



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



POLYTECHNIC UNIVERSITY OF THE PHILIPPINES  
QUEZON CITY BRANCH DON FABIAN ST.  
COMMONWEALTH QUEZON CITY PHILIPPINES

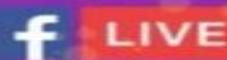
You Matter:  
Nurturing Minds and Hearts



**MELANIE F. BACTASA, RGC, RPm**  
PUPQC Guidance Counselor

Speaker

1pm-4pm | March 05 2021



PUP Quezon City Branch, Don Fabian St., Commonwealth Quezon City Phone: (Direct Lines) 9527817; 4289144; 9577817 Email: [commonwealth@pup.edu.ph](mailto:commonwealth@pup.edu.ph) / Website: [www.pup.edu.ph](http://www.pup.edu.ph)

The Country's 1st PolytechnicU

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**“YOU MATTER:”**

**Nurturing Minds and Hearts**

**March 5, 2021**



# 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 7, 2021

PROF. EDGARDO S. DELMO  
*[Signature]*  
Branch Director  
PUP Quezon City Branch

THRU: PROF. DORIS B. GATAN  
*[Signature]*  
Head, Office of the Academic Affairs

PROF. ROSELLER M. MALABANAN  
*[Signature]*  
Administrative Officer and Property Custodian

PROF. DEMELYN E. MONZON  
*[Signature]*  
Head, Office of Student Affairs and Services

Dear Prof. Delmo:

We would like to inform you that the **BBTE-HE 2-1** in collaboration with the **Future Business Teacher Organization and Office and Guidance and Counselling Services** will be conducting a webinar on **March 05, 2021** via Zoom Cloud Meeting and Facebook Live with the theme **"YOU MATTER: Nurturing Minds and Hearts**. The said event is also a partial academic requirement of the second-year student in their course Facilitating Learner-Centered Teaching: The Learner-Center Approaches with Emphasis on Trainers Methology 1 under Prof Caroline T. Sumande.

This aims to raise awareness about the mental health continuum, reduce stigma associated with mental illness, promote help seeking behaviors and emotional well-being practices, prevent suicide through individual education and outreach events, make social and emotional connection with each other, and to show support and encouragement in this time of pandemic. This is expected to be participated in by PUPQC Professors and All BBTE Students on a first come – first served basis via zoom and through Facebook Live.

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,

*Jay Ann F. Rom*  
MS. JAY ANN F. ROM  
President, FBTO 2020 – 2021

*Danilo Roberto Mercado Jr*  
MR. DANILO ROBERTO MERCADO JR  
President, SSC 2020 – 2021

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SUPREME STUDENT COUNCIL



*Note by Mand*

DR. CAROLINE T. SUMANDE  
*Adviser, FBTO/Webinar Consultant*

PROF. MELANIE BACTASA, RGC, RPm  
*Guidance Counselor*



### MENTAL HEALTH WEBINAR

#### I. BACKGROUND/SITUATION ANALYSIS

In response to the challenges that COVID-19 pandemic has presented to students and educators, the BBTE-HE 2-1 in collaboration with Future Business Teacher Organization and Office and Guidance and Counselling Services will conduct a webinar that aims to raise awareness about the mental situation of the professors and students during online class. Also, the webinar will highlight on acknowledging the importance of nurturing minds and hearts in able to cope up with various facets of study life in New Normal.

#### II. THEME:

**YOU MATTER:**  
*Nurturing Minds and Hearts*

#### III. OBJECTIVES:

This seminar is intended to:

- Raise awareness about the mental health continuum.
- Reduce stigma associated with mental illness.
- Promote help seeking behaviors and emotional well-being practices.
- Prevent suicide through individual education and outreach events.
- Make social and emotional connection with each other where you can show you care.
- Explicate that 'You Matter' - it's always a good time to show your support and encouragement.

#### IV. SPONSORING GROUP AND PARTICIPANTS

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Event Host: BBTE-HE 2-1

Target Audience: PUPQC Professors and All BBTE Students

#### V. VENUE AND DATE/TIME

Venue: Via Zoom Cloud Meeting and Facebook Live  
Date/Time: March 05, 2021  
1:00-4:00PM

#### 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 (program flow, theme, title construction, internal papers)

Registration

Communication (poster, invite, zoom questions)

Media coverage and Documentation

Intermission

5. Preparation and Actualization

#### Guidelines

- I. Please download the Zoom app on your laptop/desktop or mobile. Go to [www.zoom.us](http://www.zoom.us) to download and install.
- II. Test your Internet connection..
- III. We will be online as early as 12:45 PM on Friday, March 05 to help you with any difficulties you may have with regard to using Zoom.

