

MAESTRO



THE OFFICIAL NEWSLETTER OF PUP-STC
TEACHER EDUCATION PROGRAMS
Vol. 1, No. 2 February 2025 - June 2025

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A Crown Earned with Courage and Heart

MICHAELA M. CABARLES

At 22 years old, Renz Briones, a third-year Bachelor of Secondary Education Major in English student, returned to the Mx. PSTO stage carrying more than just the desire to win.

This time, she stepped onto the stage with purpose, pride, and the unwavering support of those who believed in her from the very beginning.

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BSEDEN Program Gears Up for AACCU Accreditation

CHRISTINE CABALLERO

Accrediting Agency of Chartered Colleges and Universities in the Philippines (AACCU) Evaluates BSEDEN Program in Virtual Preliminary Survey Visit.



The Bachelor of Secondary Education major in English (BSEDEN) program of the Polytechnic University of the Philippines Sto. Tomas Campus (PUP-STC) has officially begun its accreditation journey with the successful conduct of a Preliminary Survey Visit.

This step sets the foundation for the program's application for Level I Accreditation from the Accrediting Agency of Chartered Colleges and Universities in the Philippines (AACCU).

PUP-STC's BSED English Program Secures CHED Compliance, Advances Toward Accreditation

JIANA MAGARARU

In a significant stride toward academic excellence, the Bachelor of Secondary Education major in English (BSEDEN) program of the Polytechnic University of the Philippines – Sto. Tomas Campus (PUP-STC) successfully underwent evaluation by the Commission on Higher Education – Regional Quality Assurance Team (CHED-RQAT), November 27, 2024.

The visit aimed to assess the program for the issuance of a Certificate of Program Compliance (COPC), a prerequisite for CHED recognition and future accreditation.

The evaluation team, composed of Dr. Leonardo B. Dorado, academic evaluator, and Ms. Mila Almaria-Magat of CHEDRO IV-A, was welcomed during a brief orientation led by Campus Director Dr. Armando A. Torres.

The accreditation process unfolded in two phases: a Simulation Visit from May 13 to 16 and a scheduled Accreditation Visit from June 16 to 20. Both phases were conducted online to ensure accessibility and efficiency.

The simulation served as an internal audit to align documentation and processes with national quality standards and to prepare stakeholders for the formal evaluation.

Dr. Katherine Joyce Castro led the internal review, closely examining documentary requirements across ten areas of accreditation.

Faculty members, coordinators, and administrative staff contributed to the effort by preparing narrative profiles, compiling evidence, and participating in mock interviews and panel simulations.

Accreditation assures that a program meets national standards in higher education. For the BSEDEN program, achieving Level I status would validate its academic quality and open opportunities for funding, partnerships, and curricular innovation.

As future educators, they carry the assurance that their training is grounded in standards recognized by educational institutions and professional communities across the country.

Key components of the program, including faculty credentials, administration, curriculum, library and laboratory facilities, student services, and research efforts, were presented by Engr. Liza Marie B. Nuevo, Head of Academic Programs.

The documentation and validation process was facilitated by Dr. Louie Lacatan, Head of the Quality Assurance Center (QAC), with support from academic and support staff.

During the exit conference, Ms. Almaria-Magat acknowledged the complete submission of documents and noted that minor recommendations must be addressed within 15 working days.

Dr. Dorado praised PUP-STC for its innovative use of the electronic Quality Assurance Report (eQAR) system, describing it as a "notable innovation," the first he has encountered.

Following the successful audit and timely compliance with CHED's recommendations, the Certificate of Program Compliance was officially granted to the BSEDEN program.

According to the PUP Quality Assurance Center, this milestone qualifies the program to apply for Level I Accreditation, paving the way for future advancements in academic excellence.

Rising to the Top: PUP Sto. Tomas Honors Newest Licensed Teachers with Outstanding LET Results

REEMA CLARIZ VILLANERA

The Polytechnic University of the Philippines – Sto. Tomas Campus (PUP-STC) proudly celebrates a milestone achievement with the release of the March 2025 Licensure Examination for Teachers (LET) results, announced by the Professional Regulation Commission (PRC), May 23.

This year, the campus recorded an impressive 92.00% passing rate for first-time takers, with 23 out of 25 students passing the national exam.

