

University of San Carlos
List of GE-FREE ELECTIVES

COURSE CODE	DESCRIPTIVE TITLE / SUGGESTED NEW TITLES	COURSE DESCRIPTION
GE-FEL US	Urban Sketching	The course involves understanding perspective composition and application of freehand drawing techniques. It engages students in on-location sketching using pencil, pen and ink and watercolor as medium.
GE-FEL ITCCD	Indigenous Traditional Creative Crafts and Design	This course enable students to attain knowledge and skills in knowing Philippine Indigenous Traditional Creative Crafts and Design so as to encourage students to develop and retain living traditions and culture appropriate in a global setting. Students will learn the roots of Handicraft implements in Pottery, weaving basketry and Carving. This elective presents a view of art and design integrating four foundational disciplines in aesthetics, criticism, history and production focusing Philippine craft and design traditions. A production of new media handicraft is required at the end of the semester.
GE-FEL EL	Edible Landscaping	Edible landscaping is the practical integration of food and plants within an ornamental or decorative setting. The same design principles as for ornamental landscapes are used, while substituting edible plants such as lettuces, berries, vegetables and fruit trees for some of the otherwise unproductive plant material. Using edibles in landscape design can enhance a garden by providing a unique ornamental component with additional health, aesthetic, and economic benefits. Edible landscaping is a mixture of beauty and utility. This course aims to develop wellness consciousness by introducing technology and use of edible plants as alternative to ornamental plants in planting design.
GE-FEL OMDL	Operations Management in Daily Life	The course introduces to Operations Management is one of the GE - free elective for students from all programs who have the passion to learn about operations applied to daily undertakings. The course provides opportunity for students to use and gain mastery of the various analytical tools and techniques in operations management. After completing this course, the students can demonstrate knowledge and understanding in the proper planning, scheduling, budgeting that will save time, effort and money.
GE-FEL ISE	Introduction to Social Entrepreneurship	The course Introduction to Social Entrepreneurship is one of the GE - free electives for students from all programs who have the passion to learn about doing business with a social mission. It presents social entrepreneurship as an alternative solution to social (i.e. poverty), cultural (i.e. women empowerment) and environmental issues (i.e. resiliency to climate change). It will be conducted through student-led discussion, problem – based learning and analysis of various case studies related to SE. The course starts with the identification of various social problems in the Philippines, particularly in Cebu. Students will use basic problem-solving tools and techniques in assessing the cause and effects of these social problems in society. After students will be introduced on the current state of Social Entrepreneurship in the Philippines, definition and its importance then the chapter will end by a presentation on success stories of various social entrepreneurs in the country. In creating and discovering social entrepreneurial opportunities, the students will gain mastery on SE opportunity recognition process through the need and opportunity assessment. The next chapter will allow students to come up with innovative solutions by a conceptualization of social enterprise. Students will also learn the basic principles of social impact theory, the theory of change approach and various SE operating models. After the conceptualization of the proposed Social Enterprise, students will learn on the various approaches in determining and evaluating the effectiveness of a social venture.

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GE-FEL LSC	Living Sustainability in Cebu	<p>This course examines the many multidisciplinary ways we can live sustainably in Cebu by changing individual behavior to a "Green" Lifestyle, and by adopting a sustainable household. It covers Energy, and Water Conservation, Waste Management, Sustainable Housing, Food Production and Transportation, and Environmental Governance. The course covers the geographic scales of Individual Behavior, Household Management, Community Governance, City Governance, and the roll of Academia, Religion, The Press, The Arts, Associations, and NGOs.</p> <p>First we show how Filipino ancestors - the Malayo-Polynesians actually lived a sustainable existence by adopting traditions, beliefs and practices that were attuned to Earth's limited resources, the local natural environment and human psychology. We show that Filipinos were able to manage their common pool resources sustainably over thousands of years through example of indigenous practices like reef management and rice terrace farming. We briefly explore cultural practices of the pre-colonial Malayo-Polynesians as recorded by the ancient Hawaiians that enabled them to live sustainably. We then briefly show how we ended up in the environmental crisis we now face through examining the three broad Eras of Human Existence, and the Four Phases of Western Civilization from 1500 to present. To understand individual and collective behavior we explore four psychological phenomena that can prevent our responding to the environmental changes around us: Compartmentalized Education, Groupthink, Colonial Mentality, and Technological Delusion. Finally, we see how we can steer a new sustainable course using guidelines from a) the Four Laws of Ecology by the father of the Environmental Movement, American Ecologist Barry Commoner, guidelines for institutional sustainability by Nobel Prize winner and Political Scientist Elinor Ostrom and c) the environmental Spiritualism of Pope Francis's Laudato Si.</p> <p>To adopt a "green Lifestyle" we first survey student behaviors, then discuss a) our unfolding "smart" phone addiction crisis, b) LED light exposure and blindness (AMD), c) sleep disruption from the screen blue light, d) lessening</p>
