

9:41



# Student Mental Health

Capiz State University Dayao Satellite College



## Improve your Mental Health

We care about your mental well-being. Start now and we'll get you through.

[Sign Up](#)
[Log In](#)


## Talk to the Experts

Need some help? Schedule an appointment and talk to your counselor.

[Sign Up](#)
[Log In](#)


## Join our Community!

Interact with your peers in the forum and discover activities that can improve yourself.

[Sign Up](#)
[Log In](#)

3:00

<

Create Account

Personal Details

First Name

Enter your first name

Last Name

Enter your last name

Email

Enter your email

School Details

Department

Computer Science

Year

1

Section

A

Student ID

Enter your Student ID

Security

Password

Create your password

Confirm Password

Re-enter Password

Sign Up

3:03

<

Welcome back!

Sign In

Email Address

Enter your email address

Student ID

Enter your Student ID

Password

Enter your password

Sign In



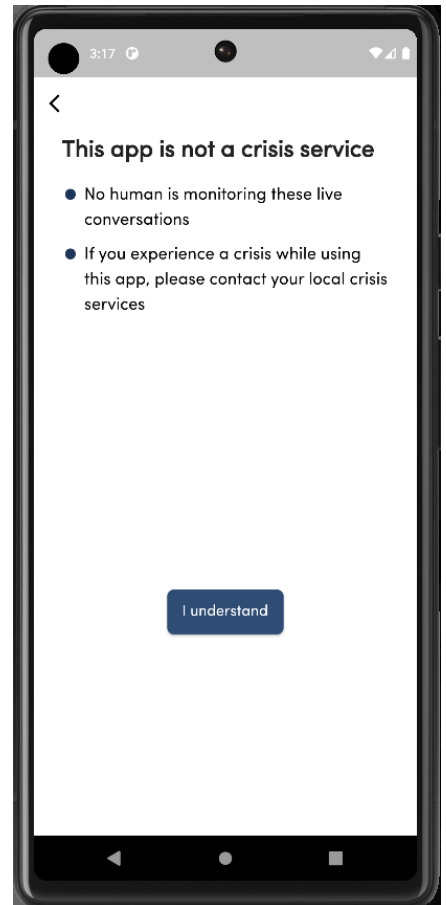
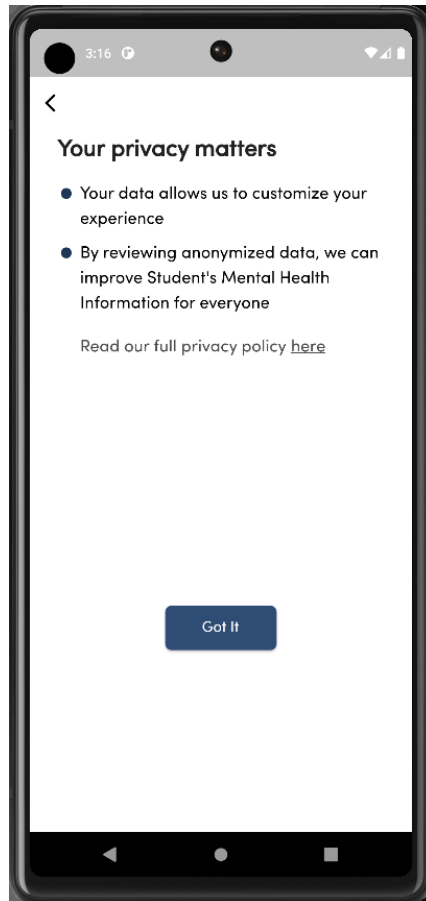
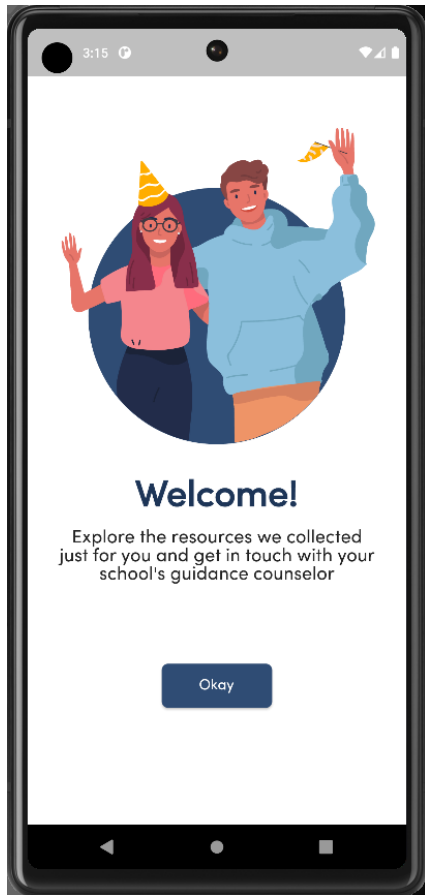
## Verify Your Number

