

THE CLIQUE

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TRACK

GOING INTO SENIOR HIGH SCHOOL, STUDENTS MUST CHOOSE A STRAND AND TRACK THEY WANT TO FOLLOW. THERE ARE FOUR DIFFERENT STRANDS AND TRACKS STUDENTS CAN CHOOSE FROM WHICH CAN ALSO HELP THEM DECIDE. A LOT OF THINKING MUST BE DONE WHEN DECIDING. NAVIGATING THROUGH SENIOR HIGH SCHOOL IS NOT EASY, BUT WITH THE RIGHT STRAND AND TRACK, STUDENTS CAN EASILY MAKE A DECISION THAT WILL HELP LEAD THEM TO EITHER HIGHER EDUCATION, EMPLOYMENT OR ENTREPRENEURSHIP. THE FOUR STRANDS ARE THE TECHNICAL-VOCATIONAL-LIVELIHOOD TRACK, ARTS AND DESIGN TRACK, AND LASTLY, SPORTS TRACK.

ACADEMIC TRACK

The Academic Track is one of the four tracks offered in the Senior High School program of the Philippines' K-12 Basic Education Curriculum. It is intended for students who want to pursue higher education after they graduate in senior high. There are four different strands under the Academic Track namely Accountancy Business and Management (ABM), General Academic Strand (GAS), Humanities and Social Sciences (HUMSS), and the Science Technology Engineering and Mathematics (STEM) strands. Each strand has its own specializations and set of challenges.

STEM

SCIENCE TECHNOLOGY ENGINEERING
AND MATHEMATICS

If you are eyeing science and technology careers in the future, STEM might be the best strand for you. The STEM strand is designed to provide students with the fundamental concepts related to engineering, science, and math. Under this strand, you will encounter interesting topics such as Biology, Physics, Calculus, and Chemistry which you will also find useful when you take STEM-related courses in college.

ABM

ACCOUNTANCY
BUSINESS AND MANAGEMENT

Planning to take a career in the finance industry? Want to start your own business in the future? The ABM strand is designed to train students in the basic concepts of business management, financial management, and corporate operations. There are a number of courses that you can take after ABM to help you land your dream job.

HUMSS

HUMANITIES AND
SOCIAL SCIENCES

Humanities and Social Sciences (HUMSS) is one of the Academic Track strands that focuses on the study of human behavior, arts, culture, literature, politics, and society. Students in the HUMSS strand can fit in various college degrees after they graduate.

GAS

GENERAL
ACADEMIC STRAND

If you haven't made up your mind yet as to which degree you want to take in college, the General Academic Strand or GAS can help you realize your passion. GAS provides a flexible curriculum that allows students to learn and experience the electives of all the other Academic Strands.

GUIDANCE

ULD LIKE TO TAKE FOR THE NEXT TWO YEARS IN THEIR SENIOR HIGH SCHOOL LIFE. THERE ARE EEM CHOOSE A COURSE THEY MIGHT WANT TO TAKE IN COLLEGE. GIVEN THAT THIS IS A BIG HIGH SEEMS DIZZYING FOR STUDENTS WHO GREW UP THINKING COLLEGE COMES RIGHT AFTER STUDENTS ARE GIVEN THE OPPORTUNITY TO CHOOSE THEIR PATH A.K.A. TRACKS AND STRANDS NEURSHIP. THERE ARE FOUR TRACKS IN SENIOR HIGH SCHOOL, NAMELY: ACADEMIC TRACK, RACK. **ARTICLE BY HALEY BARIA.**

TVL TRACK

(TECHNICAL VOCATIONAL LIVELIHOOD)

The Technical-Vocational-Livelihood or TVL is one of the tracks offered in Senior High School under the K-12 Basic Education Curriculum and it has been designed to equip students with job-ready skills that they can use for employment. After finishing TVL, graduates from this track can immediately apply for jobs, start their own business, or go to college for further education. There are four strands in TVL that students can choose from: Agri-Fishery Arts, Home Economics, Industrial Arts, and the Information and Communication Technology strands.

AGRI-FISHERY ARTS STRAND

As part of the SHS TVL track, this strand will provide you with relevant knowledge and skills related to agriculture and aquaculture. Discover numerous career opportunities you can pursue and apply to various agricultural scholarships in the Philippines.

