



Republic of the Philippines
POLYTECHNIC UNIVERSITY OF THE PHILIPPINES
Quezon City Branch

IT'S OK NOT TO BE OK:

Dealing with
Uncertainty and
Anxiety in the
New Normal

01 March 2021
8 AM - 12 NN
via Zoom and FB Live

Resource Speaker:
Dr. Marie Grace A. Gomez

Associate Professor 2
College of Education, UP Diliman





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Republic of the Philippines
POLYTECHNIC UNIVERSITY OF THE PHILIPPINES
Quezon City Branch

“IT’S OKAY NOT TO BE OK”

**“Dealing with Uncertainty and Anxiety
in the New Normal”**

March 1, 2021



Republic of the Philippines
POLYTECHNIC UNIVERSITY OF THE PHILIPPINES
Quezon City Branch

CONCEPT PAPER



Republic of the Philippines
POLYTECHNIC UNIVERSITY OF THE PHILIPPINES
Quezon City Branch



Republic of the Philippines
POLYTECHNIC UNIVERSITY OF THE PHILIPPINES
QUEZON CITY BRANCH
FUTURE BUSINESS TEACHERS' ORGANIZATION
SUPREME STUDENT COUNCIL



March 1, 2021

PROF. EDGARDO S. DELMO

*Branch Director
PUP Quezon City Branch*

THRU:

PROF. DORIS B. GATAN

Head, Office of the Academic Affairs

PROF. ROSELLER M. MALABANAN

Administrative Officer and Property Custodian

PROF. DEMELYN E. MONZON

Head, Office of Student Affairs and Services

Dear Prof. Delmo:

We would like to inform you that the *Future Business Teacher Organization* in partnership with the *BBTE 4-I* will be conducting a **Mental Health Webinar** on **March 01, 2021** via Zoom Cloud Meeting with the theme **"IT'S OK NOT TO BE OK: Dealing with Uncertainty and Anxiety in the New Normal"**. The said event is also a partial academic requirement of the fourth-year student in their course Principles of Guidance and Counseling (EDUC2173) under **GC Melanie Bactasa**.

This aims to heighten awareness on mental health issues, reduce stigma associated with mental illness, promote help seeking behavior, and emotional well-being practices so as to prevent suicidal tendencies among the youths. This is expected to be participated in by **All PUPQC Students** on a first come – first served basis via zoom.

We are hoping for your utmost support and affirmative response regarding this matter.
Thank you in advance and May God bless you!

For the students we remain,


MS. JAYANN F. ROM

President, FBTO 2020 – 2021


MR. DANILO ROBERTO MERCADO JR.

President, SSC 2020 - 2021

Noted by:


DR. CAROLINE T. SUMANDE

Adviser, FBTO


PROF. MELANIE BACTASA, RGC, RPh

*Guidance Counselor
Webinar Consultant*

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9527817; 4289144; 9577817 Email: commonwealth@pup.edu.ph Website: www.pup.edu.ph

"THE COUNTRY'S 1ST POLYTECHNICU"



MENTAL HEALTH WEBINAR

I. RATIONALE

The Polytechnic University of the Philippines endeavors to produce and provide knowledge across disciplines that are relevant and responsive to the fast-changing conditions of national and multinational environment. The prime concern is to help the students on how to cope up in this new system of education how to handle stress and be motivated in their study. In this affair, the **Future Business Teachers' Organization (FBTO)** has prototyped this actual aim in its plans, functions, and other related matters as it serves as the powerhouse of highly competent students who will become tomorrow's great educators.

It is in this sense that the **FBTO** in partnership with **BBTE 4-1** plans to conduct a seminar for the student who is facing struggle/stress in their online class the **BBTE 4-1** students will conduct a seminar with the theme **"IT'S OK NOT TO BE OK: Dealing with Uncertainty and Anxiety in the new normal**. This seminar will help the students on how to handle stress and struggle in this new system of education. Thus, pursuing this kind of activity would likely to have a profound effect on the development of students' competencies and the realization of organization's mission and vision.

II. THEME:

IT'S OK NOT TO BE OK:

Dealing with Uncertainty and Anxiety in the New Normal

III. OBJECTIVES:

1. To heighten awareness and understanding of mental health and reduce stigma about mental illness
2. To help them how to cope with stress as well as to promote emotional well-being practices
3. To enjoy studying even in this situation, be motivated and prevent suicide through individual education and outreach events.

