



Davao del Sur State College
Brgy. Matti, Digos City, Davao del Sur

Understanding the Self



PREFACE

Welcome to this course pack for *Understanding the Self*. It is designed as an accessible learning resource that complements classroom discussion through essential readings, guided activities, reflective questions, and practical applications. The material invites college students to examine who they are, how their identities develop, and how self-knowledge can guide meaningful personal growth.

The course pack is organized into four interconnected modules. It introduces philosophical, sociological, anthropological, psychological, and Eastern and Western perspectives of the self; examines its physical, sexual, material, spiritual, political, emotional, rational, moral, and digital dimensions; and applies these insights to learning, goal setting, stress management, coping, and self-care.

Each lesson is arranged to connect academic concepts with everyday experience. Activities, analyses, applications, assessments, summaries, and references encourage self-awareness, critical reflection, ethical judgment, respect for diversity, responsible citizenship, and healthy participation in digital and face-to-face communities. Learners are encouraged to reflect honestly while respecting privacy, personal boundaries, and human dignity.

Ultimately, this course pack aims to develop an integrated and realistic understanding of the self as dynamic and continually shaped by choices, relationships, culture, values, learning, and life circumstances. Through thoughtful engagement, students are expected to become more self-directed, compassionate, resilient, and accountable individuals who can care for their well-being, pursue meaningful goals, and contribute positively to society.

Jelyn O. Magonalig
Honey Rose S. Ting
Jeric Anthony S. Arnado
Authors



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