

The background of the slide is dark grey with several realistic water droplets of various sizes scattered across it. Some droplets are at the top, some on the sides, and some at the bottom, creating a sense of depth and texture.

PERSONAL DEVELOPMENT

UNIT I: SELF-DEVELOPMENT

KNOWING ONESELF

UNDERSTANDING ONESELF DURING
MIDDLE AND LATE ADOLESCENCE

OBJECTIVES:

AT THE END OF THIS MODULE, YOU WILL BE ABLE TO:

1. EXPLAIN THAT KNOWING ONESELF CAN MAKE YOU ACCEPT YOUR STRENGTHS AND LIMITATIONS AND DEALING WITH OTHERS BETTER;
2. SHARE YOUR UNIQUE CHARACTERISTICS, HABITS, AND EXPERIENCES; AND

The background is a dark gray gradient with numerous realistic water droplets of various sizes scattered across the surface. The droplets have highlights and shadows, giving them a three-dimensional appearance.

ACTIVITY 1: SELF-CONCEPT INVENTORY

SCORING

1 _____	5 _____	9 _____	13 _____	17 _____	21 _____
2 _____	6 _____	10 _____	14 _____	18 _____	22 _____
3 _____	7 _____	11 _____	15 _____	19 _____	23 _____
4 _____	8 _____	12 _____	16 _____	20 _____	24 _____
total = _____	total = _____	total = _____	total = _____	total = _____	total = _____

ANSWER THE FOLLOWING SELF-CONCEPT
INVENTORY. GIVE YOURSELF A RATING
USING THE SCALE:

