



Department of Education
National Capital Region
Schools Division Office—Marikina City



CAREER GUIDANCE ADVOCACY PROGRAM FOR GRADE 11 STUDENTS ACTIVITY WORKSHEETS

Name: _____

Grade and Section: _____

School: _____

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Activity Worksheet No. 1.1**Sikreto sa Tagumpay ni Selina**

ni Jenifer L. Soriano

“Selina, maghanda ka na. Mahuhuli ka na sa klase,” pangungulit ni Aling Sonya sa anak na panganay na nasa edad labintatlo.

“Opo, Inay. Tatapusin ko lang po itong tinatali ko para makadagdag sa ibebenta ninyo,” sagot nito habang nagmamadaling ibinubungkos ang mga talbos ng kamote, sitaw at saluyot na ipagbibili ng ina sa palengke.

Sa ganitong eksena nagsisimula ang araw ni Selina. Kailangan niya itong gawin upang makatulong sa kita at gastusin ng kanilang pamilya. Sa kabila ng kahirapan ay patuloy na nagsusumikap ang pamilya Tolentino upang mabuhay.

Sa mga araw na walang pasok, katulong si Selina ng kaniyang ina. Suson-suson ang basket at bilao iniikot nito ang kanilang baryo upang ilako ang mga gulay. Maraming mapangutyang mata at mapanghusgang bibig ang pinagdaanan ni Selina. Sa tingin ng iba, hindi siya makatapos ng pag-aaral at sa halip ay maaga itong mag-aasawa upang makawala sa hirap ng buhay.

Hirap man sa buhay, ipinagpatuloy ni Selina ang kursong nais ng magulang. Ito sana ang kursong nais ng ina subalit hindi siya nabigyan ng pagkakataon kaya’t sa anak na lamang ipapasa.

“Selina Soliman Tolentino, *Cum Laude*,” pahayag ng gurong tagapagdalo sa palatuntunan ng pagtatapos sa isang sikat na kolehiyo sa kanilang lalawigan na malapit sa kanilang tirahan.

May pagmamalaking tumindig si Selina at saglit na nagbalik-tanaw sa kaniyang pagsagupa sa mapanghamong mundo ng buhay. Sa wakas, aakyat na siya sa entablado upang tanggapin ang pinangarap at pinagsumikapang medalya.

Tuwang di maikubli naman sa mukha ng ina ang bumakas sa patuloy na pag-agos at pagpunas ng mga sariwang butil ng perlas sa mga mata nito. Kampante na si Aling Sonya at nalalaman niyang may makatutulong na siya upang maipagpatuloy pa ng anim na anak ang pagaaral.

Alam at nasaksihan ni Aling Sonya ang laki ng sakripisyo ng anak para lamang makatapos ng pag-aaral bilang isang guro. Nakapagtapos sa kabila ng kahirapan. Kasama si Selina sa pagpapayaman sa maliit na bakuran upang matustusan ang pangangailangan sa kaniyang pagaaral.

Dahil din sa angking kakayahan sa pagguhit at pagsusulat, madalas hingan ng tulong ng iba pang estudyanteng tulad niya sa paggawa ng kanilang mga proyekto, ulat, pamanahongpapel at iba pang gawain. Kapalit nito siya ay naililibre ng pagkain at naaabutan ng kaunting halaga. Mula sa kaunting halagang ito ay nakaiipon siya at nakapag-aabot ng baon sa mga kapatid.

Sa kaniyang mga taon sa hayskul ay nakitaan siya ng potensiyal sa pagsasayaw at pagawit.

Nanguna siya sa mga patimpalak na ito kaya't habang nag-aaral sa ko 1 ay naisisingit niya ang pagtuturo ng sayaw at kanta sa mga mag-aaral sa pinagtapusan niyang paaralang pader lamang ang pagitan mula sa kanilang tahanan. Ito ay ayon na rin sa hiling ng dati niyang mga gurong humahanga sa kaniyang kakayahan at naniniwala.

Sa gayon ay nakawilihan na niya ang makihalubilo sa mga bata at higit na nahasa ang kaniyang kakayahang makipag-ugnayan na siya namang kailangan sa pinag-aralang propesyon. Unti-unti ay nakikita niya ang kaniyang sariling minamahal ang pagiging isang ganap na guro.

Handa na si Selina sa bagong hamon. Hangad niya ang tagumpay para sa kaniyang sarili, sa kaniyang pamilya, at higit sa lahat, sa mga mag-aaral na magiging kliyente at ituturing niyang mga anak sa kaniyang propesyon.

Nais pa ni Selina na mapalawak ang kaniyang karunungan at makuha ang kursong abogasiya, tagapagtanggol ng mga naaapi, tulad ng kaniyang pamilyang inagawan ng lupa, na humantong sa pagkalubog sa utang para lamang ipaglaban ang karapatan sa batas ng pagangkin sa mga ari-arian.

