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YEAR/ SECTION: BSN 1 – OREM

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UNDERSTANDING THE SELF

FINALS

ACTIVITY 30: Effects of the Environment A. Read the situations carefully and answer the questions that follow.

1. Marilyn inherited her intelligence from her parents. However, she does not study her lessons well. Moreover, she does not do her assignments because she would rather play games on her computer during her free time. Do you think she will perform well in school? Justify your answer.

- NO, Marilyn never was able to perform well in her school because instead of studying her lesson moreover trying to answer her assignment but she chose to play games on her computer. We could say that she is intelligent but I surely and believe she doesn't know how to use it for good if it comes to be useless.

2. Joey inherited intelligence genes from his parents. He values learning and thus studies his lessons regularly. His parents supervise him and get involved in his school activities. He also participates in academic organizations in school. Do you think he will perform well in school? Justify your answer.

- Yes, Joey will be able to perform well in his school, because he uses the intelligence that he inherited from his parents with passion by studying his lesson regularly, attending or involving school activities and participating academic organizations and his school.

B. Carry out the following tasks:

1. The examples above present cases of two individuals inheriting similar intelligent genes from their parents. However, the manifestations of intelligence differ between Marilyn and Joey. Identify what could have made the difference. Explain what this shows as regards the role of heredity and environment in the intelligence and personality of the individual.

- The difference between Marilyn and Joey on how they use their intelligence that they inherited from their parents. Marilyn did not use it in a good way, it came to be useless, she was so lazy to study unlike Joey who is a hard-working student who loves to study and active in all terms in academic performance and also participant academic organization which is good.

2. Identify members of the class who graduated with honors in high school. Ask them to share what they think are the significant factors or conditions that have contributed to their level of academic performance. Expound on their answers in 1 or 2 sentences.

- One of my aunties stated that she didn't inherit the intelligence of her parents, rather she was influenced by the environment to do her best in school. She puts effort, gets support from her loved ones, her parents and her determination to achieve and aim high that affects her academic performance.

ACTIVITY 31: MOTIVATION

A. Determine if the following cases indicate high or low motivation. Write your answer on the blank.

HIGH MOTIVATION 1. Michael makes it a point to study his lessons three hours every night because he wants to rank first in his class.

HIGH MOTIVATION 2. Wilma aims to bag the Best Project Award so she keeps on reading materials about her project to further enhance and improve it.

HIGH MOTIVATION 3. Dennis wants to be among the top 10 passers in the medical doctors' licensure examination so he reads his books 15 hours a day.

LOW MOTIVATION 4. William's rank in his mathematics class is somewhere in the middle. He feels satisfied with this position. He studies his lessons only when he feels like doing it.

LOW MOTIVATION 5. Henry never studies his lessons even if he is failing in two of his subjects. He tells himself, "It doesn't matter to me if I pass or fail my courses."

HIGH MOTIVATION 6. Mary Ann wants to finish first in completing jigsaw puzzles in a competition, and she prepares and trains for it.

HIGH MOTIVATION 7. Gerald receives a scholarship grant to finish a course in science. Coming from a poor family, he believes the scholarship is the only hope for him to be able to get a degree. He promises to work hard and do his best until he finishes the course.

LOW MOTIVATION 8. Lito wants to drink liquor again when he feels good after taking his first drink.

LOW MOTIVATION 9. Marie has been asked to join a spelling competition. But deep inside her, it does not matter whether she wins the competition or not, even if she knows that there is a prize for the winner.

LOW MOTIVATION 10. Some people in the depressed area leave early in the morning to work so that they can earn money to buy food to satisfy their hunger.

B. Answer the following questions briefly.

1. identify behaviors that show a person is highly motivated to attain or achieve his/her objective.

• The behaviors that show a person who is highly motivated to attain or achieve their objective is that they focus and have great confidence in their own abilities, they dream of endless possibilities and effort to achieve the goal that they want to be.

2. What behaviors show that a person is poorly motivated or not motivated at all to work something?

• The behaviors that show a person who is poorly motivated at all to work something, is that they are lazy or not motivated to achieve more, they are already satisfied with what they have.

3. Is there anything common among the individuals in the situations described in Test A? How about differences

4. From the examples, which is the most appealing situation to you? Explain your answer. And emotional abilities are necessarily tapped in decision-making.

• The most appealing situation is the status of Gerald because he came from a poor family but despite that he dreams so big and uses his scholarship grant to finish his study of a course in science because he knows that scholarship is only hope for him to be able to get a degree.

