

Practicum Journal

BACHELOR OF ARTS IN SOCIOLOGY
MINDANAO STATE UNIVERSITY - ILIGAN
INSTITUTE OF TECHNOLOGY
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PEOPLESYCHE

Embarking on a New Journey

WEEK 1: OCTOBER 3-6, 2023

This week marks the exciting commencement of a new chapter in my academic and professional journey as I step into the vibrant world of PeoplePsyche, serving as a research assistant and at the same time personal assistant to the esteemed Dr. Cora Lim. The prospect of our almost two-month internship is a thrilling mix of anticipation and nervousness, filled with the promise of novel experiences and invaluable learning.



QUOTE OF THE WEEK

"The expert in anything was once a beginner."

- Helen Hayes

Upon our arrival, we were warmly welcomed by Dr. Lim, a personable and approachable mentor who immediately alleviated our apprehensions. Her guidance and willingness to address our queries have fostered a nurturing environment for learning. During our orientation, we gained invaluable insights into the specific roles that we are going to perform and the importance of confidentiality within her clinic. Dr. Lim entrusted us with significant responsibilities, such as delving into Chinese culture through literature research—a task central to her future studies. Additionally, we were entrusted with the creation of instructional videos for her psychological exams to be used when she is not around since we are not allowed to conduct the exams ourselves. The following days, under the vigilant supervision of Ms. Lady, Dr. Lim's dedicated assistant, we delved into the practical aspects of our role. Learning to input client information into the clinic's



computer, handling financial transactions from BDO, and FICCO-Iligan, and proctoring exams from her two classes, we discovered that our responsibilities extended far beyond the realms of traditional research assistance. These practical tasks, like depositing money and photocopying exam papers, illuminated the essential life skills that complement our academic pursuits.

I was really looking forward to proctoring her classes because I wanted to experience what it was like to be the one giving examination this time. The experience of proctoring exams was particularly exhilarating, offering a glimpse into the world of psychology. My encounter with psychological terminologies, such as mental health challenges, children with special needs, and gifted and talented children added depth to our understanding of human behavior. Although part of this is not new to us because we studied it in our prior course, looking at it from the standpoint of Psychology was also different. As a sociology student embarking on the realm of social psychology, I find myself captivated by the intricate interplay between societal structures and the individual psyche. It provides us with the intersectionality of sociology and psychology as concepts intersect through

examining various social identities that interact and impact the psychological experiences of children or people. To grasp both perspectives of sociology's macro view of society and psychology's subtle investigation of individual behavior deepens our understanding of human behavior.

Aside from that, observing Dr. Lim's boundless energy and unwavering dedication to her work left an indelible impression on me. Her passion for her field resonates deeply, serving as a beacon of inspiration. Witnessing her enthusiasm reinforced the importance of aligning one's passion with one's profession, igniting a passion within me to emulate her dedication and joy in my future endeavors.

In the coming weeks, I am eager to delve deeper into the world of social psychology, as well as our upcoming scheduled activity at the Philippine Science High School, which Dr. Lim arranged ahead of time to expose us to her other works, which will also help enrich my knowledge and honing my skills. This internship promises not just professional growth but also personal transformation. I am grateful for this opportunity and excited about the other possibilities that lie ahead, shaping my identity as an aspiring sociologist.

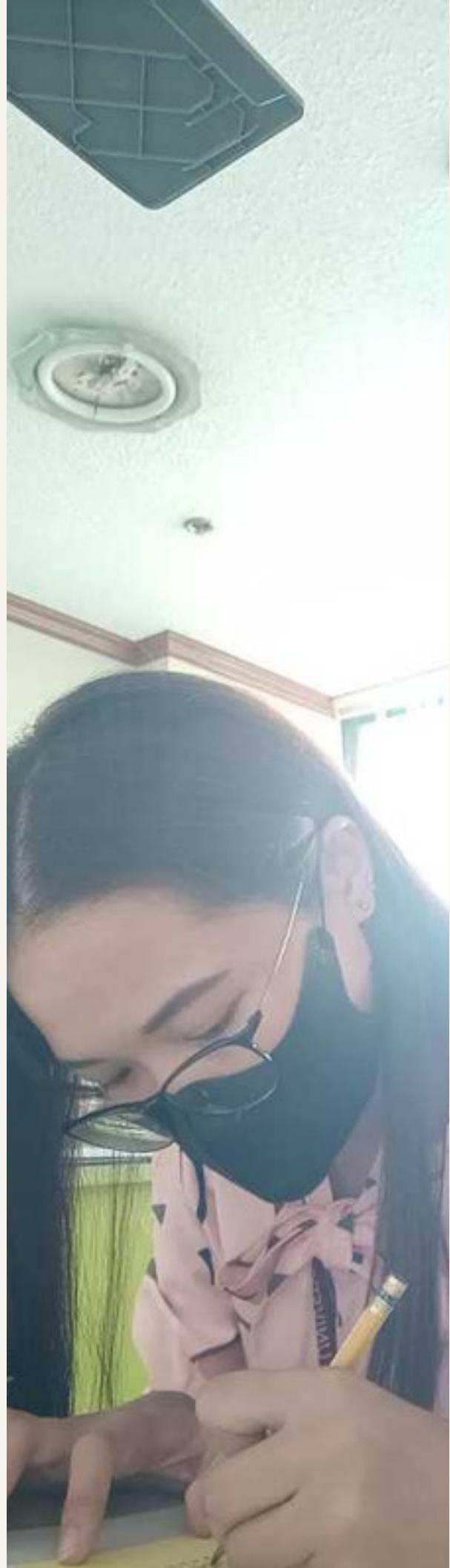
Ethical Reflection

WEEK 2: OCTOBER 9-13, 2023

The second week of my internship at PeoplePsyche has been a whirlwind of activities, experiences, and challenges. It's been a true test of my passion for merging academic knowledge with real-world application.

Dr. Lim entrusted us with a mix of familiar tasks like preparing textbooklets, inputting client data, and assisting clients with their queries regarding psychological tests, as well as exciting new tasks like creating an animation video for the Alligator River Story. This story addresses rape victim-blaming and pushes us to also question our own ethical stance and confront the societal biases. Nevertheless, I believe that how we view and rank the characters in this story projects our own behavior and beliefs regarding this topic in society. It is important that we instill the moral and ethical stance of this story to the youth so that they would know how to face similar situations like Abigail. Creating the animation was a labor-intensive process, as it involved translation into the Filipino language and Bisaya dialect for a wider audience that will be presented by Dr. Lim in rotary. Additionally, we extended our working hours for two consecutive days to accommodate clients who weren't able to finish their psychological tests and took the exams beyond 5 p.m., highlighting the dedication demanded in this field.