GE-FEL CCC	Coping with Climate Change	<p>This course provides an introduction to Climate Change and Global Warming, plus how we can better cope with its impacts. This material is of great interest to the world, and to the Philippines in particular, because this country is particularly threatened by its impacts.</p> <p>We start by looking at the basic relationship between the Sun and the Earth by exploring the fields of physics and math in a way all can understand. We examine the basics of physics of electromagnetic radiation and Earth's radiation balance that determines the general temperature of planet Earth. Using simple algebra students solve Joseph Fourier's equation of 1824 and learn about the "Greenhouse effect" he named.</p> <p>Students then gain a "planetary perspective" as we explore the basic climate differences between our world and our neighboring worlds: Venus, and Mars. Here we make use of many aspects of recent and ongoing research of planetary science to try to unravel data returned by our space probes. This information is critical to put the human environmental challenges on planet Earth in context. For example, Venus already suffers from a runaway greenhouse effect, and examining Mars shows why we can't just switch planets and "colonize" Mars or another star system if we render Earth uninhabitable.</p> <p>We next tell the simple difference between climate and weather and their "prediction", which is often confused even by high-ranking government officials. We then examine the lives and discoveries of what may be the top four most important climate scientists using simple laboratory exercises and why their contributions are so important in our present understanding of our current climate crisis. Since the problem of Global Warming is intimately tied to the burning of the fossil fuels (and the basic chemistry that produces carbon dioxide CO₂ that burning releases), we discuss the potential consequences of reaching a maximum production for oil now or in less than a decade. This point of maximum production of oil is now referred to as "Peak Oil" and may put severe strains on our present economic system, especially our transportation sectors. But will "Peak Oil" save us from the impacts of</p>
GE-FEL EO	Exploring the Oceans	<p>The ocean occupies 70% of the planet. Earth is really a water planet. It is believed that life evolved in the ocean. It is also unlikely that our species (Homo sapiens) would ever exist without the ocean. The Philippines occupies a very unique geographic position since we are an archipelago and, as such, we are bounded by inland seas. Our sea offers vast resources that could be harnessed to provide food, energy, water and leisure. Hence, it is with this view in mind that we at the Department of Biology, University of San Carlos is offering this Free GE Elective to interested students who desperately want to explore (and later gain some knowledge) about the underwater world. Who knows after taking this course, you might consider your 'true calling' as a marine biologist. Your one-semester journey with this course will take you to a diversity of underwater topics ranging from the essential (concepts) to the practical (applications). There will be ample time to discuss about the future. Selected topics related to mariculture, marine biotechnology, renewable energy from the ocean, etc. will be presented to stimulate the interest of students who might want to go into business or form an NGO. It also goes without saying that the attendant and relevant socio-economic and political issues today related to the use of our territorial marine waters will be discussed to elicit opinions among the students enrolled in this course. The course tackles 4 core topics (energy, food, water, waste) related to the marine environment.</p>

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GE-FEL HLT	Healthy Living in the Tropics	This course gives students understanding and experience on topics of how one makes a healthy living. The Philippines is within a tropical setting, thus, health status of the people reflects this tropical environment. Unhealthy lifestyles characterized by habits, foods, attitudes and diseases brought about by tropical insects and parasites, environmental problems (pollution, bioaccumulation natural episodes of red tide and the like) in developing countries will be highlighted in order to generate relevant mitigating measures. Students will find better understanding and gain the right attitudes towards better hygiene, healthy food production and preparation, proper waste and water management and personal health awareness and sustainability. Students are made to experience this inside the classroom and outside in their field activities and exposures.
GE-FEL RME	Robotics Made Easy	This is a course that would tackle some challenges in robotics competitions. It is designed to provide students with or without experience in robotics, the ability to build robotic systems to achieve a defined objective. It covers concepts in robotics such as structure, sensing, locomotion, logic and control using robotic kits. Students will also be trained how to mentally prepare for team-based academic competitions.
