

7

Homeroom Guidance

Quarter 2 – Module 6:

I am Strong



Homeroom Guidance Self-learning Module – Grade 7

Quarter 2 Module 6: I am Strong
2021 Edition

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Gabay sa Magulang/Tagapag-alaga

Isinulat ang modyul na ito upang gabayan ang mag-aaral sa ikapitong baitang na linangin ang kaniyang aspektong personal, sosyal, akademiko at karera. Dinisenyo ito sa alternatibong pamaraan ng pagkatuto na hindi nangangailangan ng presensya sa paaralan dulot ng pandemyang Covid-19.

Maaaring may pagkakataon na hingin ng mag-aaral ang inyong patnubay sa pagsunod sa mga tagubilin at pagsagot sa mga tanong sa bawat bahagi ng gawain. Hinihiling ng Kagawaran ng Edukasyon ang inyong suporta upang matagumpay niyang maisakatuparan ang mga gawaing ito. Tiyakin na sasagutin niya ang bawat bahagi ng modyul nang tapat.

Naglalayong maipaliwanag ng modyul na ito ang kahalagahan ng pagkilala ng mag-aaral sa kaniyang mga kalakasan at kahinaan. Makatutulong ang mga gawain dito upang mas maging malinaw kung paano niya mapapaunlad ang kaniyang sarili sa pamamagitan ng kaniyang mga kalakasan at sa kabila ng kaniyang mga kahinaan. Maaaring hingin nila ang inyong opinyon o suhestiyon sa pagsagot sa mga gawain.

Introductory Message

For the learner:

As part of examining your life while trying to adjust to the new normal, it is important to evaluate your strengths and weaknesses. Doing so will help you with the adjustments that you will need for the next stage of your life. This could help you understand the things happening around you and effectively deal with different challenges.

This module is composed of different tasks as a reflection on how you handle the demands of life. This could help you understand the things that are happening around you and for you to be able to stay effective in dealing with different challenges.

Work on the tasks seriously; seek help if you believe you need to. Remember, in life there are things that you cannot control. There will be negative events that will challenge your positive dispositions. However, do not be disheartened. You have the means on how to overcome it. You have that in you! Embark on this journey of overcoming your weaknesses and optimizing your strengths in transforming into a better version of yourself!

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

6

I AM STRONG



Learning Objectives

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

1. identify your personal strengths and weaknesses;
2. exhibit ways in developing strengths and overcoming weaknesses; and
3. recognize the importance of developing strengths and overcoming weaknesses in achieving academic success.

Period: Week 2 of 2nd Quarter

Suggested Total Time Allotment: 60 Minutes

Materials Needed: Clean sheets of paper/bond papers, pen or pencil



Introduction

Every person is unique. As a grade 7 learner, it is important that you become aware of yourself, about the things that you can do and about your limitations. Knowing your strengths and weaknesses will help you in learning new things, seeing opportunities, overcoming difficulties, forming good relationships and attaining success in life.



Let's Try This

Suggested Time Allotment: 10minutes

Boxes of Strength

On a clean sheet of paper, copy the table below and list down five strengths that best describe you. Choose your answer from the phrases provided in the Boxes of Strength. After doing this activity, answer the processing questions. An example has been provided to guide you.

(A)
Strengths that best describes me
1. I have a good sense of humor. 2. 3. 4. 5.

I am honest.	I am trustworthy.	I am cooperative.	I am responsible.	I am helpful.	I am hardworking.
I am a good listener.	I wait for my turn.	I am sensitive to the needs of others.	I have a good sense of humor.	I can tell the truth.	I can apologize when necessary.
I like talking to people.	I always use the right words.	I like to learn new words or terminologies.	I can verbally express my feelings.	I can remember details.	I can make connections between what I read and what I experience.
I am comfortable solving math problems.	I can easily think of strategies.	I can easily understand patterns and numbers.	I can do mental math.	I can figure out how to operate gadgets even without reading the instruction.	I enjoy solving puzzles / riddles.
I can plan surprises / parties/ events.	I can stay focused.	I can control my emotions.	I get along with groups.	I believe I can learn new things.	I can work independently.
I can swim / play different sports.	I can dance / sing / recite a poem.	I can ride a bike.	I can cook.	I can take care of animals / plants.	I can follow instructions.
I am creative.	I can tell others if I need something.	I can reflect on my actions.	I can organize my things.	I can think of something positive even during difficult situations.	I don't panic during emergencies.

Processing Questions:

1. What do you notice with your answers?
2. How do you feel about your responses under column A? Under column B?
3. Why is it important to recognize your strengths and weaknesses?