Dr. Lim had also asked us to run some errands such as buying some biscuits to refill our snack bin which we can have as well if we want to, photocopying some of her needed documents,





and buying a flash drive to save her video presentation about '**Talking About Suicide is not a Taboo**' in collaboration with Philippine Science High School's event in Mental Health Awareness Month with the theme of '**Mental health is a universal human right.**' We actually had an opportunity to listen to the presentation of Dr. Lim as she let us join and assist her in her presentation. Our involvement here deepened our understanding of suicide's psychological aspects which was also surprisingly participated by one of the Sociology professors Mr. Fitzgerald Torralba in a video presented.



Every day, we undertook the responsibility of closing down the clinic and ensuring that we cleaned it before leaving. During the free time of our day, we spend our time delving into extensive research to understand Chinese culture as our main responsibility for our internship. Aside from that, we also checked the test papers of Dr. Lim's students and meticulously sorted and organized the test papers according to their academic blocks.



Moreover, one of the most profound experiences that we had this week was interacting with diverse clients - one for adoption whom we have rendered our hand in entertaining and looking out for their child as both parents need to take the psychological tests, and two other different cases. These experiences reinforced the human side of our work, emphasizing empathy, compassion, and understanding. I am thrilled, now more than ever, to see that increasing numbers of individuals are receptive to adoption since it nurtures a child's desire to have a family. Aside from that, it is also heartening to see many people recognizing the significance of receiving psychological help and debunking misconceptions about its ramifications.





“ Taking care of your mental health is an act of self-love.

However, ethical considerations have been one of our challenges and concerns for this week. One incident highlighted this challenge vividly: a client expressed a desire to leave, and in our assumption that the client had already contacted their guardian, we failed to inform Dr. Lim or seek proper permission. This oversight left us anxious, realizing the potential consequences. The relief was evident to us when the client returned the next day with their guardian, safe and sound. Additionally, our role occasionally required us to handle sensitive information, as clients confided in us as well.



However, balancing our duty to assist while respecting their privacy was paramount. Thus, as much as we could, we usually took the initiative to transfer to another room so that Dr. Lim and the clients would have their own privacy. These situations underscored the delicate balance we had to strike between providing support and respecting the boundaries essential to ethical practice. These challenges served as potent lessons, reinforcing the importance of ethical principles in our work and highlighting the need for constant vigilance and sensitivity in our interactions with clients.

Navigating these ethical dilemmas has been a challenging yet enlightening experience as we have better understood the importance of ethical morals in the field of social psychology. We have already discussed the importance of ethical implications in research and working this out in practical application was even more different. Now more than ever, I understand the importance of strong adherence to ethical guidelines and moral responsibilities. I realized that even though we are performing the role of research assistant and assistant personnel of Dr. Lim, we still need to ensure that we are performing responsibly without harming the clients and contributing to a broader ethical discourse within society.

As I'm looking forward to the upcoming weeks, I am filled with a mixture of excitement and determination. The challenges I've encountered this week have fueled my eagerness to learn and grow and continue fostering connections with my team and the clients.





Nurturing Empathy

In the third week of our practicum, I found myself immersed in a routine that had become familiar in nature. The familiarity with our designated tasks allowed us to navigate our daily responsibilities with confidence and purpose.

PEACE CANNOT BE KEPT BY FORCE; IT CAN ONLY BE ACHIEVED BY UNDERSTANDING.

Like the weeks prior, our days were filled with different tasks, from preparing test booklets, and inputting data to assisting clients and finalizing our project, the Alligator River Story, under the guidance of Dr. Lim. This week, Dr. Lim lightened our workload allowing us to focus more on our upcoming event on Saturday. We eagerly prepared ourselves for the presentation of the Alligator River Story, a tale that has become a significant part of our journey as well as the children that we are going to facilitate. However, amidst the anticipation, Wednesday brought new challenges. We were tasked with preparing test papers for Dr. Lim's *Understanding the Self* classes and she entrusted us to proctor her two classes. Aside from that, we were also entrusted with

WEEK 3: OCTOBER 16-21, 2023

delivering her research documents to Laguindingan, PAL Cargo Courier.

A pivotal moment arrived as we shared our three animated versions of the Alligator River Story-English, Tagalog, and Bisaya versions with Dr. Lim. Her insightful feedback and dry run of the presentation prepared us for the event ahead. After checking all the needed materials for our presentation for Saturday's event, we have busied ourselves with checking the test papers of her students from her '*Understanding the Self*' courses. In the midst of our preparations and checking, a remarkable conversation session unfolded. Dr. Lim, Ms. Lady, my fellow interns, and I engaged in discussions about defense mechanisms. This enlightening dialogue revealed the intricacies of human behavior and deepened our understanding of ourselves and others. Dr. Lim's advice, particularly on addressing feelings of jealousy, left a profound impact, underscoring the importance of self-reflection and open communication to prevent doing harmful things to other people and at the same time relieve ourselves from those feelings. This conversational session with Dr. Lim was very

fruitful as it fostered a stimulating intellectual environment and as well as character development in ourselves.

Our week culminated in a heartwarming event – a community outreach program focused on peacebuilding and conflict prevention at the Women and Children Center. Partnering with the Iligan City Police Station 1 Advisory Council and the Rotary Club of Uptown Iligan, this event aimed to empower abused women and children. Presenting the Alligator River Story, we assessed the moral stances of children facing situations akin to Abigail's in the story. Interacting with them, and witnessing their genuine smiles, was an utterly heartwarming experience. Their resilience, evident in those radiant smiles, spoke volumes. It was a powerful reminder that despite the hardships they've endured, they face each new day with unwavering strength, illuminating even the darkest corners of their lives. Their optimism paints a powerful picture of courage and hope inspiring everyone around them.