HOME ECONOMICS STRAND

If your dream is to become a fashion designer or a chef, Home Economics is one of the strands in the SHS TVL track that might be the best choice for you. You will earn valuable skills that you can use for employment or starting livelihood projects such as beauty and wellness, cooking, fashion, tourism, hospitality, and handicrafts.

INDUSTRIAL ARTS STRAND

The Industrial Arts strand is designed to provide students with technical and manual skills such as carpentry and construction, electronics, auto motives, repair and installation, welding, plumbing, and many more.

INFORMATION AND COMMUNICATION STRAND

In the Information and Communications strand, you will learn different skills like troubleshooting computers, programming, computer graphics operating different soft wares.

ARTS AND DESIGN TRACK

If you think you the globe will be rich your skills and would want to taught to you to talents in music, have a job in the make you more theater, visual arts, art field then this immersed and media arts and track is good for competitive in this you. It has a curriculum ca- field. If your inter- est falls under mu- tered to enhance sic, theatres arts, a n d photography, fash- encourage your ion design, and creativity. It is a such, this is the name in marquee good platform to advisable track for express yourself. This Concepts around allows you to en-

SPORTS TRACK

The Sports Track aims to give human movements through students an understanding of anatomy and physi- the basic techniques and prin- ology. You will en- ciples related to physical edu- counter interesting topics like cation and recreation. In this sports officiating, safety and program, you will be exposed first-aid, and fitness to various concepts such as testing. Sports Track is not the social, psy- technically limited in the chological, and cognitive de- sports field only. There is also velopment in sports a wide range of career options leadership and management. that you will encounter with Sports Track is not just about each one providing an playing and dancing. It exciting journey for your involves comprehension of the future.

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SCHOOL OF THE MONTH

PUP

SO

TM



Photo credits to Juan Pablo

PUP is one of the most controversial and desired institutions of the youth for its quality and accessible education. The university serves as a nest for a large number of activists and scholars, although many of them seek the modernization of the institutions. Despite all rumors and speculations, no one can deny that PUP remains as one of the top performing

The Polytechnic University of the Philippines standing as one of the highly competent educational institutions of the country, also stands as the first Polytechnic University of the Philippines. PUP was known by many names. The school began as the Manila Business School or MBS on the 19th of October, 1904 under C.A. O'reilley then became the Philippine School of Commerce (PSC) in 1933 to 1946 and then changed to Philippine College of Commerce (PCC) once more in 1952. Although by virtue of the Presidential Decree No. 1341 issued by the President of the Philippines on April 1, 1978, the institution converted into a state university and became the well-known Polytechnic University of the Philippines.

PUP STA. MESA CAMPUS TOUR

Polytechnic University of the Philippines is located in Santa Mesa, Manila. Its campus lies adjacent to the banks of Pasig River. Most of PUP's building are designed as simple and modern. Some of the newest building in PUP are the Taghan ng Atleta (Home of the Athletes) which was designed in modern Georgian style, and the Engineering and Sciences Research Center designed by prominent Filipino Architect and PUP alumnus Royal Pineda.



PUP MABINI CAMPUS

Named after Apolinario Mabini by Dr. Nemesio Prudente, Mabini Campus is also known as PUP main campus because it is where the established colleges are located throughout the whole PUP system. The first structure to be constructed on the property is the Main Academic Building, initially planned to be a military facility. The Central Library, known as the Ninoy Aquino Library and Learning Resources Center, is considered to be one

of the biggest libraries in Southeast Asia. The ancient Mabini Shrine, situated east of Freedom Plaza, is the house where Apolinario Mabini died. Parks inside the campus include the Luntiang Pilipinas Forest Park, which contains a lagoon and is sealed by walls that imitates Fort Santiago and its walls in Intramuros, and the PUP Linear Park that was constructed in 2006 at the banks of Pasig River. Freedom Plaza was built for PUP's Centennial Year that was celebrated in 2004. Its construction was finished in 2007. Sports facilities in the campus include the PUP

Photo credits to Ena Faye Ison



Photo credits to Paniking Aligaga



Photo credits to Paniking Aligaga

NDC COMPOUND CAMPUS



The PUP-NDC Compound Campus is where the College of Architecture and Fine Arts, College of Communication, College of Engineering, and the Institute of Technology are located. Inside the College of Communication is the Tanghalang PUP or the PUP Theatre where many film showings and stage plays that showcases the talents of Iskos and Iskas are held. PUP Condotel is also located in the NDC Compound Campus. It is where most of Senior High School Students are and is very famous for its clean comfort room which is very convenient and comfortable to use by the students. PUP Condotel, was worth ₱575.7 million upon its purchase. The Commission on Audit labeled it as a "waste of government funds" because

