



Kto12



PERSONALITY DEVELOPMENT

CECILIA G. CARPO • LILIA G. LABATORIO

TABLE OF CONTENTS

Preface	iii
Acknowledgment	v

UNIT I: SELF-DEVELOPMENT

CHAPTER 1 KNOWING ONESELF

Pre-test	1
Know Oneself	5
Develop Your Creative Mind	11
Post-test	13

CHAPTER 2 DEVELOPING THE WHOLE PERSON

Pre-test	17
Cognitive Development	19
Physical Development	21
Psychological Development	23
Social Development	25
Spiritual Development	28
Post-test	31

CHAPTER 3 DEVELOPMENTAL STAGES IN MIDDLE AND LATE ADOLESCENCE

Pre-test	35
Developmental Tasks of Adolescents	38
Post-test	45

CHAPTER 4 CHALLENGES OF MIDDLE AND LATE ADOLESCENCE

Pre-test	49
Challenges of Middle and Late Adolescence	51
Post-test	59

UNIT 2: ASPECTS OF PERSONAL DEVELOPMENT

CHAPTER 5 COPING WITH STRESS IN MIDDLE AND LATE ADOLESCENCE

Pre-test	63
Definition of Stress	66
Sources of Stress	66
Effects of Stress	69
How to Cope with Stress	70
Post-test	75

CHAPTER 6 POWERS OF THE MIND

Pre-test	79
Working of the Brain	84
What is Mind Map?	85
Post-test	91

CHAPTER 7 MENTAL HEALTH AND WELL-BEING

Pre-test	95
What is Mental Health.....	99
Resilience and Good Mental Health	101
Early Signs of Mental Health Problems.....	104
Mental Health and Wellness	105
Post-test	107

CHAPTER 8 EMOTIONAL INTELLIGENCE

Pre-test	111
Definition of Emotion	115
Classifications of Emotions	116
Emotional Control	121
Achieving Emotional Maturity	122
Post-test	125

UNIT 3: BUILDING AND MAINTAINING RELATIONSHIP

CHAPTER 9 PERSONAL RELATIONSHIPS

Pre-test	129
Building Personal Relationship	132
Adolescence Romance	137
How to be Responsible in Building Relationship	141
Post-test	145

CHAPTER 10 SOCIAL RELATIONSHIP IN MIDDLE AND LATE ADOLESCENCE

Environmental Influences on Adolescent Development	149
On Friendship	152
On Leadership and Followership	155
Big Five and Leadership	156
Post-test	159

CHAPTER 11 FAMILY STRUCTURES LEGACIES

Pre-test	163
Types of Family Structure	166
Family Legacies	167
Changing Family Legacies	169
What is Genogram?	172
How to Make a Genogram	173
Post-Test	179

UNIT 4: CAREER DEVELOPMENT

CHAPTER 12 PERSONS AND CAREERS

Pre-test	183
Theories of Career Development	187
Life Goals	191
Advantages of Goals	192
Personal Goal Setting	195
Developing Self Discipline	199
Post-test	203

CHAPTER 13 CAREER PATHWAYS

Pre-test	207
Self-Knowledge and Choosing A Career	211
Develop a Flexible Career Path	220
Career Choice	223
Post-test	229

CHAPTER 14 INSIGHTS INTO ONE'S PERSONAL DEVELOPMENT

Pre-test	233
The Importance of Setting Goals	236
How Personal Values Effect Career Decision	241
Careers Driven by Personal Values	241
Post-test	243
 Bibliography	 245