DOCUMENTATION OF LIFE EXPERIENCE

Name of Learner: ____________________ Community Learning Center : _____________
Level: □ BLP □ LE □ AE □ JHS □ SHS Name of Learning Facilitator: _____________

(1) About Me
Directions: Kindly write your hobbies, strengths, interests, weaknesses, ambition/s, and a simple sentence about your family on the spaces provided.

Hobby/ies (Libangan):
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Interest/s (Hilig):
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Ambition/s (Mithiin):
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Strength/s (Kalakasan):
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Weakness/es (Kahinaan):
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Write a simple sentence about your family (Sumulat ng pangungusap tungkol sa iyong pamilya.)
________________________________________________________________________
________________________________________________________________________
(2) Experiences

Directions: Read each of the common daily life experiences listed in the first column. Place a check (✓) in the second column if you have ever had such similar life experiences. If you have had a significant life experience not on the list, kindly check “Others” and specify on the space provided. Use a separate sheet of paper if necessary. Briefly explain the experience in the third column; indicate when it happened in the fourth column; and specified where it happened in the fifth column.

<table>
<thead>
<tr>
<th>Experience (Karanasan)</th>
<th>✓</th>
<th>What specific experience/s? (Anong karanasan ito?)</th>
<th>When did you experience it? (Kailan ito naranasan?)</th>
<th>Where did you experience it? (Saan ito naranasan?)</th>
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</thead>
<tbody>
<tr>
<td>A. Communication (Komunikasyon)</td>
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<tr>
<td>Reading/Viewing (e.g., newspaper, internet)</td>
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<td>Listening/Speaking (e.g., dialogue)</td>
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<td>Writing (e.g., note-taking)</td>
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<tr>
<td>Others, please specify:</td>
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<td>B. Social Activity (Panlipunang Aktibidad)</td>
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<td>Outdoor Activities (e.g., attending prom; engaging in sports)</td>
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<td>Charitable Works (e.g., caring for the sick; giving donation)</td>
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<td>Others, please specify:</td>
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<td>C. Science (Agham)</td>
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<td>Using/Operating Simple Machines (e.g., inclined plane; wheel and axle)</td>
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<tr>
<td>Using Electronic Devices (e.g., electric bike)</td>
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</table>
### Natural Calamities (e.g., typhoon, earthquake)

### Human-induced Calamities (e.g., fire; war)

Others, please specify:

- ______________________
- ______________________
- ______________________

### D. Numeracy (Matematika)

**Money** (e.g., counting and recording the amount of money earned and spent)

**Geometric Shapes/Figures** (e.g., lines, perimeter, angle, polygon)

**Measuring Devices** (e.g., linear; kilo, kilometers)

**Tables, Graphs, and Statistics** (e.g., collecting and recording data; reading/interpreting data in a graph)

Others, please specify:

- ______________________
- ______________________
- ______________________

### E. Livelihood (Kabuhayan)

**Agri-fisheries** (e.g., food processing; farming)

**Industrial Arts** (e.g., welding, plumbing)

**Home Economics** (e.g., housekeeping; bartending)

Others, please specify:

- ______________________
- ______________________
- ______________________

### F. Intrapersonal and Interpersonal Relationships (Pang-unawa sa Sarili at)
### Pakikipagkapwa

<table>
<thead>
<tr>
<th>Positive Sense of Self (e.g., learning to know oneself; self-worth; self-direction)</th>
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<tbody>
<tr>
<td>Family and Community Solidarity (e.g., demonstrating smooth interpersonal relationships between and among family and community members)</td>
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<td>Others, please specify:</td>
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</table>
| ____________________________________________________________________________ ____________________________________________________________________________ |}

### G. Information and Communications Technology (ICT) (Teknolohiya ng Impormasyon at Komunikasyon)

<table>
<thead>
<tr>
<th>Basic Hardware/Software Operations and File Management (e.g., operating a computer and other computer peripherals; managing files in a computer)</th>
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<tbody>
<tr>
<td>Common Office Application Software Packages (e.g., word processing; presentation software)</td>
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<tr>
<td>Mobile Devices (e.g., operating mobile phones, smart devices/wearables, digital video cameras, etc.)</td>
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<tr>
<td>Others, please specify:</td>
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<td>____________________________________________________________________________ ____________________________________________________________________________</td>
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</tbody>
</table>
(Learner’s Signature over Printed Name)
Date: ____________________________

(Learning Facilitator’s Signature over Printed Name)
Date: ____________________________