M.H DEL PILAR CAMPUS



The PUP M. H. Del Pilar Campus comprises the Graduate School and the College of Tourism, Hospitality and Transportation Management(CTHTM). It also contains the Hasmin Hostel, originally a discount hostel, which was bought by PUP in the late 1980s. This actually offers sleeping and working quarters for students and the PUP Staff. The hostel also acts as a testing area for CTHT. PUP Hasmin Hostel is known for its clean and cool environment.

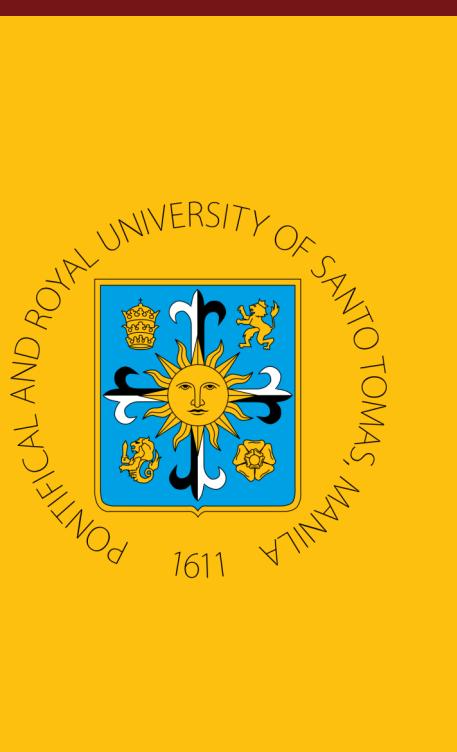
With a vision of "clearing the paths while laying new foundations to transform the Polytechnic University of the Philippines into an epistemic community," PUP builds its students to be stronger and wiser by its professors and student leaders. It is PUP's legacy to bring its students to be advocates of wisdom and diligence and that is how the students of PUP remain as the leaders of the youth and defenders of justice.

The majority of the students in PUP belong to the economically challenged level of society. That is why the University is committed to provide deserving students access to the quality and responsive education that will help them achieve their dreams and enhance their way of living. As well-educated and skilled graduates of PUP, they are forces to be reckoned with, both in terms of job seeking and creating. **ARTICLE BY ALEXANDRA DEL VALLE AND CHERIE ANN NELMIDA.**



Photo credits to Cholo Miguel





SCHOOL

RECOMMENDATION

ATENEO DE MANILA UNIVERSITY



The Ateneo de Manila University, abbreviated as AdMU, is a private Catholic Jesuit research university in Quezon City, Philippines. Founded in 1859 by the Society of Jesus, Ateneo is the third-oldest university in the Philippines. **ARTICLE BY CHARIMAINE ARELLANO.**



Ateneo offers programs at the undergraduate, secondary, undergraduate, graduate level there are and graduate levels. Its forty-four Master of academic offerings include the arts, humanities, business, law, the social sciences, philosophy, theology, medicine and public health, biology, chemistry, physics, mathematics, computer science, engineering, environmental science, diplomacy, and government, with forty-eight Bachelor of Arts (AB), Bachelor of Science (BS), and Bachelor of Fine Arts (BFA) degrees.

WHY ADMU?

The spirit of excellence embodied by the Ateneo's inspiring namesake, the Athenaeum in ancient Rome, is reflected in its growth into an active, accredited, and much esteemed University with a grade school, high school, and undergraduate and graduate programs, and twelve professional Doctor of Medicine (MD) and Juris Doctor (JD) programs, and twelve Doctor of Philosophy (PhD) degrees.



