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ORS goes virtual

For the first time, the Office of Research Service (ORS) virtually rolled out its activities for the last quarter of 2020.

With the limitations to conducting events with large groups, the ORS turned to the available online platforms for video conferences such as Messenger Rooms and Zoom Video Conferencing. Using the former, the office hosted the Agency In-House Review for 2020, while the latter application was utilized for the workshop on developing and packaging research proposals and the writeshop on writing for publication.

PREPD), emphasized in her opening message that the present challenges may be viewed as opportunities for advancement. She highlighted that the situation amidst the pandemic gave everyone a chance to reimagine what is possible moving forward, such as the conduct of virtual classes and events like AIHR.

On the other hand, University President Dr. Doracie B. Zoleta-Nantes, posed a challenge to pursue not only quality collaborative research endeavors but also to produce publishable papers.

ORS Director Dr. Delia R. Babilonia introduced the keynote speaker, Dr. Melbourne R. Talactac, who is a Professor from the Cavite State University (CvSU), an expert in Veterinary Sciences, and an Outstanding Young Scientist, among others.

Dr. Talactac presented the opportunities in the new normal and how researchers can keep things in perspective. He also dug deep on how universities can create a nurturing research environment by discussing thoroughly the need to establish or strengthen an efficient mentoring system and the reasons for providing early career researchers an



AIHR Keynote Speaker. Dr. Melbourne R. Talactac, an Outstanding Young Scientist awardee, inspired SLSU researchers to make the best out of the present pandemic.

SLSU researchers present online, AIHR 2020

SLSU ORS, in coordination with the Southern Tagalog Agriculture, Aquatic and Resources Research Development and Extension Consortium (STAARRDEC), hosted the Agency In-House Review (AIHR) 2020 for the presentation and evaluation of eight completed institutional research projects via Messenger Room on October 13, 14, and 16.

Dr. Marissa C. Esperal, the Vice President for Planning Research, Extension,

opportunity to be successful. He also added the advantages of establishing or improving the university research incentive and travel grant system.

CvSU Professor, Dr. Yolanda Ilagan, spearheaded the panel of evaluators for the oral presentations and the evaluation of papers under the Natural Sciences (NatSci) category. Batangas State University (BatSU) Professor, Dr. Shirley G. Cabrera, and University of Rizal System Professor, Dr. Reneecilia B. Paz de Leon, served as panel members.

The two papers evaluated under the Natural Sciences were the paper presented by For. Kathreena E. Gutierrez entitled S&T interventions on quality planting material production of two important forest tree species indigenous in Mt. Banahaw de Lucban; and, the non-competing paper presented by Dr. Babilonia entitled Mangrove crab (*Scylla serrata*) production in Alabat Island using an aquasilviculture system. The paper of For. Gutierrez won best in this category.

BatSU Professor, Dr. Shirley G. Cabrera, led the Development Category (Devt Cat) evaluation, while Dr. Ilagan and Dr. Paz de Leon served as panel members. Among the six papers presented, the research of Dr. Violeto N. Coronacion on the "Technology Commercialization of Nipa Sweeteners Developed by ITDI" excelled as the Best Paper for the Development Category. The "Regulated Water Misting for Oyster Mushroom Production Area" presented by Dr. Roland A. Calderon and the "Development of Canned Lemon Grass (*Cymbopogon stratus*) Enhanced Smoked Bangus" presented by Dr. Victoria M. Noble won as runner-ups, respectively.

Besides the certificates and corresponding cash prizes, the best papers per category shall represent SLSU in the Regional AIHR of STAARRDEC. The ORS published an AIHR Proceedings that details the conduct of the virtual event.

SLSU ORS offers virtual proposal dev't writeshop

"I thought before that it's easy to write a research project proposal. Then, when I ventured into it, that's when I realized that you have to be taught again. You have to re-learn it."

- Dr. Doracie B. Zoleta-Nantes

President Zoleta-Nantes urged the SLSU researchers participating in the virtual writeshop on developing and packaging research proposals to re-learn things associated with crafting project proposals. She pointed out the need for



AIHR DAY 1. (Top, from left to right) For. Eraldwin Dimailig (co-author of For. Gutierrez), For. Kathreena E. Gutierrez (NatSci Presenter), Dr. Marissa C. Esperal (VP PREPD), and Dr. Reneecilia B. Paz de Leon (NatSci Member Evaluator); (Bottom, from left to right) Ms. April Arianne A. de Leon (AIHR Facilitator), Dr. Shirley A. Cabrera (NatSci Member Evaluator), Dr. Delia R. Babilonia (ORS Director/NatSci Presenter), and Dr. Yolanda A. Ilagan (NatSci Lead Evaluator).