Taglay ni Selina ang kakayahang mangarap at tuparin ang mga pangarap na ito. Taglay din ng mga batas ng kaniyang pangalan, madalas na payo sa kaniya ng magulang, na ang tunay na "Sikreto sa Tagumpay" ay sikap, sipag at tiyaga. Tunay nga na ang kahirapan ay hindi hadlang sa pagtamo ng mga pangarap.

Mga Gabay na Tanong:

1. Sino ang pangunahing tauhan sa kuwento? Ilarawan siya.
2. Paano hinarap ng pangunahing tauhan ang mga pagsubok sa kaniyang buhay?
3. Naging matagumpay ba ang takbo ng kaniyang buhay? Bakit?
4. Kung ikaw ang nasa kalagayan ni Selina, gagawin mo rin ba ang ginawa niya? Bakit?
5. Alin sa mga katangian ni Selina ang taglay mo na? Paano mo pagyayamanin ang mga katangiang ito upang maging daan din ng katuparan ng iyong mga mithiin sa buhay?

Activity Worksheet 1.2**Reasons Behind My Choices**

Name: _____

Directions: Draw shapes inside the big circle to represent the factors that influenced you in choosing your profession/vocation. The size of each shape may vary according to the degree of its influence in your career decision-making.

(For a colourful output, color the shapes: Heart -Red; Triangle - Green; and Square - Blue)



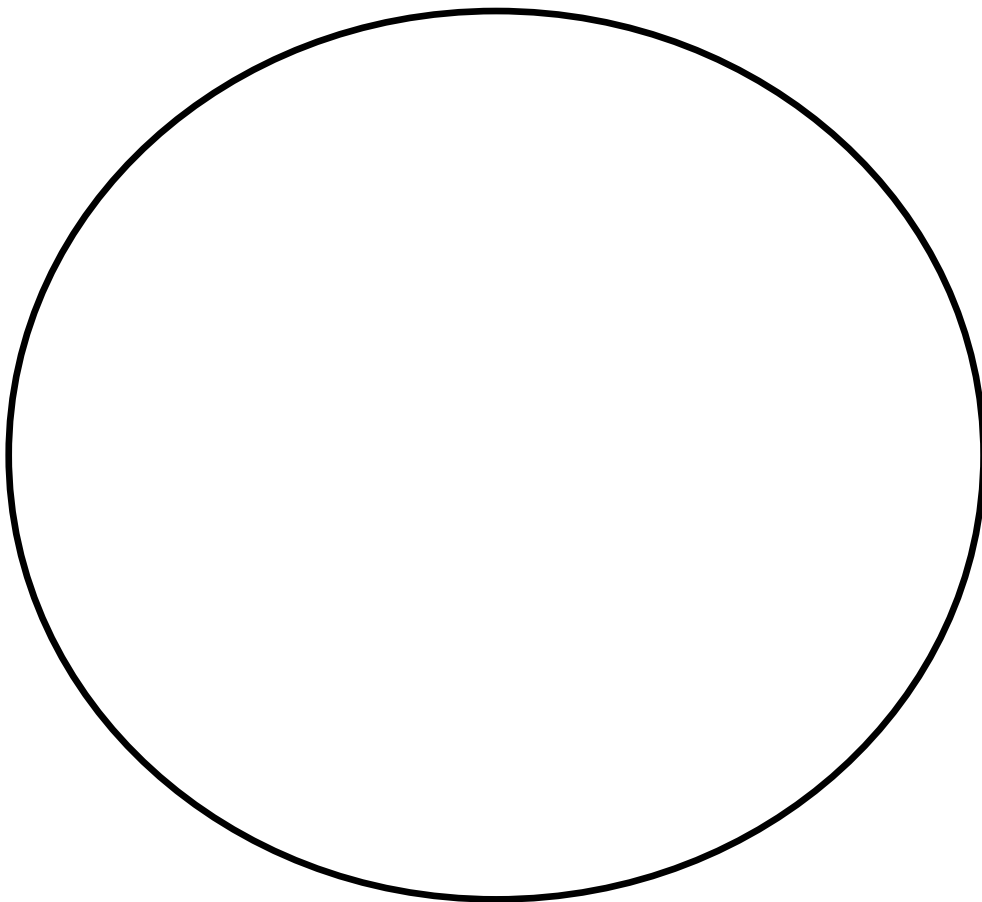
- Family Factor



- Personal Factor



- Social Factor



Activity Worksheet 1.3

My Next Career Moves

Name: _____

Write your insights about the session. Complete the following inside the balloons.