OUR LADY OF FATIMA U N I V E R S I T Y



The Our Lady of Fatima Hospital in Valenzuela was founded in 1667, by Jose C. Olivares, a Chemistry professor-entrepreneur and his son-in-law Dr. Vicente M. Santos, a physician. Mr. Olivares, who was a university professor of Ateneo de Manila, conceived a vision for Fatima. He set his sights on turning the Our Lady of Fatima Hospital from a general hospital into a medical complex which will be the training ground for health care providers such as nurses and midwives. **ARTICLE BY CHERIE ANN NELMIDA.**



ABOUT OLFU

The Our Lady of man through the was granted the
Fatima University holistic formation Autonomous sta-
is a private, non- of individuals im- tus in 2009. OLFU
sectarian edu- bued with have technology-
tional institution knowledge, skills, enabled peda-
offering basic ed- and virtues." gogy, culturally-
ucation, senior Three (3) of sensitive educa-
high school, un- OLFU's 6 campus- tion, student-
dergraduate de- es are the Valen- responsive ser-
gree and post- zuela City Cam- vices and cost-
graduate degree pus, established in effective pro-
programs. The 1967; the Quezon grams as their
OLFU has a vision City Campus, es- core competen-
of "A premier in- tablished in 1996; cies that makes
clusive university and the Antipolo them different
of choice aspiring Campus that was from other institu-
to improve man as established in tions.
man by develop- 2008.

man by developing individuals through a legacy of excellent education and compassionate value formation," and a mission of "dedicating to the improvement of man as

OLFU became a university in 2002 and was designated as a mature teaching university Category A(t) by CHEd in 2008



WHY OL FU?



OLFU's facilities have the ability to provide their students the first-hand experience kind of training for their academic needs. These facilities are rest-assured to study in a student-friendly environment.

alongside the faculties and staff are efficient for the students' studies that encourages the students to learn and practice their professions. Aiding the students with their modern-

The Philippine Quality Award or PQA is the highest level of national recognition given to organizations in the private and public sectors that excel in quality, productivity, and business performance. OLFU is PQA

certified by the second level which proves that Fatima can provide the quality education students need.



PAMANTASAN NG LUNGSOD NG MAYNILA UNIVERSITY OF THE CITY OF MANILA

Founded in 1965, Pamantasan ng Lungsod ng Maynila (University of the City of Manila) is a non-profit public higher education institution located in the urban setting of the large city of Manila (population range of 1,000,000-5,000,000 inhabitants), National Capital Region. Officially accredited and/or recognized by the Commission on Higher Education, Philippines. **ARTICLE BY VENISSE ASHANTI AQUINO.**



ABOUT PLM

Pamantasan ng doctorate degrees Lungsod ng in several areas of Maynila (PLM) is study. See the a large (uniRank uniRank degree enrollment range: levels and areas 10,000-14,999 of study matrix students) coeducation details. This 54 years old higher education institution. Pamantasan education institution has a selective admission policy based on and programs entrance examinations leading to officially recognized higher education degrees such as pre-bachelor degrees (i.e. certificates, diplomas, associate or foundation degrees), bachelor degrees, master degrees, and programs entrance examinations and students' past academic record and grades. The admission rate range is 0-10% making this Philippine higher education organization a most selective institution.

WHAT DO YOU NEED IN PLM SYSTEM?

When choosing a PLM timeframe. In addition, system, you must first determine the information or processes that should be captured, documented and managed. Discuss with key business leaders and managers what they expect in a PLM system or how they might use it to improve operations, project management and the product design process.

Businesses evaluating PLM options will benefit from working with PLM experts, like those at Rand 3D. The team at Rand 3D has experience implementing PLM systems for a variety of different businesses with different needs. We will help your organization choose a solution that aligns with your needs, budget and

Rand 3D has a dedicated training team and numerous PLM training options, including live training sessions in person or online, eLearning options and customized classes tailored specifically for your users and their exact needs.

The right PLM solution will improve internal and external collaboration, streamline non-automated processes and strengthen document management and project management operations. Improve productivity and profitability by deploying a PLM system and ensure you get the most out of your investment by partnering with Rand 3D.



PAMANTASAN NG LUNGSOD NG MAYNILA
UNIVERSITY OF THE CITY OF MANILA





ABOUT STI

STI College, formerly known as Systems Technology Institute, is clared as an orphan institution after for-profit information change in technology 2006. It has based colleges in the Philippines and This private claims to be college system offers a largest IT curriculum based education including accountancy in and business administration.

From its humble beginnings on August 21, Herman T. Gamboa, Benjamin A. Santos, and Edgar H. Sarte – entrepreneurs who came together to set up Systems Technology (STI), a training center that offers basic programs in Information Technology, Business and Management, Tourism and Hospitality Management, Engineering, and Arts and Sciences. It all started when four visionaries conceptualized setting up a training center to fill very specific manpower needs.