AIHR DAY 2. (Top, from left to right) Dr. Violeto N. Coronacion (Devt Cat Presenter), Dr. Victoria M. Noble (Devt Cat Presenter), Ms. Alma J. Caringal (Devt Cat Presenter), and STAARRDEC Secretariat; Ms. Razel C. Tulod (Devt Cat Presenter), Dr. Frederick T. Villa (Vice President for Administrative and Financial Affairs), Veronica Aurea A. Rufo (Devt Cat Presenter), Dr. Roland A. Calderon (Devt Cat Presenter), and ORS Secretariat.

researchers to develop proposals that are worth funding and, thus, highlighted the importance of participating in the weeklong writeshop to attain such desire.

The ORS invited Dr. Juanito A. Merle, Education Program Supervisor of DepEd Schools Division of Quezon, to serve as a trainer for the following sessions: 1) Development of Project Title and Discussion on General Writing Tips; and, 2) Preparation of Project Proposal and Writing of Executive Summary. The said sessions were held on November 16 and 18, 2020, respectively.

On November 17, SLSU ORS Director Dr. Babilonia, discussed the topic of how to prepare a logical framework and line-item budget for RDE projects. Then, the Program/Project Planning and Administrative Support (PPAS) Services Director Ms. Geri Mae A. Tolentino provided enlightenment on how to work with scientific literature.

The ORS invited Mr. Joel E. Erandio, the Alumni Representative in SLSU Board of Regents and an expert in the data science field, to be the trainer on the session on research design with statistical tools and analysis held on November 19. On the same day, the experienced SLSU researchers, such as Dr. Amalia E. Almazol, Ms. Glemechille D. Maestro, For. Kathreenea E. Gutierrez, and Dr. Babilonia, gave a number of tips on how to successfully acquire RDE funding grants.

On the last day of the writeshop, November 20, selected participants presented their outputs for critiquing in the mock proposal evaluation, in preparation for the upcoming call for research proposals.

The Office of Extension Services and the Office of Production Services also conducted the same activity, simultaneous with the sessions of SLSU ORS.

Virtual Writeshop on Developing and Packaging RDE Proposals



Doracie B. Zoleta-Nantes, PhD
University President



Marissa C. Esperal, PhD
VP PREPD



Delia R. Babilonia, PhD
ORS Director



Geri Mae A. Tolentino
PPAS Director



Juanito A. Merle, EdD
DepEd Education Program Supervisor



Mr. Joel E. Erandio
BOR Alumni Representative

Inspirational Message

Welcome Remarks

Session 2 & 6 Trainer

Session 3 Trainer

Session 1 & 4 Trainer

Session 5 Trainer

Workshop on writing for publication pushed

"Very informative and encouraging to publish completed research projects."
- Participant 1

"Highly commendable initiative."
- Participant 2

"Thank you for conducting such an informative workshop that will help us researchers in publishing our research."
- Participant 3

The two-day virtual workshop on writing for publication gained positive feedbacks after the ORS rolled it out to encourage researchers to publish their completed projects.

Via Zoom Video Conference on November 24, CAS Faculty and Institutional Research Screening Committee Member Dr. Aprillette C. Devanadera shared a practical guide in repackaging research into a publishable paper. Afterward, PPAS Director Ms. Geri Mae A. Tolentino thoroughly discussed ethical considerations when publishing for journals.

At the end of the two sessions, the facilitator encouraged the participants to raise queries and clarifications. Some of the things that were clarified are the provision of monetary support for research publication and the need to incentivize not only through monetary means but also through awarding of recognitions for performing researchers.

On the next day, selected participants presented their respective research matrices as an output from the first day of the workshop. Dr. Devanadera evaluated their outputs and provided constructive comments for the improvement of their papers.

The ORS streamed live on its official Facebook page (<https://facebook.com/slsuors>) the virtual events spearheaded via Zoom, and the sessions are still available there for viewing.

SLSU entries won STAARRDEC's 33rd RSRDEH, Coronacion to compete as IVA rep in NSAARRD

Dr. Violeto N. Coronacion won the Development Category Best Paper Award in STAARRDEC's Regional Symposium on Research, Development, and Extension Highlights (RSRDEH) for his research entitled "SLSU REED+ Plus Upscaling of Nipa Sweeteners Technology for Pre-Commercialization."