IV. SPONSORING GROUP AND PARTICIPANTS

Event Host: Future Business Teachers' Organization (FBTO)
Supreme Student Council

Participants: Open to ALL PUPQC Students

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"THE COUNTRY'S 1ST POLYTECHNICU"



V. VENUE AND DATE/TIME

Venue: Via Zoom Cloud Meeting
Date/Time: March 1, 2021
8:00am-12:00nn

MECHANICS OF IMPLEMENTATION:

1. Coordinate with the persons involved:
 - Director of PUP-QC Branch
 - Academic Head of PUP-QC
 - Administrative Officer and Property Custodian
 - Office of Student Affairs and Services
 - Student Organizations (Academic and Non-Academic and Classroom Officers)
2. Conduct an orientation to the student organizations of what they will do on the said event.
3. Send them a letter of invitation.
4. Creation of technical working committees:

Technical Host (Zoom technicalities)

Program Commss (internal papers, program flow, theme, title construction)

Registration

Communication (pubmat, invite, zoom questions)

Media coverage and Documentation

Games/Intermission

5. Preparation and Actualization

Guidelines

- I. Please download the Zoom app on your laptop/desktop or mobile. Go to www.zoom.us to download and install.
- II. Test your Internet connection prior to our Online Strat Plan. It is best to talk to your family, friends, and colleagues that you will be on Online Strat Plan so they can minimize their unnecessary online activities, if possible. This will also prompt them to respect your space as you do the online Strat Plan.
- III. We will be online as early as 7:45 am on Monday, February 15 to help you with any difficulties you may have with regard to using Zoom.
- IV. The session starts at 8:00 am with program proper. We expect to end at 01:00pm.

Please be informed of the following house rules on the webinar:

1. Set your name to "Full Name (Organization/Affiliation)"
2. Keep your camera on
3. Mute your speaker all the time (Turn it on when you ask a question during the open forum only)
4. Click the "Raise Hand" button when you have a question. Use the chatbox when you have questions or concerns

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"THE COUNTRY'S 1ST POLYTECHNICU"



Program Flow

MENTAL HEALTH WEBINAR

March 01, 2021

IT'S OK NOT TO BE OK:

Dealing with Uncertainty and Anxiety in the New Normal

March 01, 2021

Invocation

Doxology.....AVP
(8:00am-8:05am)

National Anthem/PUP Hymn.....AVP
(8:05am-8:10am)

Opening Remarks

Inspirational Message.....GC Melanie Bactasa
(08:10am-8:30am) *Branch Guidance Counselor*

Intermission Number/Games.....BBTE Students
(8:30-09:00am)

Webinar/LectureDr. Marie Grace A. Gomez, Assoc. Prof. 2
It's Ok not to be Ok *College of Education, UP Diliman*
(09:00-10:30am) *Resource Speaker*

Q and A, Awarding Intermission.....Emcee
(10:30-11:15am)

Intermission Number/Games.....BBTE Students
(11:15am-11:30am)

Closing Remarks, PUP Hymn.....BBTE Students
(11:30am-11:45am)

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"THE COUNTRY'S 1ST POLYTECHNICU"



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POLYTECHNIC UNIVERSITY OF THE PHILIPPINES
Quezon City Branch

PROGRAMME FLOW



PROGRAM FLOW

MENTAL HEALTH WEBINAR *

MARCH 01, 2021

IT'S OK NOT TO BE OK: DEALING WITH
UNCERTAINTY AND ANXIETY IN THE NEW
NORMAL

INVOCATION.....ELVIE KENLONG
(8:00AM-8:05AM)

NATIONAL ANTHEM.....AVP
(8:05AM-8:10AM)

OPENING REMARKS/INSPIRATIONAL MESSAGE.....
DR. CAROLINE T. SUMANDE *

(8:10AM-8:30AM) FBTO ADVISER/HEAD, ACCREDITATION

PUP & INTERMISSION NUMBER.....BBTE STUDENTS
(8:30-09:00AM)

WEBINAR/LECTUREDR. MARIE GRACE A. GOMEZ,
ASSOC. PROF. 2 IT'S OK NOT TO BE OK

COLLEGE OF EDUCATION, UP DILIMAN (09:00-10:30AM); RESOURCE
SPEAKER

& AND A, AWARDING INTERMISSION.....EMCEE
(10:30-11:15AM)

INTERMISSION NUMBER.....BBTE STUDENTS *

(11:15AM-11:30AM)

