



Saint Louis University

# Local Collaborations, Programs and Information campaigns in the promotion of community wellness and good health



**3** GOOD HEALTH  
AND WELL-BEING





Saint Louis University

# Number of Students graduating in health professions



**3** GOOD HEALTH  
AND WELL-BEING



# Number of students graduating in Health Professions

In the Academic Year 2022-2023, Saint Louis University produced a total of 4000 graduates. Out of this, 1,435 came from the undergraduate health programs (i.e., BS Nursing, BS Medical Laboratory Science, BS Pharmacy, BS Radiologic Technology, and BS Psychology), 157 from the Doctor of Medicine Program, and 42 from the various graduate degree programs related to health (i.e., MPH, MSPH, MSN, MSMT, MS Pharm, MS Psych, and PhD Nursing) for a total of 1634 graduating students in the health professions or 40.85% of the total graduates for AY 2022-2023.



**4,000**  
Total Graduates  
for AY 2022-2023

**1634**

Graduates in different Health Professions for AY 2022-2023

or

**40.85%**

of the total graduates





Saint Louis University

# Partnering with government and non-government institutions in support of the local community



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AND WELL-BEING

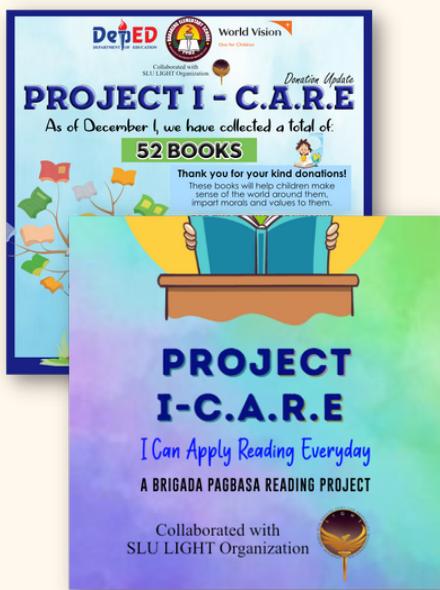


Saint Louis University

# Collaboration and Health Services

Saint Louis University collaborates with governmental and non-governmental groups to launch programs and activities that will benefit the city's and the region's general populace in the pursuit of a clean, safe, and healthy community within the Region of the Cordilleras.

Saint Louis University is committed to assisting society and serving as a source of hope for the local community. This commitment is driven by their core value of social involvement.



# Saint Louis University COVID-19 Vaccination Drive in Partnership with BHERTS and HSO

Published in: **Baguio City Health Services Facebook Page**  
at URL: [https://bit.ly/SLU\\_BCHSVaccine](https://bit.ly/SLU_BCHSVaccine)



In response to the COVID-19 Global pandemic, Saint Louis University has partnered with Baguio Health Services for the collective administration and distribution of COVID-19 vaccines.



Utilizing the SLU Bishop Carlito Cenzon Sports Center. Saint Louis University and the local government successfully manage to vaccinate the General Population of the City.



Being one of the first respondents during the Pandemic, Saint Louis University had a significant contribution to the welfare of the community,

# Medical Outreach Missions Foundation Inc. x Philippine Red Cross Training

Published in: **Medical Outreach Missions Foundation Inc. Official Facebook Page** at URL:

<https://www.facebook.com/SLUVMPMOMFI/videos/1049386892681105>

In cooperation with the Philippine Red Cross, the SLU-SOM Medical Outreach Missions held a 4-day basic life support and standard first aid training (BLS-SFAT) on May 23–26, 2022 at the fifth floor of the Baguio Center Mall.

The four-day course not only gave the medical students the fundamental know-how they needed to perform CPR with an AED, bandage wounds, and perform other first aid procedures in emergency situations, but it also inspired them to keep their passion for using their medical knowledge to keep others alive. It was a very transformative event.



# Rotaract-School of Medicine and SLU NSTP students in Collaboration with Philippine National Red Cross in Month-Long Blood Donation Drive

Published in: **Rotaract School of Medicine SLU Official Facebook Page**

at URL: <https://www.facebook.com/photo/?fbid=6409281462427790&set=pcb.6409282602427676>

In cooperation with the Philippine Red Cross, the Rotaract Club of the School of Medicine and the NSTP department of Saint Louis University conducted a month-long blood donation drive. The blood collected from different donors will be used by patients in the different hospitals in Baguio City.

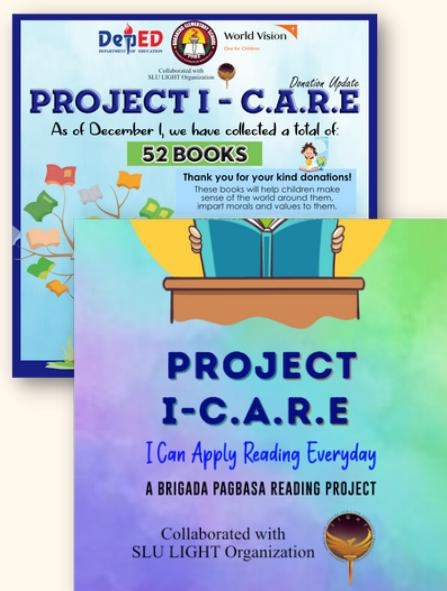
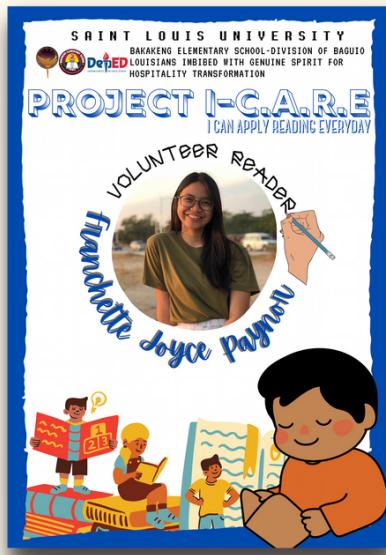


# Lights's Project I-CARE and Relief Operations

Published in: **SLU Supreme Student Council, SLU LIGHT**

at URLs:

<https://www.facebook.com/slu.light.org/photos/pb.100064033932003.-2207520000..5291866144173108/?type=3>



The Louisians Imbibed with Genuine Spirit for Hospitality Transformation of the School of Accountancy, Management, Computing and Information Studies spearheaded the Brigada Pagbasa: Project I-C.A.R.E. (I Can Apply Reading Every day). LIGHT ACTIVITY: Brigada Pagbasa: Project I-C.A.R.E. (I Can Apply Reading Every day). The project began in November 15, 2021 and aimed to increase reading competencies of target beneficiaries of Bakakeng Elementary School. PROJECT I-C.A.R.E. (I Can Apply Reading Everyday) anchored to the BRIGADA PAGBASA which is a nationwide movement reading program to increase the reading abilities of Filipino learners. Due to the pandemic resulting to the lack of face-to-face classes, the number of learners identified to be frustration readers has increased. Project I-C.A.R.E. aimed to help the struggling readers enrich their reading abilities through reading programs and interventions. Chosen Volunteer Works of LIGHT spent time to read stories to learners in the community online and/or face to face while others chose to be Volunteer Book Donors who provided reading materials especially story books to learners.