0 = STRONGLY DISAGREE

1 = DISAGREE

2 = AGREE

3 = STRONGLY AGREE



1. I have a strong sex appeal

0 = STRONGLY DISAGREE

1 = DISAGREE

2 = AGREE

3 = STRONGLY AGREE



2. I am proud of my physical figure

0 = STRONGLY DISAGREE

1 = DISAGREE

2 = AGREE

3 = STRONGLY AGREE



**3. I am physically attractive
or beautiful.**

0 = STRONGLY DISAGREE

1 = DISAGREE

2 = AGREE

3 = STRONGLY AGREE





4. I exude charm and poise.

0 = STRONGLY DISAGREE

1 = DISAGREE

2 = AGREE

3 = STRONGLY AGREE



5. I am easy to get along
with.

0 = STRONGLY DISAGREE

1 = DISAGREE

2 = AGREE

3 = STRONGLY AGREE





6. I can adjust to different people and different situations.


0 = STRONGLY DISAGREE

1 = DISAGREE

2 = AGREE

3 = STRONGLY AGREE





7. I am approachable; other people are at ease and comfortable with me.

0 = STRONGLY DISAGREE

1 = DISAGREE

2 = AGREE

3 = STRONGLY AGREE





8. I am loveable and easy to
love.

0 = STRONGLY DISAGREE

1 = DISAGREE

2 = AGREE

3 = STRONGLY AGREE





9. I am a fast learner, can understand with one instruction.

0 = STRONGLY DISAGREE

1 = DISAGREE

2 = AGREE

3 = STRONGLY AGREE



10. I am intelligent.

0 = STRONGLY DISAGREE

1 = DISAGREE

2 = AGREE

3 = STRONGLY AGREE





11. I have special talents and abilities.

0 = STRONGLY DISAGREE

1 = DISAGREE

2 = AGREE

3 = STRONGLY AGREE





12. I can easily analyze
situations and make right
judgements.

0 = STRONGLY DISAGREE

1 = DISAGREE

2 = AGREE

3 = STRONGLY AGREE





13. I can be trusted in any transaction.

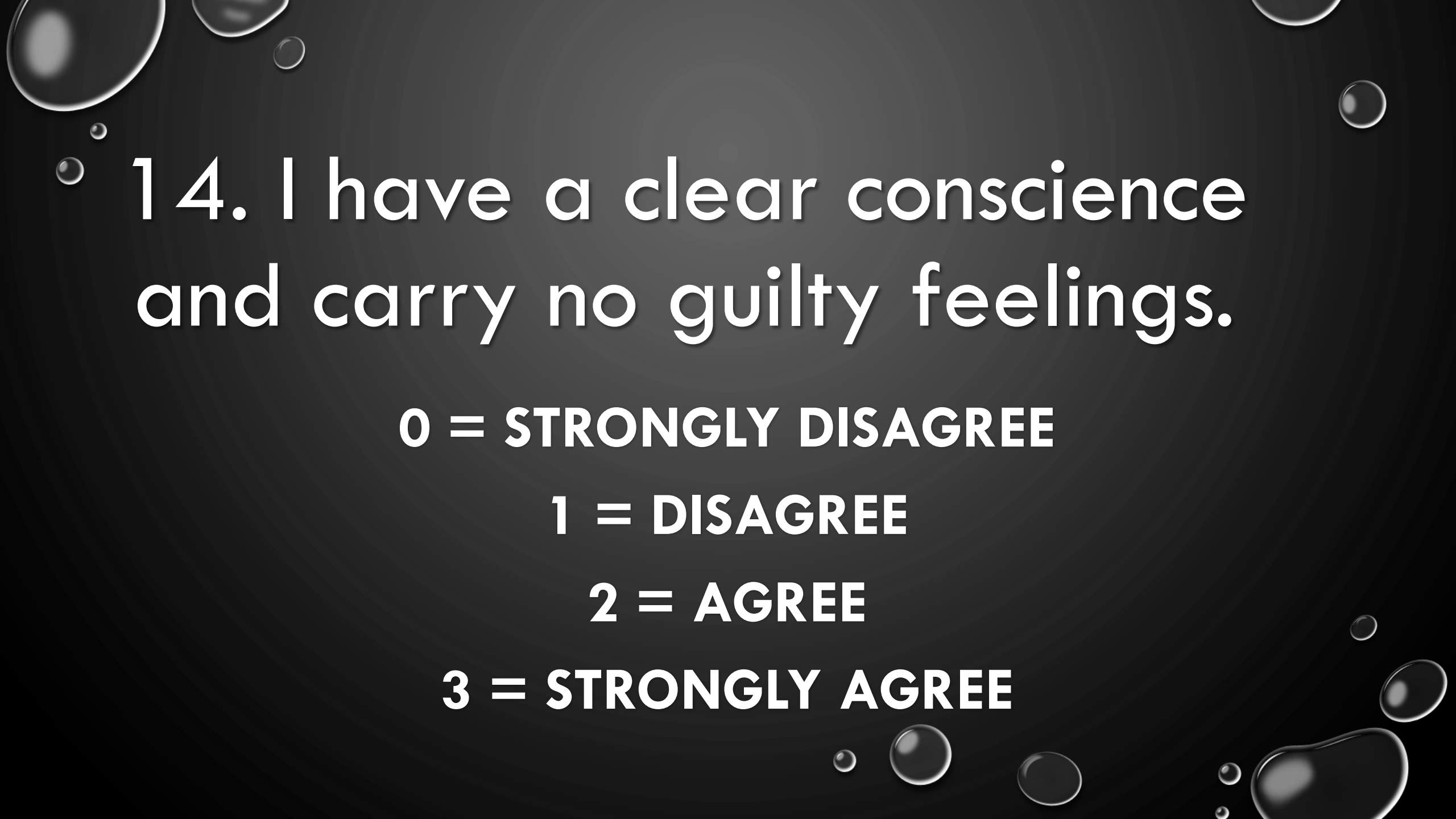
0 = STRONGLY DISAGREE

1 = DISAGREE

2 = AGREE

3 = STRONGLY AGREE





14. I have a clear conscience
and carry no guilty feelings.

0 = STRONGLY DISAGREE

1 = DISAGREE

2 = AGREE

3 = STRONGLY AGREE



15. I have integrity and good reputation.

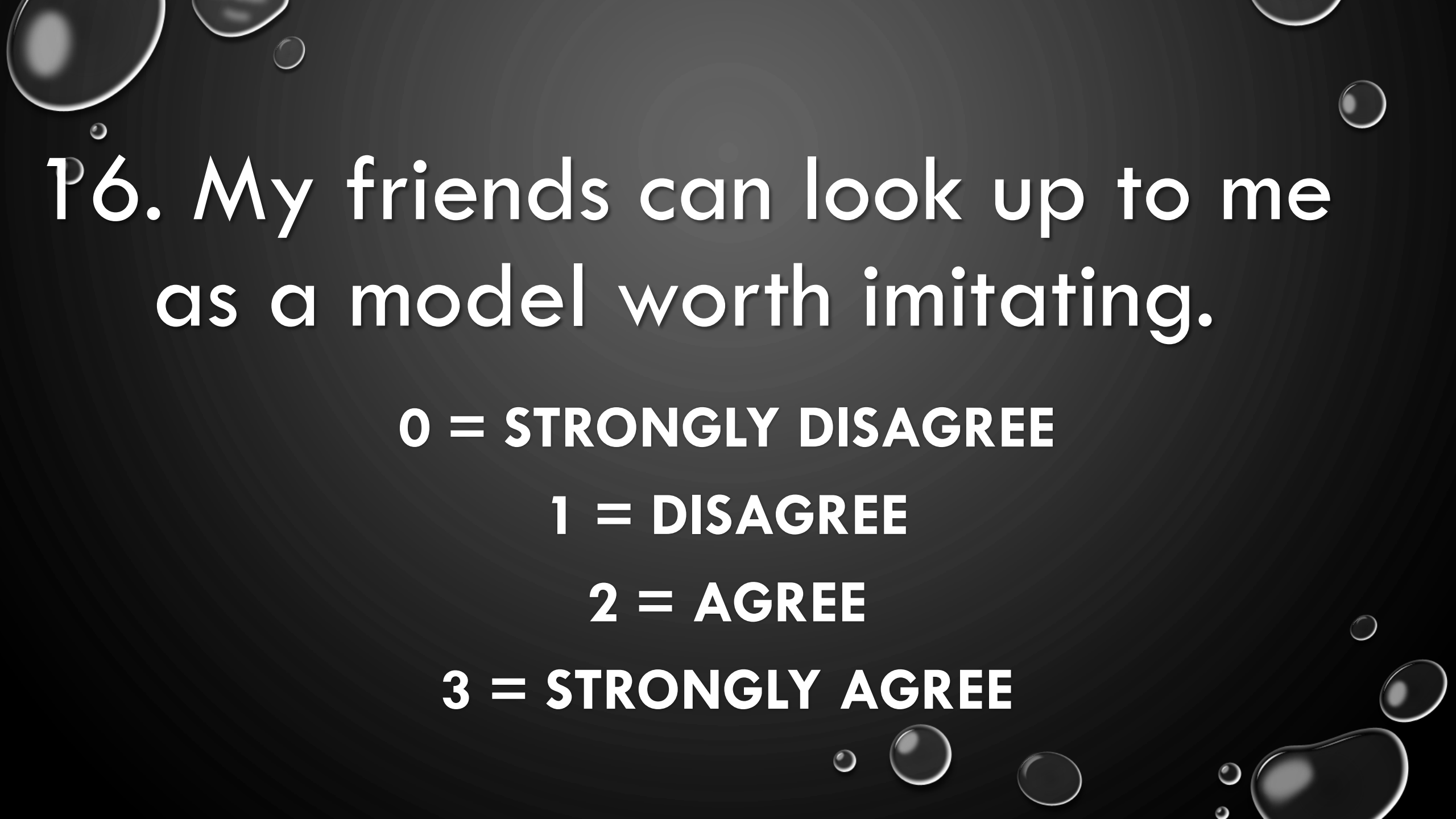
0 = STRONGLY DISAGREE