Two out of three repeaters also succeeded, bringing the overall campus-wide passing rate to 89.20%.

These results reinforce PUP-STC's reputation for academic excellence and teacher preparation.

"Despite all those hardships and challenges, they passed the licensure exam and proved that nothing could stop them from achieving their dreams," shared Prof. Ma. Anna Marielle D. Ramos, Program Head of BSED-English.

Many of the passers spent a significant portion of their college years learning online during the pandemic, making their success all the more meaningful.

A Reflection of Preparation and Purpose

Widely regarded as one of the most rigorous board exams in the country, the LET measures not only theoretical knowledge but also classroom readiness.

The strong performance of PUP-STC's teacher education graduates, particularly from the Bachelor of Secondary Education (BSED) and Bachelor of Business Technology and Livelihood Education (BTLED) programs, demonstrates the campus's commitment to holistic preparation.

"Our students had mock exams, review sessions, and field work. But more than anything, they had heart," said Prof. Glenn V. Dela Cueva, Program Head of BTLED.

"I have seen their dedication from Day 1. Now, they will help run the world and shape the values and skills of future generations. The world needs you, LPTs," he added.

More Than Teachers, They Are Nation Builders

These newly licensed professional teachers are set to take on classrooms across the country, equipped not just with knowledge and strategies, but with compassion, resilience, and a deep sense of purpose.

Many of them will soon serve in both urban and underserved communities, bringing quality education where it is most needed.

Their success is shared by the mentors who guided them, the families who stood by them, and the PUP-STC community that nurtured their growth.

As the campus continues its mission to produce competent, compassionate, and socially responsible educators, one thing remains clear: the future of education is in capable and caring hands.

PSTO Showcases Strength and Spirit in Pistang Sinta 2025

VANESSA MAE M. TAGALOG



Voices loud, spirit proud. The Pre-Service Teachers' Organization owned the Bench Yell Competition at Sinta Fest 2025.

The Pre-Service Teachers' Organization (PSTO) of the Polytechnic University of the Philippines – Sto. Tomas Campus (PUP-STC) took center stage in this year's Pistang Sinta celebration, held from February 17 to 22.

With the theme "Binhi ng Kultura, Bunga ng Tradisyon," the week-long festivities highlighted the vibrance of student life, and PSTO stood out for its spirited involvement across cultural, athletic, and advocacy-driven events.

From the start, PSTO made its presence known.

Their championship win in the Benchyell Competition set the tone for their active participation throughout the celebration.

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The group's synchronized cheers, choreography, and electrifying energy earned the admiration of both the audience and judges.

"The preparation was a rough ride," shared Justine Carl Malijan, one of the performers.

"But it all paid off when we heard PSTO being named champion. We took the stage with pride, thinking, 'Ito kami sa EDUC,'" he added.

In the athletic arena, PSTO athletes delivered commendable performances.

Lisvette Sulabo claimed the top spot in the women's table tennis division, while Danilo Cacao Jr. and Mariefern Sanico earned second place in mixed doubles badminton.

The men's basketball team also brought pride to the organization after securing a first-place finish, showcasing teamwork and determination.

Volleyball also became a highlight for PSTO, with several players earning special recognition.

Cyrus Terd Manaig was named Best Middle Blocker and joined the Mythical Six, alongside Charles Umandap and Ian Gabriel Saudan, who was awarded Best Digger.

Kim Malabuyoc received the Best Setter award, while Jamaica Kristel Malijan from the women's team also secured a spot in the Mythical Six.

These recognitions not only reflected athletic talent but also the perseverance and passion that PSTO members carried with them on and off the court.

"Lead your team with heart, drive your body with passion, and together, achieve greatness," said Manaig, capturing the spirit that fueled PSTO throughout the week.



Meet the Faces Behind PSTO's Triumphs in Sinta Fest 2025.

Beyond sports, PSTO showcased its commitment to cultural advocacy and education.

Its booth, which was awarded "Most Engaging Booth," offered interactive exhibits that celebrated Filipino traditions and underscored the importance of preserving cultural identity through education.

Students from various departments flocked to the booth, engaging with activities that merged learning and tradition.



PSTO Booth Highlights Rich Filipino Traditions at Sinta Fest 2025.

The organization also made waves in the performing arts through Teatro Batangan, its theater arm composed mostly of education majors.

