GRADES 1 to 12 DAILY LESSON LOG	School:	ANSELMO A. SANDOVAL MEMORIAL NATIONAL HIGH SCHOOL	Grade Level:	G12
	Teacher:	SONIA B. AYAP	Learning Area:	PERSONAL DEVELOPMENT
	Teaching Dates and Time:	WEEK 2- SEPTEMBER 4-8, 2023	Quarter:	QUARTER 1

	DAY 1 and DAY 2	DAY 3 and DAY 4
I. OBJECTIVES		
A. Content Standards	The learners demonstrate an understanding of the various aspects of holistic development: physiological, cognitive, psychological, spiritual, and social development	
B. Performance Standards	The learners shall be able to illustrate the connections between thoughts, feelings, and behaviors in a person's holistic development	
C. Most Essential Learning Competencies (MELCs)	Share his/her unique characteristics, habits, and experiences **EsP-PD11/12KO-Ia-1.2**	Evaluate his/her own thoughts, feelings, and behaviors **EsP-PD11/12DWP-Ib-2.2**
II. CONTENT / TOPIC	**KNOWING ONESELF – CHARACTERISTICS, HABITS, AND EXPERIENCES**	**DEVELOPING THE WHOLE PERSON**
III. LEARNING RESOURCES	CLMD- Personal Development- Quarter 1, Week 1, Lesson 2, pages 13-21	CLMD- Personal Development- Quarter 1, Week 2, Lesson 3, pages 23-32
A. References		
1. Teacher's Guide pages		
2. Learner's Materials pages		
3. Textbook pages		
4. Additional materials from LRMDS portal		
B. Other Materials	ESPMatic Learning Hub, Power Point Presentation	ESPMatic Learning Hub, Power Point Presentation
IV. PROCEDURES		
A. Introduction	**DAY 1** **Recall** 1. What are the 3 aspects of Self-concept according to Sincero Sincero? 2. Innumerate the three components of self, according to Sigmund Freud. **Rosenberg Self-Esteem Scale** One of the most common self-report measures of self-esteem is taken from the Rosenberg Self-Esteem Scale. Indicated below is a list of statements dealing with your general feelings about yourself. Kindly encircle your answer on how strongly you agree or disagree with each statement. Guide Questions: 1. What item do you find comfortable to answer? 2. Does this activity determine your general feelings? Why or why not?	**DAY 3** **Motivation** ■What do say when you get bad news? ■ What are the situations/ events that you consider as bad news? ■ What happen to you face and body when you get bad news? ■ How do you deal with bad news at home?

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<tr><th>Statement</th><th>Strongly Disagree</th><th>Disagree</th><th>Agree</th><th>Strongly Agree</th></tr>
<tr><td>1. On the whole, I am satisfied with myself.</td><td>1</td><td>2</td><td>3</td><td>4</td></tr>
<tr><td>2. At times I think I am no good at all.</td><td>1</td><td>2</td><td>3</td><td>4</td></tr>
<tr><td>3. I feel that I have a number of good qualities.</td><td>1</td><td>2</td><td>3</td><td>4</td></tr>
<tr><td>4. I am able to do things as well as most other people</td><td>1</td><td>2</td><td>3</td><td>4</td></tr>
<tr><td>5. I feel I do not have much to be proud of.</td><td>1</td><td>2</td><td>3</td><td>4</td></tr>
<tr><td>6. I certainly feel useless at times.</td><td>1</td><td>2</td><td>3</td><td>4</td></tr>
<tr><td>7. I feel that I'm a person of worth, at least on an equal plane with others.</td><td>1</td><td>2</td><td>3</td><td>4</td></tr>
<tr><td>8. I wish I could have more respect for myself.</td><td>1</td><td>2</td><td>3</td><td>4</td></tr>
<tr><td>9. All in all, I am inclined to feel that I am a failure.</td><td>1</td><td>2</td><td>3</td><td>4</td></tr>
<tr><td>10. I take a positive attitude toward myself.</td><td>1</td><td>2</td><td>3</td><td>4</td></tr>
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<td>B. Development</td>
<td>Discussion about:
a. Self-esteem
b. Self-Efficacy
(5 Different Ways that Influenced Self-efficacy)
c. Self-identity
d. Judgement and Decision Making
(6 Six Steps on How to Make a Rational Decision)</td>
<td>Discussion about:

✔ Holistic Development
✔ Aspect Of Holistic Development
1. Physical Development
2. Cognitive Development
3. Psychological Development
4. Social Development
5. Spiritual Development
✔ Thought, Feelings and Action</td>
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<td>C. Engagement</td>
<td>DAY 2
Some “One” Dear
This activity will open the chance for you to tell everything that you want to say to a person dear to you. You are tasked to create a letter for someone that matters to you. Share all your learnings, your discovered characteristics, habits, and experiences that you failed to tell him/her before.