CLOSING REMARKS.....GC MELANIE BACTASA
(11:30AM-11:40AM) BRANCH GUIDANCE COUNSELOR/ADVISER

END

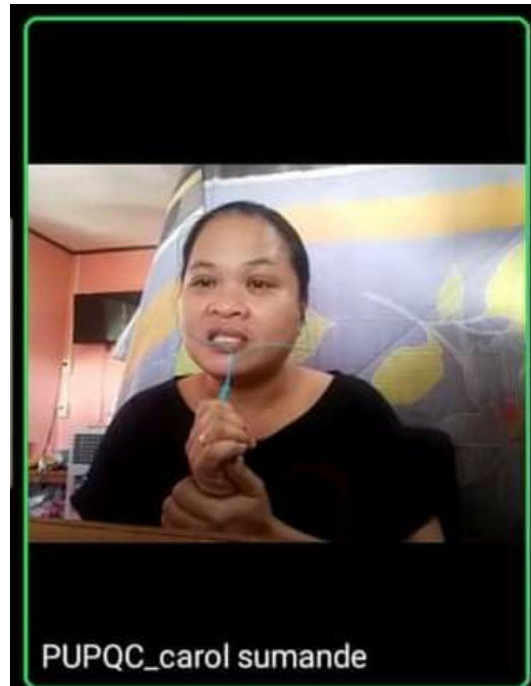


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Quezon City Branch

DOCUMENTATION



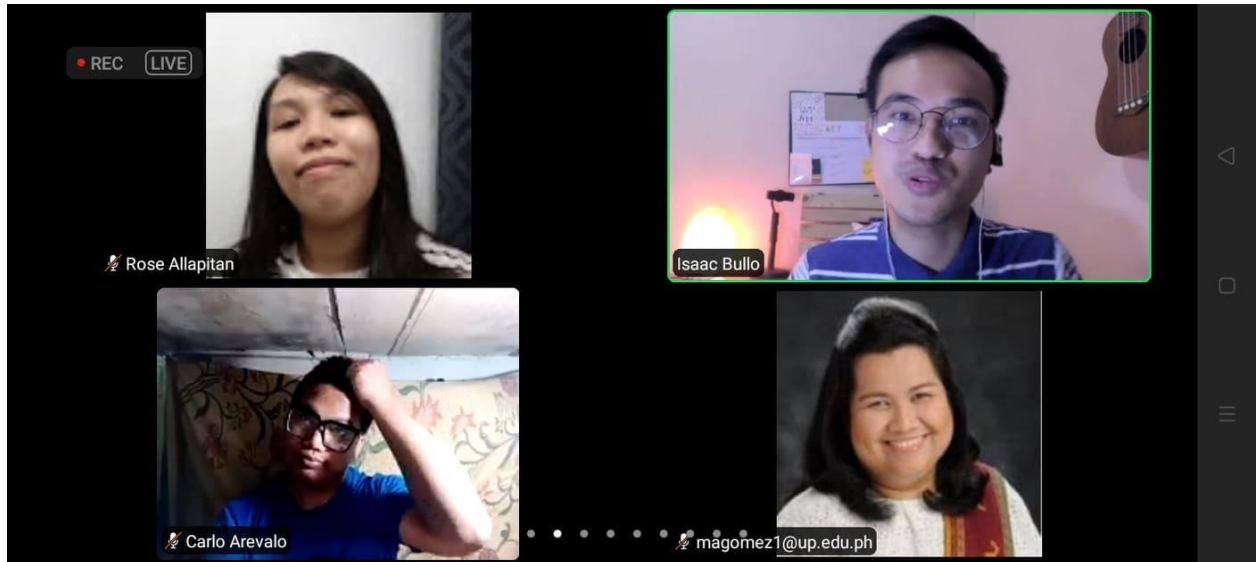
Opening Remarks by Dr. Caroline Sumande



Inspirational Message



Participants for Webinar





Different Protective Factors (therapist Aid CBT Worksheets)

- ❖ Social Support
- ❖ Coping Skills
- ❖ Physical Health
- ❖ Sense of Purpose
- ❖ Self-Esteem
- ❖ Healthy Thinking

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magpie1804181818

Identify and Strengthen Protective Factors

- ❖ Contribute to mental health
- ❖ Allow a person to be resilient in the face of challenges
- ❖ You can use these when things go out of control (genetics, disability, environment where you live)
- ❖ Can be a mechanism to choose the people in your life, cope and solve problems and how you still spend each day.

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magpie1804181818

Enhancing Coping Skills

- Awareness of own emotions and recognition on how they affect behavior
- Increasing ability to manage unhelpful emotions

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IT'S OK NOT TO BE OK:
Dealing with Uncertainty and Anxiety in the New Normal

Dr. Marie Grace A. Gomez
Psychologist, MSc. in Clinical Psychology

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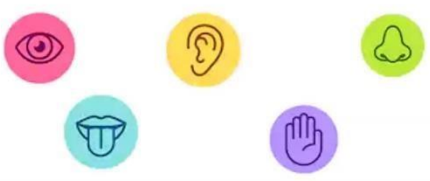
Isaac Bullo

Discussing and asking about the Topic.



