

OFFICE OF STUDENT AFFAIRS

SPECTRUM

The Official Newsletter of the Office of Student Affairs
Central Luzon State University
January - June 2023



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PAPSAS IYF 2023 returns to Baguio City

 Kristine Joy Dela Cruz

The Interactive Youth Forum (IYF) 2023, sponsored by the Philippine Association of Practitioners of Student Affairs and Services, Inc. (PAPSAS), was held on March 9-11.

It was the 14th season of PAPSAS's flagship student development program, and the first onsite IYF after two years of virtual deployment during the pandemic.

The face-to-face IYF also marked the program's return to its pre-pandemic home city, Baguio, albeit at a different location, the Venus Parkview Hotel. It had the biggest number of IYF participation, 315 from 64 schools around the country.

Central Luzon State University joined the activity by sending twenty-six (26) student leaders comprising of USSC officers, College Governors, Paruparong Bukid officers, Peer Facilitators, Dormitory Student Council, and Student Organizations Representatives.

IYF adopted the PAPSAS National Convention program design and subject, "Post-Pandemic Perspectives Becoming REAL: Reconnecting, Embracing, Adapting, Living Now," in order to facilitate conversations on pandemic and present experiences.

The PAPSAS organized spaces for small group and plenary sharing and presentations based on the theme. Select national speakers provided viewpoints that helped participants establish and enhance their awareness of the profile and needs of today's youth, as well as ways for delivering SAS in light of post-pandemic situations, problems, and opportunities.

As a precursor to the discussions, a display of photographs and videos of student activities from the participating schools was shown, highlighting Philippine education's adaptability in delivering student affairs and services in the face of the pandemic.





CLSU Pride March 2023: Embracing Diversity and Equality

 Mark Allan C. Mananggit

The CLSU Gender and Development Office (UGADO), in collaboration with CLSU Paruparong Bukid (CPB), organized an empowering Pride March last June 20, 2023 inside the campus grounds. Under the vibrant rainbow flags, students, faculty, staff, and allies came together to celebrate diversity, promote inclusivity, and stand in solidarity with the LGBTQIA L+ community.

The Pride March was a colorful and joyous event, filled with love, acceptance, and resounding chants of equality. The atmosphere was electric as participants proudly walked side by side, united in their commitment to creating an environment where everyone can be their authentic selves.

Following the Pride March, UGADO and CPB in partnership with the City Health Office of Science City of Muñoz hosted an insightful HIV Awareness Seminar, aiming to educate attendees about the importance of HIV prevention, treatment, and

destigmatization. The seminar provided a safe and open space for discussions, empowering participants with knowledge and understanding to combat the misconceptions surrounding HIV/AIDS.

At CLSU, we believe that awareness and education are key to fostering a more inclusive society. Events like these remind us of our shared responsibility to create an environment free from discrimination, where everyone's rights and well-being are respected.

We extend our heartfelt gratitude to all the participants, sponsors and volunteers who made this event possible. Their dedication and passion to contribute in building a campus community that values diversity, celebrates individuality, and embraces equality.

Let us carry the spirit of Pride Month with us throughout the year, standing as allies, advocates, and agents of positive change. Together, we can make a difference and create a world where everyone is accepted and loved for who they are.

OSA CDESU holds Career Seminar Series 2023

 Rochelle Ann V. Pararuan

As part of the CLSU - Sinag ng Kalinangan, Agapay at Dalubhasaan (SIKAD) 2023, the Office of Student Affairs (OSA) conducted a Career Seminar Series on February 3. It was facilitated by the OSA - Career Development and Employment Services Unit (CDESU).

The Career Seminar on Magnifying Self Worth to Boost Self-Esteem, and Enhancing Entrepreneur Skills were held at the CLSU Auditorium and attended by First Year and Graduating Students with Mr. Vincent Feliciano, CED Faculty and Ms. Divina Gracia Vergara, CBAA Faculty as the invited speakers. Meanwhile, the Career Seminar Series on Speech Power for Effective Communication and Strengthening Work Values held at the CLSU Multi-purpose Gym was attended by Second Year and Third Year Students with Dr. Ma. Ruby Hiyasmin M. Delos Santos, CED Guidance Counselor and Dr. Sharina Carla S. Merculio, Department Chair, English and Humanities CAS as the invited speakers.

Through this, students were able to gain insights about the importance of preparing for their career and the world of work while in college.



SIKAD with Flying Butterflies

Novelyn Cabilogan

CLSU Paruparong Bukid, an LGBTQ+ community and allies organization created a huge impact when they marched across the CLSU university avenue to be heard and be visible within the campus last SO Parade, January 31st.

CPB is an organization under Office of Students Affairs, it is the only recognized organization for LGBTQIA community. It was founded in 2019 to create an inclusive community and break the dilemma regarding SOGIESC. Their first activity in the implementation of face-to-face classes after two years was a tremendous success as they paraded together with other school organizations. The members' voices were heard as they wave up their flags indicating how proud are with their identity. As the organization encouraged their members to be authentic, the CLSU community have seen Barbies and Ken with their unique styles and personalities.