It was in the early '80s when

HISTORY OF STI



Augusto C. Lagman, A unique value proposition spelled the difference for the STI brand then: "First We'll hire You, Then We'll teach You, Then We'll guarantee you a job." Through its unique Guaranteed Hire Program (GHP), all qualified graduates were offered jobs by one of the founders' companies, or through their contacts in the industry.

Systems Technology A long way since its Institute's name came from countless brain-storming sessions among the founders, has transcended beyond ICT and beyond letter acronyms from education, addressing the companies he managed at the time. **ARTICLE BY HALEY BARIA.**





ABOUT TIP

On February 8, 1962, a group of educators headed by Engineer Deme-
trio A. Quirino Jr. and Dr. Teresita U. Quirino established the TECHNOLOGI-
CAL INSTITUTE OF THE PHILIPPINES as a private non-
sectarian school.

struction; 2) to bring within the reach of the mass-
es the blessings of higher education; and 3) to cooperate with the government in the implementation of its economic and social amelioration programs.

year associate course in Marine Engineering. In 1980, the Liberal Arts, Education and high school programs were phased out to make way for the school's new thrust. In 1981, the student population already exceeded

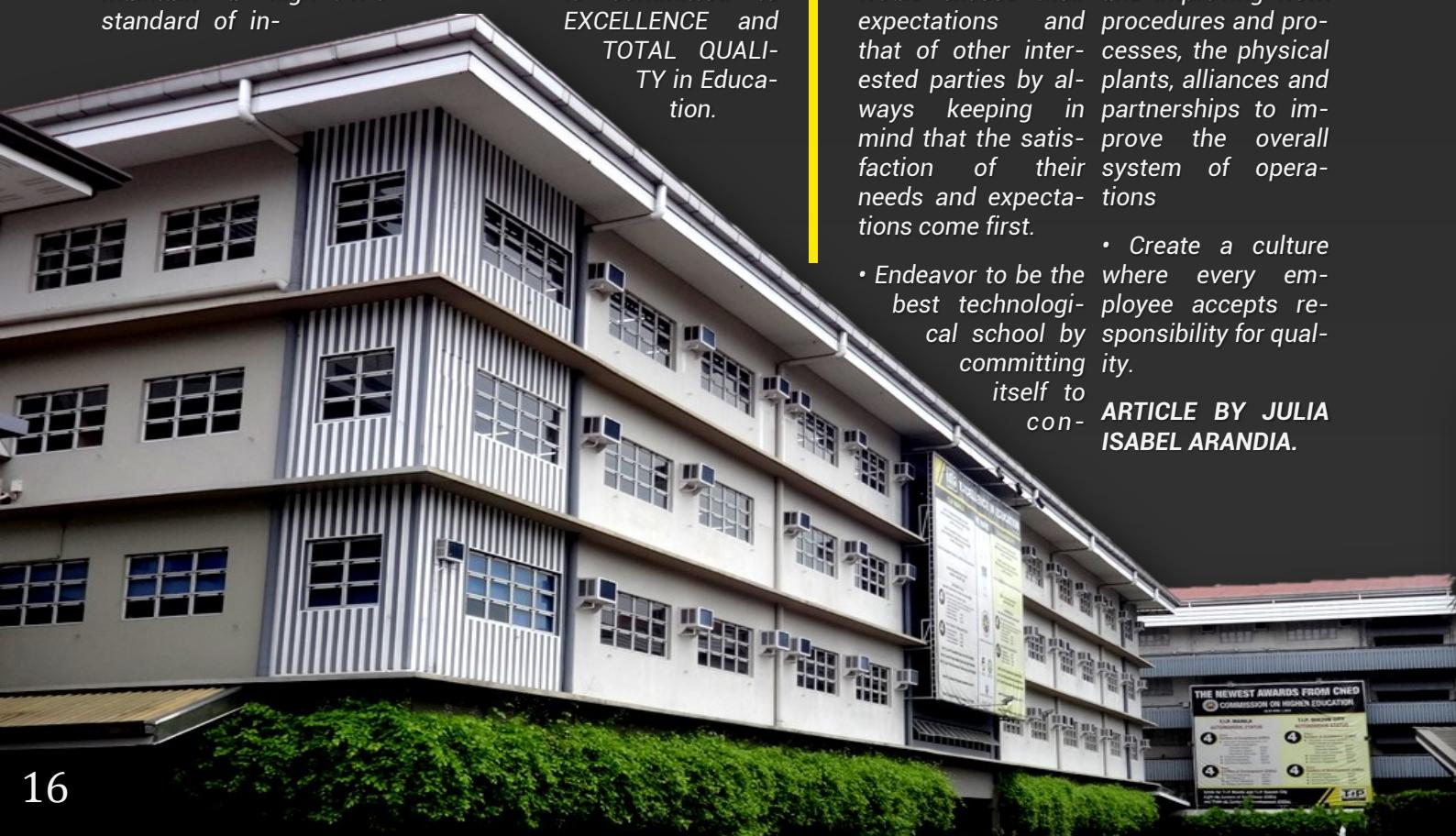
T.I.P. then directed T.I.P. laid down its itself toward spe-
objectives based cialization in the
on the vision of its field of technology.
founders: 1) to In 1977, it offered a
maintain a high t w o -
standard of in-