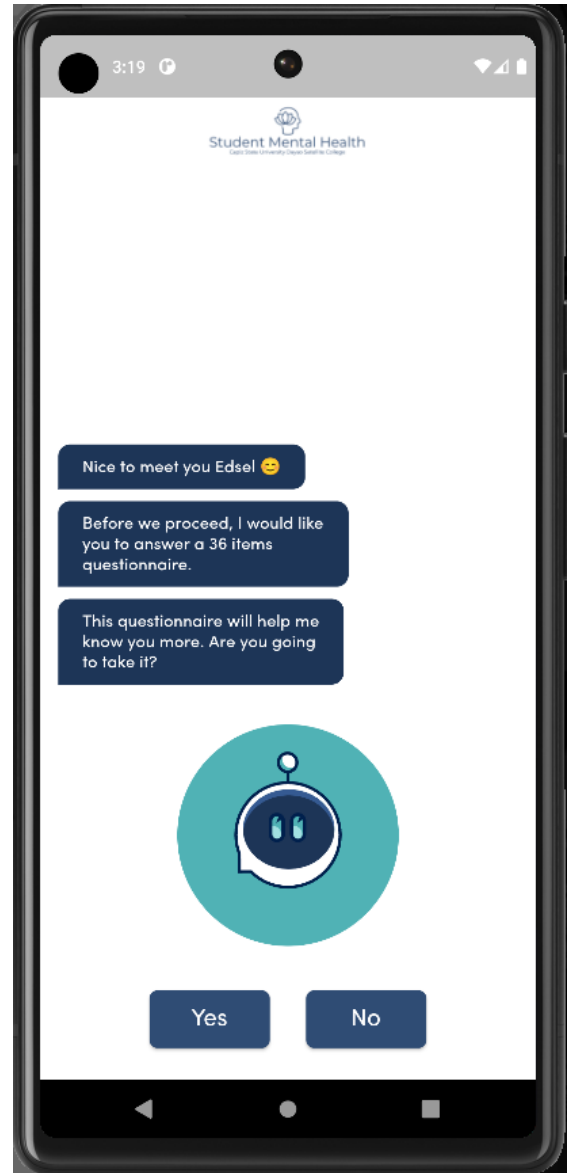
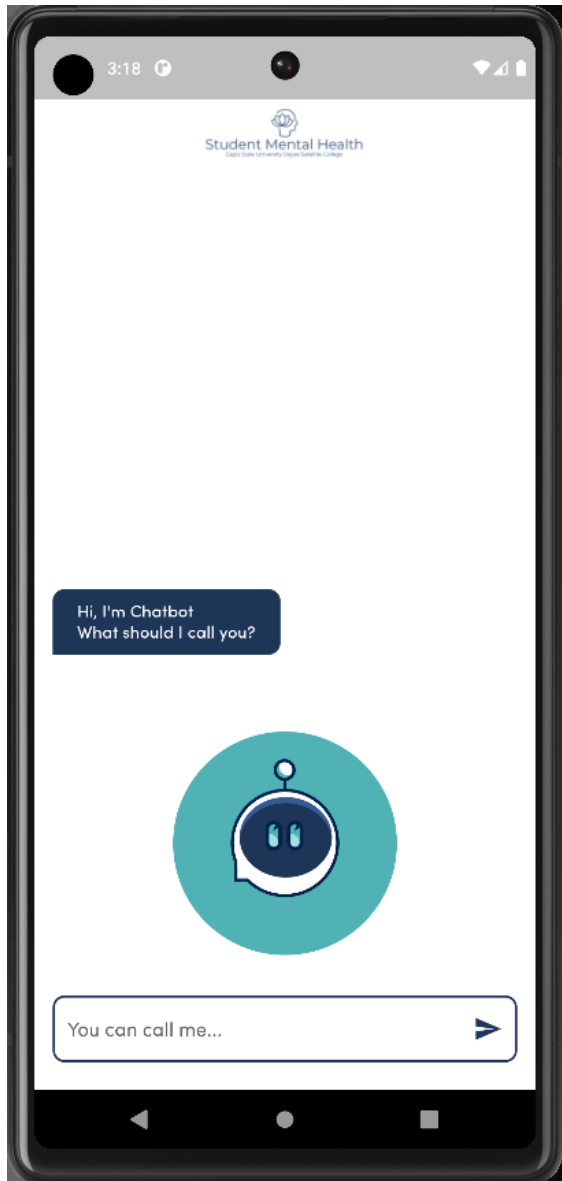
Please enter your 10 digit phone number