When things get rough, remain calm by doing soothing activities


Self-Soothing activities involve the five senses



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magomed19@pup.edu.ph

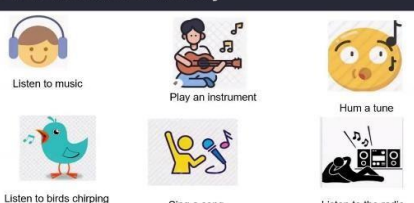
Breathing Exercises



4

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Soothe with the sense of hearing



Listen to music

Play an instrument

Hum a tune

Listen to birds chirping

Sing a song

Listen to the radio

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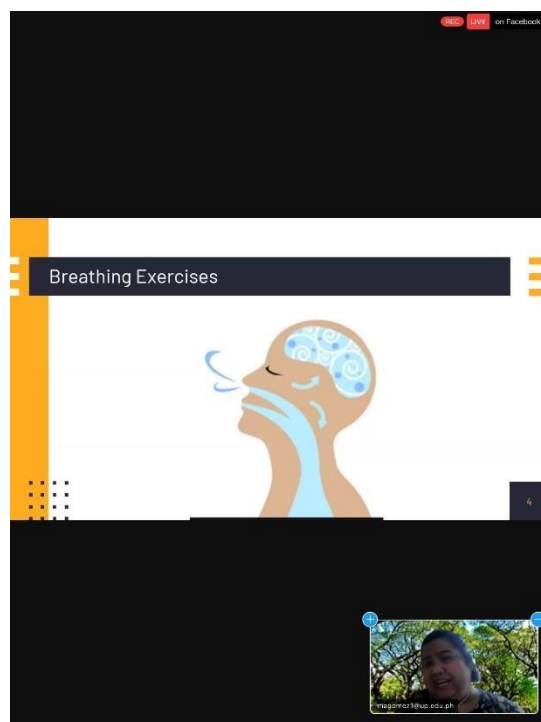
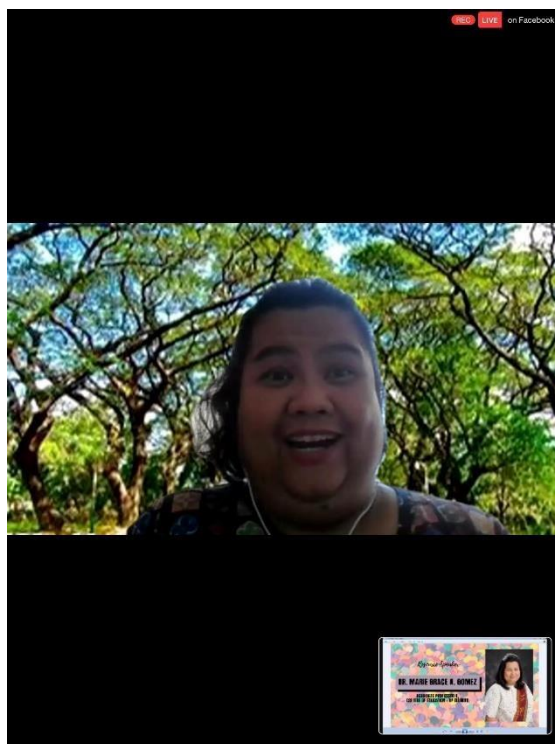
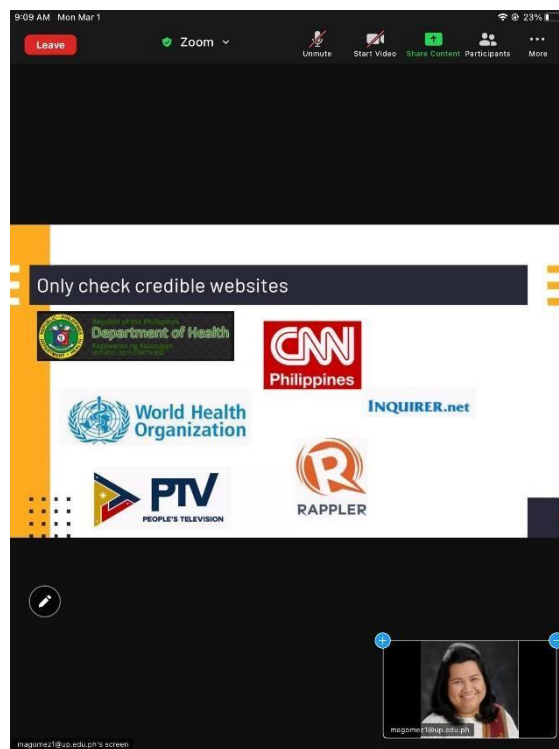
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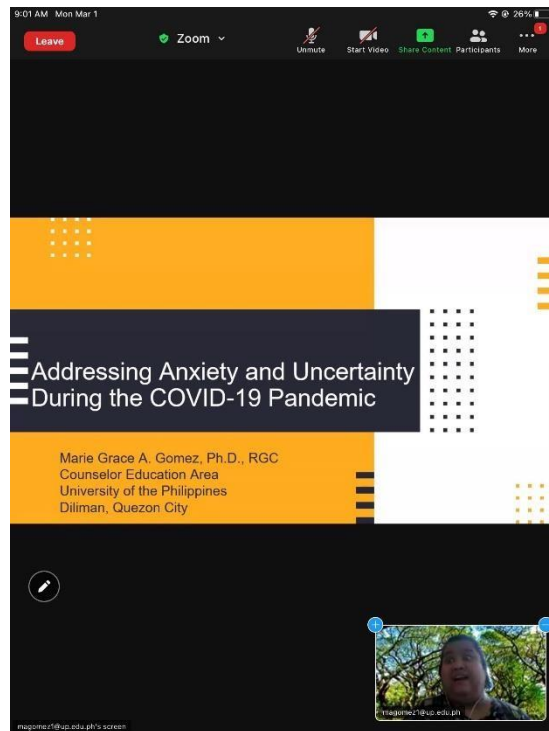
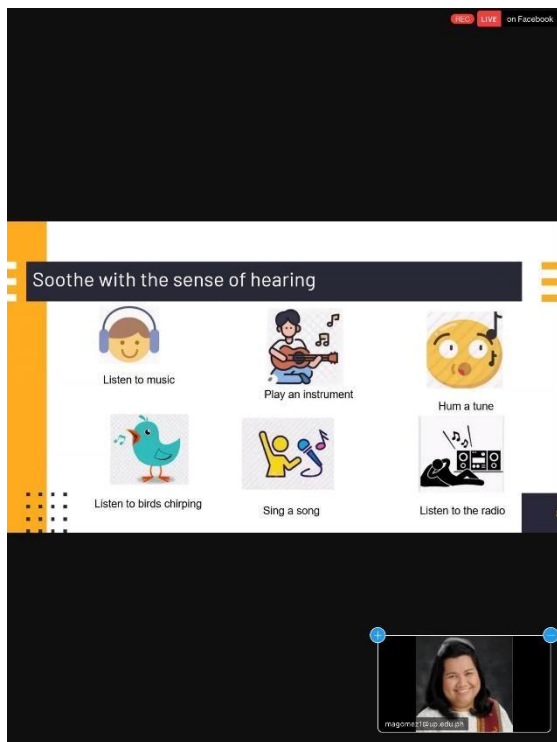
MESSANGER