I appreciate *(state what you appreciate in yourself or what you have)*

I would consider *(state factors you consider)*

_____ in coming up with my life and career decisions.

I am now ready to *(state your plans/next moves considering the different factors)*



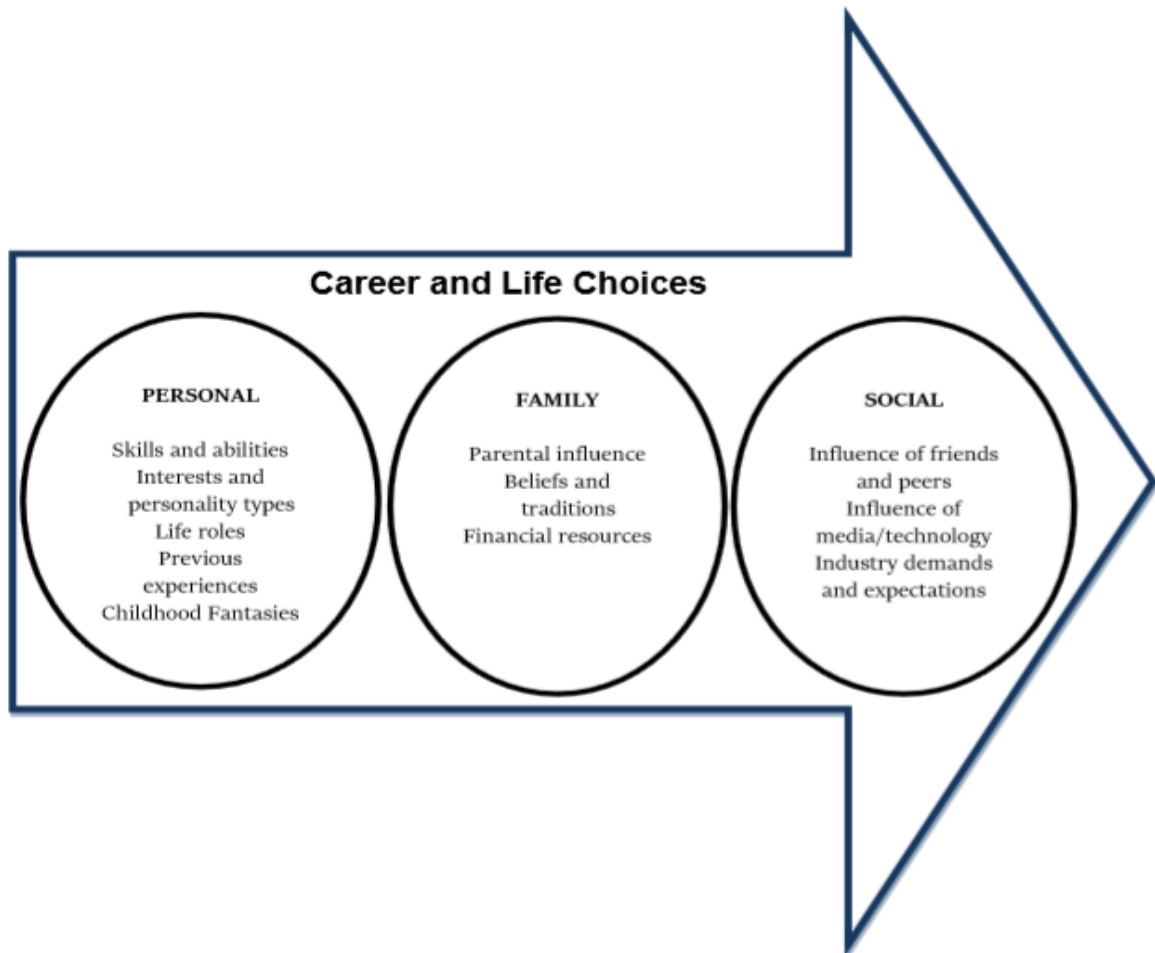
Activity Worksheet 1.4

Name: _____

Knowing the Right Choice

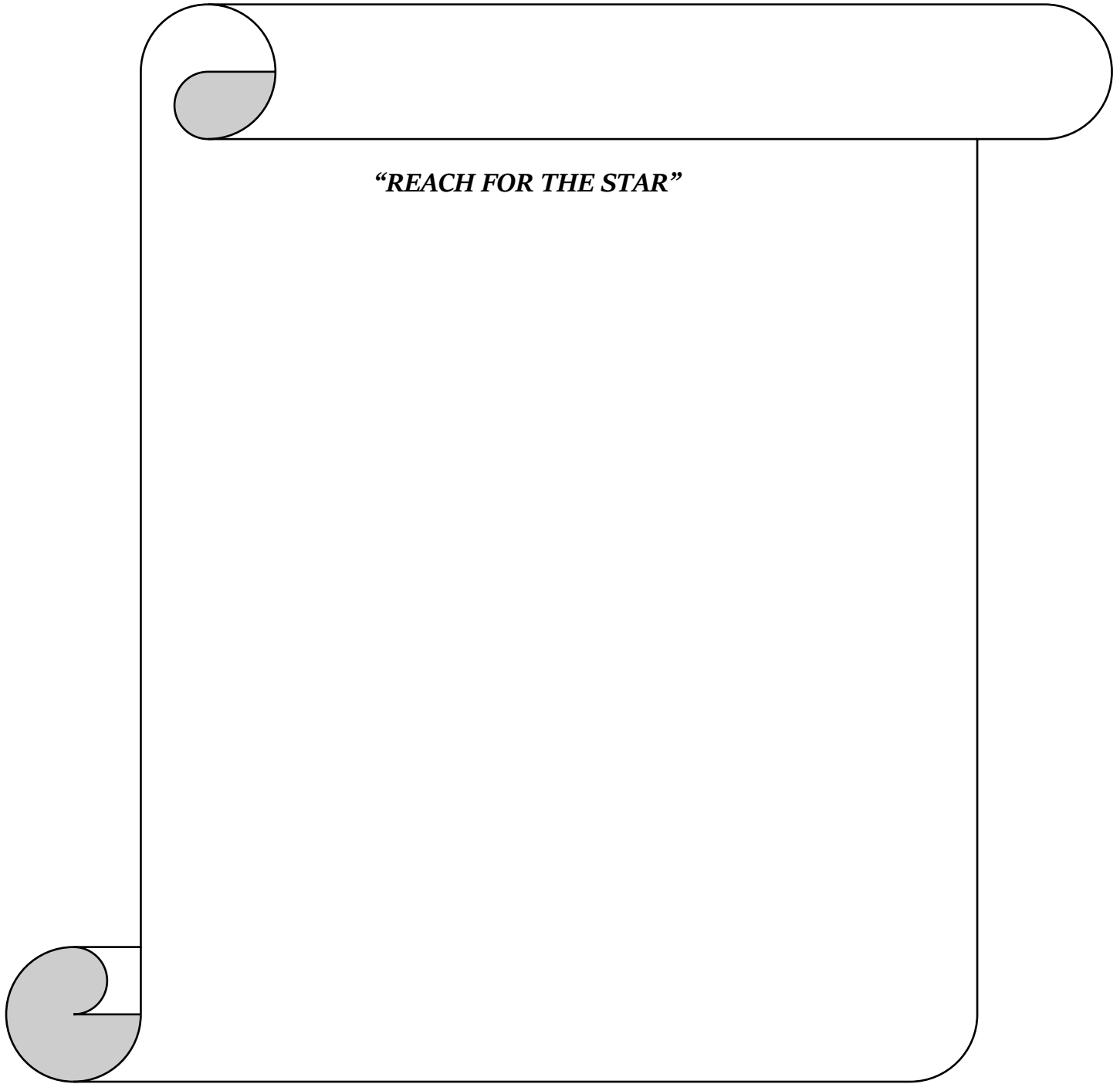
Enumerate your three professions/life choices (according to the degree of your choice) and identify the factors affecting your choices.

	Profession/Life Choices	Factors Affecting the Choices	Insights/Lessons Learned
First Choice			
Second Choice			
Third Choice			



Activity Worksheet No. 2.1

Name: _____



Activity Worksheet 2.2

Name: _____

Star Qualities

People Skills	Like Me 1	Not Like Me 2
Speaking		
Leading		
Selling		
Helping		
Negotiating		

Data Skills	Like Me 1	Not Like Me 2
Computing		
Checking		
Analysing		
Researching		
Tabulating		

Thing Skills	Like Me 1	Not Like Me 2
Repairing		
Operating		
Inspecting		
Assembling		
Manipulating		

Idea Skills	Like Me 1	Not Like Me 2
Expressing		
Predicting		
Implementing		
Instructing		
Organizing		

