-Awareness
 - b. Sense of Self
 - c. Self-worth
 - d. Self-esteem
9. This form of self is subject to self-discovery and exploration since it is not known to others and not known to self.
- a. Arena
 - b. Blind Spot
 - c. Façade
 - d. Unknown
10. How does Johari Window help us improve our self-awareness?
- a. Johari Window helps us only in receiving feedback from other people
 - b. Johari Window only helps us in giving feedback to other people
 - c. Johari Window helps us both in giving and receiving feedbacks
 - d. Johari Window does not help at all

11. It is the actual genuine information that we have about our motivations, strengths or weaknesses.
 - a. Self-concept
 - b. Self-image
 - c. Self-knowledge
 - d. Self-esteem
12. These types of people do not just watch the movie of their lives, they act and can control how they portray the character. However, they don't have the control over the script.
 - a. Moviegoers
 - b. Actors
 - c. Actor-Scriptwriters
 - d. Scriptwriters
13. It is a technique that helps people improve self-awareness, interpersonal relationships and opportunity for personal development by giving or receiving feedbacks on each other's strengths, weaknesses and blind spots.
 - a. Johari Window
 - b. Self-engagement
 - c. Quadrants of Self
 - d. Self-evaluation
14. It is a self that we aspire to be.
 - a. Ideal Self
 - b. Actual Self
 - c. Self-knowledge
 - d. Sense of self
15. This form of the self is what we and others see in us and the things we know about ourselves and others know about us
 - a. Blind Self
 - b. Hidden Self
 - c. Unknown Self
 - d. Known Self

**Lesson
1**

Knowing and Understanding Oneself during Middle and Late Adolescence

This lesson will help you understand the concept of knowing and understanding oneself. It explains the importance of understanding oneself to attain self-acceptance and better interpersonal relationships. It will help you to determine your strengths, weaknesses, passions as well as fears, dreams and desires. Knowing yourself enables you to determine your purpose in life. You will learn to appreciate your unique characteristics, habits and experiences.



What's In

Activity: "Sip and Share!"

Direction: In the spaces indicated by numbers, write down the following. Use a separate sheet of paper for your answer.

1. What is your full name?
2. What are the things in yourself you are proudest of?
3. What are the positive words your family and friends used to describe you?
4. What two personal goals you have that you already achieved?
5. What are the two things you considered as greatest achievements in your life?
6. What good qualities you see in yourself that you want the whole world to know?
7. What experience you have that had a positive impact in your life?
8. What are the two skills you have that you want to share with other people?

1.

2.

3.

4.

5.

6.

7.

