

## PERSONAL DEVELOPMENT

FOR SENIOR HIGH SCHOOL

GRACE AYESSA C. BERNABE, RGC

## Table of Contents

UNITI	SELF-DEVELOPMENT	1
Lesson 1	Knowing Oneself Understanding oneself during middle and late adolescence	3
Lesson 2	Developing the Whole Person	15
Lesson 3	Developmental Stages in Middle and Late Adolescence	31
Lesson 4	The Challenges of Middle and Late Adolescence	49
UNIT II	ASPECTS OF PERSONAL DEVELOPMENT	67
Lesson 5	Coping with Stress in Middle and Late Adolescence	69
Lesson 6	The Powers of the Mind	91
Lesson 7	Mental Health and Well-Being in Middle and Late Adolescence	109
Lesson 8	Emotional Intelligence	129
UNIT III	BUILDING AND MAINTAINING RELATIONSHIPS	149
Lesson 9	Personal Relationships	151
Lesson 10	Social Relationships in Middle and Late Adolescents	171
Lesson 11	Family Structures and Legacies	189

UNIT IV	CAREER DEVELOPMENT	207
Lesson 12	Persons and Careers	209
Lesson 13	Career Pathways	235
Lesson 14	Insights into One's Personal Development	257
References		283

The state of the s