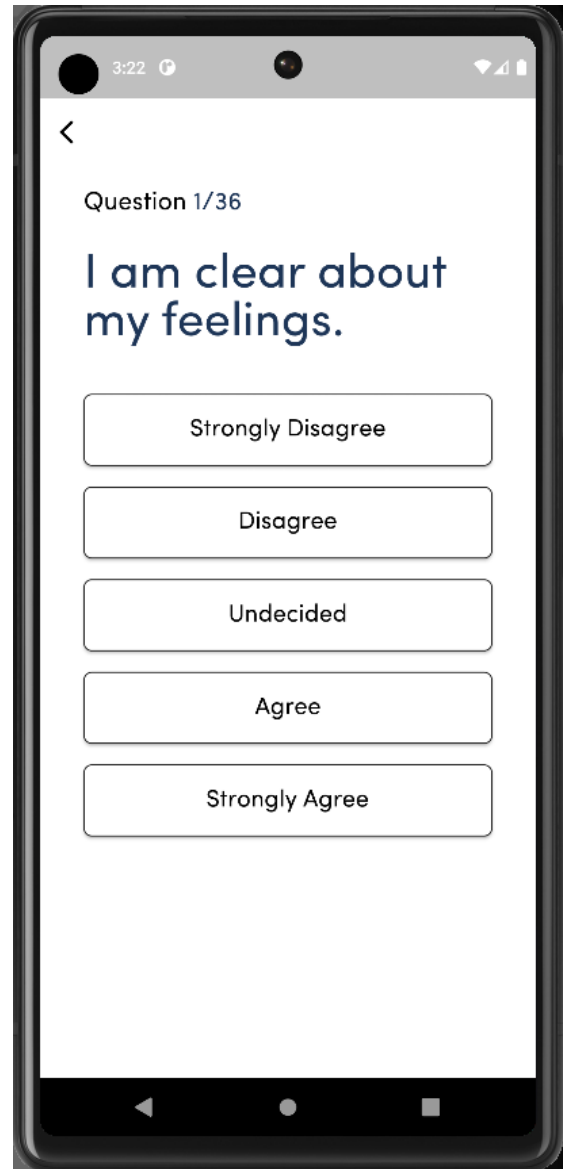


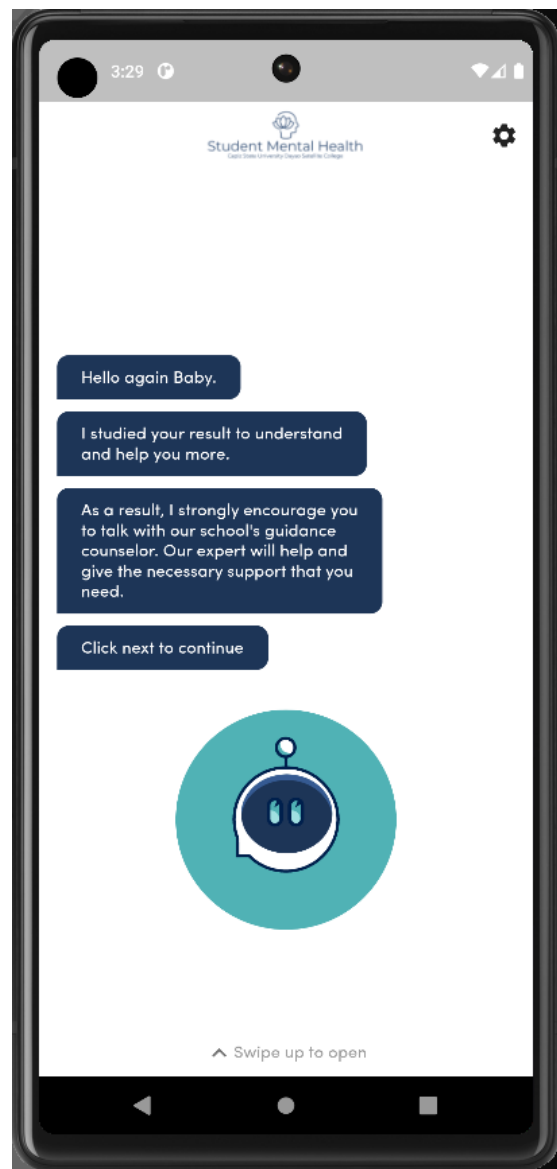
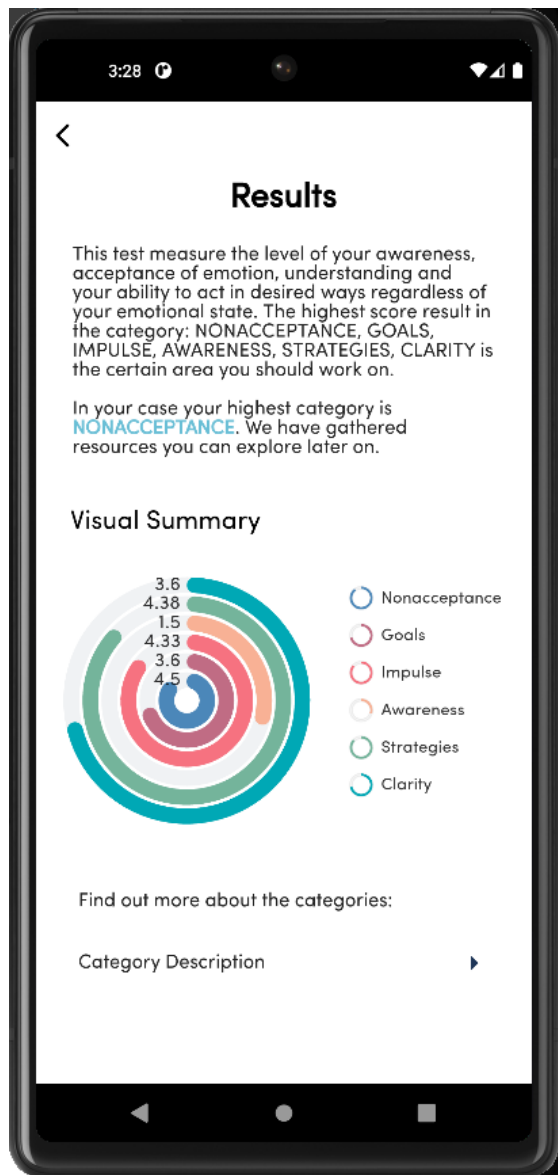
9123456789