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IV. The session starts at 1:00 PM with program proper. We expect to end at 4:00 PM.  
Please be informed of the following house rules on the webinar:

1. Set your name to "Full Name"
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 concerns or questions.

#### PROGRAM

**"YOU MATTER": Nurturing Minds and Hearts**  
March 5, 2021, 1:00-4:00 PM

I. Doxology	Lloyd S. Lagare <i>BBTE-HE 2-1, Vice President</i>
II. NATIONAL ANTHEM	Dr. Caroline Sumande <i>Course Facilitator</i>
III. OPENING REMARKS	Renzyl A. Dionesio Nicole R. Dela Rosa Giselle Maeve M. Bathan Nicole S. Garcia <i>Master of Ceremony</i>
IV. Intermission Number	Melanie F. Bactasa, RGC, RPm <i>Resource Speaker</i>
V. INTRODUCTION OF RESOURCE SPEAKER	
VI. WEBINAR PROPER	
VII. OPEN FORUM	
VIII. INTERMISSION NUMBER	BBTE-HE 2-1
IX. CLOSING REMARKS	Lynette N. Gonzaga <i>BBTE-HE 2-1, President</i>
X. PUP HYMN	

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# PROGRAMME FLOW



"YOU MATTER": Nurturing Minds and Hearts

March 5, 2021, 1:00-4:00 PM

Opening Prayer	Lloyd S. Lagare (1:00-1:05PM) <i>BBTE-HE 2-1, Vice President</i>
National Anthem	(1:05-1:10PM)
Opening Remarks	Dr. Caroline T. Sumande (1:10-1:30PM) <i>Webinar Consultant/FBTO Adviser</i>
Intermission Number	Renzyl. A Dionesio & Nicole R. Dela Rosa (1:30-1:40PM)
Introduction of Speaker	Giselle Maeve M. Bathan & Nicole S. Garcia (1:40-1:45PM) <i>Master of Ceremony</i>
Webinar Proper	Melanie F. Bactasa, RGC, RPm (1:45-3:00PM) <i>Resource Speaker</i>
Open Forum	(3:00-3:25PM)
Intermission Number	BBTE-HE 2-1 (3:25-3:35PM)
Awarding of Certificate	(3:35-3:45PM)
Closing Remarks	Lynette N. Gonzaga (3:45-3:55PM) <i>BBTE-HE 2-1, President</i>
PUP Hymn	(3:55-4:00PM)



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# DOCUMENTATION



Opening Prayer by Lloyd S. Lagare

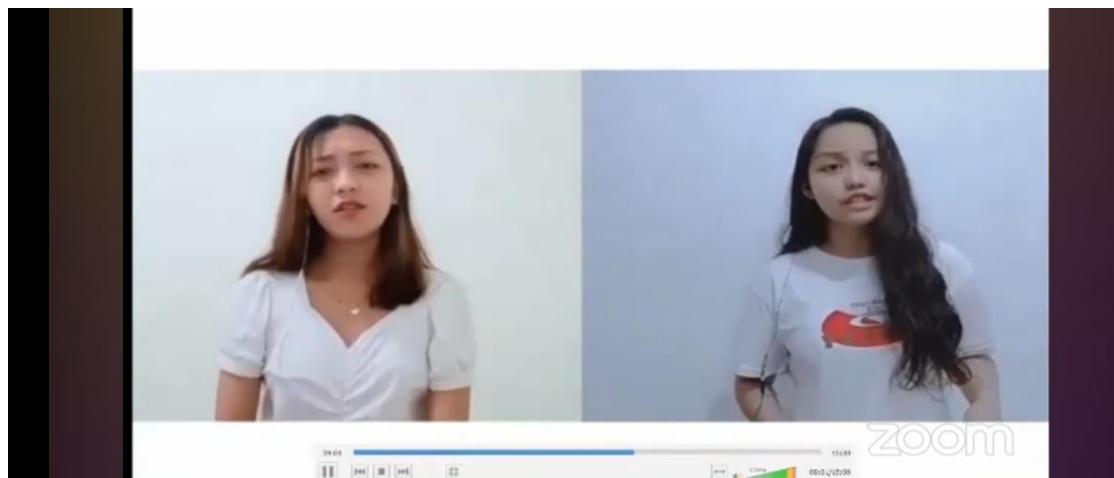


Opening Remarks by Dr. Caroline T. Sumande





Intermission Number by Renzyl A. Dionesio and Nicole R. Dela Rosa



Introduction of Speaker





Webinar Proper

**Value & Nourish yourself**

✓ Reconnect with your inner self  
✓ Spend quality time with yourself  
"Make a date with yourself"

**Nourish yourself**  
Relaxation or Recreation???

To relax means to calm the mind, the body, or both.

