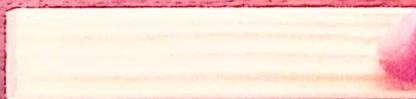


PERSONAL DEVELOPMENT

“A Journey to Life
from Now and Beyond”

An Outcome-Based Textbook

For Senior High School



Jonathan V. Macayan, PhD, RPsy
John Christopher D. Castillo, MSSW, RSW
Bernardino C. Ofalia, EdD, RPsy

PERSONAL DEVELOPMENT

“A Journey to Life
from Now and Beyond”

An Outcome-Based Textbook
For Senior High School

Jonathan V. Macayan, PhD, RPsy

John Christopher D. Castillo, MSSW, RSW

Bernardino C. Ofalia, EdD, RPsy



C & E Publishing, Inc.
2020

Table of Contents

Preface.....	vii
Course Syllabus.....	viii

Unit 1: Introduction to Personal Development

Chapter 1: Development and Self-awareness.....	2
Chapter 2: Stages of Human Development.....	9
Chapter 3: Factors of Personal Development.....	19
Unit Highlights.....	27
Self-Regulated Learning Report.....	29

Unit 2: Developmental Issues During Adolescence: Characteristics, Tasks, and Health

Chapter 4: Understanding the Adolescence Stage: A Time of Change.....	32
Chapter 5: Understanding the Adolescence Stage: A Challenging Time.....	39
Unit Highlights.....	51
Self-Regulated Learning Report.....	53

Unit 3: Aspects of Personal Development

Chapter 6: Physical Aspect.....	56
Chapter 7: Emotional Aspect.....	65
Chapter 8: Mental Aspect.....	75
Chapter 9: The Social Aspect.....	93
Chapter 10: The Spiritual Aspect.....	109
Unit Highlights.....	115
Self-Regulated Learning Report.....	119

Unit 4: Intrapersonal and Interpersonal Relationships

Chapter 11: Intrapersonal Relationships	122
Chapter 12: Interpersonal Relationships	131
Chapter 13: Smooth Interpersonal Relationships	143
Unit Highlights	153
Self-Regulated Learning Report	155

Unit 5: Preparing for Life

Chapter 14: The Future-Oriented Person	158
Chapter 15: Persons and Career	167
Unit Highlights	177
Self-Regulated Learning Report	179

Glossary	181
References	189
Index	193

About the Authors

Index

A

- action, 162
 - tips to execute plan, 162
- attitudes, 168
 - to be developed, 168
- adolescence stage, 11, 32
 - areas of transition, 33-35
 - depression during, 41
 - early, 11
 - injuries during, 40
 - late, 11
 - sexual activity and health, 43
 - stress during, 39
 - substance abuse during, 42
 - thresholds, 35-36
 - time of storm and stress, 39
- adulthood stage, 11
 - early, 11
 - late, 11
 - middle, 11

B

- babyhood stage, 10

C

- career, 168-171
 - external factors, 169-170
 - planning process, 170-171

- childhood stage, 10

- early, 10
- late, 10

- chromosomes, 56

- autosomes, 56
- sex chromosomes, 57
- XX chromosomes, 57
- XY chromosomes, 57

- communicative skills, 169

- comprehension, 81

- language, 85

- culture, 96

- definition, 96
- language, 96
- norms, 96
- values, 96

D

- depression, 41
 - during adolescence, 41
 - effects, 41-42
 - factors, 42
 - suicide, 42
 - symptoms, 41