Let's Explore This

Suggested Time Allotment: 10 minutes

Improve and Overcome

On a clean sheet of paper, copy the table below and list down five strengths that you think you need to have. Choose your answer from the phrases provided in the "Boxes of Strength". After doing this activity, answer the processing questions. An example has been given to guide you.

Strength that I would like to develop / enhance	I would like to enhance this because...	How will I do it?
<i>Example:</i> I like to learn new words or terminologies.	I am having difficulty understanding lessons because I am not familiar with the words / phrases in the module.	Set specific time everyday for reading; Regularly practice reading; Use dictionary Ask my teacher and family members to help me with difficult words
1.		
2.		
3.		
4.		
5.		

Processing Questions:

1. Do you think this exercise can help you in understanding yourself better?
2. How can this help you in achieving academic success?



Keep in Mind

Suggested Time Allotment: 15 minutes

Part of your development as an adolescent is to know yourself better. During this stage, it is important that you know what you are capable of in developing your identity and self-confidence. One way of doing it is appreciating your strengths and weaknesses which will help you in achieving success.

Strengths are aspects that you are good at or the areas where you are performing well. It can be physical, emotional, social, or mental. Weaknesses are aspects that you need to overcome, and it is important that you transform your weaknesses to strengths.

From this day on, be aware of your **S.T.R.E.N.G.T.H:**

Social Skills – example: talking with people, getting along with groups

Talents – example: acting, baking, guitar playing, organizing events, dancing and many others

Resilience –ability to recover quickly from difficult situations

Emotional Skills – example: being a good listener, sensitivity to the needs of others, being able to apologize when necessary and ability in handling emotions

Numerical and Logical Skills – example: easily understand patterns and numbers, figure out how to operate gadgets even without reading the instruction, solving puzzles / riddles and many others

Growth Mindset – perseverance in times of difficulty; strong desire to learn and develop abilities

Truthfulness in Words and Actions - this will lead you to better understand your own strengths and weaknesses; accuracy in description of self and others, and meeting commitment and promises made.

Health - your physical and mental health will help you in the development of your strengths and in overcoming your weaknesses. The status of your health may influence your thoughts, feelings and behavior.

There are many more things that make you better! These are your strengths and you need to maximize them for your holistic development.



You Can Do It

Suggested Time Allotment: 10 minutes

My Way to Overcome

On a clean sheet of paper, draw yourself (or paste your picture while doing a task related to overcoming your weaknesses (example: picture of yourself trying to learn how to cook, trying to ride a bike, reading a book that you find difficult to understand, etc.). Write a short description below the drawing / picture.

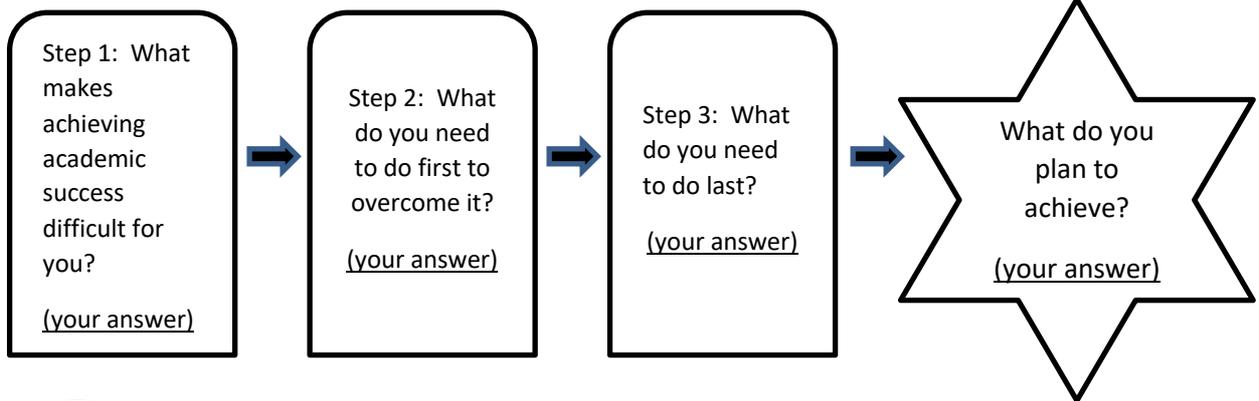


What I have learned

Suggested Time Allotment: 10 minutes

My Steps to Academic Success

Create a plan on how you are going to achieve academic success during this difficult time. Copy the diagram on the next page and write your answer on a clean sheet of paper.



Share your Thoughts & Feelings

Suggested Time Allotment: 5 minutes

Why do I have to overcome my weaknesses?

Accomplish this on a clean sheet of paper.

3 important things that I learned from this lesson

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2 things that I want to learn more

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How do I feel about this lesson?

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For inquiries or feedback, please write or call:

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