Recreation is an activity of leisure, you do for pleasure

Participants: 87

Chat Share Screen Record Reactions

Leave

LIVE on Facebook

**Surround yourself with good people**

Prune and preserve relationships  
✓ Limit interactions with your support group (significant others, friends and colleagues)  
✓ Protect relationships with the people you've come to trust  
✓ Trim down unhealthy connections

"Having thousands of friends in the social media won't guarantee that they care or after your welfare".

Connect with uplifting significant people

Participants: 81

Chat Share Screen Record Reactions

Leave

LIVE on Facebook



Get help when you need it!

Kamusta ka...? Tsig usap tayo

you matter ♥

PUPQC Guidance and Counseling Page

1. How do I avail tele-counselling services?  
2. How do I refer student, friend or classmate for tele-counselling or other guidance related services?

Proceed to the PUPQC FB Page and message the Administrator to schedule for a counselling session: <https://fb.com/book/pupqc.gco2020/> or thru email: [gcmhel.pupqc@gmail.com](mailto:gcmhel.pupqc@gmail.com)

Participants: 81 Chat Share Screen Record Reactions

Unmute Start Video Participants Chat Share Screen Record Reactions

Leave 3:11 PM 3/5/2021

"Change can be tough, but I've never heard anybody say it wasn't worth it."

- Carol Dweck, Mindset

The Mindset CONTINUUM

Going beyond "Fixed V's Growth" to a deeper understanding of Mindsets

Participants: 85 Chat Share Screen Record Reactions

Unmute Start Video Participants Chat Share Screen Record Reactions

Leave 2:33 PM 3/5/2021



The screenshot shows a Zoom meeting interface. At the top left, it says "Zoom Meeting" and "LIVE on Facebook". On the right, there's a video thumbnail of a woman named "GC Melanie Bactasa". In the center, there's a slide with the title "Why Mindset?" and a cartoon illustration of several colorful figures climbing a ladder. The ladder has steps labeled: "Yes, I can do it.", "I WILL DO IT", "I CAN DO IT", "I'LL TRY TO DO IT", "HOW DO I DO IT?", "I WANT TO DO IT", "I CAN'T DO IT", and "I WON'T DO IT". Below the ladder, it asks "WHICH STEP HAVE YOU REACHED TODAY?". To the right of the illustration, there's a large text block that reads "Mindsets influence results!" and a logo for "MINDSET MATTERS" with the tagline "Reimagine what's possible!". The bottom of the screen shows a Windows taskbar with various icons.

The screenshot shows a Zoom meeting interface. At the top left, it says "Zoom Meeting" and "LIVE on Facebook". In the center, there's a slide with the title "Critical Issues on Mental Health due to COVID-19 Pandemic". To the right of the title is a graphic of a human head filled with gears and network connections. On the right side of the screen, there's a participant list with five names: "Naty Pablo", "Rheal Mae Ba...", "Franz", "Mylene alto", and "Sofia Leslie S...". The bottom of the screen shows a Windows taskbar with various icons.



Zoom Meeting You are viewing GC Melanie Bactasa's screen View Options

LIVE on Facebook GC Melanie Bactasa is talking...

Common depressive and anxiety symptoms reported by students  
(PUPQC Case Note Summary Report, Dec. 2020)

Difficulty breathing  
Muscle tension  
  
Loss of interest (demotivated)  
Sadness  
Being easily fatigued  
Being irritable  
Loss of appetite  
  
Feeling restless  
Having difficulty concentrating  
Difficulty controlling feelings of worry  
Having sleep problems

Depression

Anxiety

Frustration  
Sadness  
worthlessness  
Irritability  
Loss of interest in normal activities  
Thoughts of suicide or death  
Tiredness  
Disturbance in sleep or appetite

Trembling  
Increased breathing rate  
Restlessness  
Feeling nervous or powerless  
Excessive worrying  
Trouble thinking, concentrating, or making decisions  
Unexplained physical complaints, such as headaches or stomach aches  
Agitation  
High Heart rate  
Sweating

Participants 85 Chat (Alt+H) Share Screen Record Reactions

Unmute Start Video 2:09 PM 3/5/2021 Leave

Liezl Joy Aribbay  
Nicole Garcia  
Geminiyah Ju...  
Giselle Maeve M...  
Marionni Lad...

