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.	● Psycho social Development Stages ● Risk and Protective Factors ● Self-Co ncept, Self-Worth	8	8	4
2. Exhibit understanding of routines that promote physiological development, health, personal development, and well-being.	● Holistic Well-being ● Fitness Routines & Mindfulness	5	5	5

3. Reflect on their own personal experiences that support self-awareness, self-acceptance, and self-regulation.	• Self-Awareness & Self-Acceptance • Emotional Expression & Decision Making • Emotional Self-Regulation	5	5	5
TOTAL		**18**	**18**	**14**