The TECHNOLOGICAL INSTITUTE OF THE PHILIPPINES
is committed to EXCELLENCE and TOTAL QUALITY in Education.

- In pursuit of such a continuous improvement commitment, T.I.P. shall:*

- Educate and mold men and women who are
 - problem solvers, innovators and life-long learners and assets to the country and to the world.
 - Provide students with quality instruction and administrative services that would exceed their expectations and that of other interested parties by always keeping in mind that the satisfaction of their needs and expectations come first.
 - Endeavor to be the best technological school by committing itself to
 - Practice a proactive leadership that:
 - forms decisions on the basis of facts, including the attendant risks and opportunities
 - ensures compliance to statutory and regulatory requirements
 - manages by constantly reviewing and improving work procedures and processes, the physical plants, alliances and partnerships to improve the overall system of operations
 - Create a culture where every employee accepts responsibility for quality.

ARTICLE BY JULIA
ISABEL ARANDIA.



UNIVERSITY OF THE EAST

PAMANTASAN NG SILANGAN



The University of the East, also known as UE, is a private university located in Manila, Philippines. It was established in the year 1946. Lucio Tan, a business tycoon, purchased the university in 1990. UE was once called the "largest university in Asia" when it had graduated more than 65,000 students in the past. **ARTICLE BY ALEXANDRA NICOLE DEL VALLE.**



ABOUT UE

UE was granted physical therapy, "Autonomous medicine, hospital Status" by the tality management and graduation Commission on Higher Education studies. UE (CHED) which has only been given to selected higher educational institutions with excellent quality education.^[3] Some of the programs offered by the university were accredited by CHED as Centers of Excellence and Centers of Development. UE offers degree programs in commerce and business administration, law, dentistry, engineering, arts and sciences, fine arts, education, computer technology, nursing,

Magsaysay Memorial Medical Center located in Aurora Blvd. Dona Imelda Quezon City.

The origins of the University of the East can be traced back to two rented rooms on Dasmariñas Street, Manila, where 110 students enrolled in the Certified Public Accountant (CPA) exam-

ination classes in September 1946, barely two months after the Philippines gained independence. Led by Dr. Francisco T. Dalupan Sr., a community of business educators who began classes have made it their aim to help the country, and then they are still struggling from the effects of war. Out of the 110 students, four took top positions in the CPA board of examinations in 1947.

It's Environmentally friendly. There were terraces available for some places to relax and chill helping the students to strive to their studies.

There were open areas called Batibot and Education Lobby near the Cafeteria. These places were usually crowded and occupied by students who had their free times or long breaks.

They are usually doing renovations every year and examination of the air-conditioning and classroom materials.

The libraries where the best. The 2nd floor was occupied for students who wish to study without companion. 6th Floor is also available for stu-

ents who want to use the internet for some work. Wi-Fi is available during class hours. Also, the facilities are much more advanced, the library, the kiosk, laboratories, classrooms, they even change the black board to white board and the curriculum adopts to the current need of the society.

Payment system also becomes more organized although the tuition fee increases every year.

WHY UE?



UNIVERSITY OF THE PHILIPPINES

UNIBERSIDAD NG PILIPINAS



ABOUT UP

The University General to establish the University of the Philippines was founded on June 18, 1908 through Act No. 1870 of the Philippine Assembly.