# Light Up Blue: Mental Health Solidarity in Cooperation with PMHA CCI

Published in: **SLU Guidance Center Facebook Page**

at URLs:

[https://www.facebook.com/sluguidecenter/photos/pb.100064191092003  
.-2207520000./4728474923838859/?type=3](https://www.facebook.com/sluguidecenter/photos/pb.100064191092003.-2207520000./4728474923838859/?type=3)



Saint Louis University's advocacy in promoting mental health and wellness to all is seen in its participation in the "**Light Up Blue for Mental Health**" project of the Philippine Mental Health Association Cordillera Chapter. Employees and Students of the university were encouraged and invited to wear blue clothing as a testament of solidarity in promoting mental health inside and outside the Louisiana community.



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# Reaching out a helping hand, patronizing health and wellness



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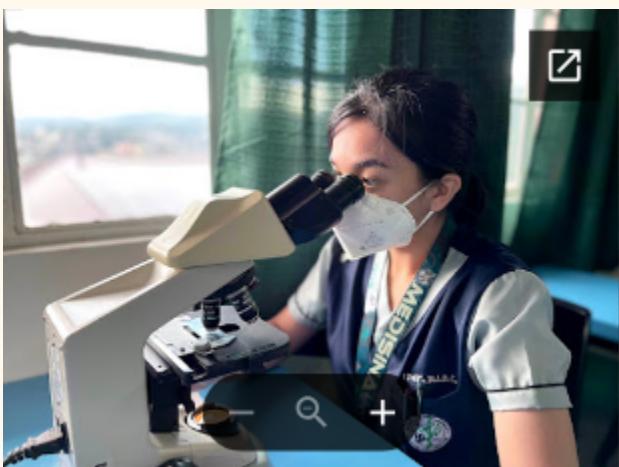


Saint Louis University

## Health Outreach Programs

The emphasis on community health and wellness at Saint Louis University is rooted in a Lousian's unwavering duty and overall commitment to love and serve their communities, or "Amare et Servire." A Lousian's Human Agency for volunteerism is enabled by this call for well-being. The delivery of health outreach programs that aim to improve and promote wellness strategies such as physical and mental hygiene, nutrition, family planning, health monitoring, and other health related activities exemplifies the embodiment of the core value of Social Involvement.

Furthermore, Saint Louis University empowers students to take a stand and make a difference in the call for globalized positive health and welfare through various health outreach programs. This empowerment can be seen in the realized impact of the various programs offered in various local communities. Certainly, SLU's collaboration with its students and local communities has created opportunities for disadvantaged people to receive necessary health care services.



# SLU SCHOOL OF MEDICINE

## Medical Outreach Missions Foundation Inc.

Published in: **SLU-MOM Official Facebook Page**  
at URL: <https://www.facebook.com/SLUVMPMOMFI>



In response to the demand for medical assistance within the Cordillera Administrative Region (CAR), The SLU Medical Outreach Missions (MOM) initiated activities to assist the indigent population in the region. Spearheaded by the School of Medicine, MOM is comprised of Student-doctors and Medical Practitioners with a sense of volunteerism and dedication to the wellness of the community.

# MOMFI AT ANSAGAN, TUBA, BENGUET

Published in: **Medical Outreach Missions Foundation Inc. Facebook Page**  
at URL: <https://www.facebook.com/SLUVMPMOMFI/videos/564896761866179>



Dr. Roberto Tolentino, 13 MOM Volunteers, and two pediatric interns from the SLU Medical Center led a two-day medical mission at Barangay Ansagan, Tuba, Benguet, in association with the University of Cordillera's College of Arts and Science.

Members of Medical Outreach Missions were delighted and eager for additional missions in the upcoming weeks and months as they reopened their doors to invites and requests. In fact, WE SHARE IN GOD'S CARE.

# MOMFI AT SITIO BANTIC, DALUPIRIP, ITOGON, BENGUET

Published in: **Medical Outreach Missions Foundation Inc. Facebook Page**  
at URL: <https://www.facebook.com/SLUVMPMOMFI/videos/394547049287616>



SLU SOM - Medical Outreach Missions in partnership with UC College of Arts and Sciences proved that caring and sharing goes beyond the borders of the city through reaching the mountains of Itogon. Despite the unpredictable weather, the volunteers hiked for 5 hours to reach the community of Bantic, upon reaching the community, the medical team started to provide free medical check-up's and donated medicines. No words can describe the astonishing feeling and burning desire to help, that the MOMFI team experienced during this mission. As our mantra says, "***In God's Care, We Share.***"

# ROTARACT BAGUIO SLU-SCHOOL OF MEDICINE with RAFFY TULFO IN ACTION NORTHERN LUZON

Published in: Raffy Tulfo in Action Northern Luzon Facebook Page  
at URL: <https://www.facebook.com/SLUVMPMOMFI/videos/394547049287616>



Rotaract Club-School of Medicine Saint Louis University in partnership with Raffy Tulfo in action Northern Luzon and Rotaract Club of Baguio Summer Capital conducted a 3-day medical mission outreach program in Mankayan, Benguet offering medical and minor surgical services to the people of the local community. It was an immersive, a fruitful and fulfilling activity that exemplified SLU's core values of service and Christian Spirit.

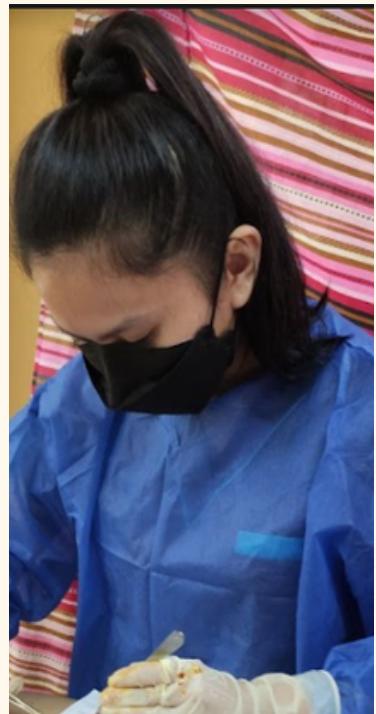
3 GOOD HEALTH AND WELL-BEING



# SLU SCHOOL OF MEDICINE

## Circumcision Drive

Published in: **Rotaract Club of Baguio SLU-School of Medicine Facebook Page**  
at URL: <https://www.facebook.com/SLUVMPMOMFI/videos/756778169109722>



The School of Medicine, in partnership with Local Government Units, launches initiatives that enhance children's and young adults' health and hygiene as part of SLU's ongoing effort to advance its commitment to community service. One notable event was a circumcision drive, which served as a chance for medical students to hone their abilities in the area of minor surgery in addition to helping the local community to promote health and sanitation.

