

# Enhanced Table of Specifications (TOS)

**Subject: Life and Career Skills**

**Grade Level: Senior High School**

**Quarter: First Quarter Examination**

Learning Competencies	Content / Topics	Cognitive Process Dimensions	No. of Items	Item Placement
		Remembering	Understanding	Applying
1. Examine their own sense of self through understanding key developmental stages, tasks, and protective and risk factors of late adolescence and early adulthood.	<ul style="list-style-type: none"><li>• Psycho social Development Stages</li><li>• Risk and Protective Factors</li><li>• Self-Concept, Self-Worth</li></ul>	8	8	4
2. Exhibit understanding of routines that promote physiological development, health, personal development, and well-being.	<ul style="list-style-type: none"><li>• Holistic Well-being</li><li>• Fitness Routines &amp; Mindfulness</li></ul>	5	5	5

3. Reflect on their own personal experiences that support self-awareness, self-acceptance, and self-regulation.	<ul style="list-style-type: none"> <li>• Self-Awareness &amp; Self-Acceptance</li> <li>• Emotional Expression &amp; Decision Making</li> <li>• Emotional Self-Regulation</li> </ul>	5	5	5
<b>TOTAL</b>		<b>18</b>	<b>18</b>	<b>14</b>

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