Team building was also a successful after-party for the organization as they introduced the new set of officers headed by Ma. Kristine Joy Dela Cruz as the president, she is the first ally president in the history of the organization.

This outstanding presence of inclusivity inside the CLSU campus is the proof of the unyielding shine of the institution for the sake and welfare of everyone whoever they are.

CLSU Student Services in PAPSAS

Bernadette O. Binayug

Student services exist to foster the needs of the students in all aspects while they are studying at the university, to provide services, and to support the educational mission of the institution. Teachers do their best to impart knowledge and improve the skills of students. In addition to that, students require some extra help to enhance their learning journey in the school environment. Student services take care of these additional needs of students and help them in maintaining their physical and mental health.

The Office of Student Affairs serves as the center of information, activities, and services related to the co-curricular and extracurricular needs of students. Hand in hand, to serve the CLSU students and community, 10 selected student service practitioners, Dr. Irene Bustos, Dean of Student Affairs and Bernadette Binayug from OSA; Sofia Rambaud and Gemmalyn Gambito from Student Housing Unit; Dr. Nuelah Reyes and Camia Lasig from the university Library; Filipina Gatchalian, Melrose Irag, Alona Dela Cruz

and Daisy May Julian from the Office of Admissions, attended the Philippine Association of Practitioners of Student Affairs and Services in Region 3 (PAPSAS 3) 17th Annual Convention of Student Affairs & Services Practitioners and Students Leaders Summit with a theme "Celebration of Friendship Through Research and Culture" on May 12 & 13, 2023 at Bakasyunan Iba, Zambales. The convention aims to foster engagement among students and SAS practitioners through cultural activities and research. Unfortunately, due to the student moratorium, CLSU student leaders were not able to join.

Over two days, the SAS practitioners and student leaders participated in a range of skill-building activities designed to enhance their ability to drive data-driven outcomes and develop research-based interventions. In addition to these core activities, the participants engaged in team-building exercises and cultural showcases to strengthen bonds and celebrate diverse perspectives. Before the activity ended, there was an election of officers for the Philippine Association of Practitioners of Student Affairs and Services in Region 3 in which our very own, Dr. Irene Bustos was nominated as President.



SOGIE Awareness and Education: CLSU Paruparong Bukid on Celebrating Guidance Awareness Month

 Cyril John Ross Carpio

Last March 30-31, 2023, the CLSU Paruparong Bukid (CPB) celebrated Guidance Awareness Month with the theme of "Advocating Gender Equality and Inclusive Society".

On the first day of the event, the speakers from the officers of CPB President, Kristine Dela Cruz and the CPB Treasurer, John Carlo Nolasco conducted a Sexual Orientation, Gender Identity and Expression (SOGIE) 101 entitled "Paglaya ni Eba at Adan: Paglaya ng Kasarian" that was held at OSA Wellness Hub. The talk aims to educate the students of Central Luzon State University (CLSU) about SOGIE. The participants were the students of BS Psychology and students from the College of Education.

To showcase the talents of the students of CLSU, the CPB conducted two different activities on the second day of the event,



March 31, 2023. In the morning, students of CLSU competed in the poster making contest with the title "Hues and Rainbow: Poster Making Contest.". In the afternoon, the second program came with the title "Blooms and Poems: Spoken Word Poetry Contest.". The participants were also students of CLSU. Both contests were held inside the Office of Student Affairs.

For the winners of the poster making contest, Lloyd Aeryll

R. Gapasin from the College of Agriculture won the 1st place, RD. E Bandola from the College of Business Administration and Accountancy won the 2nd place, and Eddie Boy B. Macapilar won the 3rd place. In the spoken word poetry contest, Aira Mae D. Briones from the College of Arts and Social Sciences got the 1st place, Celso V. Mapili Jr. got the 2nd place, and last but not the least, Miguel D.G. Nofuente got the 3rd place.