# Collaborations with International Institutions:

## University of Texas Health Science Center

## Katholieke Universiteit Leuven

## Huachiew Chalermprakiet University

Published in:

Saint Louis University Website:

<https://www.slu.edu.ph/2022/10/20/slu-signs-moa-on-cooperative-relations-with-university-of-texas-health-science-center-san-antonio-texas/>

Huachiew Chalermprakiet University Facebook Page:

<https://www.facebook.com/photo?fbid=639116528248833&set=pcb.639112601582559>

On October 19, 2022, Rev. Fr. Gilbert B. Sales, CICM, President of Saint Louis University signed the Memorandum of Agreement with the **University of Texas Health Science Center**, as represented by President William Henrich. The MOA establishes cooperative relations in the development of academic and cultural interchanges and encourages direct contact and cooperation between the faculty, students, and research staff of both institutions.

The signing of the said memorandum affirms Saint Louis University's commitment in providing quality services in healthcare and health education. Over the year, the university has been strengthening its ties with international medical centers and facilities through a series of programs like student exchanges of medical interns from **Katholieke Universiteit Leuven, Belgium** and the sending of SLU Medical Laboratory Science and Pharmacy interns to **Huachiew Chalermprakiet University in Thailand**.



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# More schools to open doors to Rohingya scholars under Philippines' Complementary Pathways programme

Published in: The UN Refugee Agency Philippines website  
at URL: <https://www.unhcr.org/ph/30139-cpath-more-schools.html>



In line with its policy of inclusive education, Saint Louis University has committed to joining the Complementary Pathways (CPATH) programme, which aims to provide Rohingya refugees with world-class education while ensuring their well-being, protection and safe stay in the country to equip them with self-reliance capacities that would help them find lasting solutions to their displacement. This programme is a collaboration between Philippine Universities, including Saint Louis University and the United Nations High Commissioner for Refugees (UNHCR), and the Department of Justice - Refugees and Stateless Persons Protection Unit (DOJ-RSPPU), which also provided the capacity-building session for Saint Louis University.

# HANDOG NG SLU SA BAGUIO MEDICAL MISSION IN BAGUIO CITY JAIL

Published in: PTV Cordillera Facebook Page

at URL:

<https://www.facebook.com/ptvcordillera/posts/pfbid0drb9nEwaAz3aLaEhZAvyUqyEzwTuSfJ1NkCzeU6JajyCQLL5bgMxdo5qEJh36sFSI>

The School of Nursing, Allied Health, and Biological Sciences, School of Medicine and the Community Extension and Outreach Programs Office in collaboration with the Bureau of Jail Management and Penology organized and implemented a medical mission at the Baguio City Jail catering to more than 400 male and female persons deprived of liberty (PDL) on 30 November 2022. This is in conjunction with the annual "Handog ng SLU sa Baguio" where free medical and legal services are offered to local and disadvantaged communities in Baguio City and nearby municipalities. The medical mission included free medical check-up, laboratory examinations (i.e., Complete Blood Count, Blood chemistry, Urinalysis, and Stool Exam among others), medicines, and information and education campaigns regarding non-communicable and communicable diseases.



# Webinars and Information Campaigns

## Mental Health Webinar



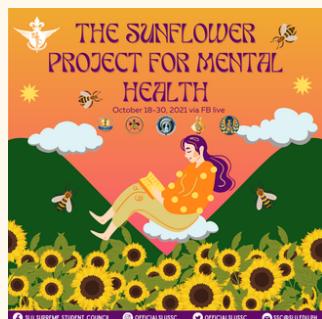
Published in: Psych Society Facebook Page  
at URL: <https://www.facebook.com/theSLUPsycheSociety>

### How to become a topnotcher:

<https://www.facebook.com/SONHonorSociety/posts/pfbid02tNWMBNocZLuwbcRZXcWHVksbT4fHN2HnA86EBkgx1ZVPHzAhGTtueLZi8d6jBqe9l>

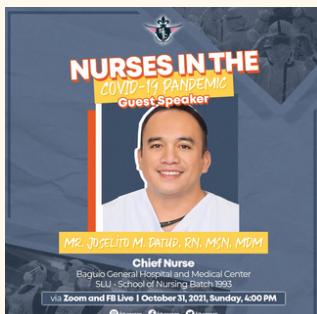
### Mahalaga ka:

<https://www.facebook.com/theSLUPsycheSociety/photos/pb.100064708026980.-2207520000..5300666559964677/?type=3>



### The Sunflower Project:

<https://www.facebook.com/OFFICIALSLUSSC/posts/pfbid0iHgqjK6eZzgnngDA1AcxFGys9heJt61p8mwhmJfv7meogBc9nh6gED7owgPAp82bl>



### Nurses in the Pandemic:

<https://www.facebook.com/SLUSONSSC/photos/2113058905511006>



# Student led Webinars and Information Campaigns

## Psyche Society Webinar Series

Published in: **Psyche Society -Saint Louis University FB Page**  
at URL: <https://www.facebook.com/theSLUPsycheSociety>



### The wounded healer:

<https://www.facebook.com/photo/?fbid=5386069774757688&set=pb.100064708026980.-708026980.-2207520000..>

### Gaming Burnout:

<https://www.facebook.com/theSLUPsycheSociety/photos/pb.100064708026980.-2207520000../5300666559964677/?type=3>

### Pagsibol at Paghilom:

<https://www.facebook.com/theSLUPsycheSociety/photos/pb.100064708026980.-2207520000../5166862760011725/?type=3>

### PAWSOME Talaga!:

<https://www.facebook.com/theSLUPsycheSociety/posts/pfbid02utkRMbuiMtY9DbVuNB8ujvQC4Je4Xc2eJ6bSZKyWrZzU3T7JpHhVsdMDHZio5cmLI>



# KASAMA/SSC FUND RAISING ACTIVITIES

Published in: **SLU Supreme Student Council**  
at URL: <https://www.facebook.com/OFFICIALSLUSSC>

**SLUSSC 2021-2022**

**THE SUNFLOWER PROJECT #MARINGPH**  
MAGKAKASAMANG SASALUBONG SA PANIBAGONG BUKAS

**TRANSPARENCY REPORT**  
AS OF 8:00 AM OF NOVEMBER 04, 2021

**PHP 52,353.01**

Received Donations

Globe GCash PayMaya Alwanah Express Chinabank ATM

MYSTICA ROSE ANGELICA L. BUCAD 09156595717

VINCENT SEAN OCHAVE 0226 5048 69 RANNIE LEI MAGNO 0589156027 ALTHEA JOYCE ONG 010370076370

f SLU Supreme Student Council @OFFICIALSLUSSC M SSC@SLUEDUPH

**THE SUNFLOWER PROJECT #ODETTEPH**

We have successfully donated **PHP 20,000**

To Typhoon Odette Relief efforts through the SLU Community Extensions and Outreach Program Office