Among the representatives of the consortium member agencies in CALABARZON, Dr. Coronacion topped the paper presentation for the development category, and thus, making him the consortium's representative for the same category for the upcoming National Symposium on Agriculture, Aquatic and Natural Resources Research and Development (NSAARRD)

On the other hand, For. Kathreena E. Gutierrez and her co-authors, For. Eraldwin Dimailig, Dr. Wenceslao S. Durante, Mr. Earl Joseph Tinamisan, Ms. Rona May M. Cadelino, Ms. Jenecyl T. dela Cruz, Ms. Ailyn M. Evasco, Ms. Czies Ann V. Gatson, Ms. Amaliza M. Nolasco, Mr./ John Vincent V. Ravanzo and Ms. Mina A. Florague, won as 3rd Best Paper for Research Category for their paper

entitled "Quality Planting Material Production of Two Important Forest Tree Species [Batikuling (*Litsea leytensis* Merr.) and Makaasim (*Syzygiumm nitidum* benth.)] Indigenous in Mt. Banahaw de Lucban."

Dr. Coronacion and For. Gutierrez, et al. officially represented SLSU in the 33rd RSRDEH as their papers were hailed best during SLSU's Virtual AIHR. With the help of the comments and suggestions of the AIHR panel of evaluators, the winning proponents were able to improve their papers before its submission to STAARRDEC's Secretariat.

The STAARRDEC annually spearheads the RSRDEH with this year's theme dubbed as "Challenges, Opportunities, and Innovation in Agriculture, Aquatic, and Natural Resources in the New Normal" held on November 19, 2020. It ultimately aims to motivate researchers to strive hard in achieving quality R&D activities and package better technologies. It also intends to promote increased interaction among researchers, extension workers, local government units (LGUs), and technology stakeholders.

Virtual Workshop Q&A. (Top, from left to right) Dr. Aprillette C. Devanadera (Session 1 Trainer), Ms. April Arianne A. de Leon (Workshop Facilitator), Dr. Delia R. Babilonia (ORS Director); (Bottom, from left to right) Mr. Gino Cabrera (Workshop Participant), and Ms. Geri Mae A. Tolentino (PPAS Director)

zoom

**DEVELOPMENT, VALIDATION, AND EVALUATION
OF PSYCHOLOGICAL WELLNESS MODULES FOR COLLEGE STUDENT**

HELENE D. DAYA, PhD, RGC, LPT; GINO A. CABRERA, CSIOP, RPM, & NOREEN P. EHAGUE, LPT PSLSU-HELE...

INTRODUCTION

College life is indeed challenging and full of psychological stress (Bernardo & Recurcion, 2018; Dassel, 2012; Suvera, 2013).

Psychological Well-being (PWB) plays a role in shaping academic outcomes (Datu & Lizzada, 2018).

It is important for an educational institution to look into the PWB of its students.

Knowledge about the different aspects of PWB can help in designing programming programs for students in order to mend their psychological and social functioning (Darel, 2012).

Knowing the characteristics of students who are likely experiencing psychological distress is a necessary

MATERIALS & METHODS

RESEARCH DESIGN

Multi-methods Approach

RESPONDENTS

Selected college students and teachers from a state university in Quezon.

DATA GATHERING PROCEDURES

Research and Evaluation of GCIT[®]

ETHICAL CONSIDERATIONS

Informed Consent Form
Anonymity of Identity and Responses

DATA ANALYSIS

Development, Validation, and Evaluation using descriptive inferential statistics and quantitative analysis

INSTRUMENTS

- a. PWB Scale by Dr Carol D. Ryff
- b. Instructional Material Review Questionnaire
- c. Individual Interview/ Essay-Type Questionnaire

RESEARCH & EVALUATION

DEVELOPMENT

VALIDATION

SUMMARY OF FINDINGS & CONCLUSIONS

Most college students have high and healthy levels of overall PWB. The factors affecting college students' PWB include age, course or specialization, gender, and length of stay in the university.

23 modules were developed and integrated into a 3-unit wellness course.

The modules were effective means in developing all aspects and overall PWB of college students in SLSU.

Expert validation suggested improvements on the design, methodology, and content of the modules.

This resulted to reducing the number of modules to 19.

There were positive perceptions by both teachers and students about the content, clarity, appeal to the target users, methodology, and originality.