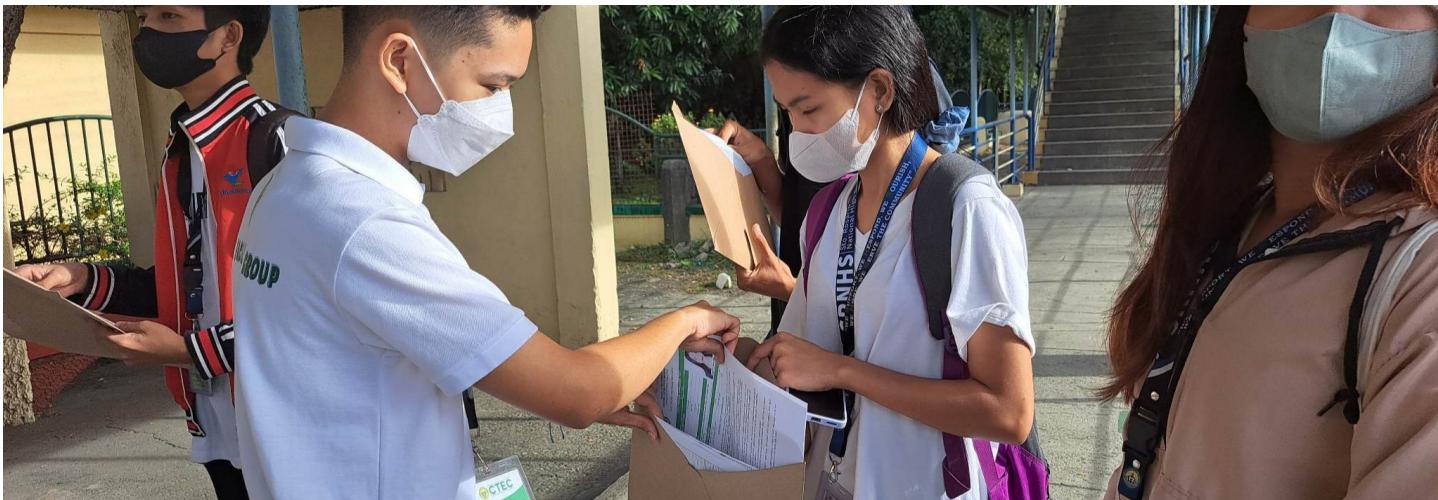
Office of the Students Affairs Conducts Leadership Seminar-Workshop during the 116th CLSU Founding Anniversary

 Julius Ceazar Gumaran

CLSU Office of the Student Affairs (OSA) - Student Organizations Unit (SOU) upskilled student leaders for a borderless, transformative, and visionary leadership through a seminar-workshop done at the University Auditorium last April 14, 2023 in line with the celebration of the 116th Founding Anniversary of the University.

Dr. Irene G. Bustos, Dean

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CPFG extends a helping hand in the 2023 CLSU CAT

 Dave Jefferson D. Pagbilao & May A. Asistio

The CLSU Peer Facilitators Group (CPFG) extends a helping hand in assisting the second batch of student examinees in the 2023 CLSU College Admission Test (CLSU-CAT) that took place on the 28th and 29th day of January of the present year.

During the pandemic, the university temporarily ceases to conduct its traditional College Admission Test to prevent the tremendous and continuous upsurge of COVID-19 cases in the country. As an alternative, the institution decided to make the General Weighted Average (GWA)

of students interested to enroll in the university the sole benchmark for their chosen course. Hence, the 2023 CLSU College Admission Test is highly remarkable as it is the first-ever entrance examination that was conducted by the institution after 2 and a half years of being under the pandemic and strict lockdown.

The CPFG, an organization under the Guidance Services Unit (GSU) which is an extension of the Office of Student Affairs (OSA), provides voluntary assistance in the said College Admission Test of the university for it to run smoothly and disruption-free. The members of the organization offered help in ensuring

that the examinees are attending their respective examination time and date and provided 'love notes' that contain motivational messages to render further motivation and encouragement for all the 2023 CLSU CAT takers.

This opportunity is not only beneficial to the university but also to the organization as its members had given the chance to showcase their camaraderie and hospitality towards the examinees who are soon to be freshmen of our beloved university. Indeed that the organization once again displayed its great commitment in extending help to the university and students.

CLSU-CPFG joins 17th YWLC, Advocates for Digital Gender Equality

 Helen Joy S. Valino

In celebration of Women's Month, CLSU-CPFG, along with other universities all over the Philippines, joins the 17th Young Women Leaders Conference hosted by the Women and Gender Institute (WAGI) of Miriam College on March 27, 2023, at Zoom Communications Platform with a theme of "DigitALL: Innovation and Technology for Gender Equality."

The conference brought together 250 young attendees from various regions, including NCR, Luzon, Visayas, and Mindanao. The event

aimed to address the digital gender gap, emphasize safe spaces in the digital world, and empower women and girls to leverage technology in reducing inequalities.

Throughout the conference, distinguished speakers shed light on crucial topics. In the plenary session titled "Making the Digital Space Safe for Women and Girls," experts such as Ms. Thina Lopez of the Foundation for Media Alternatives and Hon. Allen Montenegro Gasulas, Assistant City Prosecutor from the Department of Justice, delved into internet safety rules and laws combating cyber sexual exploitation and abuse.

Additionally, the conference fostered a "Sensing Realities: Youth Dialogue on the Digital Space" plenary session. Ms. Maria Lourdes Pegilda Marasigan, Student Representative of St. Scholastica's College - Manila, and Ms. Vanesa Garcia, Student Representative of Miriam College, shared their experiences advocating for safer digital spaces as student leaders.

The event concluded with a Student Only Space, allowing participants to discuss helpful tools and strategies that enhance their daily lives in the digital world. Collaboratively, they explored websites, applications, and

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Office of the Students Affairs Conducts Leadership... from page 5

of OSA, opened the event with her remarks. Afterwards, Rev. Fr. Rufo Ramil H. Cruz, Ph.D., CLSU Chaplain, and Dr. Romeo S. Gundran served as the resource speakers for this event which was concluded by closing remarks from Roma-Ann M. Manahan, Assistant Project Coordinator for the Student-Initiated Activities during the University Week.

