

# UNIFIED SUPPLEMENTARY LEARNING MATERIALS

## Grade 10- HEALTH

### Week 2

## Health Career Planning

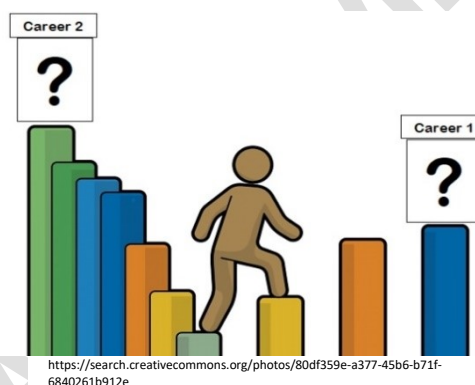
### Expectation

*At the end of the lesson, the learner...*

Prepares a personal health career following the prescribed components and steps  
(H10PC-Iva-b-2)

### Brief Introduction

Look at the picture, do you know what career you may pursue after high school? Or, what steps to do to reach your dream career?



In your school, there are students younger than you that already know what they wanted to be when they grow up, but some are not. There are many considerations to ponder in proper and thorough career planning. Thus, careful career planning process components must be considered in choosing an occupation that will lead you to lifetime fulfillment and satisfaction.

The career planning process has four components: (1) Self-Assessment, (2) Career Exploration, (3) Decision Making, and (4) Action Plan.

1. **Self-Assessment:** during this process, using tools that are designed will help you to learn more about your interests, values, personality, aptitudes, skill sets, developmental needs, and preferred work environments, so you can make an informed career decision.

2. **Career Exploration:** requires you to have a list of occupations that suited your values, interests, and skill set; will require your list of occupations to smaller list down to about ten occupations followed by list careful examination and elimination of those careers that you know you're not interested in; exploring careers like conducting informational

3. **Decision Making:** evaluate and narrow down your options through listing the pros and cons, comparing your personal strengths and interests, and deciding which career fulfills both current and future goals; select just one occupation, among the many you've considered by identifying the occupation that you're most interested in, as well as few alternatives to fall back on if your first choice doesn't pan out.

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4. Action Plan Creation: plan achievable goals and develop strategies to reach your goals, organize your goals into smaller steps, identify actions for each step; in your action plan you should identify your short-term and long-term goals, identify education and training requirements for your career, develop a job search strategy, identify potential employers, create a resume, compose cover letters, and prepare for job interviews.

### Activity

**Directions:** Create your own personal health career plan following the four components of career planning process by completing the statements below.

CAREER PATH STEPS	MY CAREER PATH PLAN
Self-Assessment	My Skills are..... My Interest are.....
Career Exploration	The health careers do I want to explore are ....
Decision Making	The health career I will choose based on my skills and interests is..... My alternative career options are.... And I need to consider.....
My Plan of Action	To meet my goals, I will.....

### References

<https://lrmds.deped.gov.ph/>

<https://search.creativecommons.org/photos/80df359e-a377-45b6-b71f-6840261b912e>

<https://www.healthcareers.nhs.uk/career-planning/improving-your-chances/planning-your->

<https://www.careerprofiles.info/the-career-planning->

[process.html#:~:text=The%20career%20planning%20process%20has,these%20steps%20on%20your%20own.](https://www.careerprofiles.info/the-career-planning-process.html#:~:text=The%20career%20planning%20process%20has,these%20steps%20on%20your%20own.)