Zoom Meeting You are viewing GC Melanie Bactasa's screen View Options

LIVE on Facebook

A daily D.O.S.E. of Happiness

dopamine  
THE REWARD CHEMICAL

Low/Deficiency Level	HOW to BOOST???	Increased Level Impact
reduced alertness	Eat protein-rich foods beef, eggs, dairy, legumes	alertness
difficulty concentrating	Consume probiotics healthy bacteria produce dopamine	focus
less motivation and enthusiasm	Exercise regularly & meditation	motivation
poor coordination	Get enough sleep	happiness
movement difficulties	Listen to music (inspirational songs)	

Participants 88 Chat Share Screen Record Reactions

Unmute Start Video 2:21 PM 3/5/2021 Leave

GC Melanie Bactasa



Zoom Meeting You are viewing GC Melanie Bactasa's screen View Options

LIVE on Facebook

## A daily D.O.S.E. of Happiness

**endorphin**  
THE PAIN KILLER

Low/Deficiency Level	HOW to BOOST???	Increased Level Impact
anxiety	laughter	pleasure
mood swings	massage	boost self-esteem
depression	exercise	
pains, aches	aromatherapy	
	dark chocolate, spicy foods	

Unmute Start Video Participants Chat Share Screen Record Reactions Leave

2:30 PM 3/5/2021

GC Melanie Bactasa

Open Forum

Zoom Meeting

LIEL Joy Aribbay, Nicole Garcia, Geminah Jum..., Giselle Maeve ... Maritoni Lad..., Mary Glenn Ort... Giselle Maeve M. Bathan

LIVE on Facebook

Participants Chat Share Screen Record Reactions

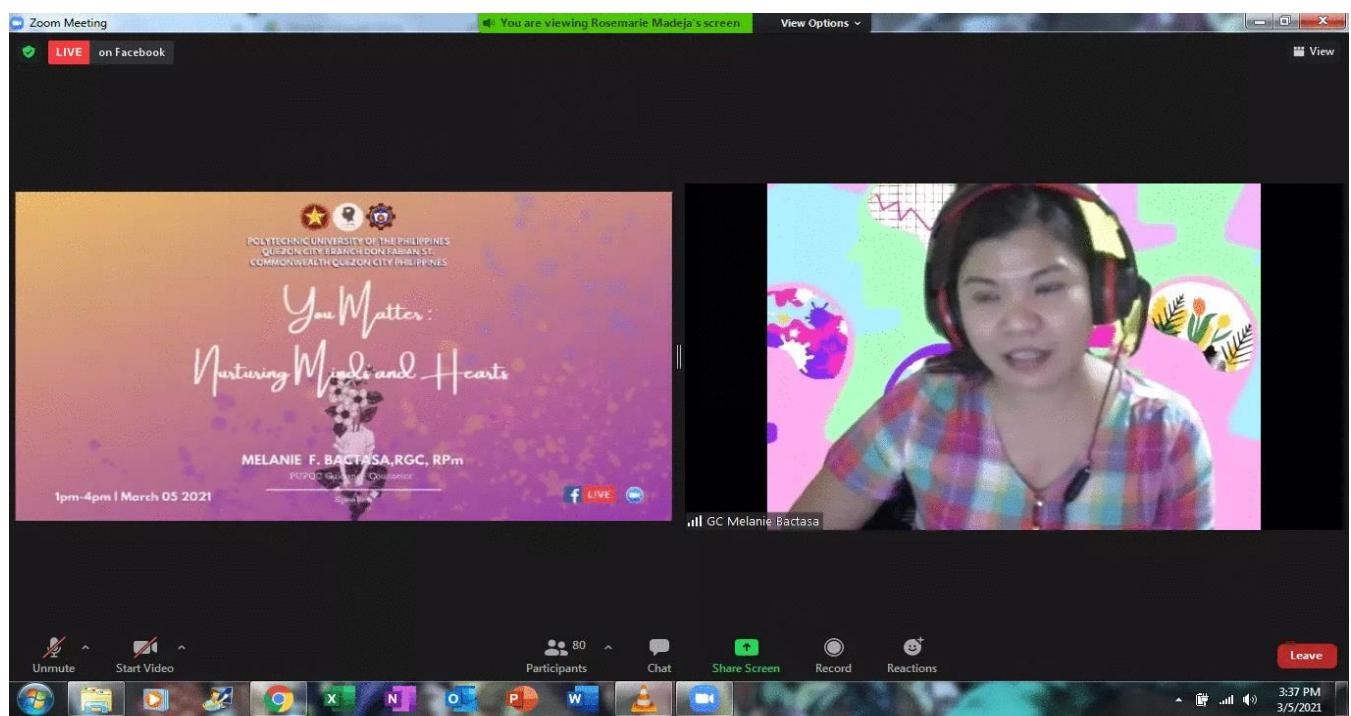
Unmute Start Video Participants Chat Share Screen Record Reactions Leave

