

Homeroom Guidance

Quarter 1 – Module 1: Level Up Your Study Habits



Homeroom Guidance Self-learning Module – Grade 8

Quarter 1 Module 1: Level Up Your Study Habits

2020 Edition

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Grade 8 Quarter 1 – Module 1:

Level Up Your Study Habits



Gabay sa Magulang/Tagapag-alaga

Nagdulot ng napakaraming pagbabago sa pamumuhay ng bawat Pilipino ang pandemyang nararanasan ng buong mundo. Sa gitna nito, ang Department of Education ay kaisa ng inyong tahanan upang maipagpatuloy ang edukasyon ng lahat ng mag-aaral sa buong Pilipinas. Dalawa sa mga pamamaraang ito ang paghahanda ng Learning Continuity Plan at ng Most Essential Learning Competencies (MELCs).

Sa taong ito, inihanda ang Homeroom Guidance MELCs na naglalayong matulungan ang mag-aaral upang maipagpatuloy ang pagkatuto sa kabila ng mga pagbabagong dulot ng pandemya. Ang Homeroom Guidance (HG) ay naglalayong maituro ang mga kasanayan sa buhay o *life skills* sa pamamagitan ng *self-directed learning modules*. Nakatuon ito sa tatlong mahahalagang domeyn—ang *academic*, *personal-social* at *career development*. Binigyang-pokus sa Homeroom Guidance MELCs ang mga gawaing makatutulong sa lahat ng mga mag-aaral na magkaroon ng Rasyunal na Pag-iisip (Rational Thinking), Malusog/Maayos na Pag-uugali (Healthy Behavior) at Positibong Disposisyon (Positive Disposition) na higit na kailangan sa panahong ito.

Malaki ang gampanin ng mga magulang upang mapagtagumpayan ang mga gawaing nakalatag dito. Kakailanganin ng mag-aaral ang inyong patnubay at gabay sa mga gawain. Kung kaya, hinihingi ng Kagawaran ang inyong suporta upang mapagtagumpayan niya ang mga hamon sa buhay, maisakatuparan ang mga inaasahang gawain at higit sa lahat, matutuhan ang mga kasanayan sa buhay na kailangan nilang taglayin sa yugtong ito.

Isinulat ang modyul na ito upang gabayan ang inyong mag-aaral na linangin ang kaniyang aspetong personal at sosyal, akademiko, at karera. Ito ay dinesenyo 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. Maaaring may mga pagkakataon na hingin ng mag-aaral ang inyong patnubay sa pagsunod sa mga tagubilin at pagsagot sa mga tanong sa bawat bahagi ng mga gawain. Makatutulong ang araling ito upang hubugin ang kaniyang kabutihan na tanggapin ang pagkakaiba-iba ng katangian, kakayahan, damdamin at pananaw ng bawat tao. Tiyakin na sasagutin niya ang bawat bahagi ng modyul nang tapat. Siguraduhing maipapasa niya ang kaniyang sagutang papel sa petsa at oras na itinakda ng kaniyang gurong-tagapayo.

Introductory Message

For the learner:

This module is designed to help you in academic-related needs; concerns affecting your individuality (self), relationship with others and interaction in the community; and interests, talents and skills discovery which will help you to explore future career options and opportunities.

This module has six interactive activities for you to follow, namely:

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

1

LEVEL UP YOUR STUDY HABITS



Learning Objectives

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

1. discuss your practices of effective study habits;
2. identify different ways in improving study habits; and
3. improve study habits plan.