Aside from that, the dedication of the housemothers caring for them was profoundly inspiring as they fostered a supportive community that was significant in the healing process of the children. This event was enlightening as it provided legal policy frameworks to children and informed them about their rights as victims. Through this peacebuilding event, women and children are given an opportunity to educate themselves about their rights to prevent violent solutions and advocate for awareness. The event not only educated children about their rights but also challenged societal norms perpetuating trauma. It created a safe space for survivors, fostering empathy and compassion, dismantling victim-blaming attitudes, and promoting healing and recovery. This impactful event was made possible through the collaborative efforts of various social institutions working together to create positive changes in the lives of children.

This week has been a test of nurturing empathy. I have dealt with different people over the past weeks and from these people, I have learned that beneath our good physique lies the hidden struggles that we carry all the time. This observation inspires and humbles me to reinforce my belief in the power of human connection. It reminded me that beyond the theories and methodologies that I have learned at school, the human connection and humanity within us play a significant part in helping individuals in their healing process.

As I contemplate the events of this week, I am filled with gratitude for the opportunity to be part of a transformative process. The lessons in empathy, compassion, and resilience have not only enriched my professional growth but have also profoundly influenced my personal outlook. I am reminded that, in the realm of social psychology and sociology, the essence of our work lies in the connections we forge and the impact we create.



Juggling With Multifaceted Roles

WEEK 4: OCTOBER 23-27, 2023

The fourth week of our practicum unfolded much like the previous ones, with us delving into familiar tasks of assisting clients and inputting data, as the clinic bustling with different clients. This week brought a diverse array of clients, each seeking psychological assessments for distinct reasons, be it employment requirements, clinical therapy, adoption, or court-mandated cases. Engaging with this various clientele not only honed our communication skills but also provided invaluable insights into the complexities of human experiences and interactions that are essential as an aspiring sociologist.

In parallel, we continued our deep dive into literature studies on Chinese culture, tradition, education, belief systems, and the individual psyche, as per Dr. Lim's meticulous instructions. Our task involved creating a comprehensive literature study matrix, a challenge compounded by the necessity of accessing specific studies within the last decade. The experience of searching, organizing, and making a literature matrix wasn't new to us as we had done this in our previous courses. However, it can't help to experience significant challenges, especially in accessing the website of the relevant literature studies that we've found. Additionally, the duration of the year needs to be within ten years of the present time making this task a little more handful. Navigating the labyrinthine maze of online resources tested our perseverance, but it was a test we faced head-on. Considering that we are also assisting in the clinic, we only had a limited amount of time each week to focus on this task; nevertheless, Dr. Lim was sympathetic to our predicament and progress.



INSPIRATION

**STAY CONSISTENT
IN YOUR OWN **
*growing JOURNEY AND CELEBRATE
YOUR  success.*

INSPIRATION

During this week as well that we witnessed Dr. Lim's commitment to her research project as she went above and beyond to learn the Chinese language and culture. She asked us to visit the Lanao Chung Hua School to inquire about Chinese language learning materials that would be useful for her research. Our co-intern and classmate, Angel, handled the transactions inside on our behalf since she was more familiar with the people around her, being an alumna of the school.

Angel also explained to Dr. Lim the Chinese language learning materials and the pronunciation of Chinese characters in the list of vocabulary as she is more knowledgeable in this aspect. Simultaneously, we found ourselves deeply immersed in the realm of individual psychology. Assisting Dr. Lim in crafting test exam questionnaires for her BA and BS Psychology classes, we explored the intricacies of stressors, coping mechanisms, and sensory perception. These insights not only enhanced our academic knowledge but also contributed significantly to our personal growth and character development.



Our roles this week extended beyond being mere research assistants; we embraced the multifaceted responsibilities of academe assistants and clinical assistants. The varied tasks allowed us to glimpse the intricate tapestry of professional responsibilities, offering a peek into our potential future endeavors. Though we may be novices in some aspects, our exposure to these diverse tasks equipped us with invaluable knowledge and a distinct advantage as we prepare to step into the professional world.

In embracing the challenges and opportunities of this week, I am reminded of the depth of our learning journey. Each responsibility shouldered, and every interaction facilitated, propels us forward, shaping our identities as professionals-in-the-making. As we navigate this multifaceted role, I am filled with a sense of anticipation for the adventures yet to come, confident that these experiences are shaping us into resilient, knowledgeable, and compassionate individuals.



A Glimpse into the Academe

WEEK 5&6: NOVEMBER 6-11, 2023

During the sixth week of our practicum, we returned to our duties after taking a much-needed break. The break was due to consecutive holidays that granted our entire company a week-long break and allowed us to refresh our minds from our daily tasks. However, during the break, an unexpected emergency occurred on Saturday, November 4, which required Dr. Lim's immediate attention. She sought the aid of an assistant, and since we were not yet back in Iligan City at that time, our co-intern Angel, who was already in the city, responded to the call of duty. Dr. Lim's dedication to her responsibilities is commendable because she willingly interrupts her break to look after her emergency client.



In the subsequent days of our practicum this week, the monotony of routine tasks resumed – assisting clients, inputting data, and delving into the world of related studies and literature. Amidst these familiar tasks, Dr. Lim entrusted us with a new responsibility: crafting test questionnaires for her classes, spanning *Understanding the Self*, BA, and BS Psychology. These tests would be proctored by us on Friday, adding a layer of urgency to our already busy schedule.