If you wish to donate through the KASAMA/SSC's Sunflower Project, here are our channels

Globe GCash PayMaya Alwanah Express Chinabank ATM

MYSTICA ROSE ANGELICA L. BUCAD 09156595717

VINCENT SEAN OCHAVE 226 5048 69 RANNIE LEI MAGNO 0589156027 ALTHEA JOYCE ONG 010370076370

BPI BDO

In support of those affected by tropical cyclones that hit the Philippines, the **KASAMA/SSC** with the support of the university and in partnership with the **SLU Community Extensions and Outreach Program Office**, are conducting fund raising activities to purchasing of relief goods and provide additional aid for the areas that are affected by the typhoon

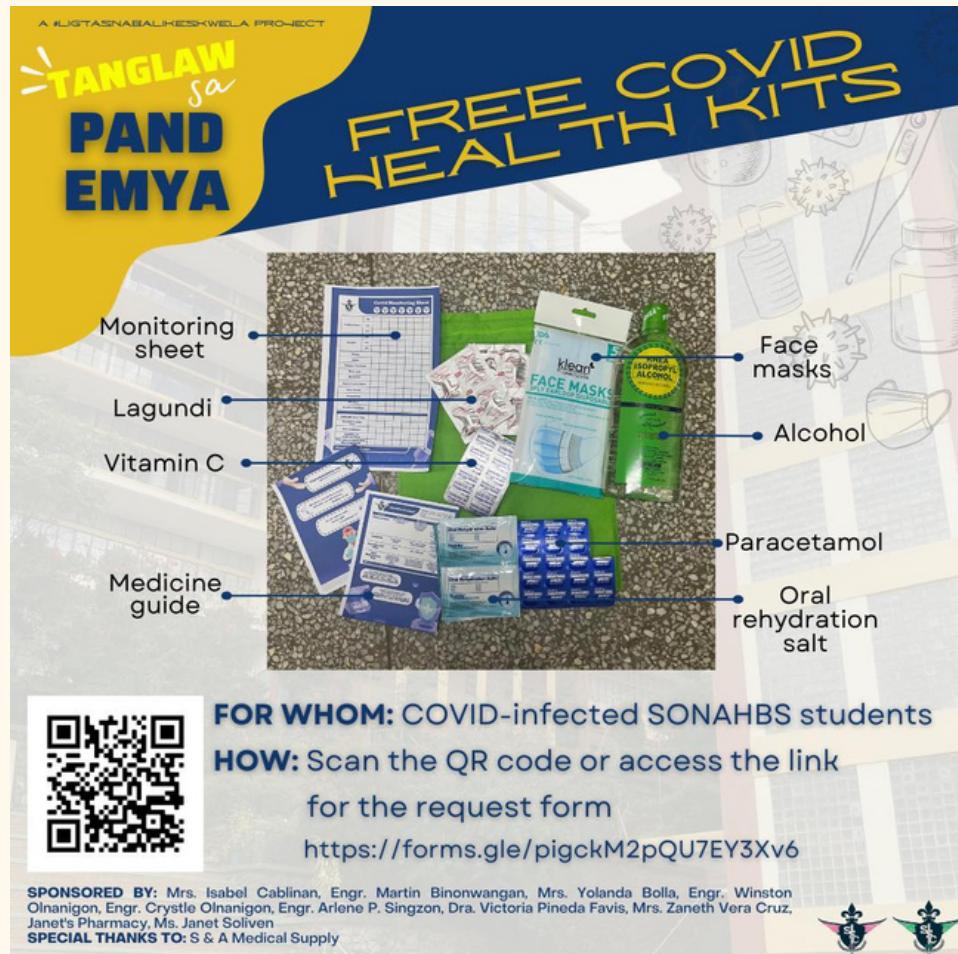


# School of Nursing, Allied Health, & Biological Sciences

## Medical Tool Kits and Employee Check-up

Published in: **SLU KASAMA/SSC - School of Natural Sciences**  
at URL:

<https://www.facebook.com/SNSKASAMASSC/photos/a.819760591409009/5575584985826522/>



The KASAMA-SSC established a program that distributes health kits containing vitamins, medications, and alcohol that are funded by parents, teachers, and outside partners to ensure that students are well during face-to-face lessons.

AY 2021 - 2023



Saint Louis University

# Shared Sports Facilities



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One of the goals of Saint Louis University is to amplify its commitment to society that resonates through the services it provides to its stakeholders. SLU's dedication to community service engages external partners to utilize its facilities and expertise in times of need. In recent years, SLU did not hesitate to open its doors to assist local government units in planning, initiating, and implementing strategies to meet the necessities of the general population. During the pandemic, SLU partnered with the local government to provide a venue that serves as a vaccination center for the people of Baguio City.

True to being one with society, SLU's initiatives significantly impacted the city's recovery. Embracing and becoming an embodiment of social involvement, Saint Louis University offers its sports facilities to the public to encourage and engage the children to be physically active.

# 84th CNLSCA Swim Competition/Series Held at SLU Aquatic's Facility

Published in: **CNLSCA Official Facebook Page**  
at URL: <https://www.facebook.com/CNLSCA>



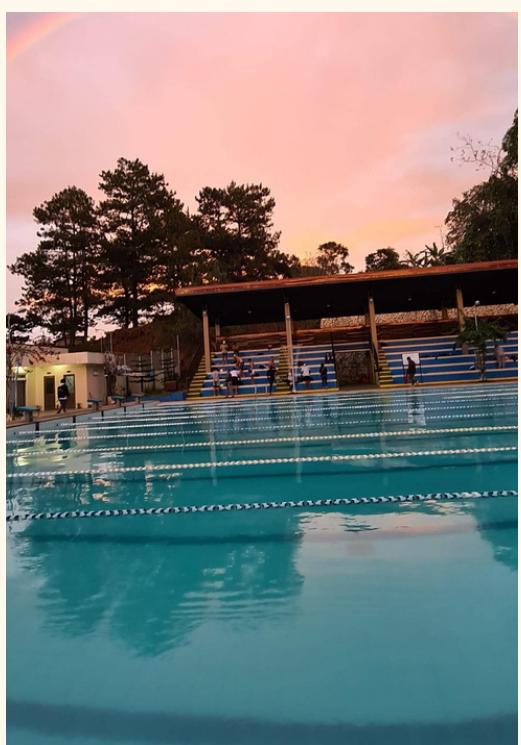
Promoting physical wellness, discipline and exploration. Saint Louis University opened its doors to the Central Northern Luzon Cordillera Swimming Coaches Association (CNLSCA) to utilize its Aquatics Facility to conduct training sessions and competitions for aspiring young athletes.



