

SCOPE AND SEQUENCE CHART

Chapter Number, Title, & Time Allotment	Topics and Subtopics	K-12 Learning Competencies	Chapter Objectives
Unit I Self-Development			
Chapter 1 Understanding Oneself (5 days)	Developmental Tasks and Challenges	<ul style="list-style-type: none"> • Explain that knowing oneself can make a person accept his/her strengths and limitations and dealing with others better • Share his/her unique characteristics, habits, and experiences • Maintain a journal 	<ul style="list-style-type: none"> • Demonstrate a better understanding of yourself • Share your unique traits and characteristics with others • Realize your strengths and limitations • Show appreciation of your own beliefs and value systems
Chapter 2 Developing One's Whole Being (5 days)	Aspects of Holistic Development	<ul style="list-style-type: none"> • Discuss the relationship among physiological, cognitive, psychological, spiritual, and social development to understand his/her thoughts, feelings, and behaviors • Show the connections between thoughts, feelings, and behaviors in actual life situations • Evaluate his/her own thoughts, feelings, and behaviors • Show the connections between thoughts, feelings, and behaviors in actual life situations 	<ul style="list-style-type: none"> • Demonstrate understanding of the different aspects of holistic development: physiological, cognitive, psychosocial, and moral • Illustrate the connections between and among thoughts, feelings, and behaviors in a person's holistic development • Evaluate one's thoughts, feelings, and behavior • Connect one's thoughts, feelings, and behavior to actual life situations
Chapter 3 Responding to Developmental Tasks	Developmental Changes in Adolescence	<ul style="list-style-type: none"> • Classify various developmental tasks according to developmental stage 	<ul style="list-style-type: none"> • Classify various developmental tasks according to the

in Middle and Late Adolescence (5 days)		<ul style="list-style-type: none"> • Evaluate one's development in comparison with persons of the same age group • List ways to become a responsible adolescent prepared for adult life 	<p>developmental stages of adolescence</p> <ul style="list-style-type: none"> • Evaluate development in comparison with persons in the same age group • Prepare a list of ways to become responsible adolescents • prepared for adult life
Chapter 4 Facing the Challenges of Middle and Late Adolescence (5 days)	Challenges of Adolescence	<ul style="list-style-type: none"> • Discuss that facing the challenges during adolescence may able to clarify and manage the demands of teen years • Express his/her feelings on the expectations of the significant people around him/her (parents, siblings, friends, teachers, community leaders) • Make affirmations that help one become more lovable and capable as an adolescent 	<ul style="list-style-type: none"> • Demonstrate the understanding that facing the challenges of adolescence will help you manage the demands of teen years • Express your feelings about the expectations of significant people in your lives relative to your adolescence stage • Develop strategies that can help you become more responsible and lovable as adolescents
Unit II Aspects of Personal Development			
Chapter 5 Coping With Stress in Middle and Late Adolescence (5 days)	<ol style="list-style-type: none"> 1. Stress 2. Managing Stress 	<ul style="list-style-type: none"> • Discuss that understanding stress and its sources during adolescence may help in identifying ways to cope and have a healthful life • Identify sources of one's stress and illustrate the effect of stress on one's system • Demonstrate personal ways of coping with stress for healthful living 	<ul style="list-style-type: none"> • Demonstrate understanding of how stress can dampen your general well-being • Identify sources of stress and illustrate its ill effects • State the various ways of coping with difficulties during middle and late adolescence

			<ul style="list-style-type: none"> Discover tools and techniques in managing stress for a healthy living
Chapter 6 Enhancing the Powers of the Mind (5 days)	<ol style="list-style-type: none"> Human Brain Mind mapping 	<ul style="list-style-type: none"> Discuss that understanding the left and right brain may help in improving one's learning Explore two types of mind- mapping techniques, each suited to right brain- or left brain-dominant thinking styles Make a plan to improve learning using left and right brain through mind-mapping activities 	<ul style="list-style-type: none"> Demonstrate understanding of how the left and right sides of the brain can be used to improve learning Explore mind- mapping techniques for right-brain or left-brain thinking styles Make a plan to improve learning using the left and right sides of the brain through mind- mapping activities
Chapter 7 Promoting Mental Health and Well- Being in Middle and Late Adolescence (5 days)	Mental Health	<ul style="list-style-type: none"> Interpret the concepts of mental health and psychological well-being in everyday observations about mental health problems during adolescence Identify his/her own vulnerabilities Make a mind map on ways of achieving psychological well-being Create a plan to stay mentally healthy during adolescence 	<ul style="list-style-type: none"> Interpret the concepts of mental health and psychological well-being in everyday observations about mental health problems during adolescence Identify your own vulnerabilities regarding mental health care Design a mind map on how to stay psychologically healthy Prepare a plan on how to achieve psychological well-being
Chapter 8 Improving Emotional Intelligence (5 days)	<ol style="list-style-type: none"> Emotional Intelligence Emotions 	<ul style="list-style-type: none"> Discuss and understand the intensity and differentiation of emotions in communicating emotional expressions Explore one's positive and negative emotions and how one expresses or hides them 	<ul style="list-style-type: none"> Describe and differentiate various emotions Explore individual emotions and communicate them effectively Explain techniques on how to promote positive emotions