Around 400 participants from various sectors of student leaders including college-based and non-college based student organizations, department and college councils, the University Supreme Student Council, and student publications attended the seminar-workshop.

The seminar-workshop focused on instilling a stronger foundation for leadership skills and knowledge that student-leaders should possess in order to achieve the goals of the university as a Higher Education Institution.

CLSU-CPFG... from page 6

networks that they could recommend to their peers and brainstormed ways to create safer spaces for themselves, their families, and their communities online.

The 17th Young Women Leaders Conference was organized with the Catholic Education Association of the Philippines (CEAP), the Foundation for Media Alternatives, and the Office of Student Affairs of Miriam College's Higher Education Unit.

By actively engaging in the conference, CLSU-CPFG demonstrated its commitment to advancing gender equality and embracing innovation and technology to pursue a more inclusive society.



CPFG General Assembly

 John Mark Anthony Mas & Lyka Adrelyn Joaquin

Cheers for the smiley! A milestone was reached as the CLSU Peer Facilitators Group (CPFG) family got out of the virtual world.

The program called "CPFG Peirst General Assembly" celebrated its first face-to-face meeting since the pandemic.

Although the CPFG has been connecting online, it is a refreshing way to start the new semester with a smile. The program was held on January 27, 2023, from 1:00 p.m. to 5:00 p.m. at the SOU Hall.

The event was hosted by the energetic duo of Ken Francis Pagaduan and Carlo Amor Carig, and it was attended by 194 peer facilitators from the different colleges at CLSU.

To further brighten the event was the presence of some of CLSU's mental health providers, spearheaded by the Dean of OSA, Ma'am Irene Bustos, the Adviser of CPFG. Ma'am Ferlyn Reyes-Colar, Sir Alex Ramirez, and Ma'am Anna Del Rosario

The first order of business is the orientation for the preparation for CLSU: Sinag ng Kalinangan, Agapay at Dalubhaha (SIKAD). The peer facilitators were divided into groups and assigned to a college to assist and do other tasks for that week-long event. As everyone knew, the SIKAD event was another success, and among many others, we have the peer facilitators to thank for it.

The peer facilitators were also taught to do the peer handshake, a tradition, and identity of being a peer facilitator. They also made wands as props for SIKAD using the peer colors (white, green, and yellow) with crepe papers and put the signature peer smiley on each wand.

Lastly, the name tags were distributed to the participants. After months of online meetings, the shy and awkward conversations now turn into laughter from ear to ear. There is no need for any decorations; everyone's smiles are stamped with CPFG pride.



CLSU Guidance Counselors join in the PGCA Batangas Chapter Workshop

Joan Pelagio

As Mental Health issues increasingly hit the country, CLSU Guidance Counselors take the lead to prevent and protect its stakeholders.

Through the Race against Suicide Workshop conducted by the Philippine Guidance and Counseling Association, Inc. Batangas Chapter. Guidance Counselors were now equipped with advanced training, skills, and knowledge in handling these cases to provide help, especially to the students.

The Training workshop tackles the 'Strengthening Gatekeepers' Efficiency in Suicide Prevention in Schools and Community' and which was attended by the University Guidance Counselors headed by the Dean of the Office

of Student Affairs (OSA), Dr. Irene G. Bustos with the nine (9) Guidance Counselors in charge in every College in the University. The workshop was composed of the basic skills in determining suicide and how to race suicide in schools and universities; Advanced skills prevention for Counselors and Health staff that tackles Telemental Health on Managing Suicide and its Interventions; and Managing Suicide in Schools and Community as the last part of the workshop.

Through this knowledge and training, the University particularly the Guidance Counselors will now lead in collaboration with the PGCA- Nueva Ecija Chapter to start its RACE Against Suicide, saving one learner one school at a time.

OSA counselors actively took part in the PGCA 58th Annual National Convention and International Conference Mark Allan C. Mananggit

The annual Philippine Guidance and Counseling Association (PGCA) convention, a flagship event in the field of guidance and counseling, brought together professionals, experts, and aspiring counselors from all corners of the country. Held at the University of the Philippines Diliman and New Era University from May 15 to May

17, 2023, the convention served as a platform for participants to learn and share innovative strategies, techniques, and insights in the realm of counseling.

The PGCA Convention, an eagerly awaited biennial event, has consistently attracted professionals from across the Philippines and

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Celebrating Guidance Awareness Month: Empowering Individuals on Their Path to Success

Aeron Fernando T. Dela Rosa

Every journey toward success requires guidance, support, and direction. Whether it's personal growth, career advancement, or achieving life goals, having the right guidance can make a significant difference. In recognition of this invaluable resource, we celebrate Guidance Awareness Month, a time dedicated to raising awareness about the importance of guidance in various aspects of our lives. Throughout this month, let us delve into the significance of guidance and the profound impact it has on our personal and professional development.

From a young age, guidance is instrumental in shaping our character, values, and belief systems. Parents, guardians, and educators play a crucial role in providing the necessary guidance to help children explore their talents, discover their passions, and make informed choices. As we grow older, guidance remains essential in our journey of self-discovery, enabling us to develop emotional intelligence, resilience, and self-confidence. It offers the support needed to navigate challenging life transitions, such as adolescence, career changes, and major life decisions.

