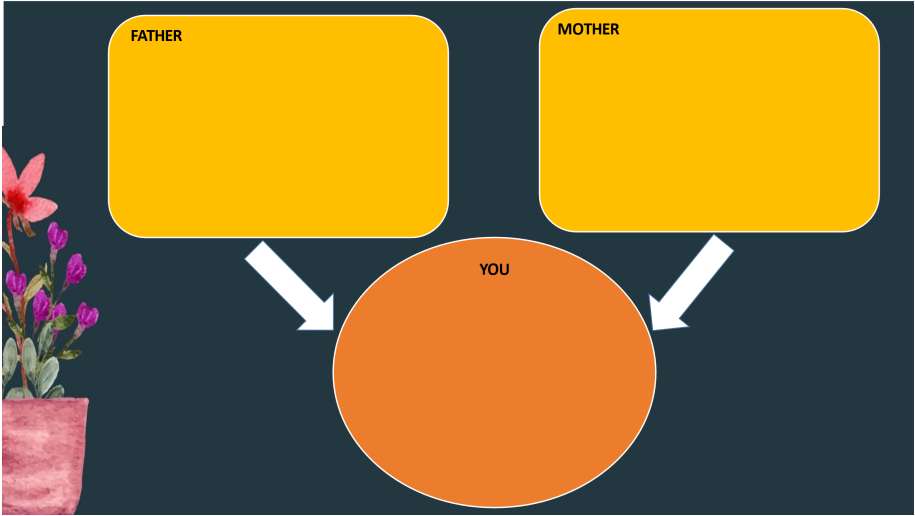
 GRADES 1 to 12 DAILY LESSON LOG	School:	ANSELMO A. SANDOVAL MEMORIAL NATIONAL HIGH SCHOOL	Grade Level:	G12
	Teacher:	SONIA B. AYAP	Learning Area:	PERSONAL DEVELOPMENT
	Teaching Dates and Time:	WEEK 1- AUGUST 29-SEPTEMBER 1, 2023	Quarter:	QUARTER 1

	DAY 1 and DAY 2	DAY 3 and DAY 4
I. OBJECTIVES		
A. Content Standards	The learners demonstrate an understanding of himself/herself during middle and late adolescence	
B. Performance Standards	The learners shall be able to conduct self-exploration and simple disclosure	
C. Most Essential Learning Competencies (MELCs)	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
II. CONTENT / TOPIC	KNOWING ONESELF – STRENGTHS AND LIMITATIONS	KNOWING ONESELF – CHARACTERISTICS, HABITS, AND EXPERIENCES
III. LEARNING RESOURCES	CLMD- Personal Development- Quarter 1, Week 1, Lesson 1, pages 12-11	CLMD- Personal Development- Quarter 1, Week 1, Lesson 2, pages 13-21
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	<p>DAY 1</p> <p>Activity 1</p> <p>Share It!</p> <p>Briefly discuss your own analysis about the meaning of philosophical passage from the famous philosopher.</p> <div style="background-color: #4a7ebb; color: white; padding: 10px; text-align: center;"> <p>"Knowing others is intelligence; knowing yourself is true wisdom. Mastering others is strength; mastering yourself is true power." - Lao Tzu</p> </div> <p>Activity 2</p> <p>Assess how well you know yourself by listing down your values, characteristics and/or traits using the Four Quadrants of Oneself.</p> <p>I. Values you know well you possess</p>	<p>DAY 3</p> <p>Recall</p> <ol style="list-style-type: none"> What are the 3 aspects of Self-concept according to Sincero Sincero? Innumerate the three components of self, according to Sigmund Freud. <p>Rosenberg Self-Esteem Scale</p> <p>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.</p> <p>Guide Questions:</p> <ol style="list-style-type: none"> What item do you find comfortable to answer? Does this activity determine your general feelings? Why or why not?

	<div>II. Values you and others knew you possess</div> <div>III. Values you and others hardly knew you possess</div> <div>IV. Values others knew well you possess</div> <div><div><div>Well-known by self alone</div><div>I</div><div>II</div><div>Well-known by self and others</div><div>Hardly known by self and others</div><div>III</div><div>IV</div><div>Well-known by others alone</div></div></div>	<table><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></table>	Statement	Strongly Disagree	Disagree	Agree	Strongly Agree	1. On the whole, I am satisfied with myself.	1	2	3	4	2. At times I think I am no good at all.	1	2	3	4	3. I feel that I have a number of good qualities.	1	2	3	4	4. I am able to do things as well as most other people	1	2	3	4	5. I feel I do not have much to be proud of.	1	2	3	4	6. I certainly feel useless at times.	1	2	3	4	7. I feel that I'm a person of worth, at least on an equal plane with others.	1	2	3	4	8. I wish I could have more respect for myself.	1	2	3	4	9. All in all, I am inclined to feel that I am a failure.	1	2	3	4	10. I take a positive attitude toward myself.	1	2	3	4
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B. Development	<div>Discussion about:</div> <div>a. Self-Development</div> <div>b. Know Thyself</div> <div>c. Self-Concept</div> <div>d. Three Aspect of Self-concepts and Three components of Self-concept</div>	<div>Discussion about:</div> <div>a. Self-esteem</div> <div>b. Self-Efficacy (5 Different Ways that Influenced Self-efficacy)</div> <div>c. Self-identity</div> <div>d. Judgement and Decision Making (6 Six Steps on How to Make a Rational Decision)</div>																																																							
C. Engagement	<div>DAY 2</div> <div>DIARY NOTE</div> <div>Make a DIARY NOTE and write down your thoughts there. Be guided by the instructions below.</div> <div>Write a three-paragraph reflection on how you lived your life for the past five years. Please take note of the guide questions given below.</div> <div>1.Have you lives in accordance to your name? What delivered you to having this kind of life?</div> <div>2. If given a chance what would you like to change in your life? State why.</div> <div>3. What best quote can sum up your life?</div>	<div>DAY 4</div> <div>Some “One” Dear</div> <div>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.</div> <div>“Me, Myself and I”</div> <div>Think of a particular situation that you have been required to decide on your own for a very important matter.</div> <div>1. What makes you doubtful to yourself?</div>																																																							

		<div>2. For that instance, how the thoughts of other people about you affect your mood?</div> <div>3. How does your biggest decision affect you and your decision-making?</div>		
D. Assimilation	<div>Assessment</div> <div>Multiple Choice. Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.</div>	<div>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.</div> <div></div> <div>Assessment</div> <div>Multiple Choice. Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.</div>		
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 ?				

Prepared:

SONIA B. AYAP
Teacher II

Checked:

IAN JEFFREY A. MANALO
Subject Coordinator

Verified:

MENCHIE M. CEPILLO
Subgroup Head/ Master Teacher I

Noted:

WILFREDO M. DAKILA
Principal IV