Their original play, "Tayo ay Malaya," addressed the struggles of LGBTQ+ students navigating identity in conservative spaces.

The performance resonated with audiences for its raw emotion and message of empathy, inclusivity, and social awareness.

"Pistang Sinta isn't just a competition," said Rainalyn Batalon, PSTO President.

"It's a celebration of unity, respect, and pure joy. Every cheer, every challenge, every moment is a chance to grow, connect, and shine together," she added.

As Pistang Sinta 2025 came to a close, PSTO walked away not with a grand trophy, but with something more enduring—respect, pride, and the memory of a week where they stood as a united force. Their participation reflected the values they live by as future educators: service, excellence, and a genuine love for culture and community.



**Trials of the Gods:
Teams Displayed
Godlike Grit and Glory
in PSTO Pantheon 2025**

PANTHEON 2025

PUP-STC Pre-Service Teachers Unite for PSTO Days 2025

CHRISTINE CABALLERO

The Pre-Service Teachers' Organization (PSTO) of the Polytechnic University of the Philippines – Sto. Tomas Campus (PUP-STC) brought future educators together in a celebration of unity, excellence, and creativity during its annual PSTO Days, held from June 9 to 11, 2025, at the PUP-STC Gymnasium.

With the theme “The Divine Odyssey: A Journey of Excellence through Intelligence, Discipline, and Camaraderie,” the three-day event fostered camaraderie through competitions and performances inspired by Greek mythology.

Participating teams, named after deities such as Athena, Aphrodite, Zeus, Hera, Hermes, Poseidon, and Apollo, competed in a wide range of academic, cultural, and creative challenges.

The event opened with welcome remarks from Mr. Glenn V. Dela Cueva, followed by a flag presentation and design competition that showcased team spirit and artistic flair.

On the first day, students participated in spoken poetry, a general education and PSTO by-laws quiz bee, and an eight-station team-building activity designed to test coordination and cooperation.

Team Athena stood out with top placements in the flag

presentation, bench yell competition, and quiz bee.

Running alongside major events were minor competitions, including a polo shirt design contest, esports tournaments (Mobile Legends and CODM Battle Royale), and creative categories such as essay writing, slogan making, and poster design.

Individual standouts included Jessica Caballero of Team Hera, who won the spoken poetry contest, and Kevin Pia of Team Zeus, who topped the shirt design category.

The second day began with Mix PSTO, a program designed to foster inclusivity and inter-year connection among Education majors. In the afternoon, all eyes turned to the much-anticipated Mr. and Ms. PSTO pageant, where candidates captivated the audience with their talent, intellect, and stage presence.

The final day opened with Tinig PSTO, a singing competition that gave aspiring vocalists a platform to shine.

The celebration concluded with PSTO Nights, a culminating event where participants donned outfits inspired by gods and goddesses.

The evening featured the awarding of winners, a tribute to graduating students and outgoing officers, and the formal oath-taking of newly elected PSTO officers.

More than just a series of contests, PSTO Days 2025 created lasting memories and bonds among Education students.

TAPAT Triumphs in PSTO Elections

JEN KYLA PIAMONTE

A new chapter of student leadership begins in the College of Education as the TAPAT Partylist, or Tapat at Aktibong Pamumuno na Adhikain ang Tagumpay, secured a decisive win in the recently concluded Pre-Service Teachers' Organization (PSTO) Elections for Academic Year 2025 to 2026 at the Polytechnic University of the Philippines – Sto. Tomas Campus (PUP-STC).



The newly elected PSTO Officers solemnly take their oath, marking the beginning of their leadership journey.

With a focus on participatory governance and values-based leadership, the elections reflected a strong vote of confidence from the student body.

Held online on June 3 and 4, the election process was overseen by the PSTO Electoral Board and praised for its transparency, integrity, and high student engagement.

Despite the presence of only one party in the race, the voter turnout reached an impressive 78 percent, a testament to the students' active involvement in shaping the future of their organization.

Prior to the elections, candidates underwent face-to-face screening where they outlined their platforms and shared responses emphasizing servant leadership, time management, collaboration, and a commitment to faith and integrity.

President-elect Jahziel Alexa Malaluan emphasized that leadership should never come at the expense of academics, but rather work hand in hand through proper prioritization and a support system grounded in humility.