The CLSU Peer Facilitator's Group conducted exciting activities that everyone can enjoy. To create more bonds with other PEERple, booths with games and delicious snacks are built for a cheap price.

The main goal of the booths was to connect more with the students and make friends even with our busy schedules. The Peer Facilitator's Group thrilled everyone with the Wedding booth match with the solemn music of Harana. The students also enjoyed the games and activities where they will be advised by someone and read what their inner self says.

Guidance Awareness Month serves as a reminder of the profound impact guidance has on our personal and professional development. From childhood to adulthood, guidance shapes our journey, providing the tools necessary for. Let us celebrate this month by recognizing the value of guidance, seeking support when needed, and fostering a culture of mentorship and empowerment.



OSA counselors... from page 8

beyond. This year's convention lived up to its reputation by offering an array of engaging workshops, insightful presentations, and thought-provoking discussions centered around the theme "Counseling for Empowerment: Navigating Challenges, Unlocking Potential."

The convention witnessed a diverse range of participants, including licensed counselors, psychologists, therapists, educators, and researchers. Among the numerous attendees, six Faculty-Counselors from Central Luzon State University namely, Dr. Irene G. Bustos, Dr. Ma. Ruby Hiyasmin M. Delos Santos, Asst. Prof. Mark Allan C. Mananggit, Ms. Anna Marie T. Del Rosario, Ms. Joan Katrina B. Pelagio, and Ms. Bernadette O. Binayug actively participated in the convention,

contributing to its success and furthering their commitment to empowering individuals through counseling.

Participants were given the opportunity to attend sessions that aligned with their areas of interest and professional development goals. For instance, those seeking to improve their therapeutic techniques could choose from workshops focusing on art therapy, play therapy, solution-focused counseling, and narrative therapy. These interactive sessions enabled attendees to gain practical skills that they could implement in their practice.

In addition, the Counselors Convention fostered a collaborative environment, promoting networking and the exchange of ideas among attendees. Professionals were able to connect

with like-minded individuals, forging new relationships and partnerships that would contribute to their professional growth.

"I am thrilled to have been part of this year's Counselors Convention," said Ms. Joan Katrina B. Pelagio, a licensed counselor of OSA. "The convention provided a unique opportunity to learn from industry leaders and discover new strategies and techniques. It was an enriching experience that has undoubtedly enhanced my counseling practice."

The PGCA Convention serves as a testament to the importance of professional development and the power of collaboration. By coming together to share their experiences and expertise, counselors continue to push the boundaries of the field and ensure the delivery of effective and compassionate care to individuals and communities in need.

KAPIHAN SA OSA: Bridging the Student-Administrator Networks



Mark Allan C. Mananggit & Anna Marie T. Del Rosario

In today's rapidly changing world, the voice of the student body plays a crucial role in shaping educational institutions and the policies that govern them.

Recognizing the significance of student perspectives, many universities have implemented platforms for open dialogue and discussion.

One such powerful initiative is the Kapihan ng OSA, a platform that brings together students, faculty, and administrators to address the issues and concerns of students.

The primary objective of Kapihan ng OSA is to provide students with a safe and inclusive space where they can voice their concerns, opinions, and ideas.

Through this press conference, students are encouraged to discuss a wide range of topics, including academic matters, campus facilities, extracurricular activities, mental health support, and overall student welfare.

By actively involving students in these discussions, universities foster a sense of ownership and accountability among their student body.

This year Kapihan sa OSA set its part to the 116th Founding Anniversary Celebration of CLSU held at the University Auditorium last April 13, 2023.

Spearheaded by the Dean of Students, Dr. Irene G. Bustos, the CLSU President, Dr. Edgar A. Orden together with his four Vice Presidents, College Deans, and other university officials attended the said forum.

The issues and concerns raised during the press conference are taken seriously by the university administration. The valuable insights gained from student perspectives

guide the development of policies and initiatives that directly address the identified issues.

This activity will serve as the promotion of open communication with the university community. It encourages transparency, trust, and collaboration among students, faculty, and administration.

Through respectful and constructive dialogue, stakeholders can gain a deeper understanding of each other's perspectives and work towards finding mutually beneficial solutions.

This culture of open communication extends beyond the press conference itself, fostering a positive environment where everyone feels, heard, and valued.

Kapihan ng OSA likewise serves as an invaluable platform for students to

engage with their university community, express their concerns, and advocate for change.

By providing a safe and inclusive space for open dialogue, universities can harness the power of student voices to improve various aspects of campus life.

Through Kapihan ng OSA, CLSU can build bridges, empower students, and create a culture of open communication that enhances the overall educational experience. Students will become more motivated to participate actively in future Kapihan ng OSA events.





The CBAA Link tops 1st UPPC 170 student-journalists participate

By Winchester Santos

As nine student publications within Central Luzon State University (CLSU) go head to head yesterday, March 4, at the Research and Extension (R&E) Ampitheater, The CBAA Link, The Official Student Publication of the College of Business Administration and Accountancy (CBAA), made history as they emerge victorious with a total of 93 points in the 1st University Publications Press Conference (UPPC).