Notification

19

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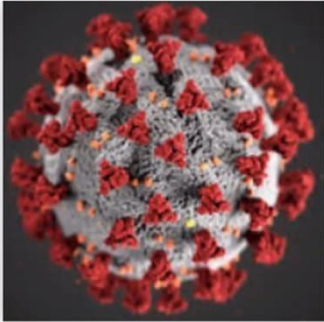







REC LIVE

The Coronavirus Pandemic




- Physical distancing
- Quarantined in your homes
- Stress of not being with peers physically


2



REC LIVE



magomez1@up.edu.ph





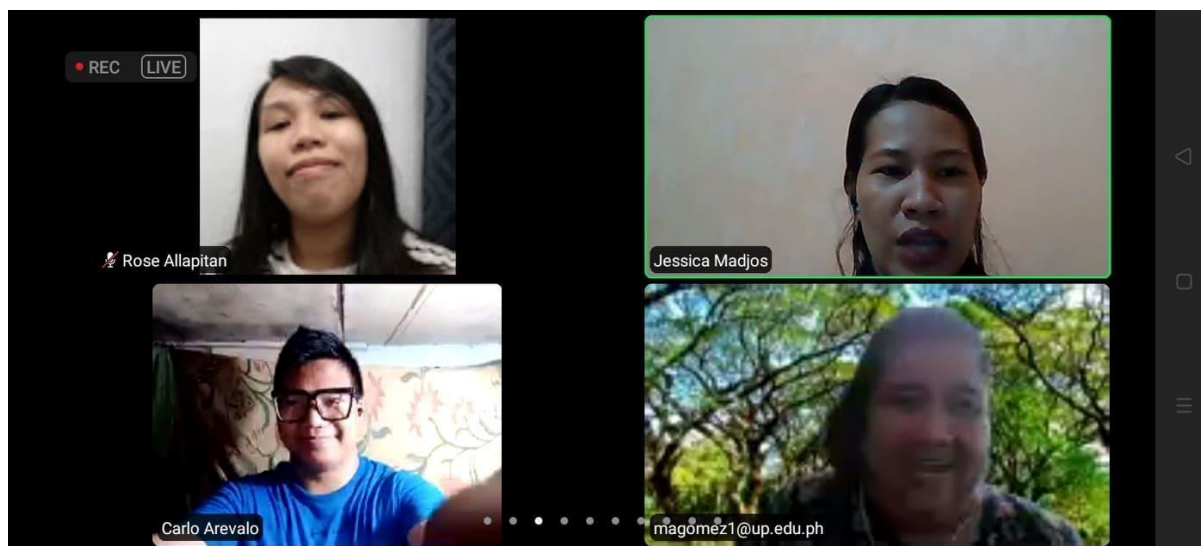
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Appendices