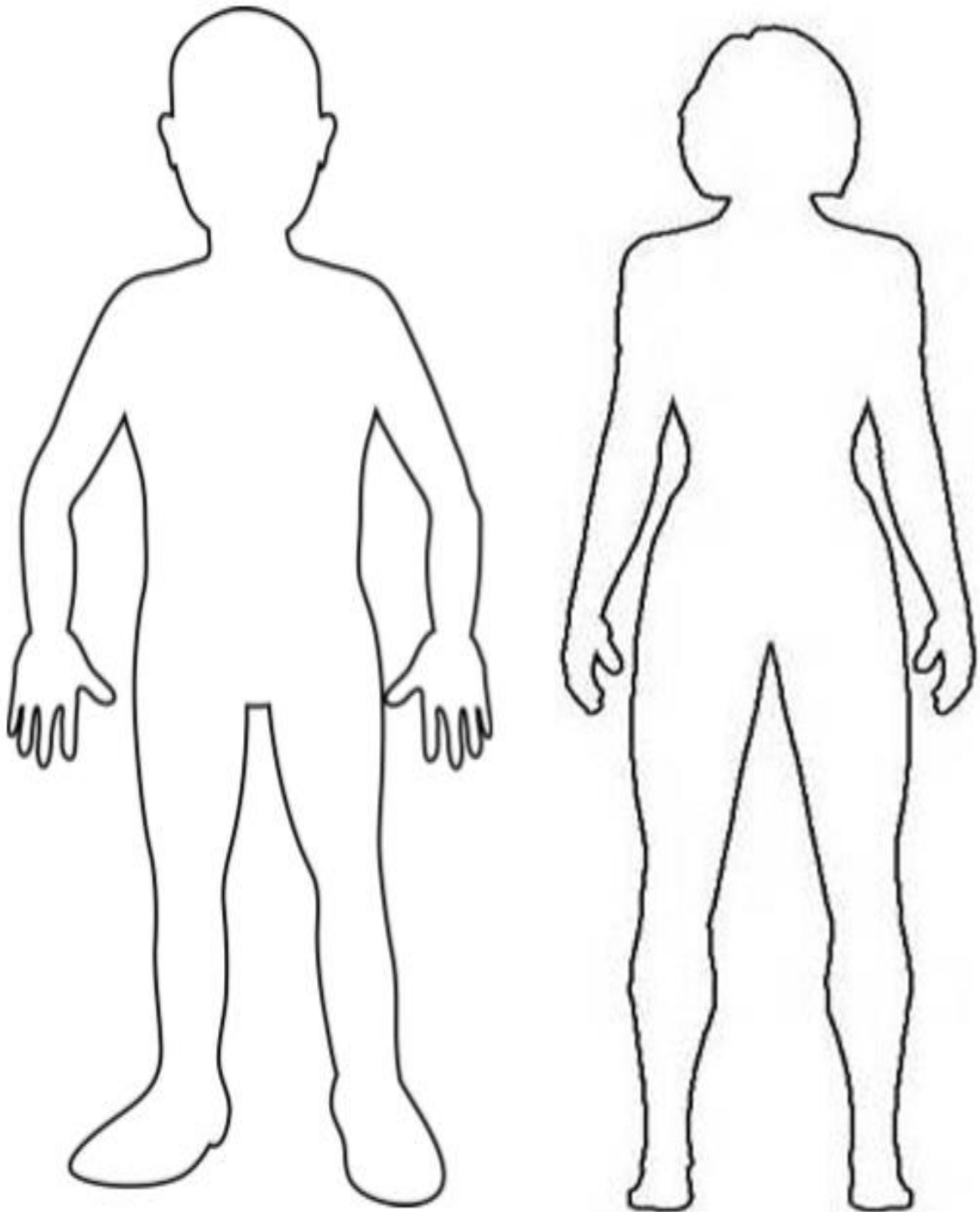
Activity Sheet No. 3.1

Name: _____

DRESSING UP MINI ME!

Procedure:

1. Cut out the Mini Me.
2. Dress the doll based on your preferred curriculum exit (e.g., Kolehiyo – Teacher).
Include tools of profession or curriculum exits.
3. Determine the symbolic parts of the dress/tools (e.g., book, uniform)
4. In the symbolic parts, write down the skills and/or knowledge (e.g., communication skills, interpersonal relations, logical reasoning ability, clerical-mechanical skills) needed for the preferred curriculum exits.
5. In the symbolic tools, write down the possible job market demands (Public School Teacher/SHS Teacher/ Private School Teacher/ Tutor/ Trainer/ etc.) and possible curriculum exits.



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Activity Worksheet 3.2

Name: _____

My Career Information Worksheet (College/University)

What is my preferred course/profession?	What specialization?	What information do I need for school/work?	What are the sources of information?	What are the jobs skills needed?	Is the LMI projection favorable to my preferred curriculum exit? (Y/N)	What are the sources of information?
Teacher	Secondary Teacher	School Offering	School Website	Communication Skills	Yes	DOLE, PESO

Learner's Signature over printed name

Parent's Signature over printed name

Date

a

Activity Worksheet 3.2

Name: _____

My Career Information Worksheet (Work)

What is my preferred work/ profession?	What specialization?	What information do I need for work / profession?	What are the sources of information?	What are the jobs skills needed?	Are skills training available in my locality? (Y/N)	Do I intend to enhance my skills? (Y/N)	Is the LMI projection favorable to my preferred curriculum exit? (Y/N)	What are the sources of information?
Mechanic	Diesel Engine	Job Opportunity	PESO, Philjob.net	Technical /Mechanical Skills	Yes	Yes	Yes	PESO

Learner's Signature over printed name

Parent's Signature over printed name

Date

a

Activity Worksheet 3.2

Name: _____

My Career Information Worksheet (Business)

What is my preferred course/ profession?	What product or services will I offer?	What information do I need for enterprise/work?	What are the sources of information?	What are the job skills needed?	Are Skills training available in my locality? (Y/N)	Do I intend to enhance my skills? (Y/N)	Is the LMI projection favorable with my preferred curriculum exit? (Y/N)	What are the sources of information?	Is the Economic (Business) Information Projection favorable with my preferred curriculum exit? (Y/N)	What are the business Requirements needed?
Entrepreneur	Eatery	Business Plan	Data Gathered	Food Handling	No	Yes	Yes	DTI, PESO	Yes	Sanitary Permit