PWB

Third year experienced a lower level of autonomy but higher level of personal growth

Sophomores were lowest in personal growth and growth in purpose and life.

RSI Poster Presentation. Dr. Helene D. Daya represented her co-authors during the Poster Presentation of the 6th CALABARZON RSI Forum.



SLSU team among best in 6th CALABARZON RSI Forum

Dr. Helene D. Daya, Prof. Gino A. Cabrera, and Prof. Noreen P. Echague represented SLSU in the 6th CALABARZON Research, Statistics, and Innovation (RSI) Forum and received the 2nd Best Poster Presentation distinction during the awarding ceremony on October 15.

Dr. Daya presented the poster for their research entitled "Development, Validation, and Evaluation of Psychological Wellness Modules for College Students" which was applauded by the evaluators for the very clear poster content and presentation. Prof. Cabrera presented the same paper as the University's entry in the oral presentation portion of the forum. Their team's paper underwent a series of thorough evaluations before being shortlisted as finalists in the competition.

The CALABARZON Regional Development Council – Regional Research and Innovation Committee hosted the event together with the Department of Science and Technology CALABARZON, Philippine Statistics Office (PSA) Region IV-A, and Commission on Higher Education (CHED) IV-A Research Council, Inc.

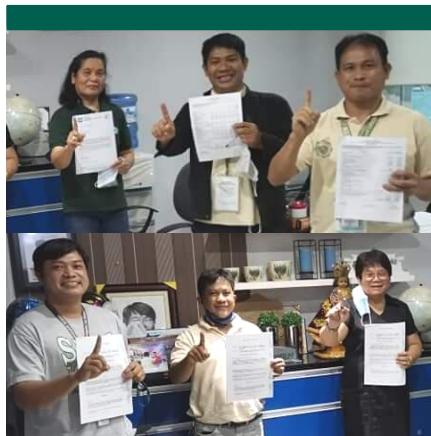
This year's team was dubbed as "Bridging Research and Innovation Towards CALABARZON's Sustainable and Inclusive Development." The virtual event aimed to showcase research studies aligned with the CALABARZON Regional Development Agenda geared to promote a strong culture of research and strengthening statistical capacities of academic institutions, government agencies, and local government units in the region.

Recently, the SLSU-funded research of the same team entitled "Psychological Well-Being of College Students: Validation of the Personal-Social Responsibility and Wellness Module" was published in the Journal of Educational and Human Research Development, a CHED-accredited and ASEAN Citation Indexed Journal.

PPAS, ORS pursue research ethics policy creation

The newly constituted University Research Ethics Committee (UREC) subjected its members to a training-workshop in preparation for the creation of the SLSU Research Ethics policy.

PPAS Director Ms. Geri Mae A. Tolentino spearheaded the training-workshop for the UREC members, in coordination with the ORS. The first part two weeks required the members and other RDE support staff to enroll in the online



MOA Perfected. The team of Dr. Amalia A. Almazol may now officially start the implementation of their DOST-PCAARRD-funded project as the MOA between SLSU and the funding agency was finally inked.

DOST-PCAARRD grants 5M for SLSU Research Proposal

The SLSU and the DOST-PCAARRD finally perfected the Memorandum of Agreement for the 5 Million grant for the implementation of the research project entitled "Inventory and Assessment of Flora and Fauna, and Macrofungi in Mt. Banahaw de Luchan."

Dr. Amalia E. Almazol, a professor from the SLSU College of Agriculture, shall spearhead the project together with her co-faculty Dr. Francisco Beltran, Prof. Ronald C. Garcia, Prof. Dennis E. Pulan, and Engr. Fraldwin A. Dimalig.

course on "Introduction to Research Ethics: Working with People" offered through the digital educational platform Future Learn. The course was taught by Dr. Natasha McKeever of the Inter-disciplinary ethics Applied (DIEA) Centre of the University of Leeds.

On December 2 and 3, the UREC Members gather to share the lessons learned from the course; discuss the National Ethical Guidelines published by DOST; draft the ISO Business Process on research proposal ethical review; and, initially craft the significant contents of the Research Ethics Policy to be adopted by the university.

Dr. Esperal, the Vice-President for PREPD, oversees such activities of the UREC to ensure that SLSU shall finally establish an ethics policy to be observed when conducting research projects involving human and animal subjects. Protocols shall also be developed soon to help researchers in packaging proposals compliant with national and international ethical standards.

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