ACTIVITY 32: EQ and IQ

A. Determine if the statements relate to emotional quotient or intellectual quotient by writing EQ or IQ on the space provided.

- IQ 1. I ate three apples and two oranges. I ate five fruits all in all.
EQ 2. My friend has a problem with her mother. She looks very sad.
IQ 3. All men 50 years old and above in Santo Domingo town are strong. My father is 52 years old and we live in Santo Domingo, Therefore, my father is strong.
IQ 4. I should control my anxiety so I will understand the lesson more clearly.
IQ 5. The first woman president of the Philippines is Corazon Aquino.
EQ 6. Monona is a very happy person. She must have come from a loving family.
EQ 7. Rey says he should be courteous so that other people will like him.
IQ 8. I am able to memorize the colors of the rainbow.

B. Figure out if the following items present critical or less critical consequences. Write your answer on the blank.

- CRITICAL 1. choosing what course to take in college
CRITICAL 2. choosing the doctor to consult for a health problem
LESS CRITICAL 3. deciding what brand of soda to buy
CRITICAL 4. deciding where to invest one's money
LESS CRITICAL 5. choosing what type of pasta to buy
CRITICAL 6. choosing what school to enroll in
CRITICAL 7. deciding what track to take in college, like academic, vocational, or entrepreneurship
LESS CRITICAL 8. deciding what size of soft drinks to serve.

C. Answer the following questions briefly:

1. What kind of help would you want to receive to ensure that you make the best decisions in life with the best consequences?

- The kind of help that I would want to receive to ensure that I will make the best decision with the best consequences, is the help from my loved ones, which is my family, because I believed nothing in this world is more important than the support that you want but only your family who love you the most.

2. Suppose you want to take a course in nursing. Unfortunately, your family does not have the means to support your studies. Knowing that you have a big problem to hurdle, what steps will you take so that you can successfully pursue your dream?

- If my family won't support me in my dream and I know it would be hard and a problem to hurdle, the steps that I will take so that I will still pursue my dreams are: First I will follow what they want me to take in college, because if I force them to support me it end up hurting their feeling and I don't want disobey them. Second, I'll make them proud of me, even though I know it would not make me happy. Then lastly, if I become the one that they dream me to be and already give part as a daughter, that is the time that I will follow and continue the dream that I want to be, which is to be a good nurse someday. I will study again and I will give my best and from the second time, I will sure that this time they will support me and respect my decision

D. Write a journal describing a situation in which you have encountered difficulty in making a decision. What were the choices or alternatives available to you? What enabled you to come up with a decision in favor of the option? What course of action or processes did you undertake? (Be sure to maintain

- If I describe a situation in which I encountered difficulty in making a decision is when I my teacher ask me to join Ms. Teen Siocon representative in our school, the choices that alternative available for it either I will pursue this challenge that teacher trusted me to do. It's hard for me to say yes, because of personal matters and due for our religion. I am a Muslim and it banned for Islam to do that, but because of the teachers who motivated me to do that and they the one who ask permission to my parents I enabled to come up with decision in a favor of option that they asking me to do and the action or course that I process to undertake is that I join the Ms. Teen Sloc.on even I know my self that it was bad choice that I will make because I obeying the rules and religion that Islam have.

ACTIVITY 33: Assessments

A. Given are some examples of assessment activities. State in your own words the purpose of the assessment and the kind of behavior or characteristic being measured using the table below. The first item has been answered as an example.

1. At the end of the academic term, the professor gave a long history exam to the students.

- To test the learnings of the student on how much they learned the topic, and to be able to modify that the students understand their subjects.

2. Mr. Santos had been coughing in the past two months. He visited a physician for a medical exam. The doctor recommended that he undergo an X-ray of the lungs.

- To know the findings as to what is the reason for Mr. Santos's coughing.

3. Melissa studied to be a teacher. After graduation, she took the licensure exam for teachers.

Melissa is determined to become a licensed professional teacher

4. School XYZ is a special school for the arts where students are taught and trained in music, drama, and painting. At the start of the school year, applicants are subjected to a talent test before they can be finally admitted to the school.

To make sure that the students of the school are well-trained in advance and have enough skills so that it will not be difficult for school to teach them.

5. Albert has been having sleepless nights for a long time now. He has been feeling anxious and fearful.

Maybe in order for Albert to take a break due to his stresses and to go to a psychiatrist to test his problem.