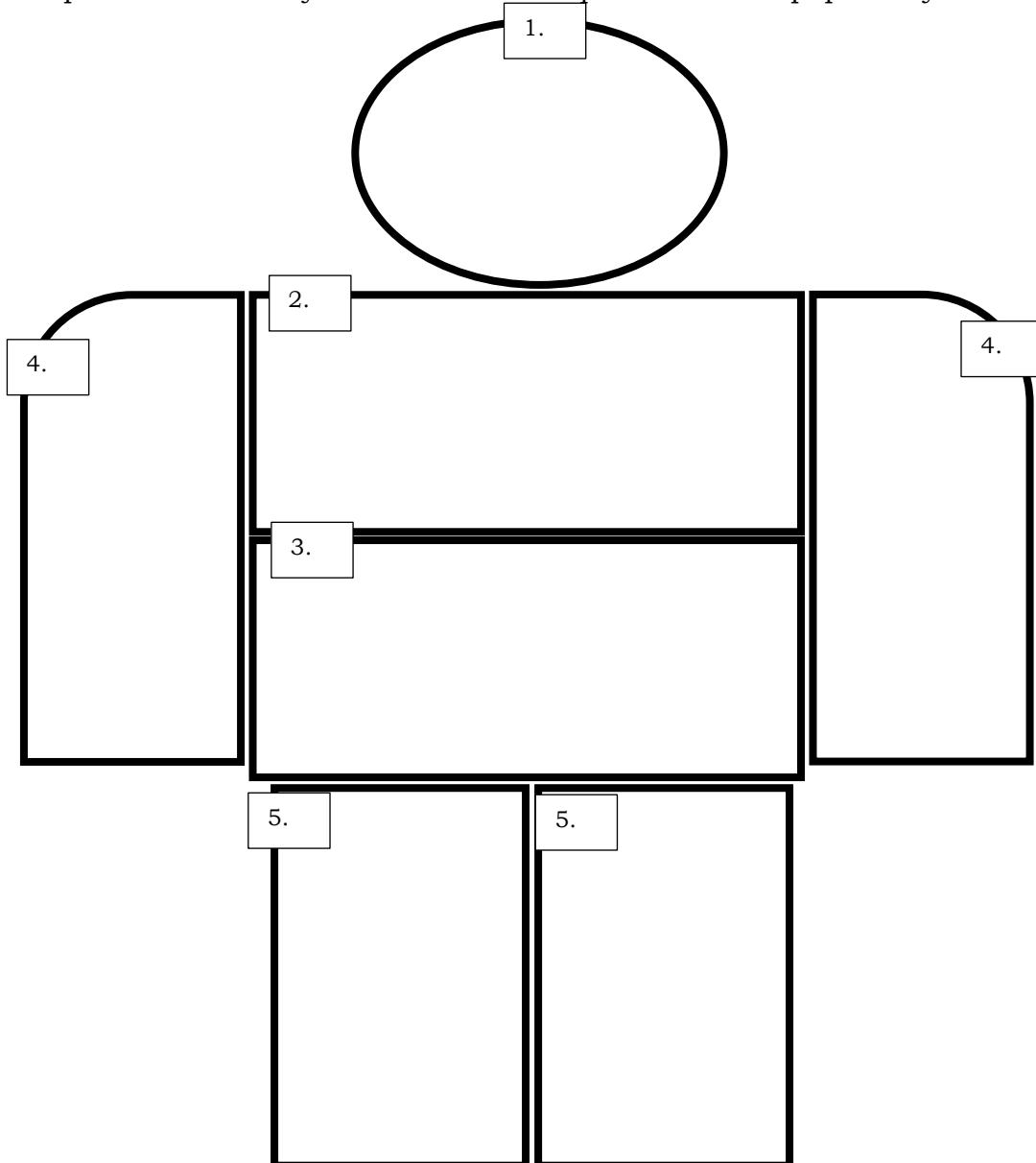
8.



What's New

Activity: "I Am What I Am!"

Direction: Describe yourself in terms of the following aspects. Write your response in the spaces indicated by numbers. Use a separate sheet of paper for your answers.



1. **Intellectual Self:** include a description about your reasoning ability, problem solving skills, specific areas you are good at or the wisdom you gained from your experience.
2. **Emotional Self:** describe how you feel most of the time, feelings you don't want to experience and the emotions you want to improve. You may include an experience that makes you feel sad, happy, angry, etc.

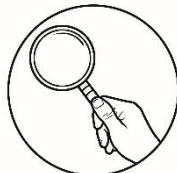
- 3. Physical Self:** describe your physical image. You may include adjectives describing your complexion, height, weight, hair, or any body parts that you like the most.
- 4. Spiritual Self** – write a word or a phrase about your over-all spiritual development. Describe your spiritual connection to your religion and your spiritual relationship with other people.
- 5. Social Self** – include a description on how well you get along with other people with different types of attitudes and personality. Describe the kind of person you are when you are with your closest friends, teachers, or your family.

Guide Questions:

1. As you accomplished the “Sip and Share” and “I Am What I Am” activities, what have you realized?

1. Do these activities remind you of your unique identity as a person? How?

2. Do you consider yourself as a unique individual? How will you prove it?



What is It

Understanding the “Sense of Self”

Knowing and understanding oneself during middle and late adolescence is quite hard at times. As we transition towards becoming an adult, we are expected to be responsible, independent or self-reliant and depend less on our parents. Sometimes we are being surrounded with too much pressure and expectations on how we should behave and act on certain situations. Adolescence is a stage wherein we tend to build a “*socially constructed sense of self*”, that is our sense of self as influenced by how others view us. This socially constructed sense of self is the reason why we tend to seek approval and acceptance of other people for a purpose of attaining sense of belongingness.

