

## DOCUMENTATION OF LIFE EXPERIENCE

This form records a range of life experiences that the learner has had. These experiences are important to be documented fully as they provide information on the learner's interests, hobbies, strengths, weaknesses, ambition/s, and family, what the learner already knows and is able to do.

This form can be accomplished in Filipino or in English.

The learning facilitator may assist the learner or complete this form if the latter is not confident to do so at the start of the learning sessions.

This form adds to the information collected in the Summary Record of Training (ALS RPL Form 2).

The information in this form should be used by the learning facilitator to help the learner develop the Individual Learning Agreement (ALS Assessment Form 1).

The form should be included in the working portfolio (work folder).

It should also be included as one of the selected items for the presentation portfolio if/when the learner decides to have the portfolio assessed as part of the expanded A&E certification system.

The learner and the learning facilitator should affix their signatures at the bottom of the form with the specific date the form was accomplished.

### **How to Use this Form**

In this form, the learner with the assistance of the learning facilitator records the former's life experiences. These experiences are important to be documented fully as they provide information on the learner's personal experiences. This may be written in Filipino or in English.

The form consists of two (2) parts:

**a. About Me:**

- The learner will write his or her interests, hobbies, strengths, weaknesses, ambition/s, and a simple sentence about his or her family.

**b. Experiences:**

- The learner will consider the following common areas of daily life activities: communication, social activities, science, numeracy,

livelihood, intrapersonal and interpersonal relationships, and information and communications technology.

- The learner will place a check (✓) in the second column if he or she has had such similar life experiences. If the learner has had a significant life experience not on the list, he or she will check “Others” and specify the answer on the space provided. A separate sheet of paper will be used if necessary. The specific experience will be briefly explained in the third column; as to when it happened will be indicated in the fourth column; and as to where it happened will be specified in the fifth column.

The learner and the learning facilitator should affix their signatures at the bottom of the form with the specific date the form was accomplished.