

REFLECTION PAPER

During our seminar, we were taught how to effectively choose the right candidate for the upcoming senatorial election for the sake of good governance. The speaker tackled about different factors that greatly affect the voting process such as **stunting**, which affects the person's brain thus leading to poor cognitive thinking and thought process when coming up with decisions for choosing a candidate. The Philippines has experienced stunting for the past few years and mostly children are affected by this problem. The longer they live to the point where they are eligible to vote will impose drastic changes in the election result and that is the result of poor maintenance of health. Another thing the speaker taught us is most Filipinos lack patriotism due to the current dilemmas on our nation. The mentality of losing hope translates to poor voting decisions and formulating stances in the political field when choosing suitable and appropriate governance. He also emphasized that whatever we do, whether we want to migrate to another country to do labor or learn, we will always end up in the Philippines. By that argument, he explained that we should learn to love our country. Despite all these conundrums, we should still embody the spirit of patriotism so that someday, we'll finally be knowledgeable enough to choose the candidates that fit authority. We then ate snacks and while we were at it, the hosts, along with the audience, played a short game while waiting for the speaker to have his 2nd say. Lastly, there were plenty of students who were curious about how to vote wisely, leadership and other sorts of technical political questions. I wanted to ask myself a question but never for to. And that question was, *"As someone who isn't registered to vote, am I allowed to have my own political stance, or do I remain apolitical until I am eligible to vote?"* While listening to the speaker's advice, I was wondering about how my opinion would matter despite not having the prerequisite to do so.