

# Homeroom Guidance

Quarter 2 – Module 5:

Overcoming Life's Challenges



## Homeroom Guidance Self-learning Module – Grade 10

Quarter 2 Module 5: Overcoming Life’s Challenges  
2021 Edition

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- Bureau of Learning Resources



# Homeroom Guidance Grade 10

## Quarter 2 – Module 5:

### Overcoming Life's Challenges

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#### Gabay sa Magulang/Tagapag-alaga

Isinulat ang modyul na ito bilang gabay ng mag-aaral upang malinang ang kaniyang aspektong personal at sosyal. Dinisenyo ito para sa *distance learning* o alternatibong pamamaraan ng pagkatuto na hindi nangangailangan ng pisikal na presensya sa paaralan bilang tugon sa direktiba na pagkansela ng *face-to-face class* dulot ng pandemyang Covid-19.

Layunin ng modyul na matulungan ang mag-aaral na pahalagahan ang mga natutunan niya mula sa mga karanasan sa pamilya, paaralan at komunidad.

Inaasahan namin ang inyong buong pusong paggabay sa mag-aaral sa kaniyang pagtupad sa mga gawain. Mahalaga ang inyong paglahok sa ilang gawaing itinakda upang maging bahagi ng kanilang sarili ang mga aral na nais iparating ng modyul na ito. Kaugnay nito, hinihiling namin na mabigyan ninyo sila ng oras sa tahanan upang magampanan ang pagtupad sa bawat gawain. Ang transpormasyong bunga ng kanilang pagkatuto ay maaari ninyong makita sa pamamagitan ng kaniyang maayos na pakikitungo sa loob at labas ng inyong tahanan.

# Introductory Message

For the learner:

As you continue your journey in school, you will encounter different challenges that will test your motivation and capabilities. This module will guide you to reflect on lessons that you have learned from your past experiences at home, school and community. Remember, both positive and negative experiences will teach you important things that you can bring with you as you go along with your journey.

Do you want to know how you can use these acquired knowledge to overcome future challenges? Get ready to embark in this journey towards academic and life success. You are expected to finish the prepared activities in two weeks.

This self-learning module has six interactive tasks, which are as follows:



**Let's Try This** –which will help you to get ready to learn;



**Let's Explore This** – which will guide you towards what you need to learn;



**Keep in Mind** – which will give you the lessons that you need to learn and understand;



**You Can Do It** – which will help you apply the lessons learned in daily activities;



**What I Have learned** – which will test and evaluate your learning;



**Share Your Thoughts and Feelings** – which will help you express your thoughts, opinions and feelings.

Make sure to read, think, follow, and enjoy every task that you are asked to do. Have fun! Stay safe and healthy!

# MODULE

# 5

## OVERCOMING LIFE'S CHALLENGES



### Learning Objectives

At the end of this module, you are expected to:

1. determine the relevance of school and community experiences in achieving academic success;
2. appreciate the importance of the lessons learned from school and community in overcoming life's challenges; and
3. share ways on how to make the best out of the acquired knowledge from school and community in daily living.

**Period:** Weeks 1 and 2 of 2<sup>nd</sup> Quarter

**Suggested Total Time Allotment:** 120 Minutes

**Materials Needed:** sheets of paper/ bond papers, pen/pencil, any coloring materials



### Introduction

It is normal to experience major and minor life challenges. How we handle these struggles on a daily basis determines our physical, as well as our mental well-being. It takes only a single event to convince us that there are circumstances in life that are beyond our control. What is important is that we are able to withstand whatever life may bring us. All our experiences whether in school or in community help us to become resilient individuals.

This module will help you realize that the positive and negative experiences in your school and community can have a great impact to your success.



### Let's Try This

Suggested Time Allotment: 25 minutes

### Meaningful Learning Experiences

Today you will have an intimate activity with yourself. You have to reflect on the lessons that you have learned from your previous experiences at home, school and community. Answer the Processing Questions after.

1. Copy and complete the activity on a sheet of paper. Make sure to draw the shapes, big enough to contain your answers.
2. Recall and write experiences that gave you important lessons in life. You can write as many experiences as you can.
3. Use the guide below in writing your experiences:
  - Heart - experiences at home
  - Triangle - experiences in school
  - Square - experiences in the community
  - Circle - experiences during community quarantine

Name: \_\_\_\_\_ Teacher: \_\_\_\_\_  
Grade: \_\_\_\_\_ Date: \_\_\_\_\_

"MEANINGFUL LEARNING EXPERIENCES"

### Processing Questions:

1. What did you feel when you were recalling the experiences that gave you the important lessons?
2. Did you find it difficult/easy to identify lessons learned from your experiences in the family, school and community? Briefly explain your answer.
3. How can you use these learnings to achieve academic success?