3:25 PM 3/5/2021

Giselle Maeve M. Bathan



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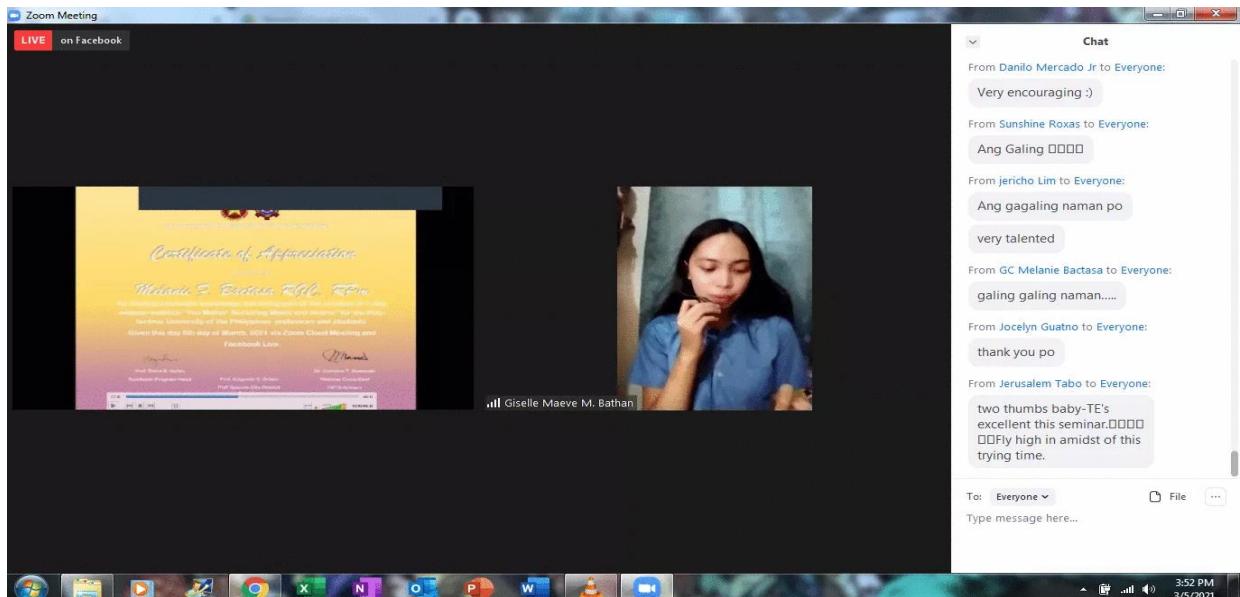