Send

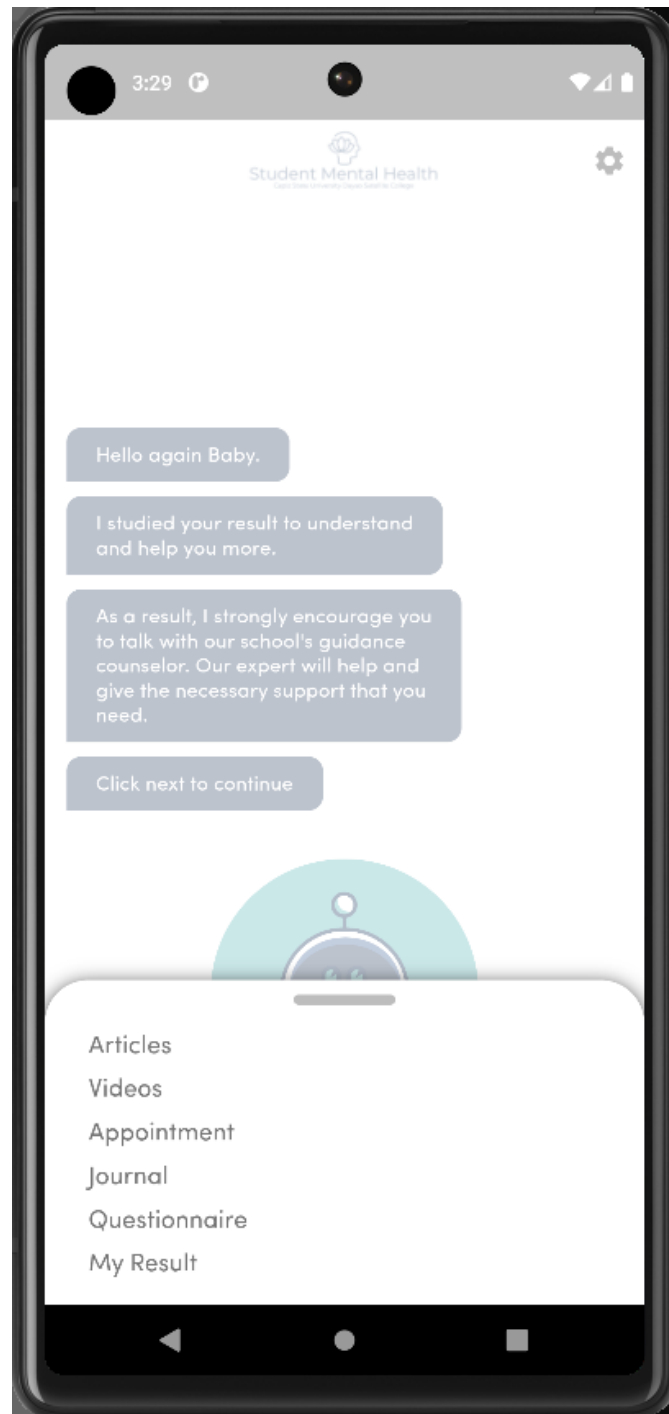


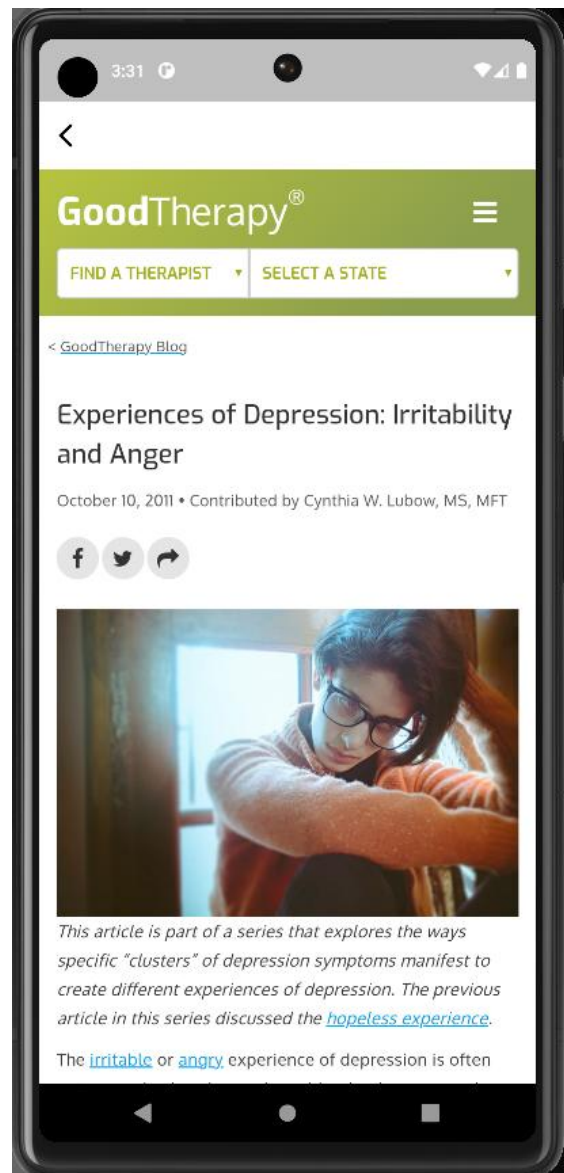
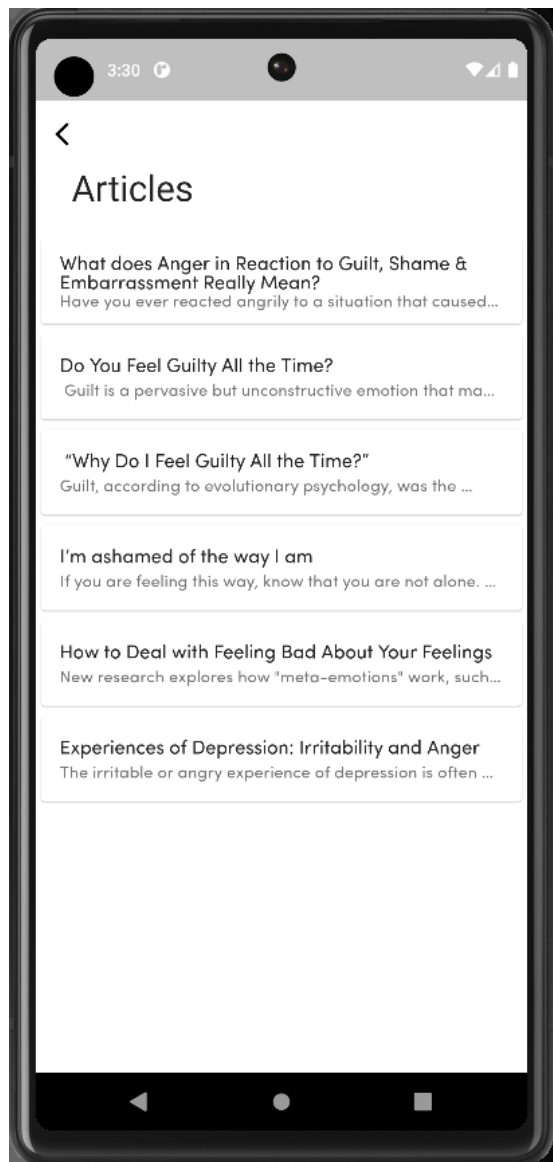