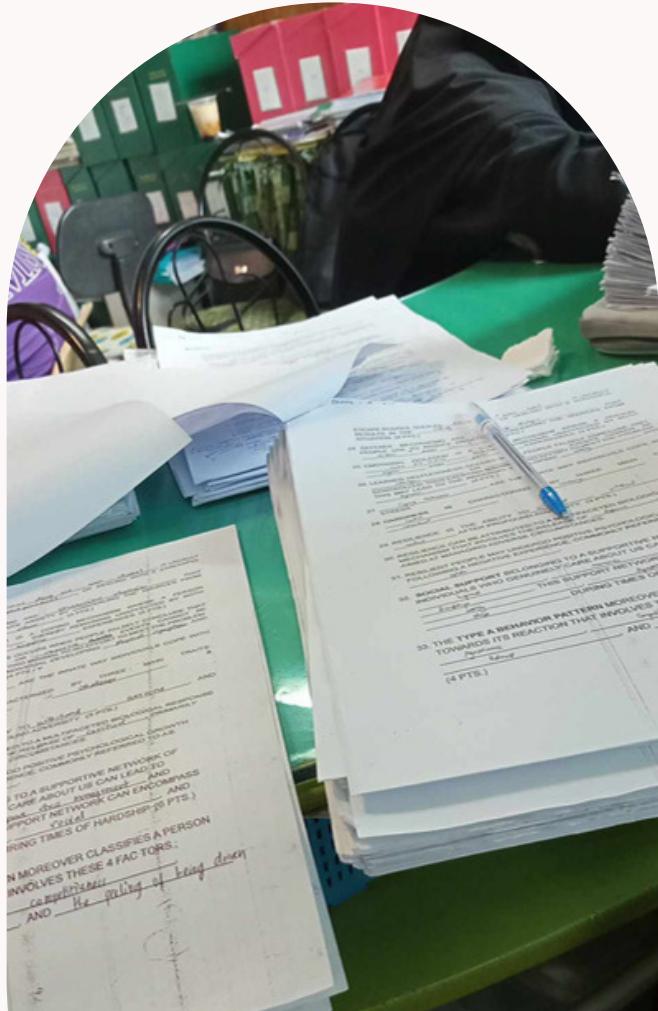
Our workload expanded further as we embarked on the meticulous task of photocopying the four different test questionnaires. This seemingly simple task evolved into a time-consuming endeavor, demanding precision and efficiency as we reproduced more than 80 copies of each 6 pages of the test questionnaires. Racing against the clock, we hustled to reach the school before the scheduled exam time because we were almost running late due to the time-consuming photocopying task.

Proctoring four classes in a single day proved to be physically demanding. We have to be vigilant in upholding Dr. Lim's strict anti-cheating policies thus, we regularly roam around the examination rooms diligently, ensuring the integrity of the testing environment. This responsibility felt akin to that of a teacher, amplifying my appreciation for the challenges educators face every day. Considering that we didn't even teach a class yet, how much more if we do so. The following day, our commitment extended into Saturday as we were asked to report to the clinic to check the test papers we had proctored.

This experience offered a profound glimpse into the world of academia, prompting reflections on the demands of the teaching profession. The intensity of these responsibilities left me contemplating whether an academic

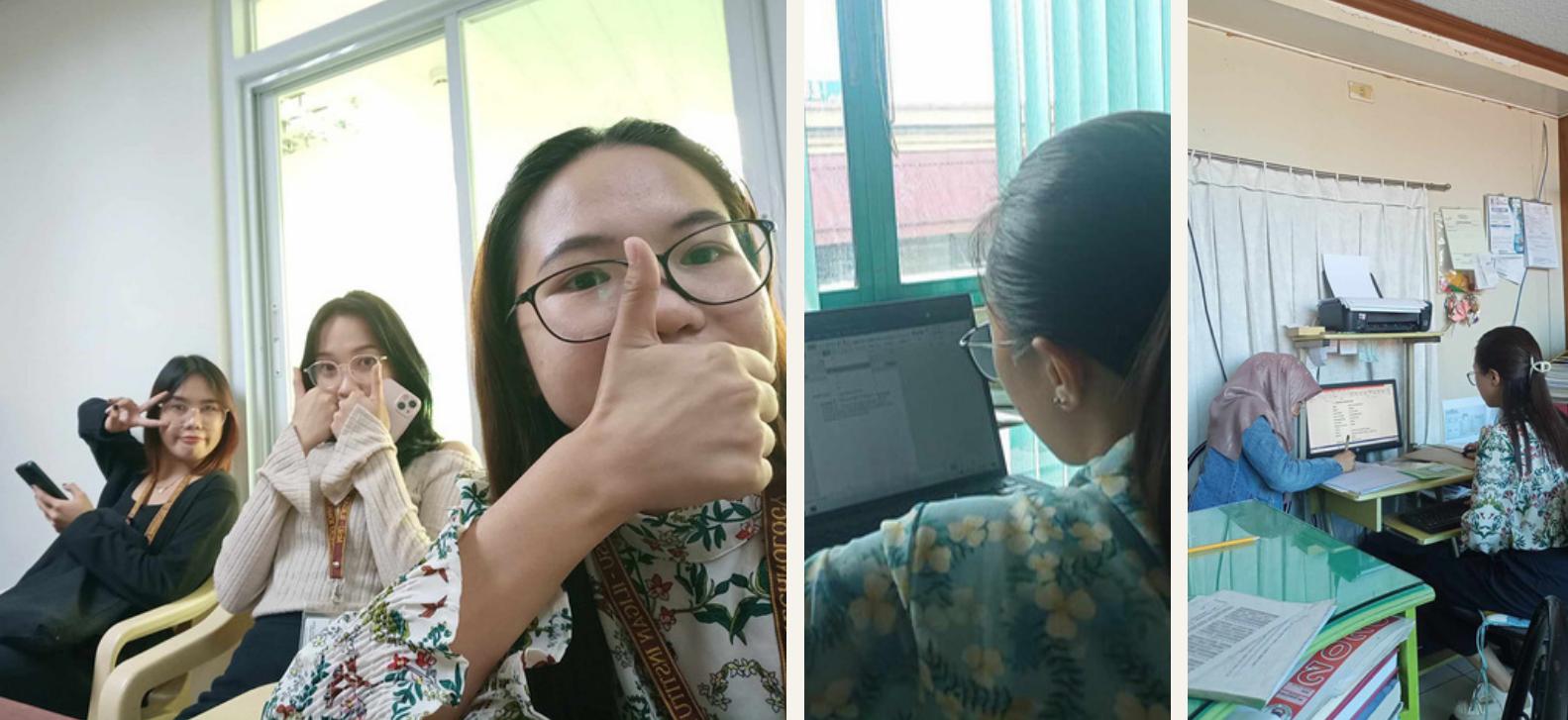


career aligns with my aspirations, given its inherent challenges and demands.



The sociological implication here is the realization that teaching, like any profession, carries its unique set of difficulties. It is important that we also align our chosen paths with tasks that bring fulfillment and satisfaction to us. As we navigate these diverse experiences, it becomes evident that our choices in the professional realm are intertwined with our personal happiness and willingness to commit to the lifelong hard work we are willing to take.

In a variety of career considerations, I am reminded that the journey to finding a fulfilling profession is an exploration of self, a discovery of what resonates deeply within, and a commitment to endeavors that bring not just success, but genuine contentment.