- development, 2

- hereditary factors, 20
- natural and self-regulated, 2

personal volition, 20
progressive, 2
social factors, 19
time-oriented, 2

dreams, 158-159

E
ecological system model, 97-98
 chronosystem, 98
 exosystem, 97
 macrosystem, 98
 mesosystem, 97
 microsystem, 97
 mutuality, 98

emotional intelligence, 67
 emotional competence, 67
 components of, 67
 Goleman's five competencies, 68

emotional regulation, 69
 activities for, 70

emotions, 66
 basic, 66
 communicating, 69
 components, 66
 importance, 67
 general types, 66

empathy, 68

endocrine system, 33
 hormones, 33
 t-lymphocytes, 33

environment, 58
 adaptation, 58
 conformity, 58
 personal satisfaction, 58

estimation, 81

F
family, 19, 93
 extended, 94
 family situations, 39
 nuclear, 94
 relationship, 136
 types, 94

followership, 101
 dyadic relationship, 102
 follower styles, 101
 exemplary follower, 101
 support to leaders, 101

forgetting, 80
 causes, 81

G
genogram, 94
goals, 159
 long-term, 159
 setting, 159
 short-term, 159
 SMART, 159-160

H
heredity, 20, 56
 allele, 57
 chromosomes, 56
 DNA, 57
 dominant allele, 57
 gene, 57
 genotype, 57
 phenotype, 57
 recessive allele, 57
 zygote, 56

human brain, 83
 cerebral cortex, 84

- frontal lobe, 84
- hemispheric specializations, 85
- occipital lobe, 85
- parietal lobe, 84
- temporal lobe, 85
- human capital investments, 168
- human development, 9
 - stages of, 9-11
- human information processing system, 79
 - knowledge, 79
 - mental level, 80
 - motivational level, 82
 - sensory level, 79
 - thinking process, 79
- human intelligences, 75-76
 - adaptive, 77
 - Gardner's theory of multiple intelligences, 77
 - intelligence quotient, 75
 - multidimensional, 77
 - purposeful, 77
- I**
- imagination, 82
- infancy stage, 9
- interpersonal conflicts, 137
 - accommodation, 137
 - avoidance, 137
 - collaboration, 137
 - competition, 137
 - compromise, 137
- interpersonal intelligence, 68
- interpersonal relationship, 131
 - factors, 132
 - family relationship, 136
 - for starters, 146-147
 - friendship, 133
 - long-lasting friendship, 133-134
 - platonic relationship, 136
 - professional relationship, 136
 - types of, 133
- intrapersonal intelligence, 67
- intrapersonal relationship, 122
 - ambivalence, 124
 - self-knowledge, 122-124
 - self-talk, 124
 - smart talk, 125
- K**
- Knapp's developmental model, 133
- L**
- leadership, 100
 - bases for influence, 100
 - leadership styles, 100
 - power, 100
- learning, 78
 - components of, 78
 - mechanisms of learning, 78
- love, 134-136
 - romantic relationship, 134,136
 - triangular theory, 134-135
- M**
- maturation, 57
- Mead's model, 99
 - I, 99
 - me, 99

memory, 75, 80
 encoding, 80
 forgetting, 80
 long-term, 80
 memory ability, 75
 rehearsal, 80, 81
 sensory, 80
 short-term, 80
 transduction, 80

P

peer group, 19
planning, 161
 tips for, 161
puberty stage, 10
 post-pubescent, 10
 pre-pubescent, 10
 pubescent, 10

R

Roosevelt, Eleanor, 21

S

self-awareness, 3, 68
 objectivity, 3
 open-mindedness, 3
self-motivation, 68
self-parenting, 36
self-regulation, 68
sexual activity and health, 43-44
 during adolescence, 43
 early pregnancy, 44

psycho-biological factor, 43
psycho-social factor, 44
risks, 44
sexually transmitted diseases, 44

smooth interpersonal relationship, 143-146

barkadahan, 144
euphemism, 145
go-between, 145
hiya, 145
importance of, 147
pakikisama, 144
utang na loob, 146

social skills, 68

society, 95, 96

spirituality, 109-110
 developing, 112
 domains of, 110
 effects of, 111
 enlightenment, 112

stress, 39

 stressors, 39-40

substance abuse, 42

 physical impact, 43

 physiological impact, 43

T

technical skills, 169