UP was the result of the Secretary of Public Instruction, William Morgan Shuster's recommendation to the Philippine Commission, the upper house of the Philippine Assembly. The Act authorized the Governor

of the Philippines in 1870 of the point he may deem most convenient." The UP was to give "advanced instruction in literature, philosophy, the sciences and arts, and to give professional and technical training" to every qualified student regardless of "age, sex, nationality, religious belief and political affiliation."

Its first president was American Murray Simpson Bartlett, who vowed that UP must be "for the Filipino" and that it must be "supported by the people's money" with a charter framed by the people's representatives and "its hope based on the confidence and sympathy of the people."

WHY UP?

It is one of the best universities here are very smart and they because its produce well rounded graduates that are responsible, creative, productive, future leaders and globally competitive. Its students here are very hard to get accepted into the university, and when you get accepted you're perfect to teach, we can see it to the students excellent. They mold every students to their best versions and become better.

The students here are very smart and they are called scholars of the people. In addition UP Diliman is a beautiful campus because the surroundings there are competitive. Its is pleasing to the eyes where there are many spots where you can find peace and lucky because the your books and a place where you are good at can study peacefully and even if you are seeking for place where you can relax.

**ARTICLE BY
ARIAN RECENTE**



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W**

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EFFECTIVE

STUDY HABITS

FOR STUDENTS

Students deal with a lot of problems in their lives, so it's impossible to concentrate on learning because of all the conflicting stuff for your time. And yet, while you're in school, you've got to do at least a little studying to make improvement from year to year.

If you're looking for better grades, you need more effective study habits. The key to effective study is not to cramp or study longer, but to study smarter. You can begin to study smarter with these proven and effective study habits.

ARTICLE BY ARIAN RECENTE



1. Plot your schedule and tasks

Knowing your schedule and tasks will guide you for what you should prioritize first at a certain time. Example for this when you have a lot of paperworks to do, by knowing your schedule it will help you where you should start and what paperwork you will do first.



2. Know your goals

Having a certain goals and thinking about it will make you feel productive in your study. There's a scenario that when we are doing what we love it make us happy and we only focus to what will the outcome of it and not by the process we encounter, right? It's the same when you know your goal because its inspire you to study that will have a good result that you dream to achieve.



3. Time management



Managing your time is one of the important tips you should apply to yourself because using the time wisely will help you to manage your works perfectly because when you do all your task a day before deadline it puts so much pressure on you. That's why manage your time, so its easy for you to finish all the tasks and by successfully doing it you will have a leisure time where you can do all the things you want.

4. Prioritize your health

As a students, we all know that we have a lot of school works to do but don't forget to take care of yourself because by having a healthy lifestyle, it's easy to you to study because you have a healthy mind and body that you will able to learn better. Don't abuse yourself because it will only have a negative impact on you.



5. Don't Cram

In relation to previous tips, learn to plot your tasks and have time management because it will help you to study better. Procrastinating will only lead you to so much stress because of the loaded works you should finish one day before deadline.

6. Have a break

For aiming a higher grade don't reach to the point that you sacrifice everything, Don't over study and learn to have a break where you can do all you want to do with your friends and family. Learn to award yourself by treating yourself with the stuff you wanted that makes you happy.



Going to school can be exciting and thrilling at the same time. So here are some essential school supplies that you will need for your adventures in and out of the campus:
ARTICLE BY CHARIMAINA ARELLANO.



Laptop

Yes, there a lot of available computer labs everywhere but it will be more convenient if you own one.



Student planner

This is crucial for the students who want to manage their time properly. It helps you keep up with your busy school calendar.



11

ESSENTIAL SCHOOL!

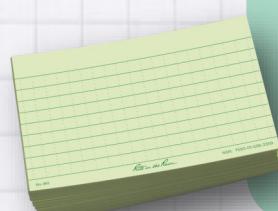


Binder/notebooks/folders

Every student has a preferred method of taking notes and keeping these notes organized. Make sure to have binders or folders for better organization.

Flash drive

There are a few benefits of using a flash drive for your documents, such as maintaining security of your files and not needing internet access to retrieve your files.



Index cards

Cards are easy to take on the go and use them as flashcards.

