

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*):



Interest/s (*Hilig*):



Ambition/s (*Mithiin*):



Strength/s (*Kalakasan*):



Weakness/es (*Kahinaan*):



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.

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

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)				
Positive Sense of Self (e.g., <i>learning to know oneself; self-worth; self-direction</i>)				
Family and Community Solidarity (e.g., <i>demonstrating smooth interpersonal relationships between and among family and community members</i>)				
Others, please specify: _____ _____ _____				
G. Information and Communications Technology (ICT) (Teknolohiya ng Impormasyon at Komunikasyon)				
Basic Hardware/Software Operations and File Management (e.g., <i>operating a computer and other computer peripherals; managing files in a computer</i>)				
Common Office Application Software Packages (e.g., <i>word processing; presentation software</i>)				
Mobile Devices (e.g., <i>operating mobile phones, smart devices/wearables, digital video cameras, etc.</i>)				
Others, please specify: _____ _____ _____				

(Learner's Signature over Printed Name)

Date: _____

(Learning Facilitator's Signature over Printed Name)

Date: _____

(Learner's Signature over Printed Name)
Date: _____

(Learning Facilitator's Signature over Printed Name)
Date: _____