Repetitive Routine

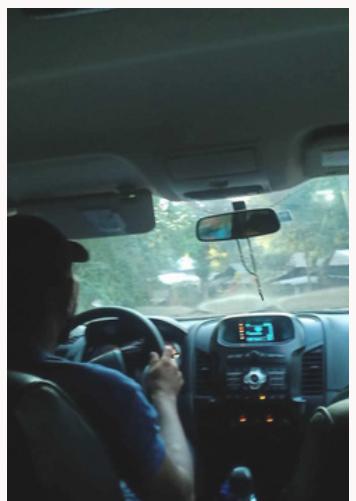
WEEK 7: NOVEMBER 13-17, 2023

The seventh week of our practicum unfolded as a seamless continuation of our daily tasks within the clinic. This week, we focused on creating test questionnaires for Dr. Lim's Psychology classes - *Psych 100 and 101* - and *Understanding the Self* questionnaires. Dr. Lim has a unique approach to giving tests to her students, as she doesn't follow the traditional prelim, midterms, and final exams. Instead, she divides the tests by chapter, as each chapter covers extensive topics. Thus, we had to be meticulous in our preparation to ensure that the questionnaires were well-crafted and effective in assessing her student's understanding of each chapter's lessons.

In the ensuing days, we found ourselves immersed in the intricate process of printing these chapter test exams, followed by the responsibility of

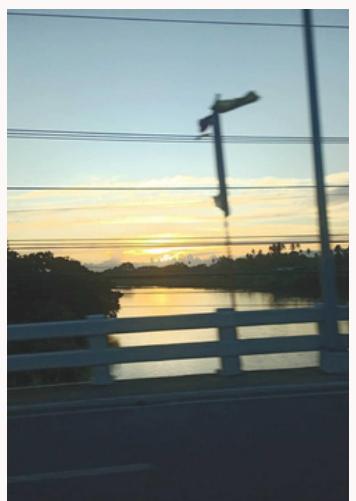
proctoring the classes. The aftermath involved an extensive period of checking test papers, a task that extended across several days due to the four classes we proctored during the week. Juggling these responsibilities demanded not only organizational skills but also endurance as we delved into the academic intricacies of each examination.

Simultaneously, our commitment to assisting clients persisted, encompassing the preparation of psychological test booklets and the meticulous recording of client information on the computer. Dr. Lim's trust in our capabilities extended further as she entrusted us with a unique task that involved assisting a client in setting up their television watch time from 6:30 am to 8:00 pm as part of Dr. Lim's psychological therapy.



The client's mother did not know how to do this, and this seemingly simple act carried significant weight as it represented the initial steps toward the client's therapeutic journey. Dr. Lim's driver accompanied us, and with the client's mother's approval, we were able to go to their house in Kiwalan, Iligan City. During this process, Dr. Lim ensured the confidentiality of the case and only provided us with the specific task. The knowledge that our contribution played a role in the client's well-being was undeniably fulfilling on our part as well.

Additionally, our ongoing quest for related literature studies about Chinese culture persisted, bridging the academic setting with the clinic environment. This week, we continued with our tasks from the previous week in the academe setting. It was quite exhausting as we had to proctor exams, make test papers, and check the papers, which was a tremendous task.



CHINESE PEOPLE: CULTURE, TRADITION, EDUCATION, BELIEF SYSTEM / PSYCHE			
TITLE	SOURCE	AUTHOR / CONTRIBUTION	CONTENT
UNDERSTANDING CHINESE CULTURE AND LEARNING	https://www.edu.au/sites/publications/2006/weir0122.pdf	TING WANG, UNIVERSITY OF CANBERRA, AUSTRALIA	Examines Chinese learning traditions and research on Chinese learners' conceptions of learning. It begins with the analysis of Chinese culture and its influence on learning and teaching traditions.
CHINESE CULTURE (CHAPTER 12)	http://freebooks.vu.edu.au/index.php/ch12-chinese-culture.html	Adam Anderson, Sean N. Bennett, Michelle Espin, McKell Palmer, Madison Parker, Linda Wigdor, Melissa Yates	Overview of China's demographic and cultural diversity: China's landscape and population, Ethnic Majority (Han), Ethnic Minorities, Inner and outer China, Ethnic Diversity, and Language Diversity
CHINA EXPLORE: CHINESE CUSTOMS AND CULTURE	https://www.abcus.aorg/country/china/	N/A	Chinese people, food, culture, customs, and traditions
CULTURE AND ACADEMIC TRADITION IN CHINA	https://oerc.edu.au/wp-content/uploads/Culture-and-Academic-tradition-in-China-2-1x1-6.pdf	GERARD A. POSTIGLIONE, QIANG ZHAO	The Evolution of Chinese Academic Tradition and Confucian-Legal Tradition
THE PSYCHOLOGICAL CHANGE OF THE CHINESE PEOPLE	https://journal.psychi.ac.cn/index/EN/10.3724/SP.J.1042.2020.01599	Cai Huajian, Huang Ziheng, Lin Li, Zheng Minyong, Wang Xiaolu, Zhu Huajun, Xie Yiping, Yang Ying, Yang Ziyang, Jing Yiming	Discussed the significant societal changes that have taken place in China over the past few decades. An extensive research conducted to understand the impact of these changes on various aspects of Chinese culture and psychology.
THE INFLUENCE OF TRADITIONAL CULTURE ON THE DEVELOPMENT OF EDUCATION	chrome-extension://wachmnmnpcaogpdkfemnjkjgjhttps://scholarworks.ku.edu/ku-gwu-research-works/2015/10/15/2020/	YAO XINYIENG	Describe the relationship between traditional Chinese culture and the development of education in contemporary China.

03/MSA-2022-IS-The-influence-of-traditional-culture-on-the-development-of-education-in-China.pdf			
CULTURAL PSYCHOLOGY AND CROSS-CULTURAL PSYCHOLOGY: THE CASE OF CHINESE PSYCHOLOGY	chrome-extension://wachmnmnpcaogpdkfemnjkjgjhttps://scholarworks.ku.edu/ku-gwu-research-works/2015/10/15/2020/	CARL HAINER 2011	This paper discusses ways that cultural psychology can complement cross-cultural psychology to achieve a deeper understanding of culture, psychology, and their relationship on Chinese culture.

"BE BRAVE. TAKE RISKS. NOTHING CAN SUBSTITUTE EXPERIENCE."



Despite the intellectual stimulation that our work provided, the repetitive routine nature of our tasks left me yearning for more meaningful engagement. The absence of events that had punctuated our previous weeks made me acutely aware of the repetitive routine and I found myself feeling disconnected from the work. I realized that before, we always had one event that we looked forward to every week, which made the work more exciting.