AWARDING OF CERTIFICATE

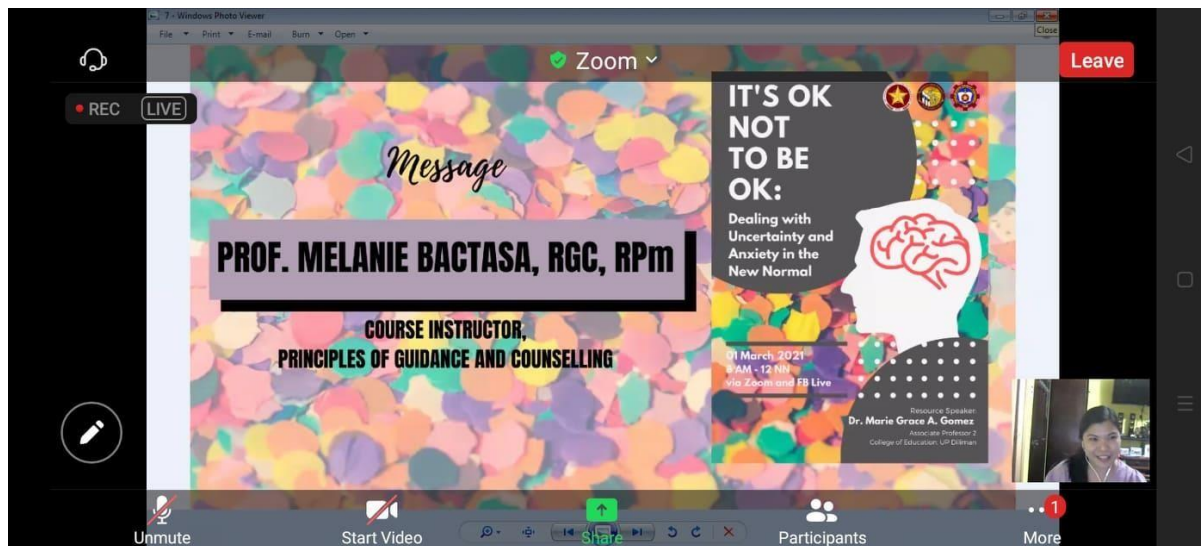


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