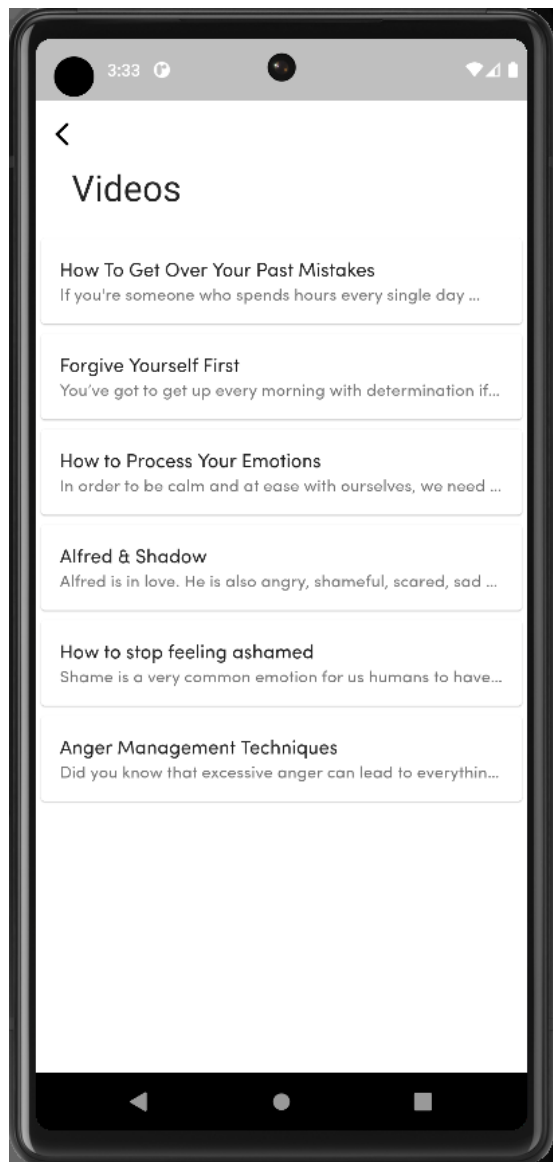


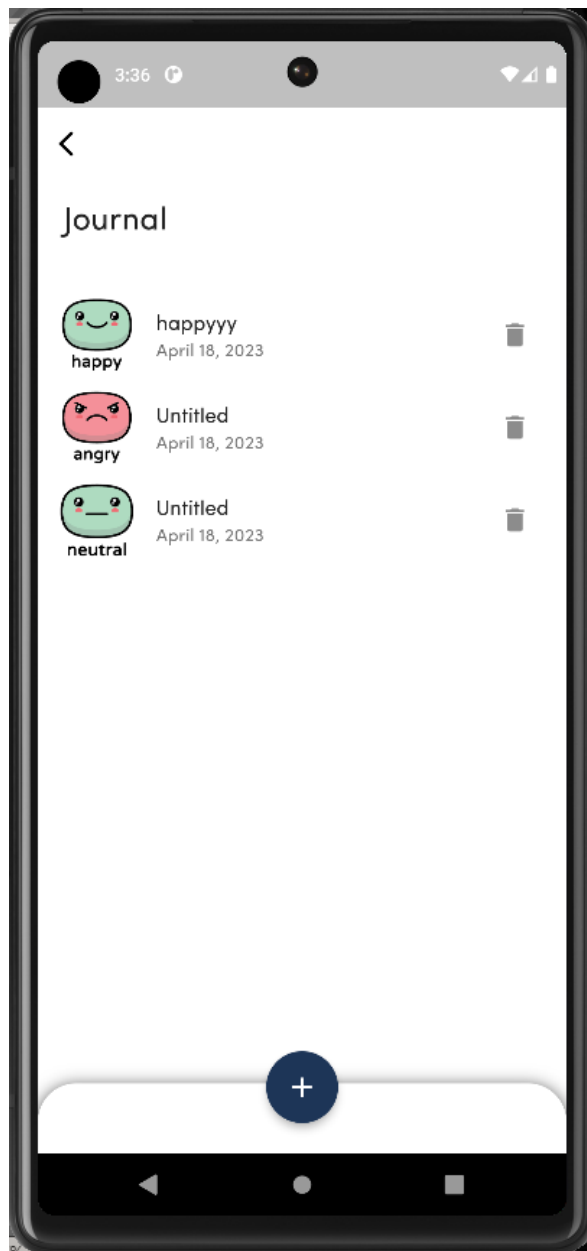