The profound sense of alienation in the workplace, echoing Karl Marx's observations, was evident. The absence of novel experiences left me yearning for the excitement that events brought and the opportunity to extend our help beyond regular duties. It became evident that while routine tasks are essential, it is the transformative events and interactions that bring depth to our experiences and impact our work with a sense of purpose.

As I reflect on this week, I am reminded of the significance of meaningful engagement. While routine tasks are essential, it is the transformative events and interactions that bring depth to our experiences.

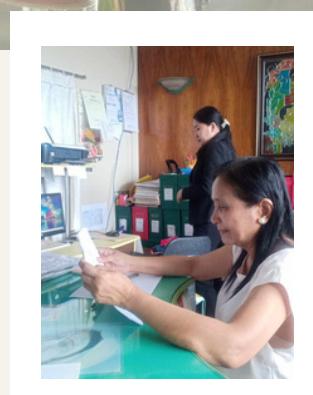


Navigating Responsibilities

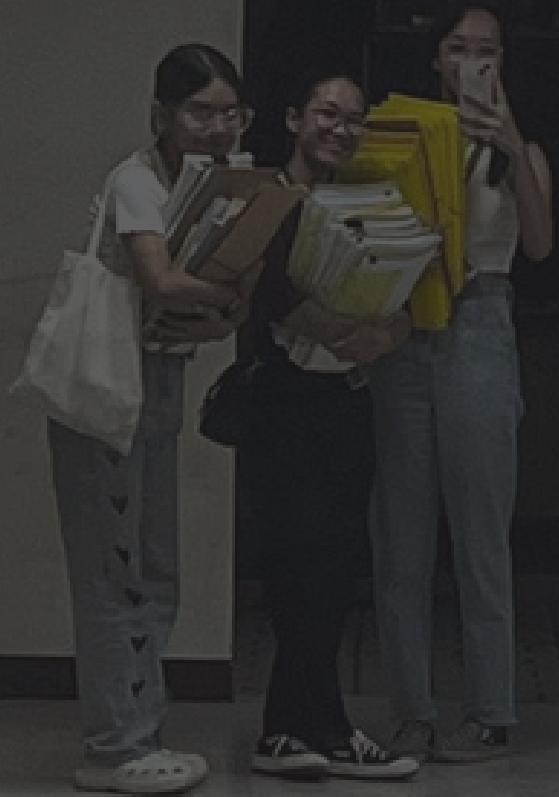
PEOPLE PSYCHE | MSU-IIT

WEEK 8: NOVEMBER 20-25, 2023

The eighth week of our practicum brought a somewhat lighter workload as Dr. Lim assigned us a specific task: crafting test questionnaires for the remaining chapters 1-15 in her Psychology classes. Recognizing our approaching completion of the targeted practicum time, Dr. Lim seized the opportunity to entrust us with this responsibility, providing us with an integral role in shaping the assessments for the remaining lessons in her classes.



Dr. Lim leads a busy life, juggling numerous responsibilities including attending to clients, conducting therapy sessions, handling court order cases and hearings, as well as teaching as a professor in the Psychology department. Thus, she often finds it challenging to craft test questionnaires amidst her hectic schedule. However, since we started assisting her in this task, and after approving our work, she began to entrust us with this responsibility. This seemingly simple task required meticulous attention, ensuring that the questionnaires aligned perfectly with the subject's goals and objectives and effectively evaluated Dr. Lim's students' understanding.



EVERY MOMENT IS
AN OPPORTUNITY
TO CHANGE YOUR
PERSPECTIVE.

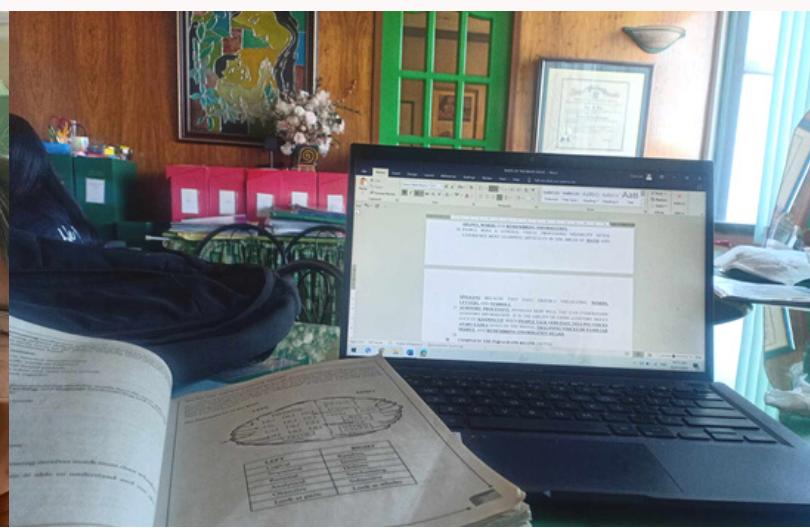


In addition to questionnaire crafting, Dr. Lim sought our help in proctoring three classes from BA and BS Psychology, along with the freshman Psychology classes, for their final activity. Juggling multiple classes with a significant number of students posed a challenge for Dr. Lim, and she sought our support to ensure the smooth conduct of this final activity. This activity was crucial for Dr. Lim's students because it would serve as a remedy for their last scores on their tests, underscoring Dr. Lim's commitment to their academic success.

Beyond these academic responsibilities, our role extended to assisting clients in the clinic, particularly those facing challenges in reading psychological test booklets due to poor eyesight, which is a more common concern among older clients. Our interactions went beyond the clinical setting; moments of respite punctuated our week as we took brief breaks to indulge in

watching YouTube vlogs. These moments served as a form of relaxation while maintaining readiness for any additional tasks Dr. Lim might entrust us with.

The intertwining of our responsibilities with Dr. Lim's professional life reflects the collaborative nature of our work environments. Our ability to seamlessly integrate into her workflow highlights the importance of cooperation and support within the workplace. Moreover, our engagement with clients facing visual challenges sheds light on the societal implications of accessibility issues, emphasizing the need for inclusive practices in our community. In finding moments of respite amid our tasks, we recognize the significance of maintaining a balance between work and relaxation, contributing to a healthier and more sustainable work environment.