On the other hand, The Mechanics, The Official Student Publication of the College of Engineering (CEn), was hailed as the first runner up after they fell short at 90 points against the CBAA

Link.

Meanwhile, the title of 2nd runner up was awarded to the CASS Lens, The Official Student Publication of the College of Arts and Social Sciences (CASS), with a garnered score of 65 points.

Following CASS Lens are The Plowman, The Official Student Publication of the College of Agriculture (CAg); and The Speculum, The Official Student Publication of the College of Veterinary Science and Medicine (CVSM); as 3rd and 4th runner up, respectively.

Organized by the Office of the Student Affairs – Information Management and Publication

Unit (OSA) together with CLSU Collegian, The Official Student Publication of CLSU; and The Speculum, the first-ever UPPC was participated by around 170 student journalists of the university.

Each delegate of the publication competed in various categories including News Reporting, Editorial Writing, Feature Writing, Sports Reporting, Development Communication Reporting, Editorial Cartooning, Photojournalism, and Newspaper Layouting.

Following their win, the CBAA Link will be the next partner publication after The Speculum to conduct the second UPPC next year.



Guidance Awareness Month 2023: **Advocating Gender Equality and Inclusive Society**

by Alexis Ramirez

This is for real. After being locked down inside our own home for almost two years due of the pandemic, CLSU students have already had the taste of celebrating gender equality and inclusive society through Guidance Awareness 2023.

Office of Student Affairs through the Guidance Services Unit (OSA-GSU), used multi-media platforms through the OSA Official Facebook Page and audio-visual presentations.

The celebration started to paved away with an online throw back of how it was being done before the pandemic and what will be the activities waiting for the CLSU Community. The CLSU Peer Facilitators Group and CLSU Paruparong Bukid initiated various activities with exciting prizes. Activities included but not limited to mental health break, gender sensitive sessions and competitions.

And for the first time, through collaboration with the University Business Affairs, the prizes include tote bags and food stubs for CLSU students.

Moreover, all colleges were actively conducted their first ever face-to-face College Guidance Caravan after the pandemic with their respected and reputable guest speakers.

Not only that, through the CLSU Parents/Guardians and Teachers Association (PGTA), symposium on Parenting the Transition Generation were conducted with well experienced and diverse panel of sharers in the person of Dr. Ravelina Velasco, Dr. Regidor Gaboy, Dr. Celyrah Castillo, and Dr. Catherine De Guzman.

This is just the beginning of creating an inclusive healthier CLSU community ready to embrace everyone without any prejudice and open to all genders.

GSU concludes opening program for Guidance Awareness Month

by Ferlyn F. Colar & Hann Tasane

After two years of lockdown and online classes, Guidance Awareness Month is celebrated once again at Central Luzon State University in a face-to-face setting. It was only in 2004 that the need for Guidance Counselors was recognized and enacted into law followed in 2007 when Guidance Awareness Month was observed in the Philippines, including our dear university.

This year, the kick-off ceremony began with a virtual presentation led by Guidance Services Unit head, Asst. Prof Alexis G. Ramirez, who introduces all the GSU personnel including our University Counselors. Together

GSU concludes opening... from page 12

with him is Assoc. Prof. Ferlyn F. Reyes-Colar who recollects the previous celebration of the Guidance Awareness Month in our university.

Ma'am Ferlyn F. Reyes-Colar, a former Peer Facilitator herself during her years as a student, reminisced about the experience of celebrating the month for Guidance Awareness. She recalled that the Peer Facilitator Group would set up their booths as a way to celebrate Guidance, not only the CPFG was involved in the celebration but also other student organizations participates in the activities

During the celebration of Guidance Awareness Month, a motorcade led by student leaders from each college and guided by the Office of Student Affairs starts as a kick-off ceremony in order to showcase throughout the whole university the importance of guidance awareness and to announce to the students the various activities they might join. Also in this said motorcade, the CLSU Paruparong Bukid, an organization solely for the advancement of inclusion for the LGBTQIA+ participated inthe parade and CPB calls theirs Rainbow Stride,

The previous two years limited human movement due to the imposed

restrictions and lockdowns in order to curb the spread of COVID-19. Fortunately, the pandemic didn't stop the observation of Guidance Awareness Month. Numerous activities were also made amidst the pandemic. The distance may have separated us in flesh but the essence of a community still remains. Even though the pandemic made it nearly impossible to celebrate and perform the activities typically enjoyed face-to-face, opportunities abound in return.

A series of webinars where topics are near students' hearts were discussed. Also amidst the pandemic, OSA was able to hold the first virtual symposium with parents, in that symposium the Parent, Guardian, and Teachers Association (PGTA) was formed. The PGTA stands as the representative for parents in order to improve the services for the students. Despite the not-so-happy environment during the pandemic, OSA started Wellness Sessions as a way to help students to cope with the stresses of life.