As the new academic year approaches, the PSTO is poised to deliver a term marked by integrity, collaboration, and meaningful transformation.

Epic Comeback:

PUP-STC's Tuiza Clinches 2nd Place in CBRC Provincial Quiz Bee

ANGELINE MELANIO

In a thrilling display of resilience and academic excellence, Patrick D. Tuiza, a student from the Polytechnic University of the Philippines – Sto. Tomas Campus (PUP-STC), rose from last place to claim 2nd Place in the CBRC National Teacher Education Quiz Bee – Provincial Level, held on April 28, 2025, at CBRC Tanauan.

The event brought together nine promising education students from institutions across the province, including La Consolacion College Tanauan and FAITH Colleges, in a high-level competition of wits under the theme “Challenging Boundaries, Revolutionizing Competencies with AI.”

Representing PUP-STC were Patrick Tuiza (BTLED HE 4-1), Meara Jade T. Rocha (BTLED HE 4-1), and Angel Kyla Lorenzo (BSED EN 4-1).

Designed to push the cognitive limits of future educators, the quiz covered a broad range of topics from General and Professional Education, using diverse formats such as multiple choice, enumeration, identification, altered true or false, and match type, with intensified clincher rounds.

At the start of the competition, Patrick found himself at the bottom of the leaderboard.

But with determination and presence of mind, he pushed through the average and difficult rounds, making a remarkable comeback.

“During the easy round, pang-Top 10 ako or pinakahuli sa lahat ng participants. Tapos nakahabol ako. ‘Di ko inakala na ako ‘yung magiging second place,” Patrick shared.

After a close final round, FAITH Colleges took home 1st and 3rd places, while PUP-STC proudly clinched 2nd, thanks to Patrick’s perseverance.

The delegates were accompanied by Mr. Glenn V. Dela Cueva, BTLED ICT faculty and PSTO Coordinator, whose presence provided steady encouragement and guidance throughout the competition.



PUP-STC Delegates, together with Coach Mr. Glenn V. Dela Cueva, during the CBRC Provincial Quiz Bee.

EduConnect Seminar Equips Future Educators with Tools for LET and Classroom Success

LEE-ANNE NICOLE TABA-AY



The auditorium of the Polytechnic University of the Philippines – Sto. Tomas Campus (PUP-STC) buzzed with insight and inspiration as members of the Pre-Service Teachers' Organization (PSTO) gathered for a transformative seminar titled "Igniting Minds: The Pursuit of Excellence Through Effective Lesson Planning," April 5.

Leading the session was Mr. Nicolo De Castro Barrion, whose talk seamlessly blended practical teaching strategies with guidance on conquering the Licensure Examination for Teachers (LET).

The seminar aimed to empower pre-service teachers with both the mindset and methods needed to succeed in the profession.

"Every great teacher starts with a plan, not just on paper, but with a vision in mind," Mr. Barrion opened, setting the tone for a day of learning, reflection, and renewed purpose.

Throughout the session, he emphasized that lesson planning should not be reduced to a bureaucratic task. Rather, it must be a thoughtful process that makes learning purposeful, personal, and powerful.

Central to his talk was the importance of aligning lesson plans with the Most Essential Learning Competencies (MELCs), the foundation of the national curriculum.

Mr. Barrion stressed that while compliance is crucial, it should not stifle creativity or learner-centered approaches.

He also introduced the CAP Framework: Cognitive (think), Affective (feel), and Psychomotor (do), as a guide for formulating clear and comprehensive lesson objectives.

This holistic model, he explained, encourages teachers to address the full spectrum of student development.

Mr. Barrion walked the audience through the three essential parts of a lesson plan: Motivation (to spark curiosity and connect to prior knowledge), Discussion (to deliver content in an engaging and interactive way), and Application (to allow learners to practice, reflect, and internalize what they've learned).

Beyond instructional techniques, Mr. Barrion also spoke candidly about preparing for the LET.

Sharing personal experiences, sample questions, and practical tips, he encouraged students to prepare not just intellectually but emotionally.

"He gave us the 'why' behind the 'how,'" said a second-year PSTO student. "It connected the dots between being ready for the LET and being ready for the classroom."

Attendees left the auditorium not only with frameworks and strategies but with a deeper understanding of their calling. They were reminded that every lesson plan is more than a document; it's a map to meaningful learning.