Who Am I? – A question that leads to a better Self-Awareness

Adolescence is a stage where we may increasingly ask, “Who Am I?”. Don’t be bothered If you find yourself asking this question. You are on the right track! It is a normal part of the process that you need to go through as you advance to the next milestone – the adulthood. Once you have a concrete understanding of your entire being, your personality, strengths and weaknesses, you may emerge as a resilient individual who is prepared to be a responsible adult.



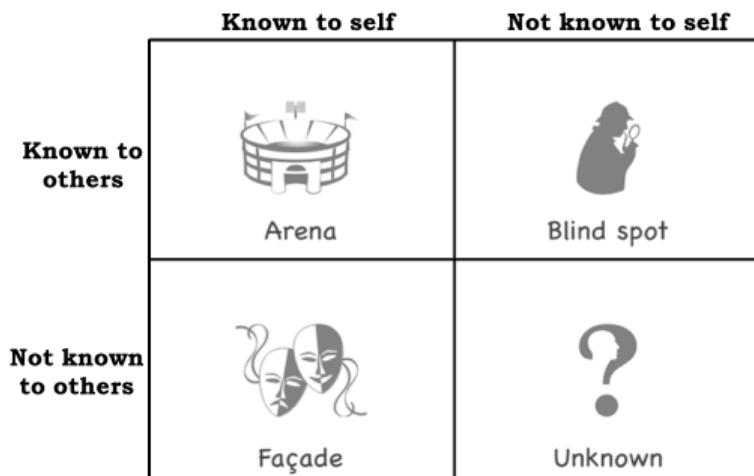
Self-Awareness

Once in our life, someone might have said to us “*Be yourself!*” or “*Be true to yourself!*” Actually, this is a very great advice. However, it is not as easy as it may seem to stay true to ourselves if we do not know exactly who we really are.

Self-Awareness is a state of having the knowledge about our existence as unique individuals who are able to recognize our values, beliefs, traits, behaviors and feelings. The moment we are aware about ourselves, our strengths and weaknesses, only then we can experience ourselves as unique and separate individual beings. If we manage to become aware of who we are, we will become empowered to making changes by building our areas of strengths and at the same time by acknowledging areas of weaknesses where we would like to make improvements. Furthermore, Self-awareness is being significantly conscious of what we are good at while recognizing our flaws, limitations and imperfections.

The Johari Window

Self-awareness is a never-ending journey as there are still things that we do not know much about ourselves. Our awareness of ourselves can be improved by considering how others view us, their opinions about us and how they describe us as a person. It is true that sometimes, we don't realize our behavior, good qualities and potentialities unless someone tells us.



Source: <https://tinyurl.com/kmh48sbu>

Johari Window is a technique that helps people improve self-awareness, interpersonal relationships and opportunity for personal development by giving or receiving feedbacks on each other's strengths, weaknesses and blind spots. This was developed by American Psychologists Joseph Luft and Harry Ingham in 1955. The name “*Johari*” is formed from combining their first names.

Basically, Johari Window has four quadrants or windows that provide the four basic forms of the self. These are the following:

1. **Arena** – or the *Known Self*. This form of the self is what you and others see in you. Things we know about ourselves and others know about us, like that of the talents and skills or even our weaknesses that we know about ourselves and others know about us.
2. **Blind Spot** – or the *Blind Self*. These are our actions and behaviors others know about us that we are not aware of. These can be positive or negative and may include hidden strengths and potentialities or areas for improvement.
3. **Façade** – or the *Hidden Self*. In this form of self, we hide things that are private about ourselves. These may include feelings, ambitions and opinions that we choose to hide due to fear of negative reactions from others. Reasons for hiding may be because we do not want our weaknesses to be exposed.
4. **Unknown** – This form of self is not known to others and not known to self. This includes skills, behaviors, undiscovered talents, etc. that are unknown to us and to others. If we explore and get ourselves involve in new activities with new groups of people will help us increase our self-awareness.