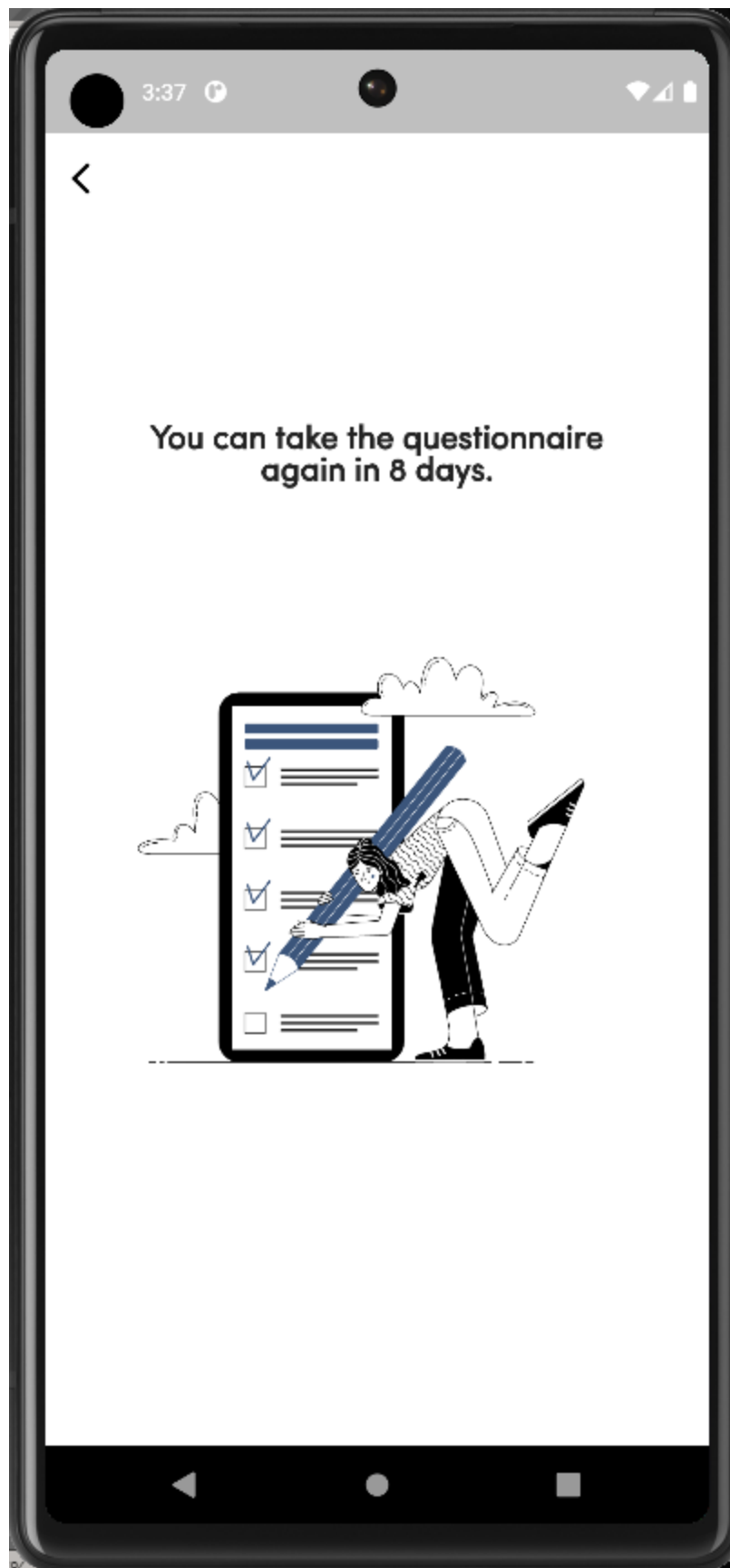


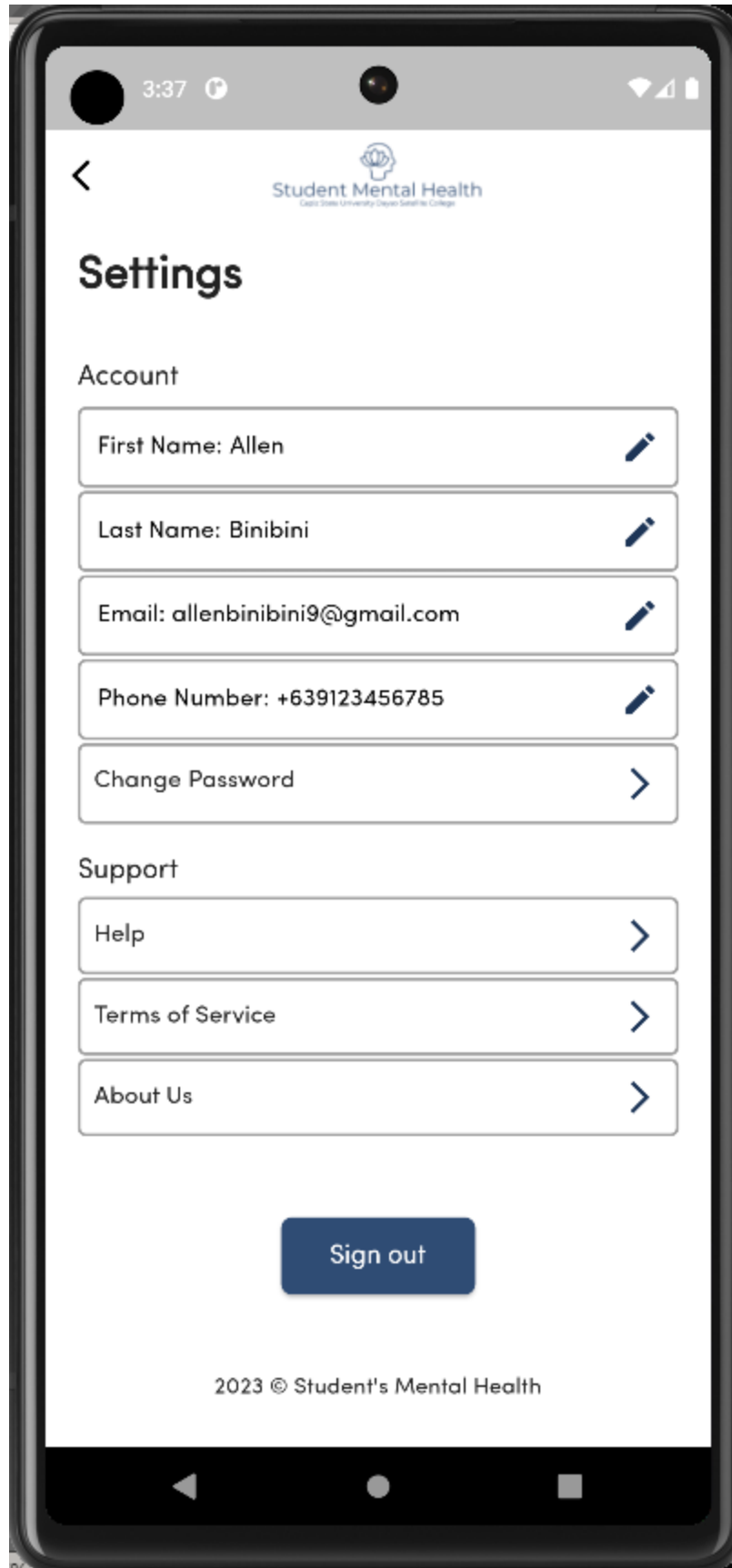