Intermission Number by BBTE-HE 2-1



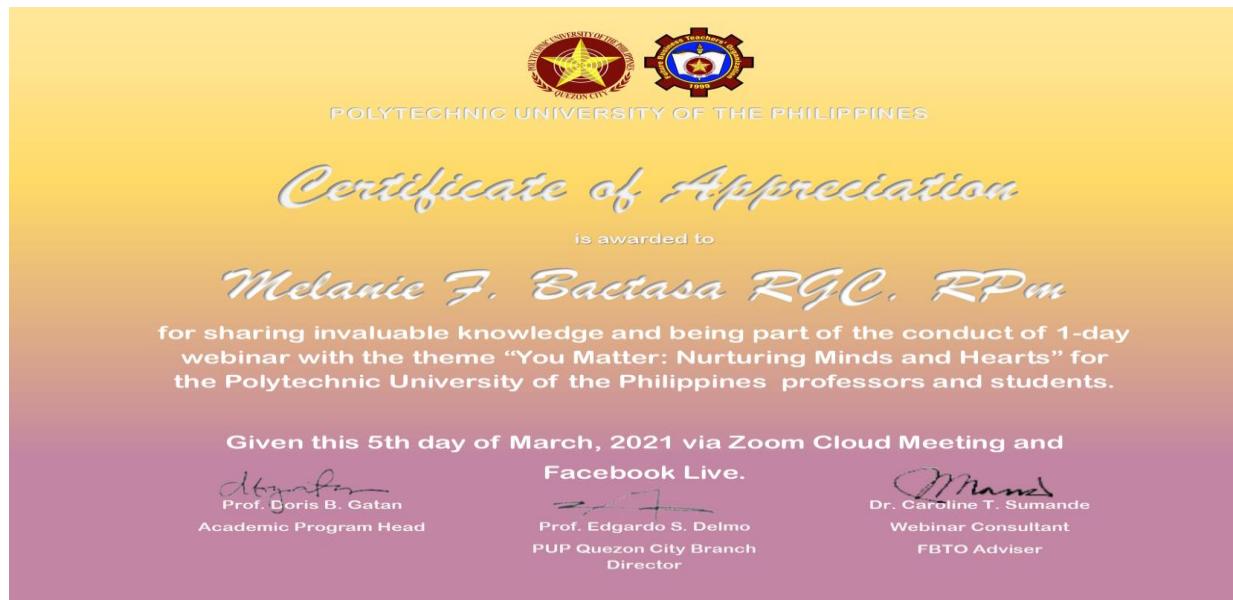


## Awarding of