6. Ms. De la Cruz noticed that one of her pupils in grade school, Alex, is always restless in class and does not listen to the teacher. Even while the lesson is going on, he runs around the room and teases his classmates. Ms. De la Cruz referred Alex to the guidance counselor who gave him a test. After looking at the responses to and results of the test, Ms. De la Cruz suspects that Alex is at risk for attention-deficit/hyperactivity disorder (ADHD).

Maybe in home, Alex's parents are not giving her enough attention, and don't have motivation to give her best in school.

7. Lynette studied to become a nurse. After graduation, she took the licensure examination for nurses given by the Professional Regulatory Commission.

Lynette is really determined and motivated to become a successful nurse.

8. Every end of the week, the teacher of Mathematics 101 gives the class a 10-item test which includes the subject matter covered for the week.

To test the learning of the students whether they have really learned or not.

9. Ms. Santos teaches a group of Grade 6 students who have problems in reading. She is wondering if the students' reading difficulty is due to their innate or inborn mental ability or due to learning difficulties. She gives a test to make sure their reading problem is not due to any learning difficulty they might have.

The teacher is concerned with the learning capabilities of the students and concern about their future.

10. School ABC has a science and math-oriented curriculum. As such, the school applies very strict admission procedures to make sure that its prospective students are indeed inclined to the sciences and mathematics, and will be successful in these subject areas. Thus, students go through a battery of tests before final admission.

not listen to the teacher. Even while the lesson is going on, he runs around the room and teases his

Number	Purpose/Reason of Assessment	Characteristic Measured
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1	To determine if the students learned under the professor's guidance	What students have learned in history of for the semester.
2	To identify the cause of coughing for two consecutive months	What diagnosis would result and what might be the prescribe drugs for treatment
3	To ensure that she has the knowledge for a common teacher might had	It measures her capabilities to teach for the corresponding level she studied
4	To find out if those applicants befitting and have the abilities to be taught and trained in an arts school	Nature in music, could do drama and able to paint appropriately
5	In order for the psychiatrist to conclude what might Alex has been through	If Albert would be able to proceed another test
6	To give awareness of what exactly might Alex have	The symptoms of having ADHD
7	To have assurance that Lynette has the knowledge and skill concerning her profession which is nursing	Capabilities to be admitted at a specific workplace corresponds to her program
8	To evaluate the students' learning under the teacher in Mathematics 101's guidance	Students' learning towards Mathematics 101 within a week
9	In order for Ms. Santos to find out the cause/s of her students' difficulty in preparation.	What certainly cause them to have this reading difficulty, either inborn mental ability or due to learning difficulties
10	To correlate those students regarding ABC school in Science and Math-oriented curriculum	Inclination or abilities in Science and Mathematics subject areas

Answer the following questions briefly:

1. What are the purposes of giving tests?

- The purpose of giving a test is to identify the capacity and their present will key to determine whether he/she understands it clearly.

2. What are the similarities and differences between measurement and assessment?

- Measurement is the condition where our learnings are tested to the extent, while assessment refers to the evaluation of our learning, and assessments have quite different from measurement and have rules that suggest very different purposes.

3. What is the importance of measuring and assessing behaviors?

- The ability to define and measure helps you to identify behavior and helps you to identify the function maintaining a problem behavior and evaluate the success of a positive behavior support plan.

ACTIVITY 34: Kinds of Assessment

A. Classify the given tests according to purpose. Write your answer on the blank.

Achievement test 1. To determine one's overall intelligence level or ability

Aptitude test 2. To determine if a person would most probably become a pianist

Aptitude ability test 3. To determine the vocational interest of high school students

Achievement test 4. To find out how much Communication Arts students learned after one year

Personality test 5. To determine the attitudes of a group of students towards schooling

Aptitude test 6. To know if John will be successful as fashion designer

Aptitude test 7. To find out if Marlon is failing or passing his course in mathematics

Mental ability test 8. To know if Bert has a bipolar disorder

Aptitude test 9. To find out if Emily is interested to take a course in the health sciences

Mental ability test 10. To determine if institutionalized children have a low self-concept

Achievement test 11. To determine if graduating high school students are capable of abstract thinking

B. From the test situations above, group the tests that measure the same characteristic. Give your reasons for your classification.

- From the test situations given above, the group test/s that measure the same characteristics is/are the personality test. My reason for classification is that I tally it, in order me to modify what reason of clarification

C. Answer the following questions:

1. What tests do you remember taking in the past or at present?

- The tests that I remember taking in the past were all of the entrance exam and interview way back in grade 12 to enter the ABM program in JRMSU. Siocon Campus.