		<ul style="list-style-type: none"> • Demonstrate and create ways to manage various emotions 	<ul style="list-style-type: none"> • Demonstrate ways on how to manage emotions
Unit III Building and Maintaining Relationships			
Chapter 9 Enriching Personal Relationships (5 days)	<ol style="list-style-type: none"> 1. Personal Relationships 2. Responsible Relationships 	<ul style="list-style-type: none"> • Discuss an understanding of teen-age relationships, including the acceptable and unacceptable expressions of attractions • Express his/her ways of showing attraction, love, and commitment • Identify ways to become responsible in a relationship 	<ul style="list-style-type: none"> • Demonstrate an understanding of personal relationships such as friendships and love, including the acceptable and unacceptable expressions of attractions • Determine ways by which attraction, love, and commitment are expressed • Identify ways to become responsible in relationships
Chapter 10 Expanding Social Relationships in Middle and Late Adolescence (5 days)	<ol style="list-style-type: none"> 1. Social Influence 2. Social Role 	<ul style="list-style-type: none"> • Distinguish the various roles of different individuals in society and how they can influence people through their leadership or followership • Compare one's perception of himself/herself and how others see him/her 	<ul style="list-style-type: none"> • Demonstrate understanding of the concepts of social influences, group • Conduct a mini-survey on Filipino relationships (family, school, and community) leadership, and followership • Distinguish the various roles of individuals in society and how you can influence people through your leadership or followership • Compare your perception of yourself and how others see

			you
Chapter 11 Deepening Family Structures and Legacies (5 days)	1. Family Structures 2. Filial Relationships	<ul style="list-style-type: none"> • Appraise one's family structure and the type of care he/she gives and receives, which may help in understanding himself/ herself better • Make a genogram and trace certain physical, personality, or behavioral attributes through generations • Prepare a plan on how to make the family members firmer and gentler with each other 	<ul style="list-style-type: none"> • Examine your family structure and the type of care given and received that may help in understanding yourself better • Make a genogram and trace certain physical, personality, or behavioral attributes through generations • Prepare a plan on how to strengthen and make firmer the bond between you and your family members
Unit IV Career Development			
Chapter 12 Persons and Careers (5 days)	1. Personality Traits and Career 2. Personal Factors and Career Choices	<ul style="list-style-type: none"> • Explain that through understanding of the concepts of career and life goals can help in planning his/her career • Identify the personal factors influencing career choices • Take a self-assessment tool to know his/her personality traits and other personal factors in relation to his/her life goals 	<ul style="list-style-type: none"> • Identify your life and career gals as important tools in planning your career • Analyze help in planning his/her career • Identify the personal factors influencing career choices • Take a self-assessment tool to know his/her personality traits and other personal factors in relation to his/her life goals
Chapter 13 Career Pathways (5 days)	1. Factors that Affect Career Choices 2. Personal Goals and Career Path	<ul style="list-style-type: none"> • Discuss the external factors influencing career choices that may help in career decision making • Identify pros and cons of various career options with the guidance of parent, teacher, or counselor • Prepare a career plan based on his/her personal 	<ul style="list-style-type: none"> • Identify external factors influencing career choices • Determine your personal goals vis-à-vis the career you would like to pursue • Make a career plan based on

		goal and external factors influencing career choices	your personality goals
<p>Chapter 14 Insights into One's Personal Development</p> <p>(5 days)</p>	<ol style="list-style-type: none"> 1. Factors of Personal Development 2. Career Decisions 	<ul style="list-style-type: none"> • Explain the factors in personal development that may guide him/her in making important career decisions as adolescents • Share insights that make him/her realize the importance of personal development in making a career decision as adolescent • Construct a creative visualization of his/her personal development through of the various stages he/she went through, stressors, influences, and decision-making points, and a personal profile analysis 	<ul style="list-style-type: none"> • Identify the factors in personal development that may guide you in making important career decisions as adolescents • Share insights about the importance of personal development in making a career decision as an adolescent • Describe the various means by which you as an adolescent can enhance your personal and career growth