



University of San Jose - Recoletos  
STUDENT DEVELOPMENT AND PLACEMENT CENTER



October 1, 2020

REV. FR. LEO G. ALARAS, OAR

VP for Academics

USJ-R, Cebu City

Dear Father Alaras:

Greetings!

The month of October is set as the "Josenian Mental Health Awareness Month" along with the World Mental Health Day which is scheduled on October 10, 2020. The Student Development and Placement Center in collaboration with the Lingap Diwa Advocacy Program, entitled "**Mental Health in the Era of COVID-19**" propose to implement this as one of the Student Development Sessions (SDS) for the college students on the dates specified below. This program aims to increase the students' awareness on the significance of mental health especially during this unprecedented time of the pandemic. Students may have the opportunity to listen from others perspective.

Date	Time	Target Participants Required: 2nd, 3rd, 4th & 5th year students Invitational: 1st year students
October 10, 2020 [Saturday]	9:00 AM	School of Education and School of Computer Studies Students
<i>Note: October 10 is the <b>World Mental Health Day</b>. The entire Josenian community is encouraged to wear a touch of green or wear a green ribbon for this cause. Green, as one also of the University colors, is the color of mental health which represents hope, strength, support, and encouragement especially for those who have been wounded.</i>		
October 17, 2020 [Saturday]	9:00 AM	School of Business and Management
October 24, 2020 [Saturday]	9:00 AM	School of Engineering
October 31, 2020 [Saturday]	9:00 AM	School of Allied Medical Sciences and School of Arts & Sciences

Respectfully yours,

MR. AMIELPAUL R. SUBINGSUBING, Rpm

Chair, Mental Health Program

MR. JESSIE P. TEJANA, RPsy

Chair, Student Development Session

Noted by:

MS. NELBHA Y. IGLESIA, RGC

Director, SDPC