Culmination of a Transformative Journey

WEEK 9: NOVEMBER 28 - DECEMBER 2, 2023

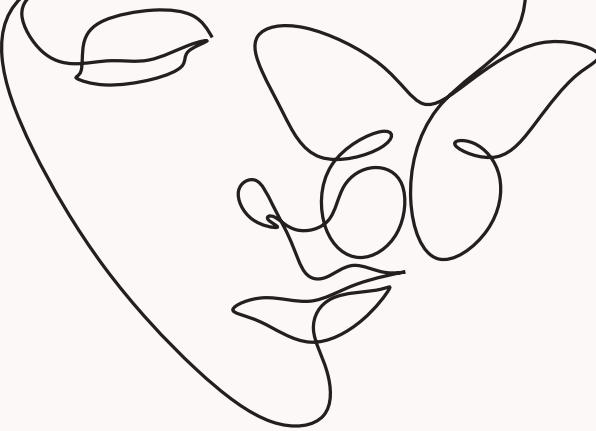
The ninth week of our practicum marks the conclusion of our on-the-job training as research and academic assistants under the guidance of the esteemed Dr. Cora Lim at PeoplePsyche. As we approached the culmination of this transformative journey, Dr. Lim presented us with a final task that would encapsulate our weeks of learning and contribution. Our ultimate responsibility for the week involved meticulously checking the extensive test papers from Dr. Lim's Understanding the Self - BA Filipino and BS Accountancy classes, along with her Major Psychology classes.



What seemed like a straightforward task turned out to be time-consuming due to the abundance of test items in each set of exams. This meticulous process demanded our full attention, dedication, and time throughout the entire week.

In parallel, Dr. Lim conducted a comprehensive review of our outputs in crafting test questionnaires for the Psychology classes, covering lessons from Chapters 1-15. Additionally, she examined our main task for this internship — the compilation of related literature studies on Chinese culture. This thorough review and finalization emphasized the importance of precision and excellence in our contributions to Dr. Lim's academic endeavors.





As a gratifying conclusion to our practicum, we had the privilege of attending Dr. Lim's presentation on **"Stress Management: Promotion of Mental Health and Well-being"** at Mapalad Corporation on December 1, 2023. The insights gained from this event were invaluable, offering practical strategies for navigating stressors in the corporate world. The emphasis on managing stress and prioritizing mental health resonated deeply, serving as a crucial reminder of the significance of well-being amid the demands of professional life.

On our final day, Dr. Lim requested us to wrap up the test papers we had diligently checked throughout the week. This symbolic act marked the conclusion of our time at PeoplePsyche, prompting heartfelt goodbyes and expressions of gratitude. The sense of accomplishment and the wealth of experiences gathered over the weeks will undoubtedly shape our future pursuits in academia and beyond.

Sociological Implication and Conclusion

Throughout this practicum, my involvement in the realms of research and academia under the mentorship of Dr. Cora Lim at PeoplePsyche has been an enlightening journey. As a sociology student thrust into the dynamic world of social psychology, each passing week unfolded with new insights, challenges, and revelations that have significantly contributed to my academic and personal growth. This immersive exposure has provided me with invaluable knowledge, enhancing my understanding of the intricate tapestry of human behavior and the intricate interplay between sociology and social psychology.



The intersection of these two disciplines manifests at the juncture of societal structures and individual behavior within a social context. It unveils profound insights into how societal institutions shape individual actions and reciprocally, how individual behaviors contribute to the construction and transformation of societal norms and institutions. This realization laid a foundational understanding of the complex interconnection between sociology and psychology, highlighting their collaborative significance in unraveling the mysteries of human interaction.

Moreover, the impactful community outreach program centered on peacebuilding left an indelible mark on me. It showcased the transformative potential of collaborative efforts in fostering collective healing for vulnerable individuals, particularly sexually abused children and women. This experience underscored the power of communal endeavors in challenging

Sociological Implication and Conclusion



psychological practices, and the societal implications inherent in every facet of academic and professional life. I learned to enhance my communication skills through interactions with diverse individuals, developing a deeper empathy for humankind irrespective of varying backgrounds. As I move forward, I carry with me the lessons of empathy, cultural sensitivity, and a profound awareness of the societal dimensions inherent in psychological practices. This journey has not only enriched my academic pursuits but has also instilled a deep sense of responsibility toward contributing to societal well-being through the intersection of sociology and psychology.

societal norms and cultivating environments of empathy and resilience. It reaffirmed the sociological principle that societal healing necessitates collective endeavors, involving the challenging of ingrained attitudes and advocating for systemic change.

Furthermore, as I delve into literature searches about Chinese culture, it becomes evident that culture, identity, and mental health are intersecting elements that demand culturally competent practices in both psychology and sociology. Additionally, our collaborative efforts in the workplace underscored the importance of cooperation, support, and responsibility as future employees. As our practicum culminated, reflections on the sociological aspects embedded in academia and professional settings surfaced. The final event on stress management underscored the societal importance of mental health awareness in corporate environments, highlighting the interconnectedness of individual well-being with broader societal expectations.

Ultimately, this practicum has been a transformative journey, not just academically but also in understanding the intricate interplay between individual experiences and societal structures. It has taught me the importance of interdisciplinary collaboration, the need for cultural competence in

