SPECIAL SCIENCE CURRICULUM

Tips To Retain in the Program

by:

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If you will ask a high school student, what section he belongs to, he would utter his answer with pride if he belongs to a star section. But if a certain student is in a lower section, he would say it shamefully that you could not almost hear his answer. But if a student belongs to a special science class, he would tell it with more pride and proper projection.

It is a freshman high school student’s dream to be one of the special science class students. Basically, if one belongs to that section, he is smart, he is a science enthusiast, he is a good mathematician, he is fluent in speaking English, he is ready to learn new things and he is expected to be the model of discipline inside and outside the school. There is a very high expectation to a special science class student.

But if a student is already in the program, some complains are heard from some students and parents. Some of these are difficult lessons, lot of subjects, long schedule, sleepless nights because of so many assignments and projects. It is the life of a special science student. It is the design of the curriculum to have more subjects rather than the regular curriculum.

In cognizant to the government’s aim to strengthen Science and Mathematics Education in the Philippines, the Department of Education implemented the Special Science Curriculum. The policies and guidelines on strengthening science and mathematics education at the secondary level are discussed in DepEd Order No. 55, series 2010.
To enlighten the hearts and minds of the students and parents of SSC, here are some of bits of advice:

Set your goals. Think what you want to be someday. Dream. Because that dream will direct you to the realization of it. As quoted by Collin Powell, “A dream doesn’t become reality through magic; it takes sweat, determination and hard work.”

Consciousness of your grades. As a SSC student, you have grades to be maintained to retain in the program. As stipulated in DepEd Order No. 55, s. 2010, one must have an average grade of 85 in English, Math and Science then 83 in other subjects and must not have a grade lower than 80. Have a self-monitoring; be aware of your own performance in all of your subjects.

Inspire yourself. Read stories of success of different famous people, finding out the hardships they have undergone before achieving success. Be inspired by words of God. Have this in your heart and mind, Philippians 4:13, “I can do all things through Christ who strengthens me.” Nothing will be difficult to you.

Engage in activities that you can manage. Learn to budget your time. Avoid cramming. Avoid mañana habit. Accomplish things on time.

Nap on time especially on school days. Enough sleep is very important to human. According to Mykim Tram, Sacramento Health and Happiness Examiner, here are the five reasons to get enough sleep:

a) Improve immune system

When you sleep, the body is at work to improve your immune system. Without a healthy immune system, you are more likely to catch colds, flu, and other infections and diseases. And then it will take you a longer time to recover.
b) **Increase mood, memory, and concentration**

You will be more productive because your concentration and good memory increase after a well rested night. When you experience irritable and cranky in the morning, you cannot think straight which make it difficult for you to make positive decisions.

c) **Decrease mental disorder**

With a proper sleeping habit, you have a very low chance of develop depression, one of the most deadly diseases in America. When you wake up in the middle of the night multiple times, you are not getting a consistency of sleep which you need to stay healthy. As a result, your frustration and confusion increase which could also lead to hallucinations. Getting enough sleep also reduce stress, as it mentioned in the article “7 simple ways to reduce stress”

d) **Decrease physical pain**

Physical pains such as back pain and joint are associated with lack of sleep. Whenever you decide to take a pain medication, ask yourself if you get enough sleep the night before. You should not take pain medications when the cure is not from pills but from healthy sleep.

e) **Eliminating toxins**

The liver clears out alcohol and drugs from the bloodstream. The kidneys are able to remove natural waste from the body. The colon is getting rid of undigested waste. Lastly, the lymph system removes toxins from all the cells in the body. Not getting enough sleep, the body slow down the process of eliminating toxins which you have to deal with after you wake up.

Confidence is also important. Be confident in everything you do. Note that you are a son of God. Tell this to yourself, “I believe in God, God believes in me, God believes in
you.” Feel free to consult your teachers if there’s something that you do not thoroughly understand.

Enjoy every minute of your life. Treasure it. Yet full of struggles, your life is colorful and meaningful. Just strive and someday you will harvest the fruit of your hard work.