“Me, Myself and I”
Think of a particular situation that you have been required to decide on your own for a very important matter.
1. What makes you doubtful to yourself?
2. For that instance, how the thoughts of other people about you affect your mood?</td>
<td>DAY 4
Activity:
Let us know more about yourself. Recall your childhood and teenage days. Share your activities, thoughts, feelings, strength, weakness, and other characteristics that describe you. Write three or more descriptions each item.
1. What aspect did you find difficult to answer? Why
2. How does each aspect influence each other?
3. Can you share a situation or experience that prove your answer?</td>
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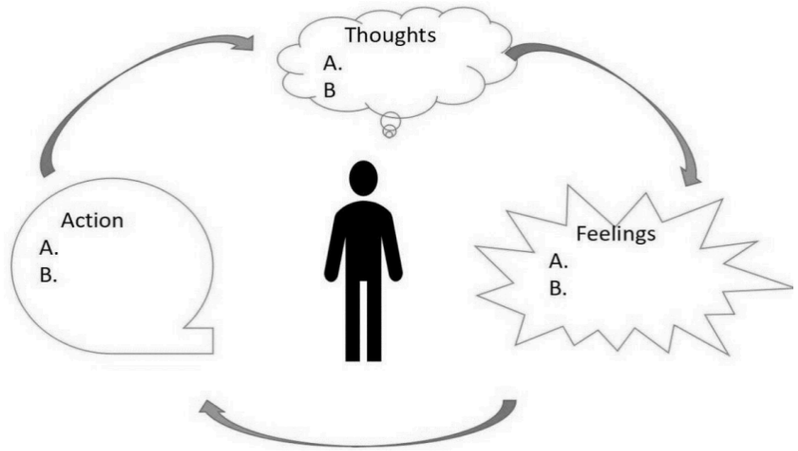
How does your biggest decision affect you and your decision-making?

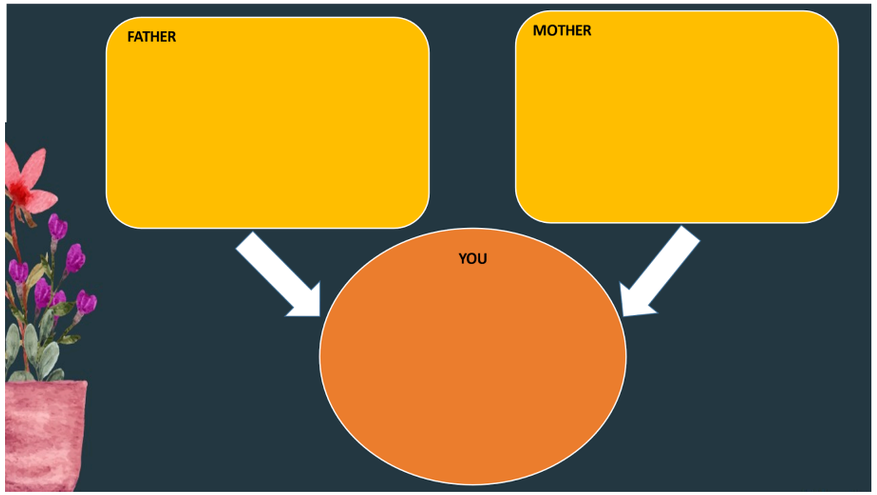
Developmental Aspect	Childhood	Adolescent	Plans to improve yourself
Physical Aspect (Your body's physical appearance)			
Cognitive Aspect (Your thinking ability)			
Psychosocial Aspect (Your peer relationship and activities)			
Spiritual Aspect (Your values and moral principles)			

CONFLICT MANAGEMENT DIAGRAM

Using the following situation, complete the conflict management diagram. Find out the relationship of thoughts, feelings, and actions to better understand yourself and how to manage conflicts between you and your family, friends and others. Write the negative response in letter A and positive response in letter B.

Conflict Management Diagram



		Situation 1: You're walking alone on the road that is so dark and you heard a whimper nearby. **Situation 2: You're working on your research paper and you need to concentrate on it, but your brother plays his electric guitar despite you calling his attention many times.** **Situation 3: You are about to enter the door of your house then you hear your father who is drunk shouting sarcastically at you because it is already past 8:00 pm when you class ends at 3:00 pm.** **Situation 4: Your teacher tells you that you that you have been selected as the representative of the school to compete for a division contest and this is your first time to participate in a competition.** **Situation 5: You are the leader of your group but while presenting the concept that you worked on the whole night, but your ideas fail to impress one of your classmates which upset you.**	
D. Assimilation	Look for your picture, together with your mother and father then list down the characteristics, habits, and experiences that you inherited or learned from them.  **Assessment** Multiple Choice. Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.	**MAKING GENERALIZATION** 1. What did you discover about yourself? 2. Which aspect of personality do you give more priority to be dominant in developing your well-being? 3. How will you improve the weakest aspect of your personality?	
V. REMARKS			
VI. REFLECTION			
A. No. of learners who earned			

80% in the evaluation				
B. No. of learners who require additional activities for remediation				
C. Did the remedial lessons work ? No. of learners who have caught up with the lesson				
D. No. of learners who continue to require remediation				
E. Which of my teaching strategies worked well ? Why did this work ?				
F. What difficulties did my principal or supervisor can help me solve ?				
G. What innovation or localized materials did I use/discover which I wish to share with other teachers ?				

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