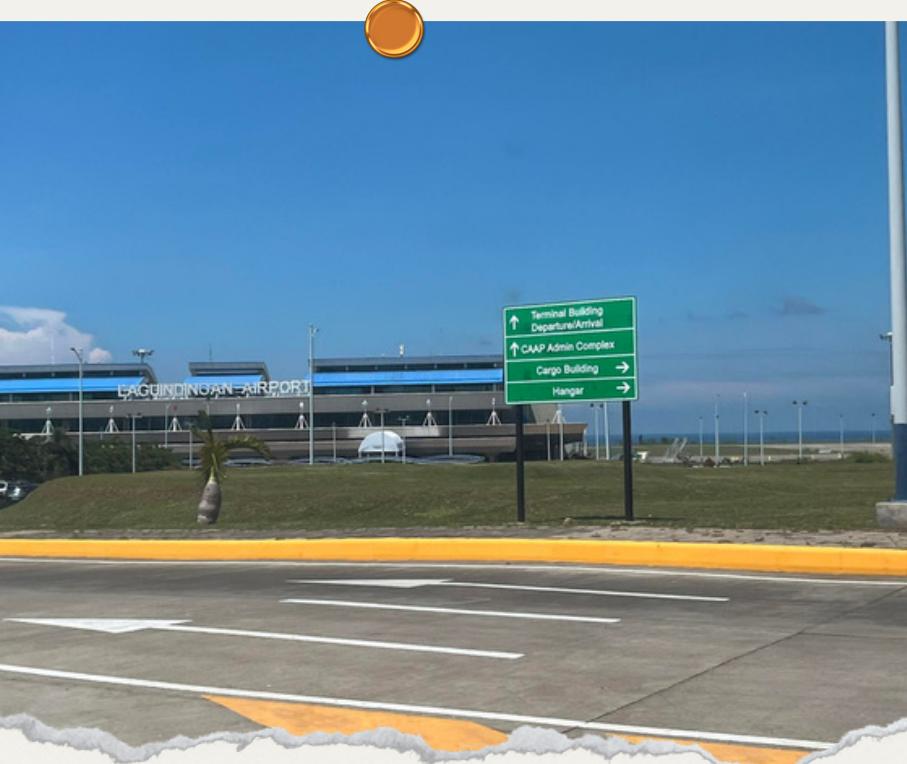
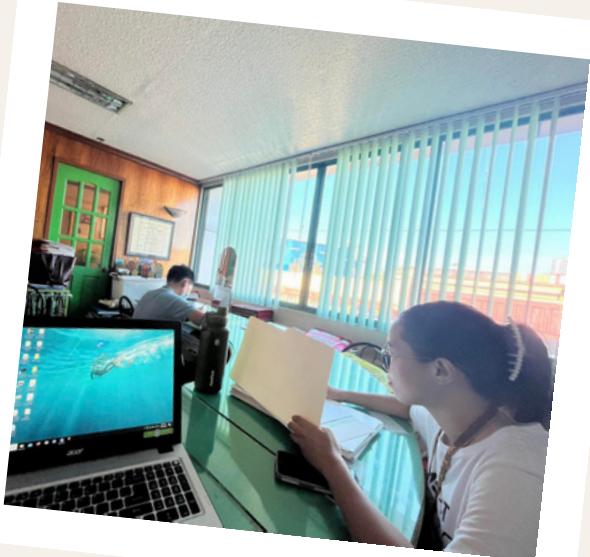
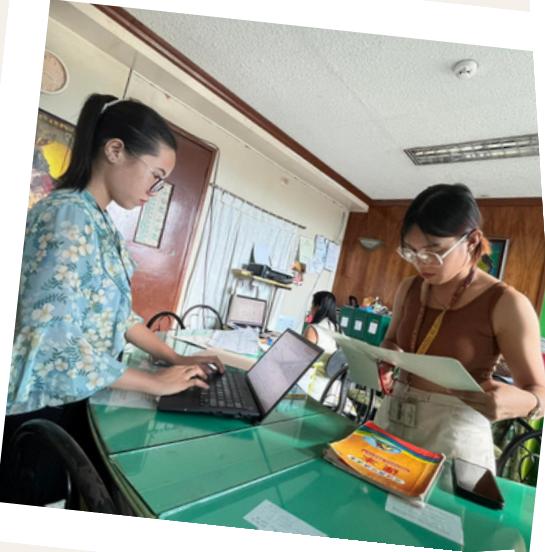
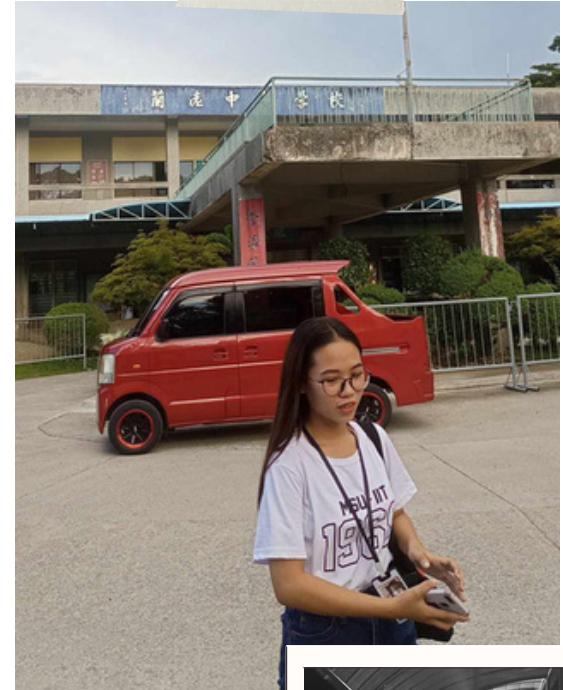
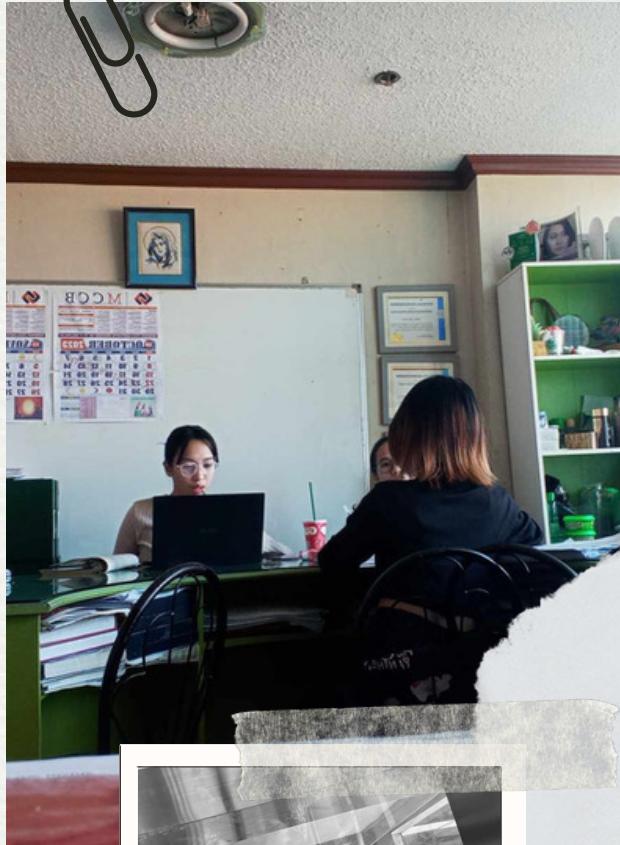


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