# Regular Training of the Baguio-Benguet Triathlon Athletes at SLU Aquatics Center and Oval

Published in: **Baguio Benguet Triathlon Official Facebook Page**  
at URL: <https://www.facebook.com/BagBengMultisport>

The SLU Aquatics Center located in Bakakeng Campus is used as a training and competition facility by the Baguio-Benguet Triathlon Team and the Central Northern Luzon Cordillera Swimming Coaches Association. The Baguio-Benguet Triathlon Team conducts regular training and try-outs in preparation for their local, national, and international competitions. This program has attracted local athletes to further their skills in swimming, duathlon, and triathlon.



AY 2021 - 2023



Saint Louis University

# Empowering the next generation with wise decision making



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# Sexual and reproductive health care services for students

Saint Louis University's continuous advocacy to educate students and learners about sexual and reproductive health care enables Louisians to seek positive behaviors that reduce the chances of risky sexual behaviors. Moreover, SLU recognizes the crucial need for breastfeeding stations. The University commitment in supporting mothers to have secure attachment with infants is both beneficial for the physical and mental health and development of both child and mother.



# SLU Breast Feeding Station

Published in: **SLU Website**  
at URL: <https://www.slu.edu.ph/health-services/>



The SLU Breast Feeding Station was established in response to the requirements of faculty, staff, and student moms to help mothers meet their children's nutritional needs. A pumping station and refrigeration are provided as services to guarantee the freshness of children's milk.



# Prime Mover Society

## Sex Education Webinar



One of Saint Louis University's objectives has been to increase student awareness of decision-making in relationships, sexuality, and mental and physical health. To deepen their education, webinars on subjects important to students are held.

Prime Movers Society, a student organization in social work, is one organization that offers these seminars. This practice attempts to instill in students the value of decision-making in both the learner's personal and professional lives.

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# Maternal & Child Nursing and Community Health Nursing

Maternal and child nursing (MCN) and Community health nursing (CHN) are vital subjects in nursing education that equip students with the knowledge and skills essential for addressing the multifaceted realm of sexual and reproductive health. MCN highlights the concept that empowers students to make informed decisions, practice safe sex, foster healthy relationships, and understand diverse sexual identities while reducing unintended pregnancies, STIs, and promoting mental well-being and emotional safety. Moreover, community health nursing highlights the different programs offered by the government along with preventive healthcare, with a strong focus on family planning, vaccinations, and health education. Nursing students are trained to engage and educate families in the care process, acknowledging that family dynamics often play a critical role in sexual and reproductive health decisions. All in all, MCN and CHN courses arm students with the knowledge, skills, and attitudes related to reproductive health care that they can use not only for themselves but also for the client/s they serve.

SAINT LOUIS UNIVERSITY  
SCHOOL OF NURSING  
Bachelor of Science in Nursing  
Effective Academic Year 2018-2019

## SECOND YEAR

FIRST SEMESTER								
COURSE No.	DESCRIPTIVE TITLE	Lec	Lab	RLE	SL	C	Units	PRE-REQ
NCM 104/104A	Community Health Nursing I (Individual and Family as Clients)	2		1	1		4	NCM 101, NCM 102, NCM 103, CN 131
NCM 105/105A	Nutrition and Diet Therapy	2			1			NCM 101, NCM 102, NCM 103, CN 131
NCM 106/106A	Pharmacology	3		1		4	4	NCM 101, NCM 102, NCM 103, CN 131
NCM 107/107A	Care of Mother, Child, Adolescent (Well Clients)	4		2	3		9	NCM 101, NCM 102, NCM 103
GSTS	Socience, Technology, and Society	3					3	
CFE 103	Catholic Foundation of Mission	3					3	
Total Units		17		5	4		26	

SECOND SEMESTER								
COURSE No.	DESCRIPTIVE TITLE	Lec	Lab	RLE	SL	C	Units	PRE-REQ
NCM 108	Health Care Ethics (Bioethics)	3					3	GETHICS, NCM 104, NCM 105, NCM 106, NCM 107
NCM 109/NCM109A	Care of Mother, Child at Risk or with Problems (Acute and Chronic)	6		1	5		12	NCM 104, NCM 105, NCM 106, NCM 107
NCM 110/110A	Nursing Informatics	2		1			3	NCM 104, NCM 105, NCM 106, NCM 107
GCWORLD	The Contemporary World	3					3	
FIT AQ	Physical Activity Towards Health and Fitness (Aquatics)	2					2	
CFCM	Missionary Identity	3					3	CFE 103
Total Units		19		2	5		26	

SHORT TERM								
COURSE No.	DESCRIPTIVE TITLE	Lec	Lab	RLE	SL	C	Units	PRE-REQ
GRIZAL	The Life and Works of Rizal	3					3	
NSTP-CWTS 2	Social Awareness and Civic Service	3					3	NSTP –CWTS 1
FIT OA	Physical Activity Towards Health and Fitness (Outdoor and Adventure Activities)	2					2	
Total Units		8					8	

Bachelor of Science in Nursing (BSN) NCM107/NCM107a Care of Mother, Child, Adolescent (Well Clients)						
13. Course Learning Plan						
Topic Learning Outcomes	Topic	Learning Strategies				
		Classroom Virtually/Online/ Synchroous/ Asynchronous	Assess ment	TA	Topic Learning Outcomes	Related Learning Experience (L1, RD, Clinical)
PREAMBLE						
UNIT 1: INTRODUCTION, REPRODUCTIVE AND SEXUAL HEALTH	IA – Framework for maternal and child health nursing	Lecture w/ slides presentation on the: Introduction on MCN, Health Thrust, Care of global and local maternal, child and adolescent's health status (statistics on current global and local maternal, child and adolescent's health status)	Engage implementation of MMR statistics, Review of anatomy and physiology, and importance of the module	Week 1 and 2 2 hrs	UNIT 1: REPRODUCTIVE LIFE PLANNING	> Reproductive life planning (family planning) > Contraception > REPUBLIC ACT
	IB – Goals and Objectives of MCN	B. Nursing theories and How applicable is it to MCN			2. Differentiate the contraceptive methods according to advantages and disadvantage	> TYPES OF CONTRACEPTIVE METHODS
		C. Current trends and local maternal, child and adolescent 's health status			3. Identify the risk factors associated to the different contraceptive methods.	A. Normal family planning and fertility awareness B. Various types of contraception C. Barrier methods D. Permanent methods
		D. Strategic plan of DOH			4. Assess clients reproductive life planning needs	
		E. Reproductive and sexual health a. Anatomy and physiology of the reproductive system a.1 Female Reproductive System	Lecture + slide presentation Lecture - side presentation	0.5 hour /hour	5. Teach patients how to use various methods of	

## 3 GOOD HEALTH AND WELL-BEING





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# Caring for the self and calming the mind

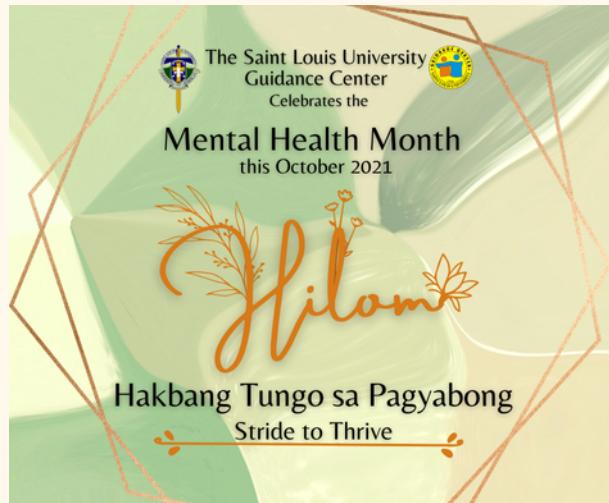
A photograph of a multi-tiered stone fountain spraying water into the air. The fountain is set in a garden area with a green fence and a willow tree in the background. Sunlight creates a lens flare effect through the leaves on the left side of the frame.

