

plan life inprove identity talents identity awareness will plan talents awareness abilities identity talents identity talents identity identity plan talents awareness abilities identity talent iffe PERSONAL plan health knowledge DEVELOPMENT awareness abilities identity potential knowledge DEVELOPMENT awareness career talents potential abilities wealth in plan awareness identity reasea the career knowledge potential awareness identity reasea the career knowledge plan talents identity reasea the career knowledge plan tale

Prof. Angelita Ong Camilar-Serrano - DBA (candidate)

## **Table of Contents**

| Preface  | iii                |
|--|--------------------|
| Acknowledgment   | iv                 |
| UNIT 1 SELF-DEVELOPMENT  |                    |
| Lesson 1 Knowing Oneself   | 3                  |
| Knowing Oneself Personal Strengths and Limitations Characteristics, Habits and Experiences of Adolescents Maintaining a Personal Journal | 3<br>6<br>10<br>13 |
| Discover yourself : Journal Writing Short Quiz 1 Case Study 1  | 21<br>23<br>25     |
| Lesson 2 Developing the Holistic Person  | 27                 |
| Holistic Development of Adolescent Thoughts, Feelings and Behaviors of Adolescents   | 27<br>47           |
| Discover yourself : Connecting Thoughts, Feelings<br>and Behaviors   | 51                 |
| Short Quiz 2<br>Case Study 2   | 53<br>55           |
| Lesson 3 Developmental Stages in Middle and Late Adolescence   | 57                 |
| Developmental Tasks in Middle and Late Adolescents<br>Becoming a Responsible Adolescent for Adult Life Preparation                       | 58<br>63           |
| Discover yourself: On Becoming a Responsible Adolescent<br>Short Quiz 3<br>Case Study 3  | 69<br>71<br>73     |
| Lesson 4 The Challenges of Middle and Late Adolescence   | 75                 |
| Middle Adolescents Challenges Late Adolescents Challenges Expectations of and From Adolescents   | 76<br>81<br>86     |
| Expectations of and From Adolescents Adolescents as a Lovable and Capable Person   | 89                 |

| Discover yourself: I am a Lovable and Capable Teenager   | 20    |
|--|-------|
| Short Quiz 4   | 95    |
| Case Study 4   | 97    |
| Case Stilling 4  | ~.    |
| The state of the s |       |
| UNIT 2 ASPECTS OF PERSONAL DEVELOPMENT   |       |
| Lesson 5 Coping with Stress in Middle and Late Adolescence   | 103   |
| Stress and its Sources During Adolescence  | 104   |
| Effects of Stress to Adolescents   | 111   |
| Personal Ways of Coping Stress Among Adolescents   | 112   |
| Discover yourself: My Personal Ways of Coping with Stres   | s 115 |
| Short Quiz 5   | 117   |
| Case Study 5   | 119   |
|  |       |
| Lesson 6 The Powers of the Mind  | 123   |
| The Whole Brain Theory   | 124   |
| Understanding the Left and Right Brain   | 129   |
| How Right Brain vs. Left Brain Thinking Impacts Learning   | 133   |
| Mind-Mapping   | 137   |
| Discover yourself: My Plan to Improve Learning   |       |
| Using My Left and Right Brain  | 147   |
| Short Quiz 6   | 149   |
| Case Study 6   | 151   |
| Lesson 7 Mental Health and Well-being in Middle and  |       |
| Late adolescence   | 155   |
| The Concept of Mental Health and Psychological Well-being  | 156   |
| Mental Health Problems During Adolescence  | 158   |
| Adolescents Vulnerabilities to Mental Health Problems  | 163   |
| Ways on Achieving Psychological Well-being   | 164   |
| Ways on Staying Mentally Healthy During Adolescence  | 167   |
| Discover yourself: My Plan to Stay Mentally Healthy  | 171   |
| Short Quiz 7   | 173   |
| Case Study 7   | 175   |
| Lesson 8 Emotional Intelligence  | 179   |
| Different Types of Emotions  | 180   |
| Commence of Fig. 51 and 5207000  |       |

| The Expression of Emotions Expressing Positive and Negative Emotions Ways to Manage Various Emotions   | 182<br>189<br>191        |
|--|--------------------------|
| Discover yourself: My Ways of Managing Emotions<br>Short Quiz 8<br>Case Study 8  | 195<br>197<br>199        |
| UNIT 3 BUILDING AND MAINTAINING RELATIONS  | HIPS                     |
| Lesson 9 Personal Relationships  | 205                      |
| Attraction, Love and Commitment in Adolescent Relationship<br>Expressions of Attraction<br>Ways of Showing Love and Commitment<br>Ways to Become Responsible in a Relationship | 206<br>207<br>213<br>218 |
| Discover yourself: My Ways to Become Responsible   |                          |
| Short Quiz 9 Case Study 9  | 221<br>223<br>225        |
| Lesson 10 Social Relationships in Middle and Late Adolescence  | 227                      |
| Socialization and Social Influence<br>Social Roles<br>Perception of Oneself and Others   | 227<br>230<br>233        |
| Discover yourself: My Mini Survey on Filipino Relationship<br>Short Quiz 10  | 239<br>243               |
| Case Study 10  | 245                      |
| Lesson 11 Family Structures and Legacies   | 247                      |
| Family Structure and Personal Development<br>Genogram: Tracing Attributes Through Generation<br>Improving Family Members Relationships   | 248<br>253<br>255        |
| Discover yourself: My Plan to Make the Family Members Firmer and Gentler Short Quiz 11 Case Study 11   | 261<br>263<br>265        |
|  |                          |

## **UNIT 4 CAREER DEVELOPMENT**

| Lesson 12 Persons and Careers  | 271               |
|--|-------------------|
| Career Development and Life Goals Among Adolescents<br>Personal Factors Affecting Career Choices<br>Self-assessment Tool for Personal Factors and Life Goals | 272<br>277<br>279 |
| Discover yourself: My Personality Traits Short Quiz 12 Case Study 12   | 285<br>287<br>289 |
| Lesson 13 Career Pathways  | 293               |
| External Factors Affecting Career Choices<br>Various Career Options<br>Career Planning   | 293<br>297<br>302 |
| Discover yourself: My Career Plan<br>Short Quiz 13<br>Case Study 13  | 305<br>307<br>309 |
| Lesson 14 Insights into One's Personal Development   | 311               |
| Personal Development Factors in Career Decisions<br>Importance of Personal Development in Career Decisions   | 312<br>318        |
| Discover yourself : Visualization of My Personal Development   | 321               |
| Short Quiz 14 Case Study 14  | 323<br>325        |
| Bibliography Webliography  | 327<br>329        |