2. Which of these tests did you take in your school? Outside of your school?

- The entrance exam for Junior High who plan to enroll in JRMSU Siocon Campus.

3. What was your purpose in taking non-academic tests?

- My purpose of taking non-academic tests is to assess whether I am capable of non-academic activities

4. Did you get feedback on how you fared in the tests? What kind of information did you learn about yourself from the tests?

- Yes, I got feedback on how I was fared in the tests. An information that taught me a lot about myself or the capacity of my ability.

5. Did you benefit from taking these tests?

- Yes, I had benefits in taking such tests by making use of them

ACTIVITY 35: Methods of Assessment

A. Determine whether each situation applies a **formal or an informal** assessment. Write your answer on the blank.

INFORMAL 1. Marilyn could not understand Mrs. Santos' instructions on cooking "tinola." Because of this, Mrs. Santos says that Marilyn has a low intellectual quotient.

FORMAL 2. Three hundred high school graduates were seeking admission to University of XYZ. They were first required to take the entrance exam before they could enroll. They were promised that the results of the exams would be released after three weeks.

FORMAL 3. Dr. Lopez suggests that his patient, Jun, see a psychologist so that he could be subjected to a test measuring his level of anxiety. He wants to make sure that the high blood pressure level of the patient is not due to stress and anxiety.

INFORMAL 4. Mr. Cruz labels his workers as inefficient because he observes them to be lazy, loudmouthed, and not doing their jobs fast enough.

FORMAL 5. At the end of the semester, Prof. Manuel gave a test to determine what knowledge and skills his students have acquired and developed in his science class.

INFORMAL 6. Mrs. Legazpi, a Grade 7 teacher, tells her co-teachers that her students have low self-concepts. When asked why she thinks so, Mrs. Legazpi states that her students are shy and do not talk as much.

INFORMAL 7. Ms. Tito concludes that Ronnie, one of her students, will be a scientist in the future. She believes so because she observes that Ronnie shows much interest in doing experiments and coming up with inventions.

INFORMAL 8. In a class of 30 students, the teacher observes that one student, Pete, always picks a fight with his classmates. Pete also seems to enjoy teasing and hurting his seatmates. One day, the teacher asked Pete, "Why are you doing bad things to your classmates?" Pete replied, "Because I do not like them."

FORMAL 9. A company requires its employees to have a positive attitude towards work. Hence, as part of the screening and selection process, the human resource personnel administer a test that measures work ethic, work habits, and work attitudes. Results of the test serve as the basis for the decision to accept the applicant or not.

INFORMAL 10. Marlon can correctly solve mathematics problems in class at a faster rate than his classmates can. Marlon himself is very much aware of his skill. Because of this, he believes that he has a very high IQ. He also thinks that in the future, he will be a successful engineer.

B. Answer the following questions based on the situations given in the first part of the activity.

1. How many people are being assessed in the sample scenarios? What does this tell you?
 - I think all people assessed in the sample scenario and this scenario utter that every situation that involves that particular situation will be an assessment to us whether it is formal or informal.

2. Which situations show the person assessing his/her own self?
 - Most of the situations where students are involved are where a person assesses his/her own self in their life.

3. What conditions are present in a formal assessment? How about in an informal one?
 - The conditions present in a formal assessment are the professionals assessing their students or other people. In an informal one, the majority of the situations are the students are involved in the situation.

Activity 36: Essay

Make an essay “The best of Me”

THE BEST OF ME

Being a far better person is about character and traits. It's a learning process in thinking, speaking and doing what's good and right. There are things in life that affect an individual on what he becomes. Intrinsicly there are goals and aspirations in life that drive us to be a far better person. For me, one among the simplest tools to become...Life may be a race which is all about winning. But winning isn't the sole end point. In life, we should always understand nobody has made great achievements within the first day. World famous Cricket Player Sachin Tendulkar didn't become popular at some point . He took a lot of failures and challenges to become what he's today. When he faced failures, he didn't give up; he kept trying till he met success in life. Similarly, in our life we should always wait patiently . diligence pays. So, we should always “Never Give Up” until we reach what we are focusing on. That's me, I'm a sort of one that is tough to offer abreast of my dreams, I always see myself still dream and have determination in pursuing my very own goal in life which is that the best version of me . I get older without my parents beside me, and it's tough but I continue my life with positivity and switch my fear into my strength in order that whatever hard the challenges are will get through it. and that i think this is often the simplest of me being independent and a robust woman with an enormous dream.