**3** GOOD HEALTH  
AND WELL-BEING

A white line graph icon representing a heartbeat or pulse, ending with a small heart shape at the right end.

Saint Louis University

# Mental Health Support

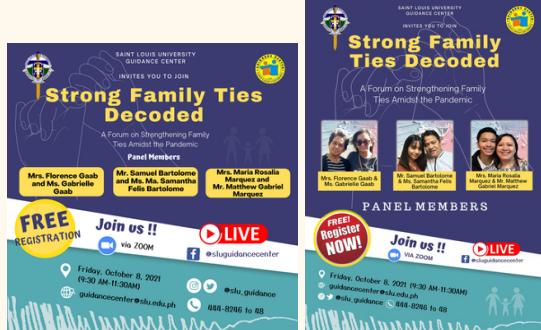


Saint Louis University promotes the overall well-being of its students, employees, and community by recognizing their universal right to positive mental health. SLU, through its various units, has become a stronghold for eudemonia through the implementation of various programs and services aimed at addressing and informing employees and students about how to manage experienced mental health concerns.

SLU recognizes the importance of easily accessible mental health support for all of its employees and stakeholders, and it seeks to deepen individuals' understanding of how to sustain and develop positive overall emotional, psychological, and social well-being through positive coping strategies, which may lead to a healthier work-life balance for both employees and students.

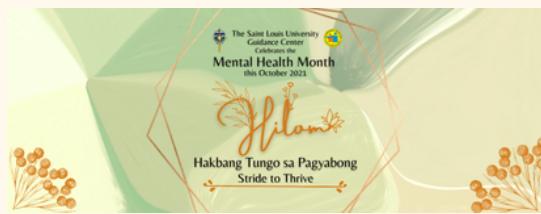
# Information Program

Published in: **SLU Guidance Center Facebook Page**  
at URL: <https://www.facebook.com/sluguidancecenter>



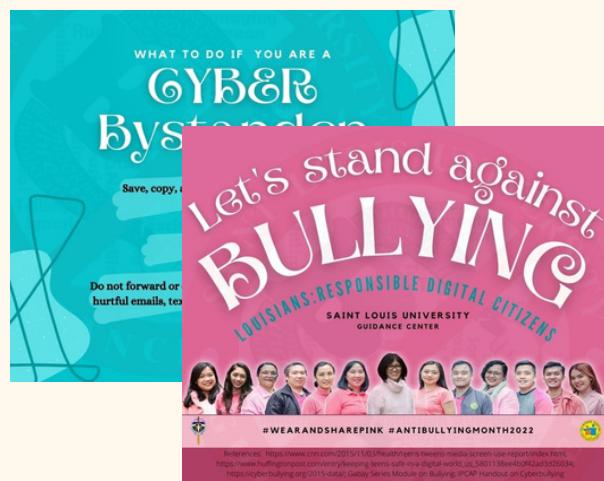
## Strong Family Ties Decoded:

<https://www.facebook.com/sluguidancecenter/photos/pb.100064191092003.-2207520000./4718316678188017/?type=3>



## Hilom: Hakbang Tungo sa Pagyabong:

<https://www.facebook.com/sluguidancecenter/photos/pb.100064191092003.-2207520000./4763601370326214/?type=3>



## Anti Bullying Campaign

<https://www.facebook.com/sluguidancecenter/photos/pb.100064191092003.-2207520000./5123328071020207/?type=3>

Saint Louis University's Mental Health Information Program aims to educate students on how they can help themselves during troubling times and how they can strengthen the innate coping and resilient abilities. This is to further inspire and encourage students to value life. Moreover, it aims to provide relevant information to students and parents through various materials and activities .

# Mental Health and Psychosocial Support

Published in: **SLU Guidance Center Mental Health Toolkit**  
at URL: <https://sluguidancecenter.weebly.com/>



The SLU Guidance Center Mental Health Tool Kit is a website that contains resources for Louisiana Students, parents and/or guardians that can use to support their mental health.

This screenshot shows a section titled "FOR INSPIRATION AND ENCOURAGEMENT". It features a large, colorful graphic with a circular logo at the top and the text "STORIES OF COURAGE" and "YOUR MENTAL HEALTH MATTERS". Below this is a social media post from "@sluguidancecenter" with the caption "Stories of Courage: Your Mental Health Matters Stories of people who were able to exhibit courage and resilience amidst the mental health issues plaguing the world today." There are several small thumbnail images of people and a video camera icon below the post.

This screenshot shows a section titled "TAKING CARE OF YOUR MENTAL HEALTH" featuring a "MY PERK UP PLAYLIST" by @sluguidancecenter. The playlist includes six tracks with images of artists and captions: "Clearly" by Grace Vanderwaal, "Stronger" by Hillsong United, "You Carry Me" by Hillsong United, "Take a breath and we'll find the strength in my daughter" by Gracie, "When you're lost and you feel like you will be your saving grace" by Saving Grace, and "My heart feels like it's about to burst because my heart is safely hidden" by Molina Delta Torre. At the bottom, there are additional track titles: "Psalm 91" and "You Are My Sunshine".

The website aims to help the Louisiana community to make meaningful encounters from their struggles, through personal growth and commitment to the self.

# Counseling and Referral Program and Services

Published in: **SLU Guidance Center Facebook Page**  
at URL: <https://www.facebook.com/sluguidancecenter>



Saint Louis University's Guidance Counselors and School Psychologists are always ready to help students gain a better understanding of themselves and their situation, make informed choices, and develop a guided plan of action whether it face-to-face or online session. Moreover, referrals from students, faculty and other members of the community of a friend or a fellow student to the Guidance Center is also accommodate for students who have concerning behaviors (e.g. social / interpersonal difficulties, dwindling interest, aggressive/hostile behaviors, etc.)