GE-FEL SISJPS	Social Issues and Social Justice in the Philippine Setting	This course, which takes into account the Catholic social teachings/tradition, deals with sociological perspectives of social issues and social justice in contemporary Philippine society, as related to global issues in a rapidly changing world. However, the course draws on relevant and helpful insights from other disciplines as exemplified by the Catholic social teaching. Emphasis is placed on the analysis of local, national and global social issues and on discussing possible alternatives. This is directed towards making an effective and sustained response to social injustices and promoting respect for human dignity, social justice, and equality. The course is experiential-critical in its basic approach.
GE-FEL LKSD	Local Knowledge for Sustainable Development	The course introduces local knowledge (LK) as an important resource in communities utilized as basis for decision-making on various concerns, including food security, environmental management, health care, nutrition, technology, economic and social development, among others. Case studies on the use of LK in local development initiatives shall be presented to highlight good practices in integrating LK for sustainable development endeavors. In the context of a globalized and people's interconnectedness through virtual reality, LK shall be discussed in relation to the analysis of social problems, creating solutions, and decision-making in contemporary societies.
GE-FEL TFL	Technology for Less	This course introduces the principles of the technicalities in the usage of information and communication technologies (ICT). It is a tool for curating, contextualizing, collaborating and creating content and learning experiences in their respective field of specialization. This course explores on the concepts of software licensing, end user licensing agreements, software terms and conditions, freeware, and open source & collaborative software. This also includes the introduction of technological background needed for the information and communication technologies such as computer hardware resources. The students are expected to apply the knowledge and learning experiences that they obtain in this course in their respective field. In their respective profession, they will be able to observe consciousness in using information and communication technology responsibly.
GE-FEL LTAR	Let's Talk About Relationships!	Establishing healthy and positive relationships is essential to humans. This course is designed to strengthen the foundation of communication in the context of relationship and interaction. It explores the principles, functions, relevance and value of communication in maintaining cordial, meaningful and enriching relationships with family, friends, colleagues in the workplace and organizations, and with the opposite sex. Through research-based insights, and real-world experiences, students will better understand themselves and their relationship dynamics with others, and apply useful approaches central to improving communication climates and situations.
GE-FEL CCW	Communicating in the Cyber World	This course highlights technical and conceptual foundations of the cyber platforms as a tool to cultivate critical consumption of information and responsible participation. Moreover, it will help develop and critically examine the cultural competencies, technological and social skills necessary for the new media landscape and the essential knowledge on digital and media literacy. Further, it demonstrates an understanding of how networked technologies impact issues of diversity, including race, gender, class and regionalism and develop skills in identifying and citing credible sources to fight misinformation and fake news that is prevalent today.

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GE-FEL EW-AYG	Energy Wise: Are You Green?	Our society today is highly dependent on energy for daily activities. As modernization comes, communities shift from traditional sources of energy such as firewood to modern and clean forms of energy such as electricity. This course introduces learners to the basics of electricity and its appropriate and wise use. It covers why and how we use electricity at home, what we pay for in our electric bills, how electricity reaches consumers, the effect of energy consumption to the environment, what is renewable energy, the economics of rooftop solar panels, how to do a household energy audit, how to choose energy-efficient appliances, what personal practices contribute towards energy efficiency and conservation, how Philippine laws and policies enable sustainable use of energy, what is energy poverty, how energy access enables development, and how can one contribute towards the attainment of Sustainable Development Goal 7 of ensuring access to affordable, reliable, sustainable and modern energy for all by 2030. After taking this course, learners gain the energy literacy necessary to become wise electricity consumers; more importantly, they are enabled to advocate for wise energy use towards an environment-friendly, sustainably-developed society.
GE-FEL LTSO	Leisure Travel Services and Operations	<p>This course provides the learners an overview of the nature and characteristics of the of the travel trade industry by briefly looking into its origin, etymology, the leisure traveler's characteristics and their motivations to travel.</p> <p>As an inducting course to the travel trade business, the learners will be introduced to the rudiments of pre-tour preparations including the identification of leisure travel destination by geographical division and segmentation, preparation of government – mandated and destination specific travel documents.</p> <p>Learners will also be taught to source and provide leisure travel information and advice which are relevant information in determining the leisure traveler's ideal destination.</p>
GE-FEL TS	Tour Services	<p>This course provides the learners an overview of one of the many products that travel management company or tour operators sell - tours. It introduces the components of a tour, types of tours, its distinct characteristics and the typical clients who usually avails them.</p> <p>It also entails to develop, maintain and update local knowledge on the Philippine Tourism Destination, its characteristics, challenges and opportunities.</p> <p>The end goal is for the student to be equipped with the general knowledge in drafting, designing and presenting information essential in planning and executing tours in various tourist destinations in the Philippines.</p>
GE-FEL MCB101	Mugs Coffee: Barista 101	This Course is designed to acquaint the student with the information needed to be a world class barista. The student will learn everything they need to know in order to create delicious & beautiful espresso drinks. By completion of this course the student will recognize how artistic or scientific in creating espresso and espresso mixed drinks can be.