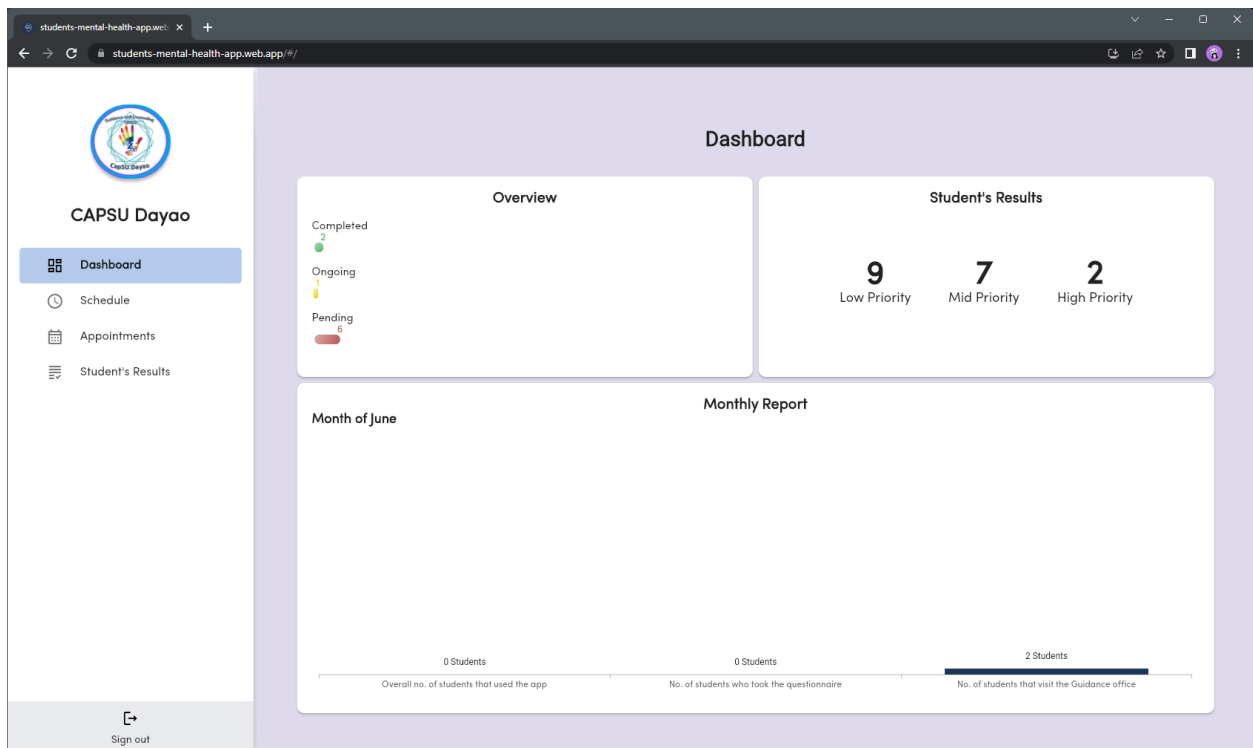
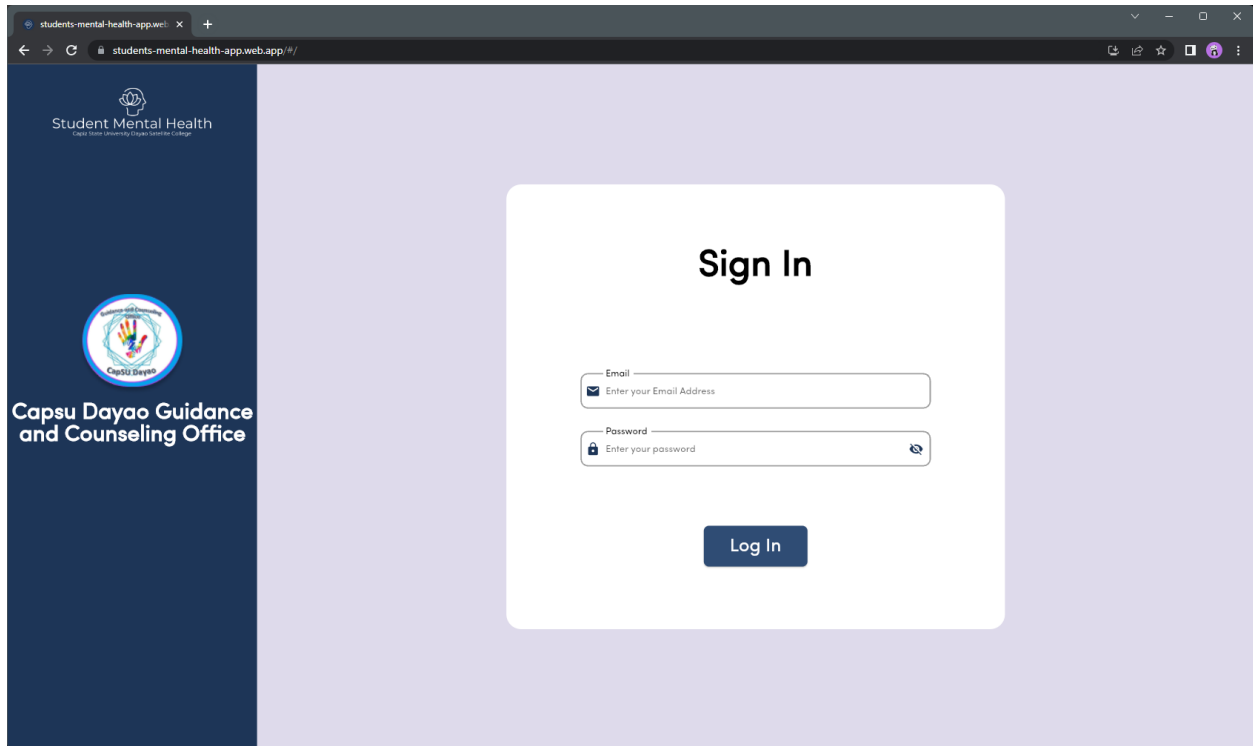

