Learner's Signature over printed name

Parent's Signature over printed name

Date

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Activity Worksheet No. 4.1

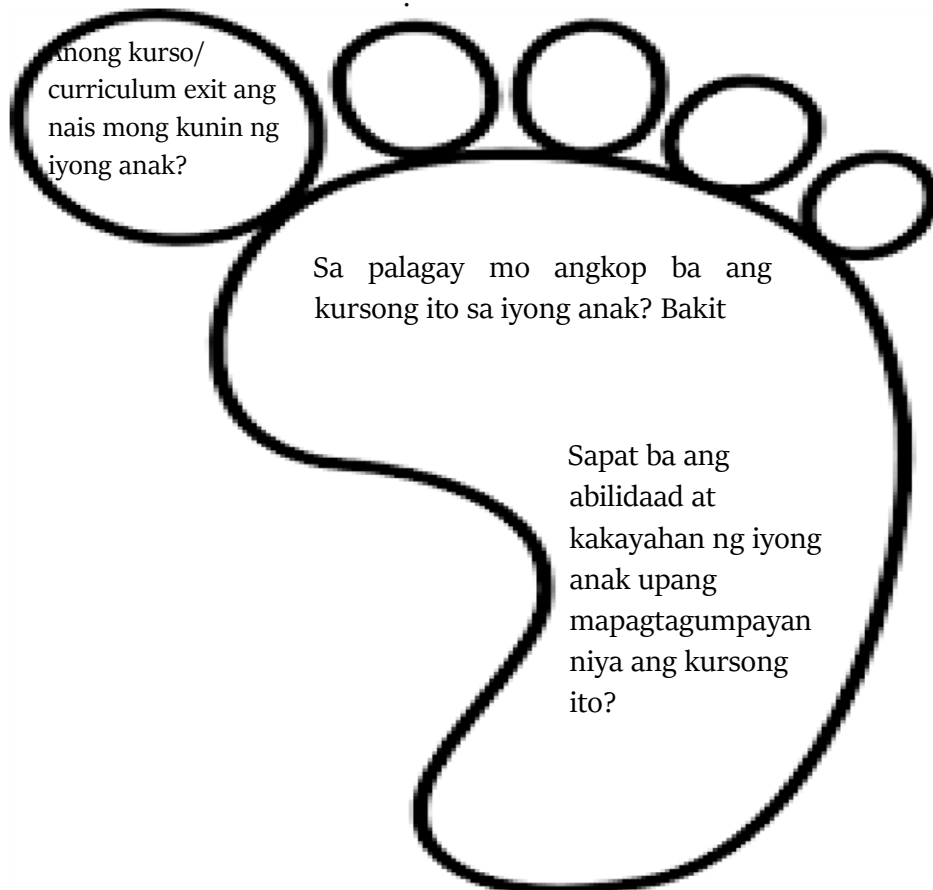
Name: _____

Fit Me Right

Instructions to Students: *Give the first page of this Activity Sheet to your parents. Let them answer the questions in each box. Their answers must be placed inside the box corresponding to the questions. The second page is for you to fill out. Wait for the instruction of your Class Adviser when it will be done.*

Mga Katanungan Para sa mga Magulang

Panuto: *Basahin ang mga tanong. Isulat sino ang mga taong nakaimpluwensiya sa iyong anak sa pagpili ng kurso/curriculum exit? ang sagot sa ilalim ng bawat tanong. (Isulat ang sagot sa mga daliri ng paa.)*



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Mga Katanungan para sa Mag-aaral

Panuto: Basahin ang mga tanong. Isulat sino ang mga taong nakaimpluwensiya sa iyo sa pagpili ng kurso/curriculum exit? ang sagot sa ilalim ng bawat tanong. (Isulat ang sagot sa mga daliri ng paa.)



Activity Worksheet No. 4.2

Name: _____

Mga Gampanin ng Magulang sa Pagpili ng Anak ng Kaniyang Karera*Para kay G/Gng _____,**Basahing mabuti ang mga nakasulat sa ibaba. Pagkatapos mabasa at lagdaan, ibigay sa inyong anak upang maipasa sa klase. Maraming salamat po!*