GE-FEL HAFH	Home Away from Home	This course enables the students to describe the operational set up of the accommodation/lodging industry. This will introduce the key operational principles behind hotel management. This will explore the hospitality business environment and will enable the student to appreciate the experience that the accommodation industry is offering.
GE-FEL LFB101	Love at First Bite: Basic Baking 101	This course will equip the students with the necessary skills to prepare them in the actual preparation of making Cookies,Brownies,Cakes and Icing. Student will undergo demonstration and hands-on training with the chef on the various preparations of different Cookies,Brownies,Cakes and Icing and will be able to make judgment on the final outcome of the products, knows how to utilize ingredients and able to troubleshoot the process of the products if necessary.
GE-FEL EEL	Economics for Everyday Life	This course is intended to apply the principles of economics in decision making. The course is divided into two sections. The first section is microeconomics : the economics of decision-making. Microeconomics studies the allocation of scarce resources at the level of individual decision makers : individuals, households, and business firms. The second half of the course tackles the analyses of the economy as a whole.
GE-FEL BEMF	Breakfast Economics: Macro Fundamentals	The course surveys the essential principles in one of the two major branches of economics, Macroeconomics, which tackles the analysis of the economy as a whole. The second course in sequence is macroeconomics, which is considered as the science of resource allocation under the assumption of scarcity.

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GE-FEL INVEST101	Investment Management	The course deals with the application of the principles of investment analysis and portfolio management to corporate and personal finances. The steps and procedures involved in the investment process are discussed and simulated by the students to provide them with skills at creating their own corporate or personal investment portfolios in the future. Risk and return management strategies are discussed and analysed as they apply not only to the global investment setting but also to the specific investment situations in the Philippine market.
GE-FEL HPPE	How did we get here? A Historical Perspective of the Philippine Economy	This course looks at Philippine history from the perspective of how the Philippine nation-state and its precursors organized the production, consumption and distribution of goods and services. The overarching framework is that of North (1991). In this framework, the focus is on "institutions" or "the humanly devised constraints that structure political, economic, and social interaction." Economic history is then viewed from the lens of institutional change that determines the performance of economies over time. This perspective is applied to Philippine economic history. The course starts with an examination of the Pre-Spanish period, moving in turn to the initial organization of national economic institutions during the Spanish period, the subsequent transformation in the American Colonial period, the brief Japanese occupation and the post-war organization of the economy up to the end of the Martial Law period. The consequences of these institutional changes or persistence in terms of Philippine economic performance are discussed at appropriate junctures.
GE-FEL BNBCBW	Brand not Bland: Creating Brands that Work	Through this course, students will learn about the fundamentals of branding and design and its impact on products and services in the lives of consumers. This elective will seek to answer the questions of how one can create a brand and its identity, gain an understanding of the basic purpose, benefits, and responsibilities of branding as well as spread it and sustain it in an ever-changing world. Students will learn about history and origin as well as apply the principles using current trends and practices in order to create their own brands for a variety of products and services across all industries including professional practice. Whether for commercial, business or personal purpose- a positive brand image is one of the most effective ways of creating successful relationships, generating goodwill and building loyalty among companies, organizations its customers and the rest of society. Sustainable Development Goals: 8 Decent Work and Economic Growth • 9 Industry, Innovation and Infrastructure • 11 Sustainable Cities and Communities
GE-FEL ACE	Contemporary Art and Corporate Practice	The course is an introduction to creative production in a collaborative or corporate environment. It introduces students to recent contemporary art practices that are relevant to professional practice. This is in line with the realization that art or creative practice can encourage innovation, nurture a healthy working environment, and foster a socially responsive corporate ethic.
GE-FEL DP101	Data Processing 101	This lab-based course is designed to give students a brief introduction to common statistical software programs used in research and practice. We will primarily focus on Excel, PhSta, SPSS, SAS, and R software; other applications will be briefly introduced. The purpose of this course is not to teach students statistical concepts and theories, but rather to help students build basic competence related to data management, analysis, and visualization across the different programs.
