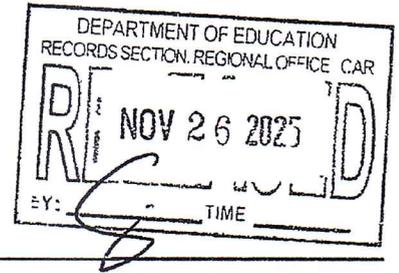




Republic of the Philippines  
**Department of Education**  
Cordillera Administrative Region



25 Nov 2025

**REGIONAL MEMORANDUM**  
No. 889.2025

**SUBMISSION OF DEVELOPED SELF-GUIDED LEARNING SHEETS**

To: Assistant Regional Director  
Schools Division Superintendents  
Division Education Program Supervisors  
All Others Concerned

1. The Department of Education–Cordillera Administrative Region (DepEd-CAR) will conduct the online collection of developed Self-Guided Learning Sheets (SGLS) from **November 24–28, 2025**.
2. The activity aims to complete the SGLS package for learners' use during the suspension of face-to-face classes and in support of the **EDUKAHON Project** of the region.
3. The submission of developed SGLS shall be done in coordination with the regional Education Program Supervisors (EPS) of the different learning areas under the Curriculum and Learning Management Division (CLMD).
4. Please refer to the enclosure for the schedule of the SGLS package completion and the guidelines for the development of the learning sheets.
5. For inquiries, please contact Jennifer P. Ande, CES of the Curriculum and Learning Management Division (CLMD), DepEd-CAR via landline (074) 422-7096.
6. Wide dissemination of and strict compliance with this memorandum are hereby directed.

  
**ESTELLA P. LEON-CARIÑO, EdD, CESO II**  
Director IV/Regional Director

CLMD/JPA/jbd



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globe <https://depedcar.ph>



Certificate No. PMP-QMS  
24 93 0192

**COMPLETION OF QUALITY ASSURED AND FINALIZED  
SELF-GUIDED LEARNING SHEETS**

**Schedule of activities**

<b>Date</b>	<b>Activity</b>	<b>Expected Outputs</b>
November 24-28, 2025	Harvesting of Self-Guided Learning Sheets from SDOs to complete all SGLS across grade levels and quarters.	Harvested SGLS from SDOs.
November 29-December 5, 2025	Pre-work of identified participants to consolidate and do initial validation of submitted SGLS.	Consolidated SGLS with -proper filename -organized list of titles, developers, and validators
December 2, 2025	Online Orientation of Participants	Clearer guidelines for the SGLS preparation.
December 6, 2025	Face-to-face orientation of participants from SDO Baguio City and Benguet for Quality Assurance and Finalization.	Quality Assured and Finalized SGLS
December 13, 2025	Submission of completed outputs per learning area	Complete set of SGLS

**Guidelines:**

1. The SGLS is preferably 1-2 pages only. For learning areas and inclusive education that require more than 2 pages, please limit your number of pages to 10 only.
2. Learning Sheets should be prepared weekly. Thus, there should be only one file per week.
3. In file naming, use the following format:  
Version 1/Initial file: Subject and Grade Level\_Quarter\_Week No\_Developer's Name\_SDO  
Example: Makabansa3\_Q1\_W6\_Juan De La Cruz\_Benguet  
Final version: Subject and Grade Level\_Quarter\_Week No.  
Example: Makabansa3\_Q1\_W6
4. References: Use CMOS (Chicago Manual of Style)
5. Pagination:
  - a. Preliminary pages: use small Roman numerals (i, ii,iii...)
  - b. Content proper: use Hindu-Arabic numerals (1,2,3...)
  - c. Centered at the bottom of the page

6. Body Text specifications

a. Typography

Grade Level	Font	Font Size
Grade 1	Century Gothic	Heads: 20 pt Sub Heads: 18 pt Text: 16 pt
Grades 2-4	Arial Bookman Old Style Times New Roman	Heads: 18 pt Sub Heads: 16 pt Text: 14 pt
Grades 5-10	Arial Bookman Old Style Times New Roman	Heads and Sub Heads 12 pt Text: 11 pt

7. Paper Size: A4

8. Margins: 1 inch, all sides

9. Parts of the SGLS

SELF-GUIDED LEARNING SHEET AP7\_Q1\_W5

Pangalan: \_\_\_\_\_ Iskor: \_\_\_\_\_  
 Bolitang at Pangkat: \_\_\_\_\_ Petsa: \_\_\_\_\_

Uri ng Gawain: Drill

Layuning Pampagkatuto: Nasusuri ang mga pamamaraan at patakaran Kolonyal sa tatlong bansa ng pangkontinenteng Timog Silangang Asya.

Layunin: Natutukoy ang mga patakaran kolonyal na ipinatupad sa tatlong bansa ng pangkontinenteng Timog Silangang Asya (Myanmar, Cambodia at Vietnam).

Mga Sanggunian:  
 Asya: Pagkakaiba sa Gitna ng Pagkakaiba (Modyul Para sa Mag-naral);  
 Lingguhang Aralin sa Araling Panlipunan 7, Kwartar 2 Aralin 5

Patak: Pamamaraan at Patakaran Kolonyal sa mga Bansa Sa Pangkontinenteng Timog Silangang Asya.

Maikling Nilalaman:

Sa pagdating ng mga kanluranin sa kontinente ng Asya mula 16<sup>th</sup> hanggang 19<sup>th</sup> na siglo, ay maraming pagbabagong naranasan ang mga bansa sa Asya lalo na sa Timog Silangang Asya, Makikita ito sa mga iba't-ibang aspeto ng pamumuhay ng mga bansang kanilang nasakop tulad ng politika, kultura, at ekonomiya.

Ang mga bansa sa Timog Silangang Asya ay nahati sa mga bansang kanluranin sa pamamagitan ng direktang pananakop, pagpapalaganap ng Kristiyanismo, kasunduan at pagiging protektoradong bansa. Ilan sa mga bansang ito ay ang mga pangkontinenteng Timog Silangang Asya gaya ng Myanmar na nasakop ng England at ang Vietnam at Cambodia na naging protektorado ng France. Ang mga bansang mananakop ay nagpatupad ng mga iba't-ibang patakaran na nagdulot ng paghihirap sa mga bansang kanilang naging kolonya.

Gawain:

Panuto: Kopyahin sa kuwaderno at punan ng tamang sagot ang talahanayan.

Bansang Nasakop	Kanluraning Bansang Sumakop	Paraan ng Pananakop	Patakaran Ipinatupad	Epekto
Cambodia				
Myanmar				
Vietnam				

Concept Digest/Notes  
 (Introduction,  
 Concept/main idea to  
 learned)

Activity/Exercises

background

be