# Testing Program

Published in: **SLU Guidance Center Facebook Page**  
at URL: <https://www.facebook.com/sluguidancecenter>



**Online Personality Test and Interpretation for ALL enrolled SLU Students  
Second Semester, AY 2021 - 2022**

**FIRST YEAR TO FOURTH YEAR UNDERGRADUATE STUDENTS WHO WERE NOT ABLE TO TAKE THE PERSONALITY TESTS LAST SEMESTER: YOU ARE REQUIRED TO TAKE THE ONLINE PERSONALITY TESTS AND VIEW THE INTERPRETATION VIDEOS.**

**FIFTH YEAR UNDERGRADUATE AND ALL POSTGRADUATE STUDENTS WHO WERE NOT ABLE TO TAKE THE PERSONALITY TESTS LAST SEMESTER: TAKING THE PERSONALITY TESTS AND VIEWING OF INTERPRETATION VIDEOS ARE INVITATIONAL.**

**Available from March 15 to May 8, 2022!**

**LEARN MORE ABOUT YOURSELF!**

**First Years:** Your Personality Test will help you gain insights about your study habits and attitudes toward your internal coping resources that will help you deal with the demands of college life.

**Second Years:** Your Personality Test will help you gain insights about your Psychological Wellbeing.

**Third Years:** Your Personality Test will inform you of your level of ability to sustain interest in and effort toward very long-term goals.

**Fourth & Fifth Year Undergraduate and All Postgraduate Students:** Your Personality Test will assist you in discovering your strengths and weaknesses and make you more aware of how you will perform in your future workplace.

Other details will be sent to your SLU email address on March 15, 2022.

For inquiries or concerns; contact us at:  
[@sluguidancecenter](#) [@ptusasilu](#) [@slu\\_guidance](#) [gadir@slu.edu.ph](mailto:gadir@slu.edu.ph)

**Online Personality Test and Interpretation for ALL enrolled SLU Students  
First Semester, AY 2021 - 2022**

**TO ALL LOUISIAN STUDENTS:**  
Take the Online Personality Test and learn more about yourself. Open from September 9 to November 29, 2021!

**First Years:** Your Personality Test will help you gain insights about your study habits and attitudes toward your internal coping resources that will help you deal with the demands of college life.

**Second Years:** Your Personality Test will help you gain insights about your Psychological Wellbeing.

**Third Years:** Your Personality Test will inform you of your level of ability to sustain interest in and effort toward very long-term goals.

**Graduating Undergraduate and All Graduate Program Students:** Your Personality Test will assist you in discovering your strengths and weaknesses and make you more aware of how you will perform in your future workplace

Details will be sent to your SLU email address on September 9, 2021.

**IMPORTANT NOTE:** For 4th Year student interns from the School of Teacher Education and Liberal Arts (STELA), you will have a separate personality test schedule.  
Please wait for the announcement from your respective Department Heads.

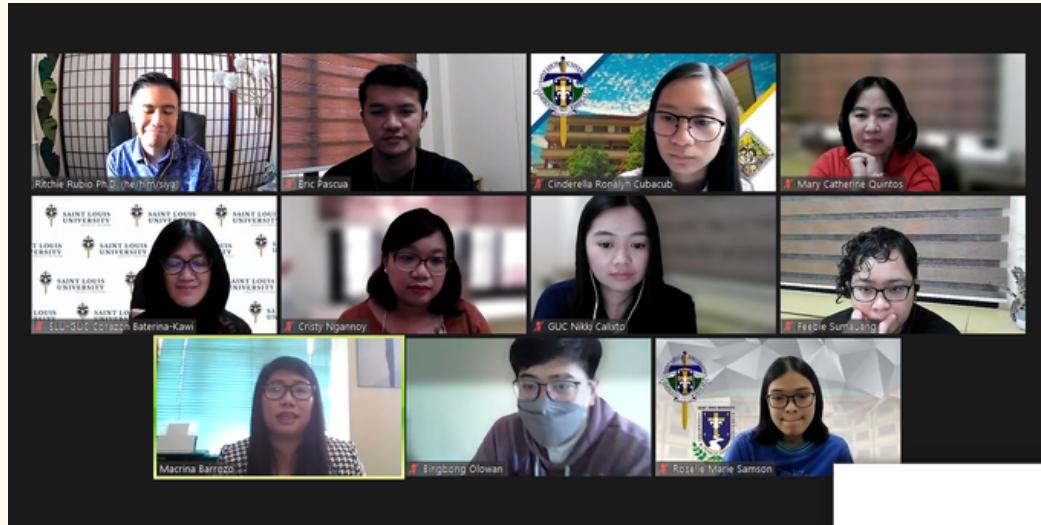
For inquiries or concerns; contact us at:  
[@sluguidancecenter](#) [@ptusasilu](#) [@slu\\_guidance](#) [gadir@slu.edu.ph](mailto:gadir@slu.edu.ph)

Different personality tests are available for different year levels during the First and Second semesters of every Academic Year. The test results are interpreted and explained to students in order to help them better understand themselves

# Peer Supervision Program

Published in: **SLU Website**

at URL: <https://www.slu.edu.ph/guidance-counseling/>



PEER SUPERVISION SESSION		
September 24, 2021		
AY 2021-2022		
Via Zoom		
Group 1	Group 2	Group 3
10:00 AM - 12:00 NN Sir Jemai (Facilitator) Ma'am Bater Ma'am Fiby Ma'am Mads Ma'am Dee Ma'am Kyle Sir Eric M.	10:00 PM - 12:00 PM Ma'am Rhoda (Facilitator) Ma'am Nichole Sir Eric P. Ma'am Annie Ma'am Cindy Ma'am Mayarie Sir Bingpong	10:00 PM - 12:00 PM Ma'am Kate (Facilitator) Ma'am Nikki Ma'am Cristy Sir Saintel Ma'am Roselle Ma'am Marion

Together with the increasing number of students/pupils being accommodated for counseling or other interventions, are other tasks that the counselors/school psychologists need to attend to, which may contribute to the experience of burnout.

Often, after handling difficult cases, Saint Louis University's counselors/school psychologists need to process their feelings or emotions with a colleague or, as is most often the case, on their own. Hence, the university has been conducting monthly peer supervision sessions which provide an avenue for counselors/school psychologists to discuss unique cases, objectively assess how these are handled, and learn from the best practices of their peers.

Also, it gives an opportunity for counselors/school psychologists to realize commonality of experiences and establish a strong support for each other.

# Peer Facilitation Program (Project Sequoia)

Published in: **SLU Guidance Center Facebook Page**  
at URL: <https://www.facebook.com/sluguidancecenter>



Project Sequoia is a Peer Facilitation program that trains students on how to become active listeners, communicate empathically, and receive and offer emotional support from their fellow peers.

This project from SLU's Guidance Center allows students to discover their strength as a collective Louisiana unit to emotionally connect, feel and understand one another.