Certificate



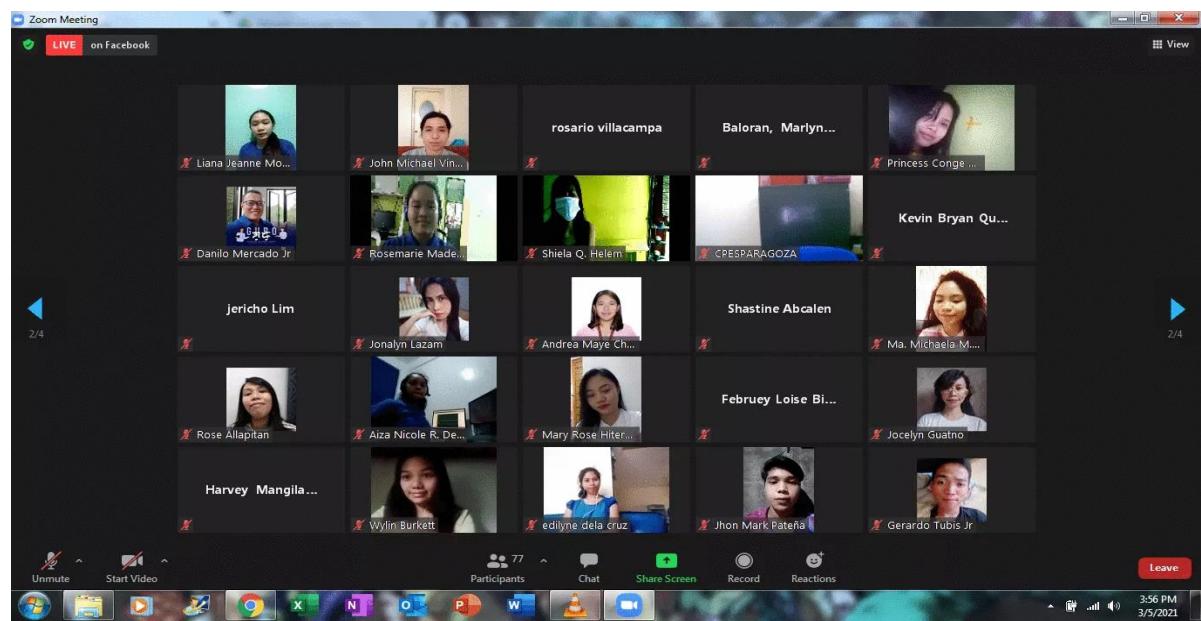
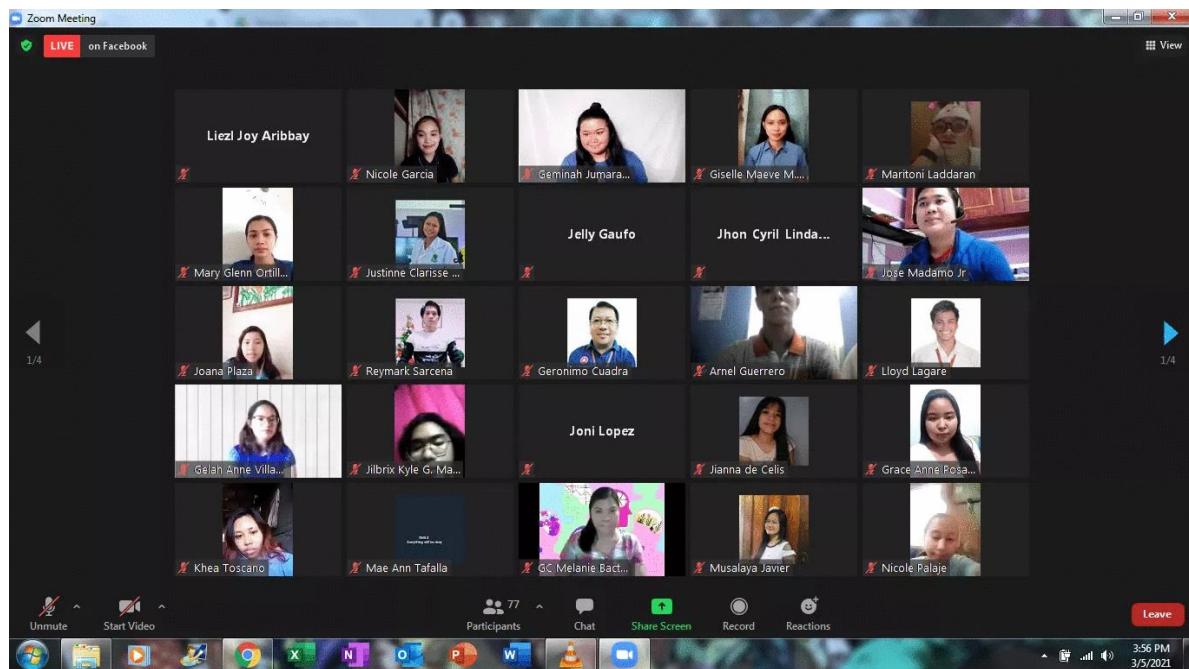