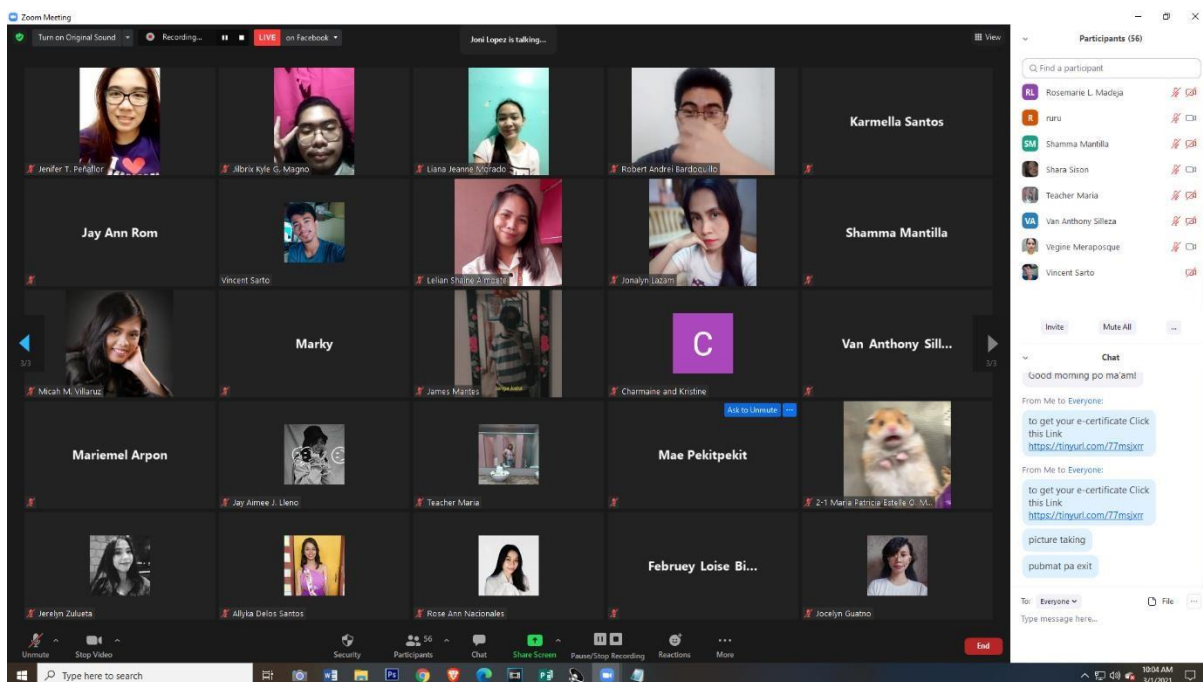
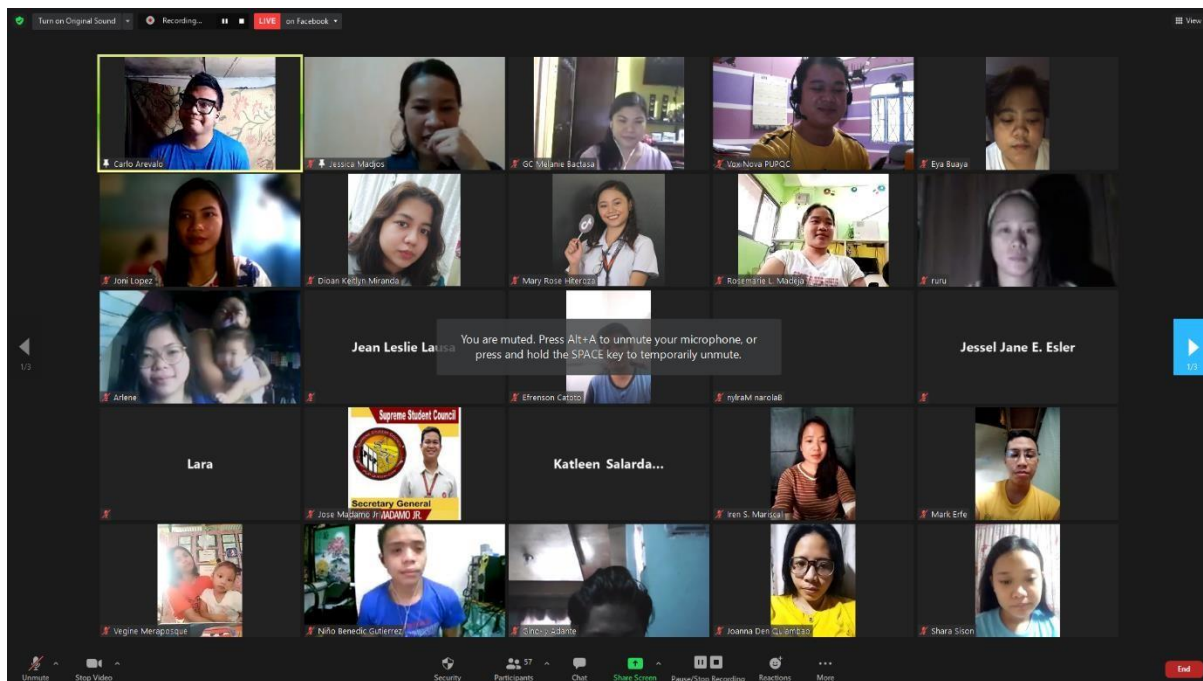