After summarizing the different activities in the past Guidance Awareness Months, the two counselors announced the expected programs and most awaited happenings to be facilitated not only in the Office of Student Affairs but in every college of our university.



GADmazing Race 2023: WE for Gender Equality and an Inclusive Society

 Ken Pagaduan & Dave De Guzman

On March 29, 2023, the members of the CLSU Peer Facilitators Group (CPFG) enthusiastically took part in the GADmazing Race 2023, centered around the theme of "WE for Gender Equality and an Inclusive Society." The participants were divided into four groups, consisting of four individuals. The Multi-Purpose Gym (MPG) is the central location for all the competing teams to gather and kick off the event.

The GADmazing Race featured a total of nine stations, each presenting unique challenges that revolved around women empowerment, LGBTQIA+ culture, and gender-related laws and development. At each station, participants received a clue indicating the nature of the challenge awaiting them at the next station. It was a race against the clock as each station had an elimination rule - if a group arrived last and there were no more clues available, they would be eliminated from the competition.

As the race progressed, only five groups remained in contention to receive the final clue. With determination and adrenaline fueling their actions, these remaining teams raced back to the MPG, the designated final checkpoint, to complete the GADmazing Race.

The GADmazing Race goes beyond mere entertainment; its purpose is to impart valuable lessons to students. It serves as a platform to educate participants about the importance of equality, regardless of one's gender identity. The race fosters the understanding that, ultimately, we are all human beings who deserve respect and mutual appreciation.

CLSU-OSA accepts SHS students for work immersion

 Rochelle Ann V. Pararuan

The Career Development and Employment Services Unit (CDESU) of the Office of Student Affairs assisted and accommodated the endorsed students from four Senior High Schools for their Work Immersion namely University Science High School, San Jose City National High School, Talavera National High School, and San Antonio Integrated School.

The students were welcomed and were given orientation regarding the different units and services of the Office of Student Affairs during their first day after which they were already assigned to the four units of the Office of Student Affairs to experience how each unit plan and implement their respective services.

The students commented that they have learned a lot from their work immersion and that they were able to relate with people especially the students of CLSU.



Juana Sayawit: Sing and Dance Competition



Dave Nataniel De Guzman

Sielesyuans danced and sang as Juana Sayawit winners performed their winning pieces at the closing ceremony of the celebration of Guidance Awareness Month and Women's Month with the theme "Advocating for Gender Equality and an Inclusive Society" on April 4, 2023, from 9 a.m. to 12 p.m. in the Office of Student Affairs Lobby.

The CLSU Peer Facilitators Group organized the Sayawit singing and dancing competition with the help of various college governors and under the direction of the Office of Student Affairs - Guidance Services Unit.

The winning group from the College of Science, namely Angelica Quitalig, Mark Russell Mangahas, Gian Carlo Magat, Vea Ezir Dueas, Xyrille Caluya, Julienne Alrisse Flores, Norielle Gearem Garcia, Lamuel Timothy Bustamante, Chloe Laurice Gutierrez, and Kim Harold Dano, as well as the winning group from the College of Home Science and Industry, were able to perform their winning pieces during the closing program.

Each group received 3,000 pesos as their prize for first place in their respective colleges. The second placer received 2000 pesos, and 1000 pesos for the third placer. As for the consolation prize, an OSA tote bag and food stub were the prizes given.

COS it's Guidance Awareness and Women's Month Celebration

 Jhaneen Dumla & Ferlyn F. Colar

In earlier times, women were ill-treated and essentially non-existent. They were routinely denied their civil privileges and neglected. But with time, views about women have changed. The modest number of individuals who spoke out against inequity gave rise to several women who went on to make significant contributions to society. Considering the sources of happiness and fulfillment for women is of the utmost importance. Even in this day and age, there is a gender gap between men and women, with claims that women lack the traits needed to be successful and that men are more analytical and competitive than women. Oftentimes, equal opportunities for expression were also neglected.

In celebration of Guidance Awareness and Women's Month Theme: "Advocating Gender Equality and Inclusive Society" The College of Science Student Council in collaboration with Biological Science Student Council, BS Chemistry Student Council, Environmental Science Student Council, Mathematics Student Council, Statistics Student Council and with the CLSU Peer Facilitators Group, facilitate an event WOMEN IN SPOTLIGHT: Elevating Feminine Happiness and Fulfillment with sub-events entitled (1) HER STORY: What Makes a Woman Happy and

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CPFG holds Team Building

 John Mark Anthony Mas & Lyka Adrelyn Joaquin

On the 4th day of SIKAD, the CLSU Peer Facilitators Training was conducted. The peers gathered at CLSU Little Baguio, Lingap Kalikasan, on February 2, 2023, from 1:00 pm to 5:00 pm. The CPFG came with a blast, as the event was filled with the energy of many who participated. The team building started with a getting-to-know-you session with Ma'am Mags and other members. The peers were asked why they joined the CPFG family, who encouraged them to join, and their expectations of being peer facilitators.