A Crown Earned with Courage and Heart

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At 22 years old, Renz Briones, a third-year Bachelor of Secondary Education Major in English student, returned to the Mx. PSTO stage carrying more than just the desire to win.

This time, she stepped onto the stage with purpose, pride, and the unwavering support of those who believed in her from the very beginning.

Renz had already made her mark in the previous year's competition, finishing as second runner-up.

But this year, she came back determined to try again, inspired by the encouragement of her family, friends, and classmates who never stopped believing in her.

For Renz, being part of the LGBTQIA+ community gives deeper meaning to joining Mx. PSTO. The pageant is more than just a contest—it is a platform designed to celebrate identity, promote inclusivity, and empower LGBTQIA+ members of the organization.

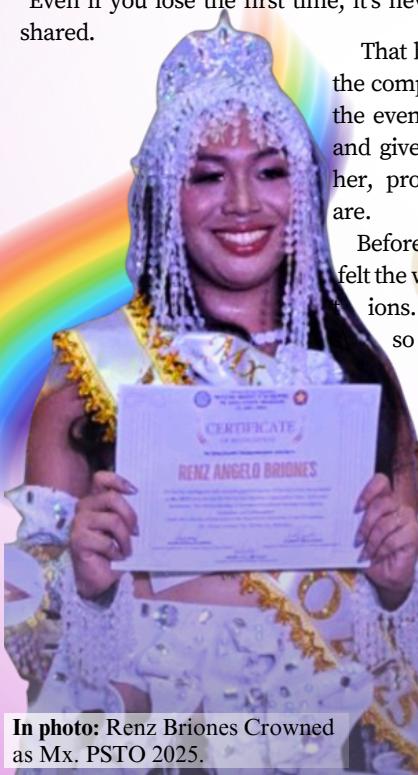
"Even if you lose the first time, it's never bad to try again," she shared.

That belief carried her through the competition, reminding her of the event's true purpose: to uplift and give voice to those who, like her, proudly embrace who they are.

Before the pageant began, Renz felt the weight of high expectations. The nerves were real, but so was her determination.

When her name was announced as Mx. PSTO 2025, she felt not only joy, but relief, knowing that her victory stood for something greater than herself.

It was about being seen, accepted, and celebrated for who she truly is. The win deepened her confi-



In photo: Renz Briones Crowned as Mx. PSTO 2025.

Grace under pressure: Renz Briones in the Q&A round.



dence to express herself and served as a reminder that Mx. PSTO exists to empower, support, and honor the diversity within the community.

Renz sees the event as a meaningful way to promote camaraderie, especially among future educators who will one day help build inclusive classrooms.

She prepared diligently, training for every part of the competition, studying pageants online, and keeping herself informed about issues like the SOGIE Bill and education. These are topics that matter not just to her, but to the society she hopes to help shape.

Competing for the second time brought mixed emotions: excitement, pressure, and a renewed sense of purpose. Along the way, she found joy in meeting new faces in the LGBTQIA+ community and reconnecting with former co-contestants. For Renz, the journey was about growth, resilience, and proving that the crown was well deserved.

To young LGBTQIA+ individuals still searching for their place, Renz offers a message of courage: "We should not be afraid of who and what we are. It has never been a bad thing to be part of the LGBTQIA+ community. Let's remember that we, as part of the rainbow community, are the ones who give color to our society."

Renz's victory is more than a title. It is a reminder of what Mx. PSTO stands for—courage, inclusion, and the ongoing mission to empower every LGBTQIA+ member to shine.





Planting Dreams, One Word at a Time

JIANA MAGARARU

On June 9, 2025, the much-anticipated PSTO Days officially began.

As the celebration of talent and passion continued, the spotlight turned to the Spoken Poetry Competition, a stage where voices, stories, and dreams came alive.

Five determined competitors stood ready, but in the end, only one would take home the title.

Among them was Jessica Caballero, a fourth-year Bachelor of Secondary Education major in English student who stepped onto the stage with nothing but her courage and the heartfelt words she had written.

Facing the crowd, she took a deep breath, feeling both the pressure and excitement of the moment. With her heart pounding, she began to speak. Each line reflected her passion. Each word was filled with sincerity and hope.

Jessica's piece, "Binhi", stood out for its depth and honesty. Her innovative approach and moving storytelling captured not only the attention of the audience but also the admiration of the judges.