Closing Remarks by Lynette N. Gonzaga



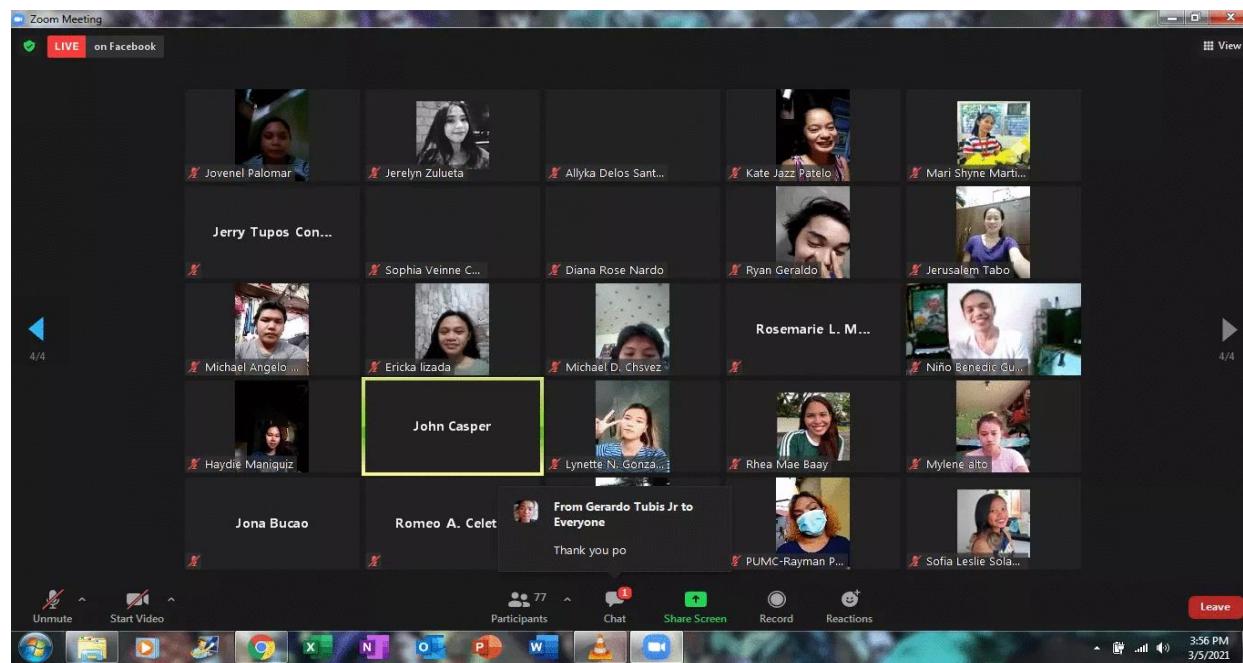
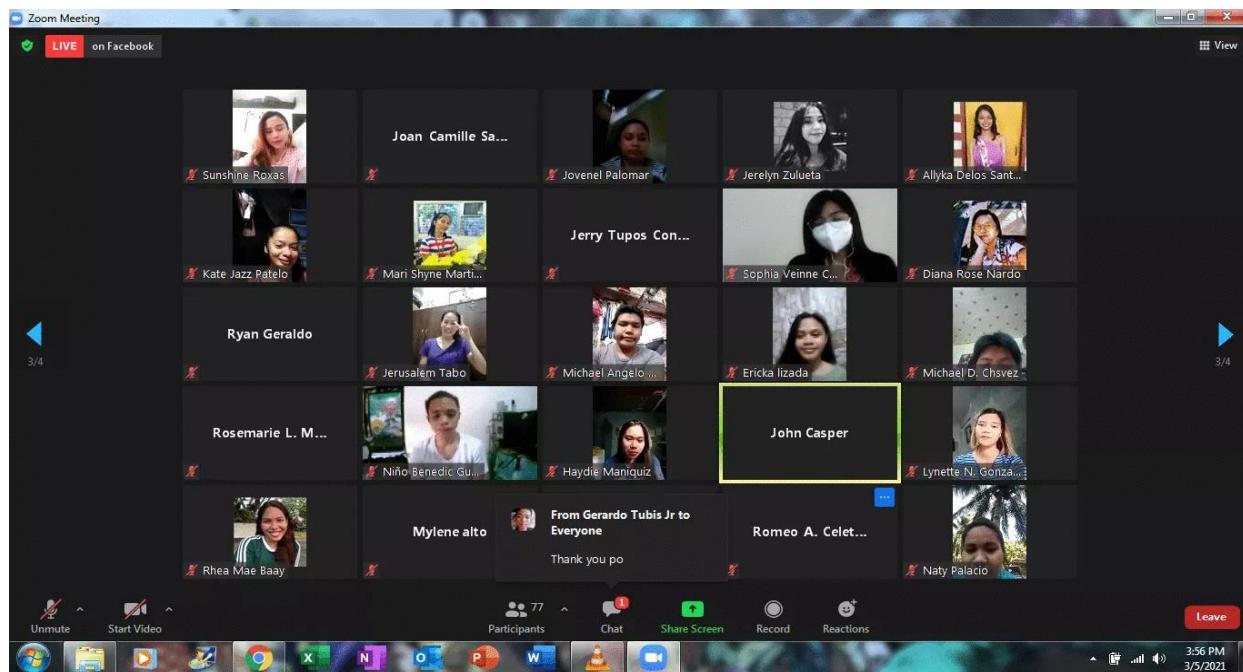


Picture Taking





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### Evaluation

Resource Speaker: Melanie F. Bactasa, RGC, RPm

Date/Time: March 5, 2021, 1:00-4:00PM

Platform Used: Zoom Cloud Meeting and Facebook Live

Participants: PUPQC Students

Admin

Faculty

Guests

Student from other school

No. of Attendees: 100

PUPQC Students: 82

Admin: 1

Faculty: 1

Guests: 15

Student from other school: 1

*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



Presentation	77	22	3	0	0	4.82	E
Technicality	44	45	12	0	1	4.37	E
MC spoke clearly/effectively	77	22	1	0	0	4.76	E
Time for the event use effectively	65	28	8	1	0	4.63	E
Overall Rating	76	21	4	0	0	4.76	E
<b>TOTAL RATING</b>						<b>4.67</b>	<b>E</b>



PARTICIPANTS EVALUATION INFORMATION

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