Closing Remarks by GC. Melanie Bactasa



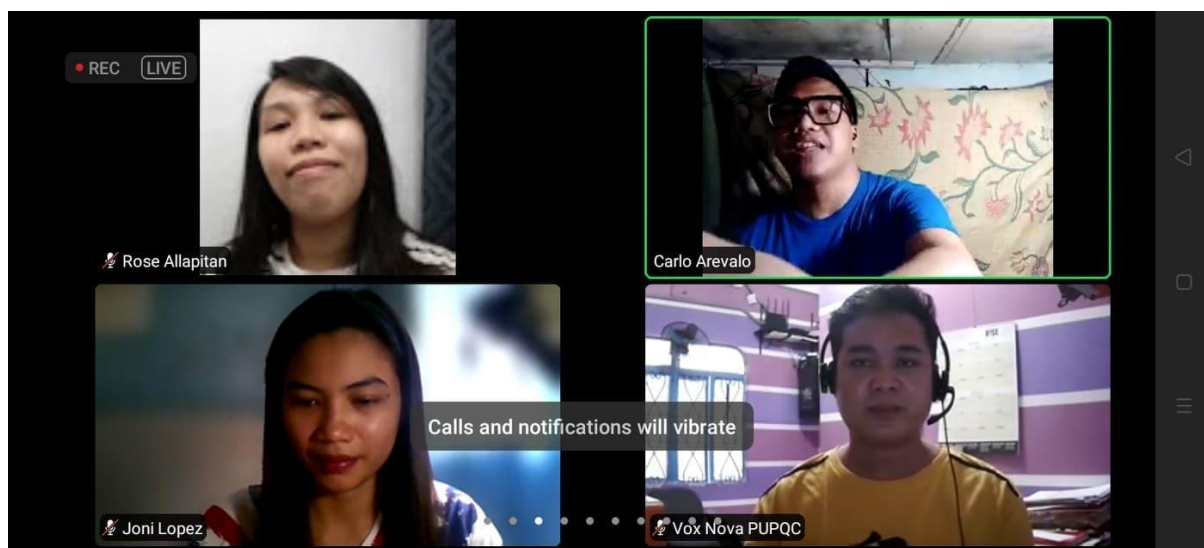
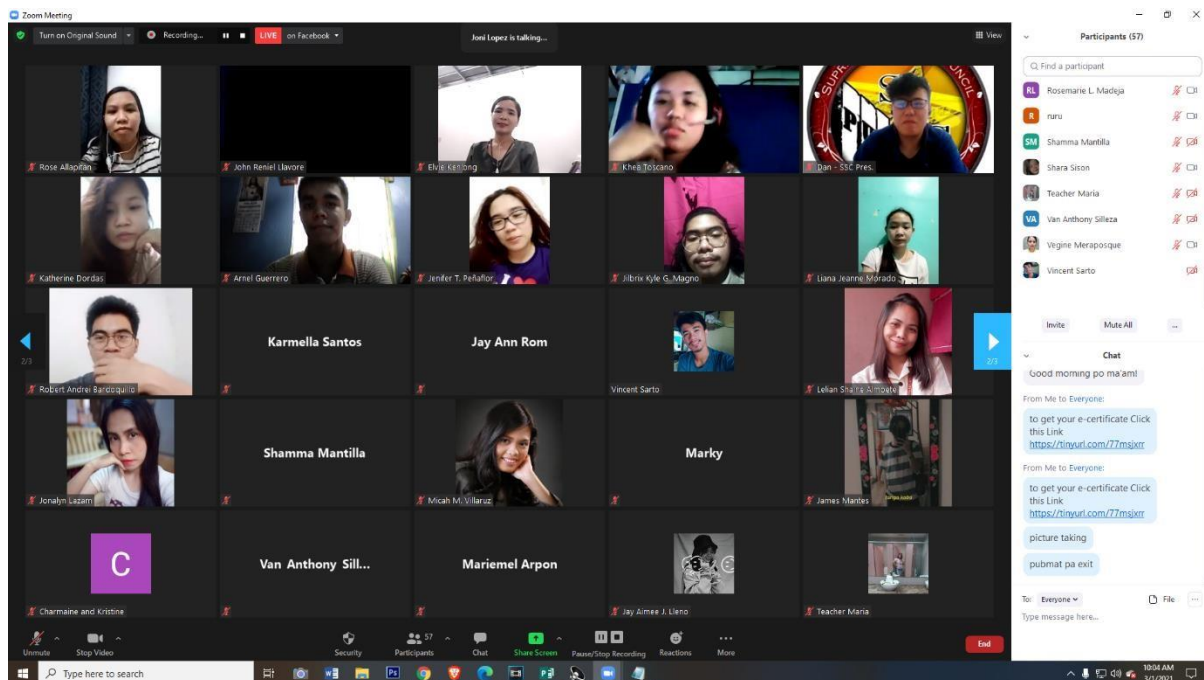


Picture Taking





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Evaluation

Resource Speaker: Dr. Marie Grace Gomez
Date/Time: March 1, 2021; 7:30am-12nn
Platform Used: Zoom Cloud Meeting
Participants: PUPQC Students
No. of Attendees: 75
Administrative Personnel: 0
Gender
Male: 20
Female: 55

Legend:

Excellent (E)	4.21-5.00
Very Good (VG)	3.41-4.20
Good (G)	2.61-3.40
Fair (F)	1.81-2.60
Poor (P)	1.00-1.80

ITEMS	5	4	3	2	1	Mean	Remarks
1. Clarity and profoundness of the Speakers presentation	57	16	2	0	0	3.61	G
2. The relevance/ importance of the topic.	68	6	1	0	0	4.83	VG
3. The technicality of the event.	31	31	12	1	0	3.17	G
4. Overall Rating	57	16	2	0	0	3.55	G
TOTAL RATING						3.79	G



Participant Evaluation Information

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Wylin Manangan Burkett	2020-00128	BBTLEDIC T 1-1	wylinburkett16@gmail.com