



# Carlos Hilado Memorial State University

Alijis Campus • Binalbagan Campus • Fortune Towne Campus • Talisay (Main) Campus

*A leading GREEN institution of higher learning in the global community by 2030  
(Good governance, Research-oriented, Extension-driven, Education for Sustainable Development, and Nation-building)*

## College of Arts and Sciences

### PEPF 04- W11 Activity

### REFLECTIVE JOURNAL

**NAME:** Martin C. Diasanta

**Course&Sec.:** BSIS 2 B

#### Instructions:

1. Complete the details needed for the Reflective Journal.
2. Submit in PDF with this file name format: (Last Name, First Name)
3. Upload your file in your respective Google Drives (Folder: W11- Reflective Journal)
4. The deadline is on or before April 18, 2025.

#### I. State the event/ sport or any form of participation during the CHMSUFEST '25

During CHMSUFEST '25, I did not participate in any specific sports event, but I actively showed my support by watching various games and activities. I cheered enthusiastically for my unit, especially during the football and volleyball matches. By giving my full support and being present at these events, I demonstrated my involvement and participation in the program.

#### II. Photo Evidence/ Documentation





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### III. Guide Questions

#### **1. What was your most memorable experience during the intramurals? Why?**

One of my most memorable experiences during the intramurals was the CHMSU Night. I really enjoyed the yells and chants with my friends—it was a fun and energetic moment that deepened our bond and created unforgettable memories.

#### **2. How did you feel before, during, and after the event?**

Before the event, I felt excited and eager to take a break from academics. During the event, I was jolly and at ease, as it gave us a chance to relax and temporarily escape the pressure of school and exams. After the event, I felt refreshed and recharged.

#### **3. What challenges did you face, and how did you overcome them?**

One of the challenges I faced was the excruciating heat of the sun. Even though I was only a spectator, the high temperature was difficult to endure. To overcome this, I made sure to always bring an umbrella and drink plenty of water to stay hydrated.

#### **4. Did you discover anything new about yourself during the intramurals?**

Not much, but I did realize that the intramurals helped me become closer to my friends and encouraged me to interact more with others, which was a meaningful experience.

#### **5. What did you enjoy the most about the event?**

What I enjoyed the most was the exposure to different people and various sports. It allowed me to discover new ideas and skills that I can apply in everyday life.