GE-FEL AMSR	Applied Multivariate Statistics for Researchers	Researchers usually obtained multiple measurements from a single individual or unit. This course will develop the statistical skills in the analyses multivariate data correctly in an applied context. It is designed to provide students with a working knowledge of the basic concepts underlying the most important multivariate techniques, with an overview of actual applications in various fields, and with experience in actually using such techniques on a problem of their own choosing. The course will address both the underlying mathematics and problems of applications. Topics will include the following linear and multiple regression analyses, logistic regression, factor analyses, cluster analyses, multivariate analysis of variance, analysis of covariance, discriminant analysis, multidimensional scaling, correspondence analysis, path analysis, and structural equation modelling. The course aims to teach these tools through their application to different disciplines. This course offers hands-on experience using SPSS for the most frequently encountered multivariate statistical techniques in the social and behavioural sciences. The emphasis is on applying multivariate techniques using the computer programme SPSS, and on how to interpret SPSS output in substantive terms.

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GE-FEL DWIADS	From Data to Wisdom: An Intro to Applied Data Science	Data Science is the study of the generalizable extraction of knowledge from data. Being a data scientist requires an integrated skill set spanning mathematics, statistics, machine learning, databases and other branches of computer science along with a good understanding of the craft of problem formulation to engineer effective solutions. This course will introduce students to this rapidly growing field and equip them with some of its basic principles and tools as well as its general mindset. Students will learn concepts, techniques and tools they need to deal with various facets of data science practice, including data collection and integration, exploratory data analysis, predictive modeling, descriptive modeling, data product creation, evaluation, and effective communication. The focus in the treatment of these topics will be on breadth, rather than depth, and emphasis will be placed on integration and synthesis of concepts and their application to solving problems. To make the learning contextual, real datasets from a variety of disciplines will be used.
GE-FEL SP	Science and Philosophy	This course introduces the students to the philosophical analysis concerning issues and problems in science. The introductory part is devoted to views of the universe and the competing scientific views of the universe; the remaining part of the course focuses on the philosophical issues related to science.
GE-FEL MDKWST	Man's Desire for Knowledge and the Ways of Seeing Things	The course will explore the foundation of the desire of human beings for knowledge as a result of the delight we take in our senses, esp. the sense of sight. It will also deal with the nature of inquiry and explain its different kinds progressing towards the examination of the very nature of philosophical inquiry. Although philosophy was deemed to be the mother of all sciences, but the allure of scientific inquiry seems to snatch away from philosophy such an accolade. Nevertheless, even if sciences "have refined techniques, apparatus, and methodologies for disclosing things and events that lie beyond the senses. Some of the greatest discoveries of science occur in areas that transcend the here and now, exposing a world that is bizarre in relation to everyday material bodies. Such discoveries reveal alien beings that challenge our capacities of imagination." This is when philosophy has shown once again its appeal. The course will therefore discuss the modes of philosophical inquiry.
GE-FEL TP	Technology and Philosophy	This course reflects on the technological phenomenon using philosophical tools of analysis. It examines several theoretical attempts to understand the nature of technology; how it affects various aspects of human life, that is, how it influences human decisions and valuations; how it affects human relations; and most importantly, how it shapes the human life-world.
GE-FEL TPDD	Thanatology (Philosophy of Dying and Death)	Thanatology is a three-unit course that enables students to examine into some core issues of human existence such as death, dying and the meaning and value of life. We will probe on how our attitudes on the subject of death and dying affect and influence our lives. Questions of life and death and how they connect with our choices and responsibilities, our understanding of ourselves as mortal beings, and our vision of what constitutes a good life (and maybe a good death) will be explored. Some key philosophical teachings will be used as primary sources as well as some relevant articles and literatures from other disciplines on the topic will be considered to make this course interdisciplinary.
GE-FEL JSM	The Just Society and the Market	One of the earliest conceptions of justice -giving one's due- is entangled with the process of distribution and exchange of resources necessary for the flourishing of human life. The apparatus that has this process for its function is the market. The relation between justice and the market, therefore, is as intertwined as human life is to human society. This course will examine the connection between the market and the question of justice. Thus, this course will primarily proceed in a diachronic manner that will show the deep historical development of the relation between the two that will bring to fore philosophical, economical, sociological and theological concepts that inform this development, from the concept of needs and labour, the question of distributive justice and the fair allocation of resources, the morality of profit, the basis of property, to the notions of liberty, equality, equity, international solidarity and even the Christian idea of the Charity. The examination of this deep historical development will bring to light pressing contemporary global issues. Ultimately, this course demonstrate that these contemporary global issues, both pressing and serious, will find their proper context in the study of the relation between the market and the idea of justice.