1. Kukunin ko/namin ang tiwala ng aking/aming at gaganyakin ko/namin ang aking/aming anak upang pag-usapan ang kanyang mga katanungan tungkol sa karera.
2. Maglalaan ako/kami ng panahon upang pag-usapan ang mahahalagang bagay tungkol sa karera ng aking/aming anak.
3. Tutulungan ko/namin ang aking/aming anak na matuklasan ang kaniyang kalakasan, interes, at kakayahan upang mapili ang angkop na karera para sa kaniya.
4. Hihikayatin ko/namin ang aking/aming anak na magsaliksik tungkol sa napiling karera sa pamamagitan ng pakikipag-usap sa mga taong may kaparehong kurso at trabaho at sa pagbabasa ng mga impormasyon tungkol sa karera.
5. Kikilalanin ko/namin ang kalakasan, kakayahan, at kahinaan ng aking/aming anak at susuportahan ko/namin siya sa kaniyang magiging desisyon.
6. Hihimukin ko/namin ang aking/aming anak na tuklasin ang iba't ibang karera na maaaring pagpilian batay sa kanyang kakayahan, kalakasan, at interes.
7. Magpaplano ako/kami kasama ang aming anak sa posibleng mga hakbang na gagawin kung hindi kayang tustusan ang karerang napili.
8. Susuportahan ko/namin ang aking/aming anak sa karerang napili sa pamamagitan ng pagpapalakas ng kaniyang loob na kakayanin niya ang ano mang hamong dumating.

Nauunawaan ko/namin ang aking/aming mga gampanin ko/namin bilang magulang/guardian ni _____ at sumusuporta ako/kami sa paglinang ng kanyang karera.

Pangalan at Lagda ng Magulang/mga Magulang/Guardians

Pangalan at Lagda ng Mag-aaral

a

Activity Worksheet No. 4.3

Name: _____

Career Choice and Support Checklist

Instructions: Read each statement carefully. Check the box in each columns that represents your answer: **SD** for Strongly Disagree, **D** for Disagree, **A** for Agree and **SA** for Strongly Agree

STATEMENTS		SD	D	A	SA
1.	<i>I have enough information about my career choice.</i>				
	<i>1.1. I read a lot about the career I want through the Internet and other reading materials.</i>				
	<i>1.2. I ask the opinion of my friends and other people who are in the same career path.</i>				
	<i>1.3. I ask the opinion/advice of my parents about my career choice.</i>				
	<i>1.4. I ask the opinion/advice of my teachers about my career choice.</i>				
	<i>1.5. I ask the opinion/advice of our guidance counselor about my career choice.</i>				
	<i>1.6. I answer questionnaires pertaining to my career choice to find out if I fit into this career path.</i>				
2.	<i>My ability is suited to my career choice.</i>				
	<i>2.1. I am already aware of the skills requirements of my would-be career.</i>				
	<i>2.2. I believe I possess the necessary skills needed if I pursue this career and just have to have enhanced this when I pursue higher studies.</i>				
3.	<i>My interest is in line with my career choice.</i>				
	<i>3.1. I show interest in school activities related to my career choice.</i>				
	<i>3.2. I am very enthusiastic in performing activities at school which is related to my career choice.</i>				
4.	<i>I am confident about achieving my career choice.</i>				
	<i>4.1. I always look forward to becoming what I want to be.</i>				
	<i>4.2. I am determined to achieve what I wanted to become even if there are hindrances/problems that I will encounter.</i>				
5.	<i>I am decided about what I want to pursue as my career in life.</i>				
	<i>5.1. I do not consider other courses or career paths other than what I wanted to become.</i>				

a

STATEMENTS	SD	D	A	SA
5.2. <i>I let everybody know about my career path and tell them that I can achieve this someday.</i>				
5.3. <i>I exert lots of effort in my studies because I want to pursue my career choice.</i>				
6. <i>My parents are supportive of my career choice.</i>				
6.1. <i>My parents are aware of my passion with regard to my career choice.</i>				
6.2. <i>I talk to my parents and explain to them why I wanted to pursue the career.</i>				
6.3. <i>My parents keep motivating me to study well so that I can achieve what I wanted to pursue.</i>				
6.4. <i>My parents help me find an ideal school where I can study to pursue my career.</i>				
7. <i>My parents can afford to support my career choice.</i>				
7.1. <i>My parents cannot afford to support my career choice but presented an alternative to still pursue it.</i>				
7.2. <i>My parents prepare and save for my future studies.</i>				
7.3. <i>My parents acquire college plans/insurance for me.</i>				
7.4. <i>My parents look for possible benefactors of scholarship grants to support my career plans.</i>				
8. <i>My parents regularly monitor my studies.</i>				
8.1. <i>My parents regularly attend school conferences to monitor my studies.</i>				
8.2. <i>If my parents have work they see to it that they regularly communicate with my teachers to monitor how I am doing in school.</i>				
8.3. <i>My parents regularly browse my notes to check whether I am doing my assignments and other school-related projects.</i>				

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Activity Worksheet No. 4.4:



choice.

MY PLEDGE OF COMMITMENT

I _____ do hereby solemnly pledge
and commit myself to sustain my abilities and interest of in
the career of my

I promise to engage my energy, resources, and strength in
pursuing my own success.

I promise to pursue high academic standards and will
always strive to get good grades.