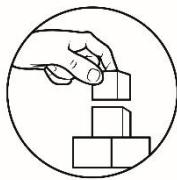
Source: <https://tinyurl.com/5arjxxej>

Self-Concept

According to Carl Rogers, a humanist psychologist. **Self-concept** is our general awareness about ourselves, the image that we have of ourselves. This image is influenced by our interactions with other people specifically those who are important to us. Carl Rogers believed that our self-concept is made up of three different parts, the **actual self**, the **ideal self** and the **self-esteem**.

The moment we go to school, to the mall or to a birthday party, we try looking ourselves in the mirror to check our appearance. What do you see as you look at yourself in the mirror? Do you see your actual self? Or your ideal self?

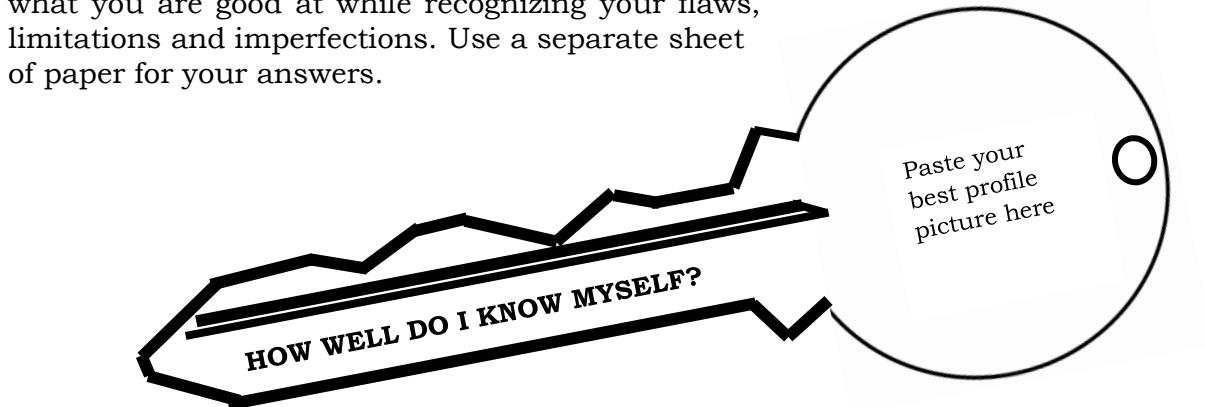
Our **Actual Self** is our self-image, the one we actually see including attributes like our physical characteristics, personality traits and social roles. It is how we think and feel, behave or act. Our actual self is built on **self-knowledge**, which is the actual genuine information that we have about our motivations, strengths or weaknesses. On the other hand, our **Ideal Self** is the self that we aspire to be. The one we hope will possess the characteristics that we really want to have, like that of the image above. Now, what about self-esteem? **Self-esteem** is our overall subjective sense of value or personal worth. That is how we feel about our strengths and weaknesses. If we have healthy self-esteem, we feel good about ourselves. If we have low self-esteem, we have the tendency to put a little value on our ideas and opinions. Likewise, if we have low self-esteem, we might constantly worry about being not good enough.



What's More

Activity: "Unlock Me"

Direction: Fill in the boxes your strengths and weaknesses corresponding to the aspects and cite ways on how you can improve them. This is to help you unlock and improve your self-awareness by being conscious of what you are good at while recognizing your flaws, limitations and imperfections. Use a separate sheet of paper for your answers.