AY 2021 - 2023



# Saint Louis University

# **Smoke-free Policy**



**3** GOOD HEALTH  
AND WELL-BEING



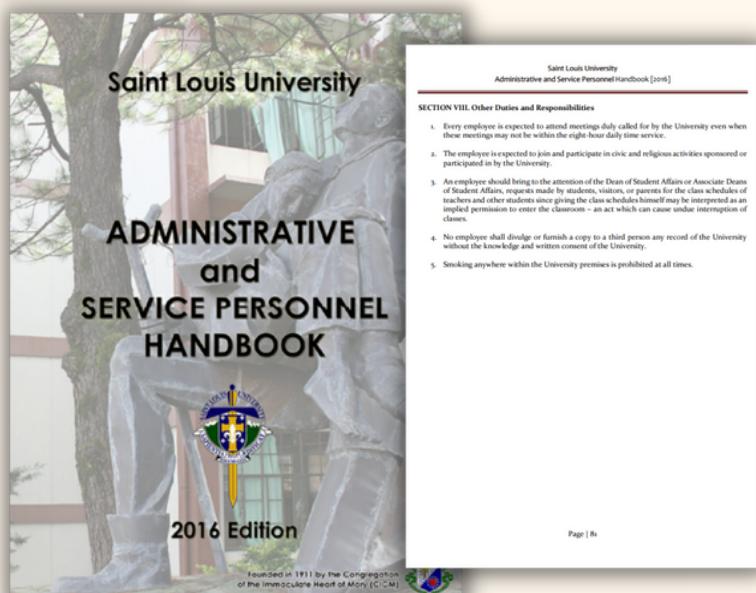
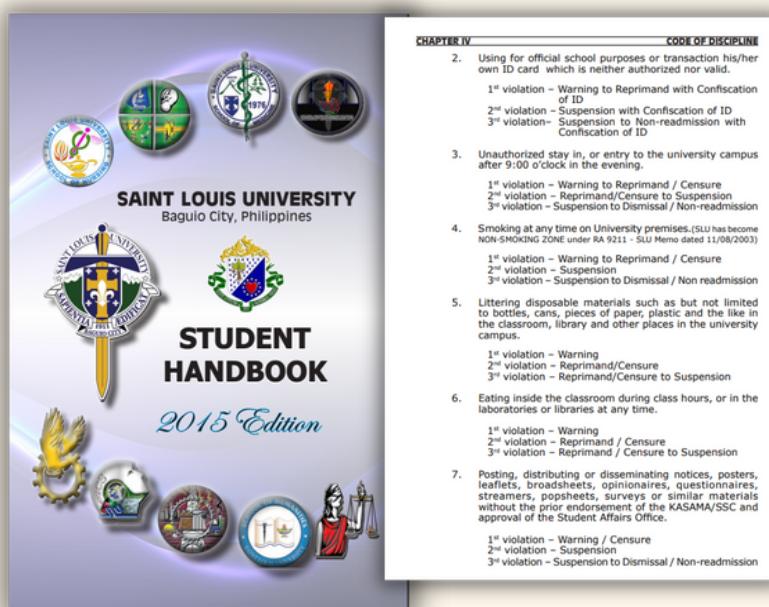
# Saint Louis University

## Smoke-free Policy

In compliance with the provisions of Republic Act No. 9211 or the "Tobacco Regulation Act of 2003," Saint Louis University has imposed a total ban on smoking in all buildings, campuses, and parked cars within

the University property, which also includes all affiliates and auxiliary units located in the Saint Louis University buildings and campuses. This

ban covers all employees and students, and the University administration has imposed sanctions for violations thereof as embodied in the Student Handbook and the Administrative and Service Personnel Handbook. The smoking ban also covers visitors, suppliers, contractors, and couriers inside the University campuses.

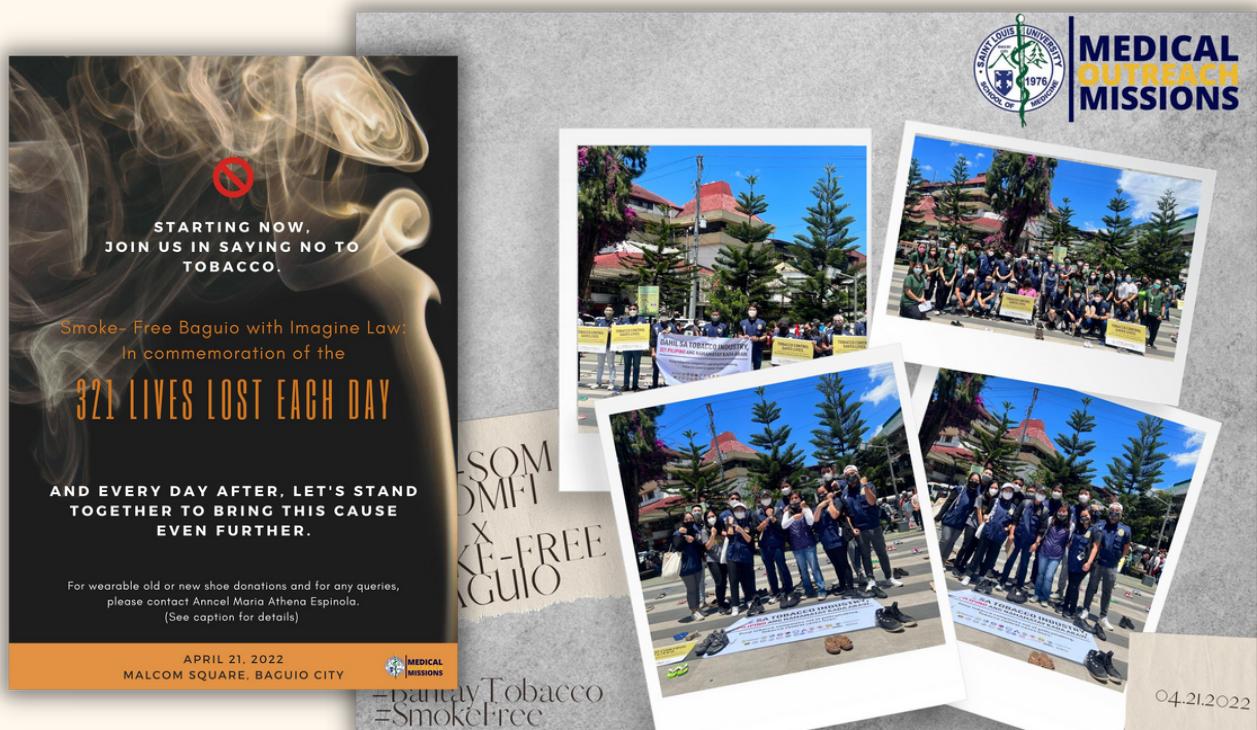


# SLU-SOM MOMFI and SMOKE FREE BAGUIO

Published in: **MOMFI Official Facebook Page**

at URL:

<https://www.facebook.com/SLUVMPMOMFI/photos/a.147014689297766/977104809622079/>



On 21 April 2022, the Baguio City government, in collaboration with the Smoke-Free Baguio Task Force, ImagineLaw, SLU-SOM MOMFI, and other organizations, unveiled the art installation "321 Shoes for 321 Deaths" at Malcolm Square as part of the groups' call for more stringent tobacco control policies and public health protection from tobacco companies.