1 = DISAGREE

2 = AGREE

3 = STRONGLY AGREE





16. My friends can look up to me
as a model worth imitating.

0 = STRONGLY DISAGREE

1 = DISAGREE

2 = AGREE

3 = STRONGLY AGREE



17. I can express my ideas
without difficulty.

0 = STRONGLY DISAGREE

1 = DISAGREE

2 = AGREE

3 = STRONGLY AGREE

18. I talk in a persuasive manner
that I can easily get people to
accept what I say.

0 = STRONGLY DISAGREE

1 = DISAGREE

2 = AGREE

3 = STRONGLY AGREE



19. I can express my ideas in
writing without difficulty.

0 = STRONGLY DISAGREE

1 = DISAGREE

2 = AGREE

3 = STRONGLY AGREE





20. I am a good listener.

0 = STRONGLY DISAGREE

1 = DISAGREE

2 = AGREE

3 = STRONGLY AGREE

21. I am emotionally stable and
not easily rattled when faced
with trouble.

0 = STRONGLY DISAGREE

1 = DISAGREE

2 = AGREE

3 = STRONGLY AGREE



22. I am logical and rational in
my outlook and decisions.

0 = STRONGLY DISAGREE

1 = DISAGREE

2 = AGREE

3 = STRONGLY AGREE





23. I feel and act with
confidence.

0 = STRONGLY DISAGREE

1 = DISAGREE

2 = AGREE

3 = STRONGLY AGREE





24. I am a mature person.

0 = STRONGLY DISAGREE

1 = DISAGREE

2 = AGREE

3 = STRONGLY AGREE

SCORING

Physical Appeal	Human Relations	Intelligence	Character	Communicati ons	Maturity
1 _____	5 _____	9 _____	13 _____	17 _____	21 _____
2 _____	6 _____	10 _____	14 _____	18 _____	22 _____
3 _____	7 _____	11 _____	15 _____	19 _____	23 _____
4 _____	8 _____	12 _____	16 _____	20 _____	24 _____
total = _____	total = _____	total = _____	total = _____	total = _____	total = _____



12 – STRONG AREA/S

10-11 SOMEWHAT STRONG

BELOW 10 WEAK



ADOLESCENCE

- The period when puberty takes place accompanied by different physiological, cognitive, emotional, and behavioral changes needed to achieve full maturity.



ADOLESCENT



- (a young person) in the process of developing as an adult.