When I encounter obstacles that affect my career choice, I promise to talk to my
parents/guardians and teachers. I will never give up.

I promise to *(express your commitment to pursue your chosen track/strand)*

I impose upon myself this commitment without mental reservation or purpose of avoidance.
So help me God.

Name & Signature of Student

Name & Signature of Parents

a

Activity Worksheet No. 5.1

Name: _____

Chosen Profession/Career: _____

Self-Assessment Skills Inventory (SASI)

Skills		Interests	Qualifications
Hard Skills	Soft Skills		

a

Activity Worksheet No. 5.2

Name: _____

I - RESUME

a

Activity Worksheet No. 6.1

Name: _____

My Priorities

Directions: Choose three challenges or concerns from the list below that relate to what you are presently experiencing in your chosen career. Rank them one to three with 1 as the topmost challenge and 3 as the lowest.

- _____ Financial status
- _____ Health
- _____ Job opportunities
- _____ Parents influence
- _____ Influence from significant others
- _____ Distance between home and employment opportunity
- _____ College/university after high school
- _____ Capital for entrepreneurship
- _____ Opportunities to work abroad
- _____ Will to pursue college
- _____ Educational scholarship
- _____ Change of life style
- _____ Work ethics
- _____ Compensation
- _____ Hard skills
- _____ Personal choice (interest)

a

Activity Worksheet No. 6.2

Name: _____

Factors in Choosing a Career

Factors	Which has the greater weight?	
	What are the Advantages?	What are the Disadvantages?
1. Employment opportunity Availability of job in the locality and/or nearby areas.		
2. Financial capability of parents Availability of financial resources to sustain the needs to finish the preferred course.		
3. Global opportunity High probability to work in other countries.		
4. Health Enjoy good physical and mental health and vitality; enjoy physical and mental well-being; be free from disease or pain		
5. High paying job/profession/income generating career. Compensation is far above the regular received salary of common workers.		
6. Interest Preference for certain kinds of activities.		
7. Mental capacity Sufficient understanding and memory to comprehend in a general way the situation in which one finds oneself and the nature, purpose, and consequence of any act or transaction into which one proposes to enter.		
8. Personality The characteristic patterns of behavior, thought, and emotion that determine a person's adjustment to environment.		
9. Prestige become well-known Gain the respect of others; be acknowledged by others as being better.		
10. Social responsibility Social and humanitarian values.		

a

Activity Worksheet No. 6.3

Name: _____

I Create My Own Ladder Of Success

Draw an illustration using a ladder with 4 stairs showing your journey in reaching your career and life goals through the career decision you made.

1st stair : at present

2nd stair : after senior high school graduation

3rd stair : 5 years from now

4th stair : 10 years from now

a

Activity Worksheet No. 6.4

Name: _____

My Action Plan

Disadvantages	Plan of Action

a

Activity Worksheet No. 7.1

Name: _____

SWOT Analysis

	Strengths	Weaknesses	Opportunities	Threats
Name:				
Track:				
Strand:				
Specialization:				

a

Activity Sheet No. 7.3

Name: _____

Evaluation Writing Prompts

Directions: Complete the following phrases. Recall the previous activities you did to answer.

1. I want to become _____.

2. I need to learn my skills in _____.

3. I want to work at _____.

4. I have the qualities for _____

5. I am _____

(State your characteristics or attitude)

6. I value _____ at work,
because _____.

(State your ideals)

7. I like working _____.

8. I like working with people who are _____

9. I do not like to work at _____ because

_____.

10. I do not like to work with people who _____

_____.

a

Activity Sheet No. 8.1

MY CAREER DEVELOPMENT PLAN

Name: _____

Track and Strand: _____

CAREER MISSION STATEMENT

To become a/an (_____) who is a specialist in (_____) and possesses skills in (_____).

GOAL-SETTING

Long-Term Goals (5 to 20 Years)	
LT Goals:	1. _____
	2. _____
	3. _____

Choose one most important long-term goal in your life and career. List down possible mid-term goals to support its achievement. Analyze your list and choose the most important three that you want to accomplish.

Mid-Term Goals (1 to 5 Years)	
MT Goals:	1. _____
	2. _____
	3. _____

From your list of mid-term goals above, choose one you consider the most important. List down possible short-term goals. Analyze your list and choose the most important three that you want to accomplish.

Short-Term Goals (Less than a Year)	
ST Goals:	1. _____
	2. _____
	3. _____

a

Activity Sheet No. 8.1

Name: _____

Choose one short-term goal from your list that you consider as the most important, then break this goal into major tasks and fill up the table below.

Task No. 1

Step	Description	Completion Date
1.		
2.		
3.		

Task No. 2

Step	Description	Completion Date
1.		
2.		
3.		

Task No. 3

Step	Description	Completion Date
1.		
2.		
3.		

a

Activity Sheet No. 8.3

Name: _____

Track and Strand: _____



“The Future Career Bio-Poem”