When the results were announced, it was Jessica who emerged

as the champion, earning the top honor in the competition.

Her inspiration came from the students she met during her internship, which ran from January 22 to April 4, 2025.

For Jessica, those months were among the most meaningful of her life. Managing three to four sections each day, about 180 students in total, she learned to see beyond the numbers. Each learner was unique and special in their own way.

One student in particular left a lasting mark. This child, whose brilliance and presence brought joy to the class, suddenly stopped attending.

One day, Jessica received a note from one of the other students. It read, "Ma'am, hindi na po ako papasok. Hindi na po kasi kaya ni Mama."

That simple message reminded Jessica that while ev-ry student had their own story, they all shared one thing: a dream.

It was stories like these that gave life to "Binhi." Jessica chose the title because, to her, students are like seeds, full of potential, waiting for the right care to grow and bloom.

"Just because a seed is different doesn't mean it's worthless. With time, love, and faith, it will reveal how special it truly is," she shared. These words captured the heart of her message, reminding everyone that every learner deserves the chance to thrive.

Jessica dedicated her winning piece to all her former students, especially those from Sta. Anastacia-San Rafael National High School (SASRNHS).

"A student is like a bud, quiet and full of promise, just waiting for the right care. They need water in the form of support and sunlight in the form of encouragement. As gardeners in their lives, it is up to us to give them what they need. When we do, they do not just grow. They bloom."

Jessica's victory in the Spoken Poetry Competition was more than a personal achievement. It was a tribute to every learner striving for their dreams. It was a reminder that with belief and support, even the smallest bud can blossom into something truly beautiful.





IMMERSING INTO THE WORLD OF TEACHING: INSIDE THE LIFE OF STUDENT TEACHERS

ANGEL KYLA D. LORENZO

Draining.

This was the typical response from student-teachers when asked to describe their teaching internship.

No flowery words to mask the exhaustion. Just plain tired.

But behind the excruciating routine of crafting daily lesson plans, creating PowerPoint presentations, and producing traditional instructional materials lie valuable lessons they've learned through the experience.

What student teachers learn beyond the classroom

The internship was more than just a school requirement; it was a crash course in patience, perseverance, and professionalism.

"Sobrang hirap. Dito ko na-realize na hindi titigil yung responsibilities ko just because I feel tired," said Loredell Motas, a student-teacher from Bachelor of Secondary Education Major in English (BSEDEN) 4-1.

According to Motas, no amount of theoretical discussion in college could fully prepare a student teacher for the unpredictability of handling a real class.

With this experience, it is undeniable how student teachers learned to think on their feet, adapt their strategies, and communicate with students of different personalities and learning styles.

For them, these challenges shaped their confidence and resilience.

The hidden challenges of practice teaching

Aside from academic duties, student teachers carried emotional weight.

They faced pressure from both their cooperating teachers and students, often struggling to find a balance between meeting expectations and preserving their well-being.

"Dito ko naisip na sa real world of teaching, you really have to do it tired and scared. Kasi kung hindi ka kikilos, paano ang students mo?" shared Abigail Hernandez, another student from BSEDEN 4-1.

Some even experienced self-doubt, wondering if they were truly cut out for the profession.

"Iniisip ko, hindi yata talaga para sa akin itong landas na tinahak ko. Ang hirap kasi talaga. Pero thank God, kasi nalagpasan ko," Jessica Caballero noted.

These testaments proved that through feedback, reflection, and daily trial and error, they began to grow not only as future educators but as individuals learning how to lead with heart and humility.

Small wins in a tough journey

Despite the sleepless nights and endless revisions, student teachers found joy in the little things: a student saying thank you, a successful class discussion, or a simple nod of approval from their cooperating teachers.

These moments, though small, became reminders of why they chose the path of teaching in the first place.

And while the journey was tough, it was also rewarding.

Indeed, growth often happens when you are most uncomfortable.

Becoming teachers in the realest sense

The internship was not just a requirement; it was a rite of passage. It stripped away the idealism of teaching and revealed its raw, demanding, but deeply meaningful reality.

Through every mistake corrected, every plan revised, and every moment of doubt overcome, the student teachers began to step into who they were meant to become.

They did not just practice teaching. They became teachers in the realest sense: flawed, growing, and committed to making a difference.



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