



Subject: Personal Development
Topic: Knowing Oneself: Understanding Oneself during Middle and Late Adolescence
Prepared By: Chris Angelson M. Malubay
Semester: 2nd
Grade: 12
Week: 1

General Instructions in Accomplishing the Module.

- 1. Activities and Performance Tasks contained in this module are for Enhancement of Learning purposes only. Students can answer them for mastery learning but it is not required to be answered.
- 2. Answer Assessment only (last page of the module). This is ONLY required to be answered by the students since the scores are to be recorded for the computation of grades. Please detach the page if you are done answering it. You can also attach additional sheet of paper if needed. Then, submit it to the class adviser. Thanks.

Learning Competencies:

- 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)
- Share his/her unique characteristics, habits, and experiences. (EsP-PD11/12KO-Ia-1.2)

ACTIVITY NO. 1 JOHARI WINDOW
Make the picture below as your guide.

		KNOWN TO SELF	UNKNOWN TO SELF
KNOWN TO OTHERS	OPEN SELF	Information about you that both you and others know.	BLIND SELF Information about you that you don't know but others do know.
	HIDDEN SELF	Information about you that you know but others don't	UNKNOWN SELF
UNKNOWN TO OTHERS			

What is Personal Development?

⁽¹⁾**Personal Development** is a lifelong process. It is a way for people to assess their skills and qualities, consider their aims in life and set goals in order to realise and maximise their potential.

⁽¹⁾There are many ideas surrounding personal development, one of which is **Abraham Maslow's Hierarchy of Needs** and the process of self- actualization. Maslow (1970) suggest that all individuals have an in-built need for personal development which occurs through a process called "**self- actualization**".

Big Differences between Human Development to Personal Development

Human development is an expansion of human capabilities, a widening of choices, an enhancement of freedom, and a fulfilment of human rights.

Personal development covers activities that improve awareness and identity, develop talents and potential, build human capital and facilitate employability, enhance the quality of life and contribute to the realization of dreams and aspirations.

Dimension of the Self

The self has three dimensions - **physical, psychological, and spiritual**.

- **Physical dimension** - responsible for giving us the ability to move our muscles, to perceive our surroundings, and to think of the ideas and opinions that bring wonders to our lives and of others.
- **Psychological dimension** - contains the concepts of stress, cognition, behavior, attitude, emotion and ultimately, personality.
- **Spiritual dimension** - allows us to view ourselves in a spiritual level - as spiritual beings. It holds a relevance to a perceived existence of God, of a greater good, or Superior Being relating to the humble individual.

The ABCs of Attitudes which are necessary for its existence:

- 1. Affect** - represents emotions directed to the self, the environment and to others.
- 2. Behavior** - the action form or manifestation of attitude which can be overt or covert.
- 3. Cognition** - the way people think which encompasses our thoughts in different levels, ranging from ourselves to our environment, from imaginary to perceivable reality.

ACTIVITY NO. 2 DEFINE ME!

Give your own definition based of what you have understand in the topic.

1. Human Development
2. Personal Development
3. Physical Dimension
4. Psychological Dimension
5. Spiritual Dimension
6. Affect
7. Behavior
8. Cognition

ENRICHMENT

Instruction: Answer the question in 2 – 5 sentences.

1. What are your strengths & limitations?
2. How does your strengths & limitations affect your way of dealing with others?

SOURCES:

- <http://study.com/academy/lesson/what-is-self-concept-in-psychology-definition-lesson-quiz.html/>:
- <http://study.com/academy/lesson/ideal-self-vs-real-self-definition-lesson-quiz.html>
- <https://www.academia.edu/37332284>



Name: _____

Date: _____

Grade & Section: _____

Score: _____

PERSONAL DEVELOPMENT

ASSESSMENT NO. 1

Test I. JOHARI WINDOW. Make the chart below as your guide in answering the activity.
(10 points).

KNOWN TO OTHERS	KNOWN TO SELF	UNKNOWN TO SELF
	<div><div>OPEN SELF</div><div>Write information about you that both you and others know.</div></div>	<div><div>BLIND SELF</div><div>ASK someone who is close to you to write information about you that you don't know but others do know</div></div>
UNKNOWN TO OTHERS	<div><div>HIDDEN SELF</div><div>Information about you that you know but others don't</div></div>	<div><div>UNKNOWN SELF</div><div>Write information about you that neither you nor others know</div></div>

Fold a second sheet of bond paper into four sides so that it resembles the image above. Please respond to the four sides of the bond paper in accordance with the given directions.

After doing the activity answer the following questions:

1. What are things which you and others are already aware of?
2. How about the things you've just learned other people think of you?
3. What can you do to develop yourself so that you can be the best version of yourself given what you already know and what people already know about you?