### Let's Explore This

Suggested Time Allotment: 25 minutes

### Success Story

Whenever we see someone enjoying great success, we tend to think that they are lucky and destined for it. But the truth is, in order to achieve success in life, a person has to experience a lot of challenges and overcome them. Every success story entails a wonderful journey towards fulfilling one's goals and inspiring others.

1. Research for an inspiring academic success story. It can be a person you personally know (within your family, school, community, etc.) or a person who is famous in a particular field (e.g. science, literature, mathematics, music, arts, etc.).
2. On a clean sheet of paper, write a brief summary of his/her life and journey towards success. Be guided by the following:
  - a. General information about the person (name, family background, etc.)
  - b. Humble beginnings and academic/life challenges encountered
  - c. How he/she succeed and continue to inspire others through his/her achievements
3. Answer the Processing Questions after.

### Processing Questions:

1. What are the person's characteristics that you admire the most? Briefly explain your answer.
2. What did you learn from his/her experiences?
3. How did he/she inspire you towards your own journey to academic and life success?



### Keep in Mind

**Suggested Time Allotment:** 15 minutes

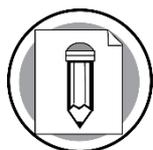
Challenges are meant to motivate you and see what you are capable of doing. What's more, when you try to look back on those tough times, you can be truly proud of how you have overcome them using the most powerful weapon that you have – your gained knowledge and skills. Your experiences at home, school and community, both positive and negative, give you important lessons that can help and guide you in dealing with future challenges.

The following are ways on how you can use and apply your academic and life lessons to deal future challenges:

### 3 Rs of Overcoming Life's Challenges through Gained Knowledge

1. **Reflect.** Reflection gives your mind an opportunity to pause and sort through your thoughts and feelings. This is also the time to wonder about your past experiences at home, school or community. For instance, you may reflect on the steps in problem solving and decision-making that you have learned from school or remember the pieces of advice that your parents and teachers gave you when you encountered a similar situation.

2. **Respond.** Responding means acting on a situation while taking into consideration not only on what is good for you but for others as well. To effectively respond with challenges, you need to plan your actions carefully. Weigh the possible effects of your decisions and reflect on your core values. Enjoy the process and develop a growth mindset to help you succeed and overcome challenges. As you go along, you will continuously learn, unlearn and re-learn which will empower you to apply your gained knowledge from one experience to another.
3. **Review.** Reviewing helps in remembering the important information and key details of what you have learned. Learning is built on prior knowledge that's why in school, review is a very important part of the teaching and learning process. When done well, this gives you the opportunity to take what you have learned, make it your own, and apply it. More so, in your daily life, you can simply review and apply the knowledge and lessons that you have learned to any academic or personal challenges.



### You Can Do It!

**Suggested Time Allotment:** 25 minutes

#### Kuwentuhan Session

1. Ask the significant people around you (parents, brothers/sisters, cousins and other relatives) to spend time with you in accomplishing this task.
2. Schedule a *kuwentuhan* session with at least two of your family members or relatives. Take turns in sharing your experiences and insights in overcoming challenges in the family, school and community.
3. You may also include your personal experiences (including your thoughts, feelings and activities during COVID-19 pandemic).



### What I have Learned

**Suggested Time Allotment:** 20 minutes

#### Reflect, Respond and Review

1. Think of the greatest challenge that you have experienced because of the Covid-19 pandemic.
2. Reflect on the lessons that have learned from your past experiences that helped you to overcome the challenge.
3. List down the actions that you did to respond and solve the problem.

4. Share the outcome of your action and the new learnings that you have gained.
5. Copy and complete the table below on a sheet of paper.

<b>REFLECT</b>	<b>RESPOND</b>	<b>REVIEW</b>
<i>Lesson/s learned from past experiences that helped you:</i>	<i>Action/s taken to overcome the challenge:</i>	<i>Outcome/s of the action and new learnings:</i>



**Share your Thoughts & Feelings**

**Suggested Time Allotment:** 10 minutes

As you reflect on the lessons that you have learned from your experiences at home, school and community, identify at least five ways that you can do to make the best out of your acquired knowledge towards achieving academic success and overcoming life’s challenges.



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**For inquiries or feedback, please write or call:**

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