Aspects	Strengths	Weaknesses	Ways to improve
Intellectual Awareness			
Emotional Awareness			
Physical Awareness			
Social Awareness			
Spiritual Awareness			

Guide Questions:

1. Does “Unlock Me” activity help you improve your self-awareness on various aspects? How?

1. How realistic is your self-image as you assess your strengths and weaknesses?

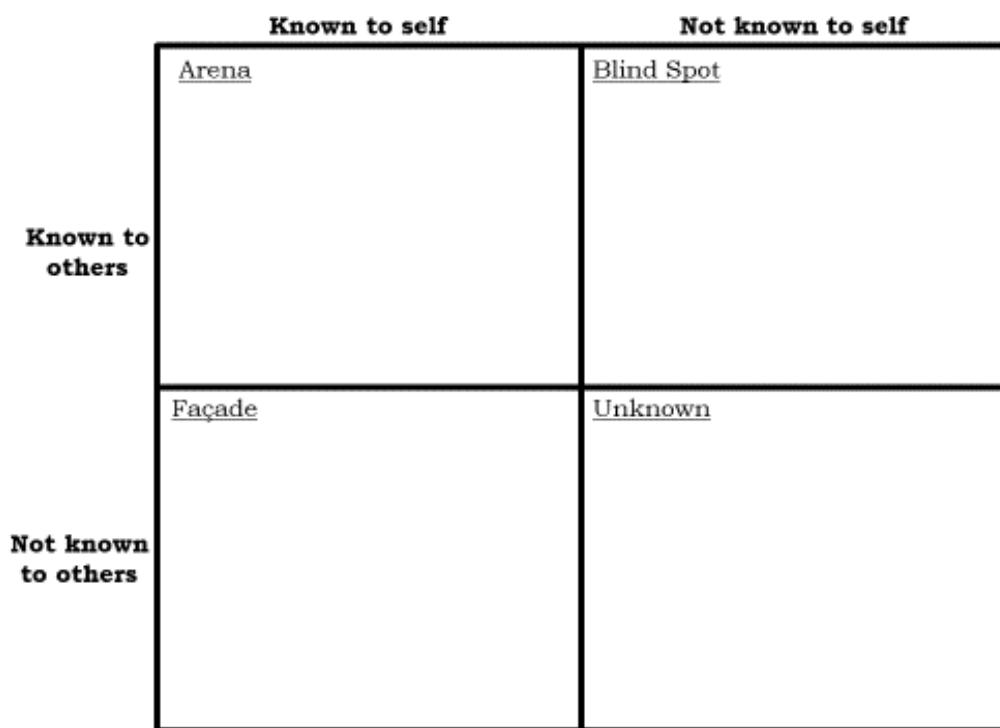
2. Do you have qualities that you consider as your weakness but other people consider as your strength? Can you share some?



What I Have Learned

Activity: “Johari Window”

This activity will help you further improve your self-awareness by considering how others view you, their opinions about you and how they describe you as a person. It is true that sometimes, you don't realize your behavior, good qualities and potentialities unless someone tells you.



Directions:

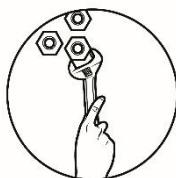
- a. In a piece of paper, write five (5) words that describe you.
- b. Ask six (6) people to do the same (2 classmates, 2 close friends and 2 family members)
- c. After collecting all the words, write them down in the Johari window according to their classification.
- d. Once done, share your thoughts on the following guide questions.

Guide Questions:

1. What surprised you about everyone's feedback? Why?

2. How does their feedback help you know more about yourself?

3. What have you realized as you accomplished this activity?



What I Can Do

The more we understand ourselves, the more we have the power and ability to take charge of our future. According to Bo Sanchez, part of taking charge of our future is to write a script of our life according to how we want it to be.

According to him, there are three kinds of people living on this planet. The moviegoer, the actor and the actor-scriptwriter. The **moviegoers** are the people who only watch, admire and criticize the movie of their lives. They do nothing else. They are the ones who have absolutely no control of their lives except to just comment, react and criticize. The **Actors** do not just watch the movie of their lives, they act and can control how they portray the character. However, they don't have the control over the script. The **Actor-Scriptwriters** do not only watch, do not only act, but they actually create the whole movie and determine what they will say, what they will do and how they will end the movie. They realize they have the huge control over their life and see to it that the movie will turn out to be amazing and beautiful.

Who are you among these three people?

Do you merely watch, admire and criticize your life and do nothing else?