Period: Week 1 of Quarter

Suggested Time Allotment: 180 minutes

Material Needed: Clean sheet of paper and ballpen



Introduction

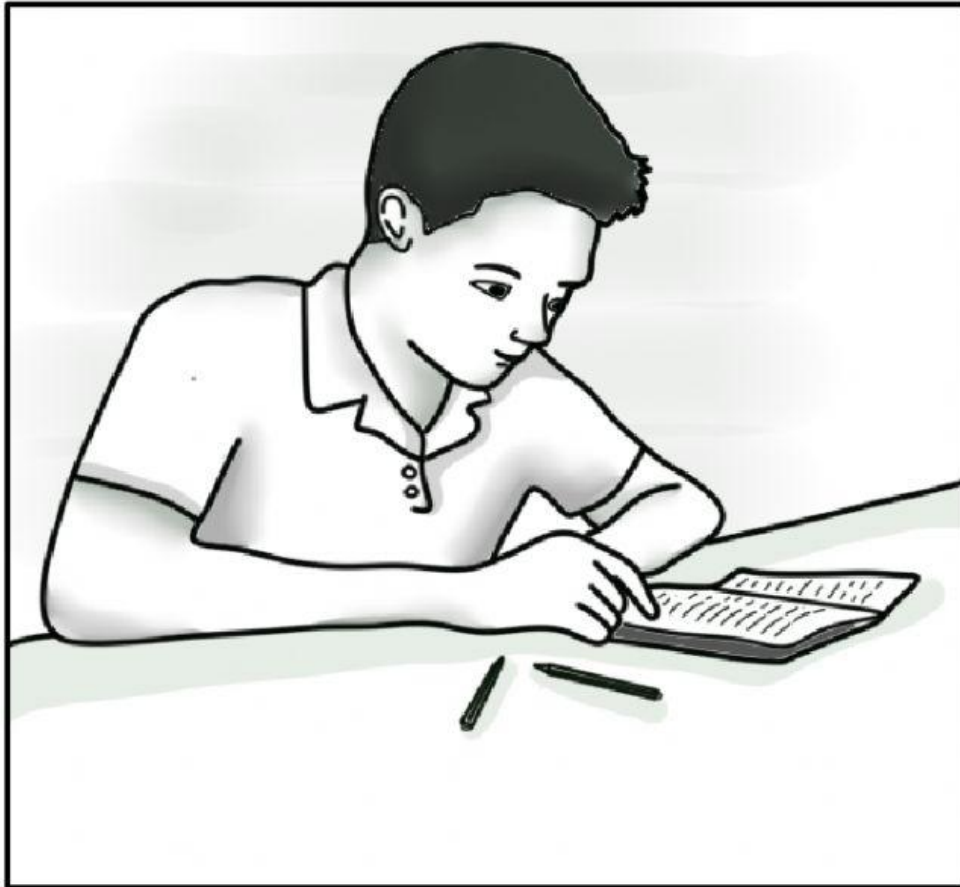
In this module, you will discover your areas of strength, and identify your weaknesses in studies. You will learn about your learning style, tips on how to organize your study time, and ways to improve your school performance.

As you advance into Grade 8, you will be progressing to a new set of lessons which demand more of your time and effort in school and at home.

It is then necessary to discover plans and develop study habits which go along with your learning style.

Take this module very seriously. This will be a big help for you to survive the various challenges throughout your stay in school.

You can do it!!



Let's Try This

Suggested Time Allotment: 10 minutes

How do you study well?

Recall your study habits when you were in Grade 7. On a piece of paper, list down the steps and strategies of studying lessons in your preparation for a quiz or exam. Share it with your family member/s.

Processing Questions:

On a piece of paper, write your answer to the following questions.

1. Did you find it easy to share your study habits with your family member/s? Why?
2. How do you plan to improve your study habits during this time of pandemic?



Let's Explore This

Suggested Time Allotment: 20 minutes

My Study Habits: Effective or Not Effective

The following statements are some of the study habit practices. Check (✓) the Yes column if you practice it and the No column if you don't. Copy and answer it on a piece of paper.

Study Habit Practices	Yes	No
Bringing everything including those you don't need to school		
Cramming for a test or project		
Getting a good night sleep		
Having breaks in between study periods		
Making a schedule on the things that need to be accomplished		
Multitasking (ex. studying while taking care of younger siblings)		
Using a single resource even if there is/are other available material/s		
Outlining and rewriting your notes		
Practicing performance tasks by yourself and/or with friends		
Staying awake late at night to review		
Studying while the TV or radio is on		
Utilizing memory games (mnemonic devices)		

Then categorize these study habits whether they are

- Effective Study Habits, or
- Ineffective Study Habits

Effective Study Habits	Ineffective Study Habits

Processing Questions: (Please answer on a clean sheet of paper)

- Based on your answers above, what did you realize regarding your study habits?

2. How do you feel about it? (Are you happy? A little bit sad? Contented? Worried? etc.) Why?

Suggested Time Allotment: (30 minutes)

Our Family's Best Award!

1. Request your family members or anyone available in your household to be in one place (during dinner or any free time) for collaborative discussion for this activity. (If no one is available connect to your family/friends through social media like Facebook or Twitter.)
2. On a clean sheet of paper, list down the names of the family members and their roles (father, mother, etc.).
3. Ask each member regarding their best experience or academic award received during their school days or any appreciation they got when they were still young.
4. Let them identify their strategy or study habits that make them received such award.
5. Solicit any idea among family members on the effective ways to learn during this time of pandemic.
6. List down the ideas shared by family members that you think may help you to plan and prepare for your study.

Processing Questions: *(Please answer on a clean sheet of paper)*

1. Did the activity help you discover other effective study habits from your family members/friends that suit your personal preference/personality?
2. Is it important to have study habits which suit one's personality? Why?

Session 2



Let's Review

Suggested Time Allotment: 5 minutes

Recall the good study habits given by your family member/s. Write at least five (5) of them on a piece of paper. What possible effect could it yield if you adapt some or all of those?

Today you will discover more on your study plan.

Activity No. 3: My Weekly Log and Study Plan

Suggested Time Allotment: (30 minutes)

1. On a whole sheet of paper, copy and accomplish your usual weekly study log guided by the following format.

MY WEEKLY LOG & STUDY PLAN							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Schedule							
7:00 a.m.							
8:00 a.m.							
9:00 a.m.							
10:00 a.m.							
11:00 a.m.							
12:00 n.n							
1:00 p.m.							
2:00 p.m.							
3:00 p.m.							
4:00 p.m.							
5:00 p.m.							
6:00 p.m.							
7:00 p.m.							