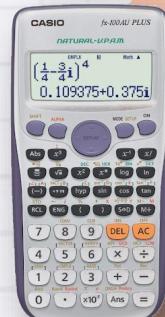


Pens and pencils

Make sure to purchase pens that are in black, blue, and red ink because these colors are necessary and usually used, but other than that you may use colorful pens as well. For pencils, it's better to use no. 2 pencils, mechanical pencils, graphite pencils.

Highlighters

These are a must-have for students of any level. These are used to make the most important parts of your textbooks or notes stand out.



Calculator

This is one of the most important things to carry in your bag. You will probably need this for Math and Science classes

SUPPLIES

For senior high school & college students

Backpack

Of course, you will most definitely need a bag to carry your essentials. It is better to use a high-quality bag so it will last throughout your school year or even longer than that.



Scissors and tapes

You should add these things to your list just in case you need them for a project.

Stapler

You never know when you will need to compile multiple pages for assignments, so it is much better to carry a mini stapler in your bag.





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BUY
ONE

TAKE
ONE



THE BLACK TIPS FOR COMMUTERS

ARTICLE BY JULIA ISABEL ARANDIA



BE ALERT

Be alert to your surroundings. You never know if there something bad will happen. Keep safe, watch yourself and your stuff



LISTEN

If you have a long trip I suggest you Listen to some music it will entertain you, but don't forget the tip 1. Be aware, put your music in low volume so you can hear your surrounding



ASK

Ask Learn to ask for direction, especially when it's your first time. Ask direction to avoid going to the wrong place. It also saves time in finding the right way.



COINS

Always have coins, especially in the morning. It saves time like waiting for your change and avoid the hassle to both drivers & commuter.



KNOW ALL

Know all the possible transportation you can ride. It will help you when the train (when it stop operating) and jeepney (when there is a strike) stop so you will have an alternative way go to school / go home.

Most of the students' home is far from their school. Especially senior high school and college.

Going to school, we rode jeepney, bus, tricycle, taxi, UV, train, etc. and we all know the struggle in riding public transportation "struggle is real".

So here are some tips for effective commuting for a commuter like you

Skin Care Tips

To students the transition from summer to school may be stressful, particularly those who are going to college and senior high school for the first time. A new climate, schedule, and diet can interfere with your skin's health, leaving your skin blotchy, dry, or even bursting out. However, one thing will remain constant throughout this big shift in life with careful selection of the product: your skin health.

There are a number of products in the midst of the hustle of getting out of the door and late-night study sessions that will help you maintain your normal glow.

1 Wash your face twice a day

If you're prone to breakouts or have oily skin, don't skimp on washing your face as part of your morning and evening skin care routine.

2 Use a mild cleanser

The aisles at most drugstores are packed with all sorts of facial cleansers. Trying to figure out which one is right for you can be overwhelming.

3 Apply a moisturizer

Like cleansers, moisturizers don't have to be expensive or filled with fancy ingredients. More importantly, look for a moisturizer that's non-comedogenic. This means it won't clog your pores.

4 Exfoliate

Exfoliation can help remove excess dead skin cells. If these cells stay on your skin for too long, they can clog your pores and lead to breakouts.

5

Get plenty of sleep

Not getting enough sleep may also cause your skin to break out more often.

6

Choose makeup that won't clog your pores

To ensure your makeup routine is skin-friendly, be sure to:

- * Use products labeled "noncomedogenic" or "oil-free."
- * Always wash your hands before applying makeup or skin care products.
- * Always remove your makeup before going to sleep or exercising.
- * Wash makeup brushes and sponges on a weekly basis.

7

Don't pick at your skin

Picking or popping a zit exposes the pore to even more bacteria, including those from your hands. It also increases the risk of infection or scarring.

8

Relax

If you're dealing with a stressful event or situation, look for healthy ways to de-stress. Some options include:

- * Exercising at a high to moderate intensity for at least 30 minutes
 - * Doing breathing exercises
 - * Writing it out
- * Practicing sound therapy, like playing a musical instrument or listening to your favorite music

9

Go easy on the sugar

To cut back on foods with a high glycemic index try to:

- * Limit processed carbs, like white bread and baked goods.
- * Cut back on sugary sodas and sweets.
- * Eat more fruits, vegetables, whole grains, and healthy sources of protein.

* Limit alcohol consumption.

10

Don't smoke

There's a good deal of scientific evidence that links smoking with a higher risk of acne.

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