



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



MENTAL HEALTH WEBINAR

I. RATIONALE

The **SUPREME STUDENT COUNCIL** of Polytechnic University of the Philippines-Quezon City Branch is the highest student organization representing the general interests, rights, and welfare of the studentry.

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)**, the official organization of the program bachelor's in business Teacher Education 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.

The **SSC and the FBTO** will conduct a seminar with the theme "**IT'S OK NOT TO BE OK: Dealing with Uncertainly 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 Uncertainly 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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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)



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4. Click the “Raise Hand” button when you have a question. Use the chatbox when you have questions or concerns

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)