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GE-FEL CEHDES	Caring for our environment: Human Development and the Ethics of Sustainability	<p>The course will explore the ethical issues arising from the relationship between man and the natural environment. Development is a highly contested concept. What do we mean when we say development? Should we construe the term in purely economic terms? The course will tie this concept to human development as it is understood by two important development theorists, namely, Amartya Sen and Martha Nussbaum. By doing so, we enhance the meaning of this notion which could be used as a model in and as a basis for public policy and governance for the advancement of human welfare and the protection of the natural environment.</p> <p>There is a tension between the concept of development and caring for the environment. Development, if it is understood as unlimited economic growth could be fatal to efforts in environmental protection and management. In order to thwart the peril brought about by this notion of development, there is a need to examine and reconceived this notion so as not to endanger the natural environment and compromise the welfare of the future generation.</p>
GE-FEL PTGMP	Our Philippines Today , a Glimpse of My Past	The subject will trace the evolution of Philippine political institutions and its implication to the current politico-administrative and socio-economic life of the country. Discussions delve on the historical development of these institutions from the Pre-spanish era to the present highlighting its contexts and processes with the aim of learning the valuable lessons of political history. This Political education subject aims to lay down the foundations for the students becoming competent, noble in character, and community-oriented citizen in a Philippine democratic society.
GE-FEL PAWC	Policy Advocacy: Working for Change	This course introduces students to the foundations of policy advocacy. It begins with an orientation about the importance of policies in maintaining order within the community. It continues with an acknowledgment of the prevailing socio-political issues and challenges that confront the contemporary world, as well as the advocacy activities and strategies that can be considered in addressing them. At the end of the course students are expected not only to be socio-politically aware, but also evidence-based decision-makers in steering their spheres of influence and public support towards good governance.
GE-FEL ULP	Understanding Local Politics	This course explores into the dynamics of local politics in the City and Province of Cebu. The first part of the discussions deals with the theories and frameworks in studying local politics. With these foundations in place, the discussion proceeds to revisit Cebu's political past and its transition towards the present political dynamics while casting an eye into such topics as anarchy of political families, bossism and patron-clientelism. The course wraps up with reflective discussion on the future of Cebu's politics.
GE-FEL SA	Skills in Argumentation	This course introduces the learner to the concepts and principles in public speaking and debate which will enable them to articulate their positions on certain issues and also influence others through rational process. By means of these processes, the student will discover the most appropriate method of expression and conviction on matters and issues affecting the Philippines, ASEAN, and the world. It will also enable the learner to apply the principles in his/her academic life, community life, and professional life. The course also hopes to nurture within the students the values of openness and tolerance to other people's ideas and beliefs within the context of an increasingly diverse and multicultural world.
GE-FEL HR101	Human Rights 101	Students of this three-unit course will become familiar to the underlying concepts, principles and theories of democracy helpful in understanding the future or democracy in these countries. Moreover, this course will provide students with an overview of the most important theories as to how to make democracy work.
GE-FEL RC	Responsible Citizenship	Students will be expected to place themselves in the midst of the Philippines democratization process and use the same as an inspiration to support its cornerstones and pursue its preservation. Awareness of the various socio-political issues will be very vital especially highlighting the specific measures where direct political participation is called for. In the end, the course would like to equip students with a clearer perspective on the duties and responsibilities each Filipino citizen ought to take to ensure that a better Philippines is built everyday.
GE-FEL MH-TBCY	Mental Health: Taking Better Control of Yourself	This course will provide an overview of the fundamental knowledge on mental health (definition, continuum, stigma), awareness of biological, psychosocial factors that shape our mental health; management of cognition, emotions, and behaviors and recommended corresponding interventions.
GE-FEL AFVC	Appreciating Filipino Values and Culture	This course give emphasis on inspiring the student's knowledge on the mindset and behavior of the Filipino based on his/her very own Filipino experiences, thoughts and orientation. It tackles the theory, method and application including the limitations of the current indigenous Filipino Psychology vis-a-vis the prevailing Philippine Psychology.