**CAPSU Dayao**

- Dashboard
- Schedule**
- Appointments
- Student's Results

Sign out

### Schedule

Date	Time	
April 11, 2023	2:00 PM	
April 13, 2023	10:00 AM	
April 2, 2023	10:00 AM	
April 23, 2023	2:00 PM	
April 25, 2023	3:00 PM	
April 26, 2023	9:00 AM	
April 28, 2023	10:00 AM	
April 30, 2023	9:00 AM	
		












**CAPSU Dayao**

- Dashboard
- Schedule**
- Appointments
- Student's Results

Sign out

### Schedule

Date	Time	
April 11, 2023	2:00 PM	
April 13, 2023	10:00 AM	
April 2, 2023	10:00 AM	
April 23, 2023	2:00 PM	
April 25, 2023	3:00 PM	
April 26, 2023	9:00 AM	
April 28, 2023	10:00 AM	
April 30, 2023	9:00 AM	
		

### Add Schedule

Select Date:


Select Time:



students-mental-health-app.web

+

students-mental-health-app.web.app/



CAPSU Dayao

Dashboard

Schedule

Appointments

Student's Results

Sign out


Appointments

Jenny Marie Buenvenida	pending	view
Shaira Alcabasa	pending	view
Jade Merabela Fabiaña	pending	view
Allen Binibini	ongoing	view
Joey Ijan	pending	view
Jan Marie Bolante	completed	view
Stayven Borbon	pending	view
Edsel Pisueña	pending	view
Tristan Dela cruz	completed	view

students-mental-health-app.web

+

students-mental-health-app.web.app/



CAPSU Dayao

Dashboard

Schedule

Appointments

Student's Results

Sign out

<


Allen Binibini

ongoing

Status: Pending Ongoing Completed

Notes

Needs more session due to unresolved failure in past relationships.




**CAPSU Dayao**

- Dashboard
- Schedule
- Appointments
- Student's Results**

Sign out

### Student's Results

Regin Valles <i>low priority</i>	<a href="#">view</a>
Jenny Marie Buenvenida <i>mid priority</i>	<a href="#">view</a>
Shaira Alcabasa <i>mid priority</i>	<a href="#">view</a>
Test Two <i>low priority</i>	<a href="#">view</a>
Rogin Abelitado <i>low priority</i>	<a href="#">view</a>
Aron Zonio <i>low priority</i>	<a href="#">view</a>
Jade Merabela Fabiaña <i>high priority</i>	<a href="#">view</a>
Allen Binibini <i>mid priority</i>	<a href="#">view</a>
Jolee Ann Velado <i>low priority</i>	<a href="#">view</a>
Test One <i>low priority</i>	<a href="#">view</a>



**CAPSU Dayao**


- Dashboard
- Schedule
- Appointments
- Student's Results**

Sign out

<

Name: Allen Binibini  
Student ID: 2019-321755  
Year & Department: 4 - Computer Science

#### Visual Summary



- Nonacceptance
- Goals
- Impulse
- Awareness
- Strategies
- Clarity

#### Overall Result

**Grand Mean: 3.7**  
**Priority: Mid**

Category:  
Nonacceptance - 4.5  
Goals - 3.6  
Impulse - 4.3  
Awareness - 1.5  
Strategies - 4.4  
Clarity - 3.6

#### Category Description

Nonacceptance - tendency to have negative secondary emotional responses to one's negative emotions, or nonaccepting reactions to one's distress.

Goals - difficulties concentrating and accomplishing tasks when experiencing negative emotions.

Impulse - difficulties remaining in control of one's behavior when experiencing negative emotions.

Awareness - tendency to attend to and acknowledge emotions.

Strategies - the belief that there is little that can be done to regulate emotions effectively, once an individual is upset.

Clarity - the extent to which individuals know (and are clear about) the emotions they are experiencing.

#### Grand Mean Scale

3.49 - below = low priority  
3.5 - 3.9 = mid priority  
4 - above = high priority