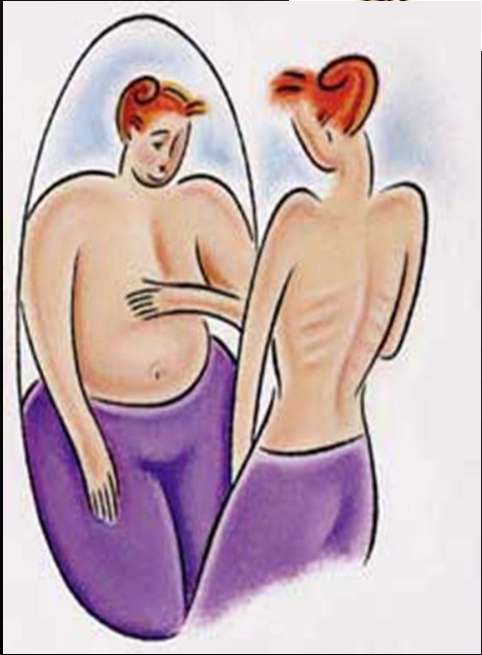
SELF-CONCEPT

- THE TERM SELF-CONCEPT IS A GENERAL TERM USED TO REFER TO HOW SOMEONE THINKS ABOUT, EVALUATES, OR PERCEIVES THEMSELVES. TO BE AWARE OF ONESELF IS TO HAVE A CONCEPT OF ONESELF.

COMPONENTS OF SELF-CONCEPT (CARL ROGERS)

1. Self-worth or self-esteem

- How much
value you place
on yourself



COMPONENTS OF SELF-CONCEPT (CARL ROGERS)

2. Self-image

- The view you have of yourself



COMPONENTS OF SELF-CONCEPT (CARL ROGERS)



3. Ideal self

- What you wish you were really like



SOCIAL IMAGE

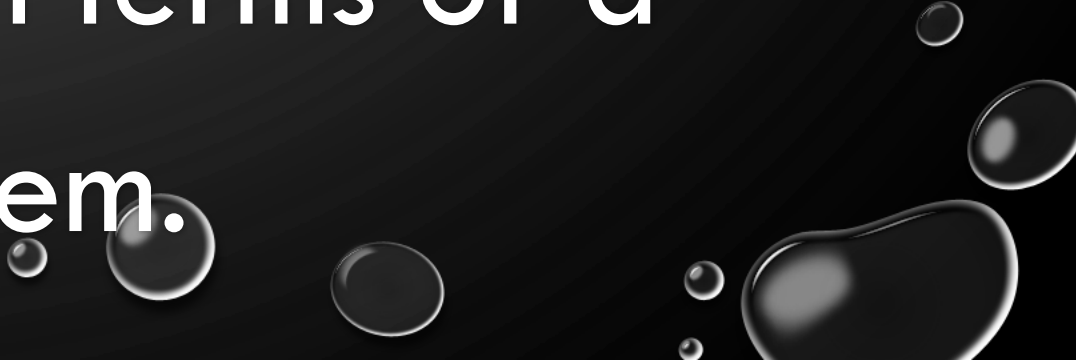
- Refers to the self-image or impressions about oneself based on how others perceive your behavior.





INDICATORS OF A POSITIVE SELF-IMAGE

(ROLDAN, 2003)

1. Realistic view of yourself.
 2. Being true to yourself and accepting yourself in terms of a wholesome self-esteem.
- 



INDICATORS OF A POSITIVE SELF-IMAGE (ROLDAN, 2003)

3. Positive affirmations.

4. Warm and happy expression.





INDICATORS OF A POSITIVE SELF-IMAGE (ROLDAN, 2003)

5. Being at peace with yourself.

6. Belief in yourself.

7. Will and determination to get what one
wants.





ACCORDING TO CARL ROGERS:

- WE NEED TO BE REGARDED POSITIVELY BY OTHERS; WE NEED TO ***FEEL VALUED, RESPECTED, TREATED WITH AFFECTION AND LOVED.***

ALIGNMENT IS VERY IMPORTANT

- IF THE WAY YOU ARE (THE ACTUAL SELF/SELF-IMAGE) IS ALIGNED WITH THAT YOU WANT TO BE (IDEAL SELF), THEN YOU FEEL A SENSE OF MENTAL WELL-BEING OR PEACE OF MIND.

- IF THE WAY YOU ARE IS NOT ALIGNED WITH HOW YOU WANT TO BE, THE INCONGRUENCE, OR LACK OF ALIGNMENT, WILL RESULT IN MENTAL DISTRESS OR ANXIETY.



ASSESSMENT:

- WHAT IS SELF-CONCEPT? (OWN UNDERSTANDING)
 - IN YOUR OPINION, WHAT IS THE IMPORTANCE OF SELF-CONCEPT?
- 