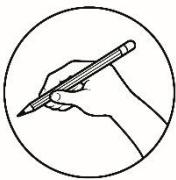
Do you just act and control how you portray the character but don't have the control over the script?

Or do you write, act and create the script and make your life beautiful?

By the way, the Producer of the movie is God and He tells you to make your movie beautiful and He will give you all that you need to succeed.

Activity: “This is Me, Myself and I”

Direction: Write a script about how you want your life to be. Think of a title. Include the talents and skills that you want to develop, the career, the adventures, goals and dreams that you want to experience and achieve. Something that is unique of you that will inspire others (3 paragraphs).



Assessment

Modified FACT or BLUFF: Write **FACT** if the statement contains an underlined word that is factual and correct. If it's bluff, write the correct answer instead. Use a separate sheet of paper for your answers.

- _____ 1. Physical Self is an aspect of self that refers to how well you get along with other people with different types of attitudes and personality.
- _____ 2. Intellectual Self is an aspect of self that involves your reasoning ability, problem solving skills, specific areas you are good at or the wisdom you gained from your experience.
- _____ 3. Socially constructed sense of self is our sense of self as influenced by how others view us.
- _____ 4. Self-esteem is a state of having the knowledge about our existence as unique individuals who are able to recognize our values, beliefs, traits, behaviors and feelings.
- _____ 5. Self-concept is a technique that helps people improve self-awareness, interpersonal relationships and opportunity for personal development by giving or receiving feedbacks on each other's strengths, weaknesses and blind spots
- _____ 6. Carl Rogers believed that our self-concept is made up of three different parts, the actual self, the ideal self and the self-esteem.
- _____ 7. Ideal Self is our self-image, the one we actually see including attributes like our physical characteristics, personality traits and social roles. It is how we think and feel, behave or act.
- _____ 8. Actual Self is the self that we aspire to be. The one we hope will possess the characteristics that we really want to have.
- _____ 9. Self-knowledge is our overall subjective sense of value or personal worth. That is how we feel about our strengths and weaknesses. If we have healthy self-esteem, we feel good about ourselves.
- _____ 10. Façade is a form of self that hides things that are private about ourselves. These may include feelings, ambitions and opinions that we choose to hide due to fear of negative reactions from others.
- _____ 11. Blind Spots are our actions and behaviors others know about us that we are not aware of. These can be positive or negative and may include our hidden strengths and potentialities or areas for improvement.
- _____ 12. Arena is what we and others see in us. Things we know about ourselves and others know about us, like that of the talents and skills or even our weaknesses that we know about ourselves and others know about us.
- _____ 13. The Known Self is our general awareness about ourselves, the image that we have of ourselves.

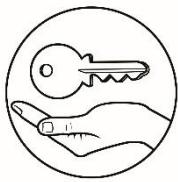
- _____ 14. According to Bo Sanchez, moviegoers are the people who only watch, admire and criticize the movie of their lives. They do nothing else. They are the ones who have absolutely no control of their lives except to just comment, react and criticize.
- _____ 15. Sense of Self is the actual genuine information that we have about our motivations, strengths or weaknesses.



Additional Activities

Activity: “Paint Me”

Direction: Draw or paint an object or a symbol inside the box that best describe yourself. An object or a symbol that possesses your unique characteristics and qualities as an individual being. Write an explanation at least two (2) paragraphs on why you have chosen that object or symbol.



Answer Key

Assessment	What it Know	
1. Social Self	9. Self-esteem	
2. Fact	10. Fact	
3. Fact	11. Fact	
4. Self-awareness	12. Fact	
5. Johari Window	13. Self-concept	
6. Fact	14. Fact	
7. Actual Self	15. Self-knowledge	
8. Ideal Self		

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For inquiries or feedback, please write or call:

Department of Education - Bureau of Learning Resources (DepEd-BLR)

Ground Floor, Bonifacio Bldg., DepEd Complex
Meralco Avenue, Pasig City, Philippines 1600

Telefax: (632) 8634-1072; 8634-1054; 8631-4985

Email Address: blr.lrqad@deped.gov.ph * blr.lrpd@deped.gov.ph