To start the festivities, the peers were divided into four groups named Kastila, Kabayo, Diego, and Katipunero, each group was tasked with creating a chant. For the first activity, the peer's listening skills are tested. For the mechanics, Ma'am Mags will narrate a story, and once she mentions the group name, for example, "Kastila," the members of the group will chant their cheers. The game might be simple, but sometimes, with a lot going on around us, we fail to listen carefully, which is an essential characteristic of being a peer facilitator.

For the next game, facilitated by Mam Berns, the peers were given

a word and had to connect the words to make up a story. Mostly, as everyone can relate, the stories are about their college life at CLSU. It's refreshing to hear the stories of others and how, regardless of our differences, we share an experience through our college lives. No matter how inspiring, it is still a game, so the peer facilitators strategize to win. And that is what we call a competition with a heart.

Another activity is a relay with a twist; it's a five-player game. All the members are lined up, and the last member in line will slip through the legs of the member in front. For the last game, the Peers are back in four groups. The members are again lined up and assigned a number. When Ma'am Kathleen shouts a number, for example, 11, the person assigned to number 11 and those behind him/her will have to run in front; the line cannot be divided, so the peers will have to be careful and hold tight on each other's shoulders.

After three days of service for SIKAD and blissful team building, everybody is exhausted. The peers were provided with the Filipino party special, spaghetti and lumpia. What better way to end a day than with a meal? Although tired, everyone waved their goodbyes with a smile.



PGCA-Nueva Ecija Chapter wins as Best Local Chapter in the PGCA 58th Annual National Convention and International Conference



Mark Allan C. Mananggit

The Philippine Guidance and Counseling Association (PGCA) plays a pivotal role in promoting and enhancing the field of counseling in the Philippines. With numerous local chapters across the country, PGCA recognizes and rewards exceptional efforts made by these chapters in advancing the profession. In the PGCA 58th Annual National Convention and International Conference, the PGCA-Nueva Ecija Chapter clinched the coveted title of "Best Local Chapter" in the country, demonstrating their unwavering commitment to the field of counseling and their remarkable contributions to the profession.

The PGCA-Nueva Ecija Chapter, under the visionary leadership of Dr. Irene G. Bustos, also the current Dean of the Office of Student Affairs – CLSU, dedicated officers, and passionate members, has consistently strived for excellence in the field of counseling. The chapter's unwavering commitment to enhancing the skills, knowledge, and professional development of its members has been widely recognized and applauded within the guidance and counseling

community in Nueva Ecija.

One of the primary reasons behind the PGCA-Nueva Ecija Chapter's remarkable achievement is its unwavering dedication to innovative initiatives and programs. The chapter has organized numerous seminars, conferences, and workshops, inviting renowned experts in the field to share their insights and experiences with the community and different learning institutions.

The chapter's proactive approach to addressing societal issues through counseling has also been a significant contributing factor to its success. They have developed programs that focus on mental health awareness, career guidance, and counseling services for various sectors of society, including students, professionals, and marginalized communities. By tailoring their initiatives to the specific needs of their local community, the chapter has made a tangible impact on the lives of individuals and contributed to the overall welfare of the community.

Recognizing the power of collaboration, the PGCA-Nueva

Ecija Chapter has forged strong partnerships with educational institutions, government agencies, and non-profit organizations. By working together with these stakeholders, the chapter has been able to reach a wider audience and maximize the impact of its initiatives. These collaborations have also facilitated the sharing of resources, expertise, and best practices, further enriching the counseling profession in the region.

The PGCA-Nueva Ecija Chapter's victory as the Best Local Chapter in the Philippines is a proud moment for the entire counseling community. It highlights the significance of localized efforts in furthering the profession and emphasizes the transformative impact that guidance and counseling can have on individuals and communities.

As the chapter continues to excel in its endeavors, it will undoubtedly inspire other local chapters to strive for greatness. By setting a high standard of excellence, the PGCA-Nueva Ecija Chapter is paving the way for a brighter future for counseling in the Philippines.



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(2) #LetHerShow: Revealing Women's Contribution in Science and (3) Juana SAYAWIT. Generally, these activities aim to advance gender equality and prevent prejudice, particularly among College of Science students. Additionally, to guarantee that each individual receives equal treatment,

peacefulness, and higher self-esteem. This was done to guarantee that all students, regardless of gender, received equal treatment.

Dr. Gella Patria L. Abella, the dean of the College of Science, started the program by giving an opening remark that paid tribute to the women followed by an

CLSU Academic Honorees Receive Awards and Acknowledgement During the Honor's Day 2023

 Julius Ceazar Gumarang

CLSU Academic Scholars were recognized during the Honor's Day 2023 conducted at the University Auditorium last April 12, 2023 during the four-day long celebration of the 116th CLSU Founding Anniversary.

The Office of the Student Affairs collaborated with the Office of Admissions in collecting the data on the recipients of academic awards.

Dr. Edgar A. Orden, University President, and Sherren Punzalan, USSC Chairperson, along with faculty members and guests joined the awarding ceremony.

On the other hand, there were queries and clarifications from students who did not receive an invitation for the ceremony.

Inspirational message from the Office of Student Affairs dean, Dr. Irene G. Bustos where she emphasized the importance of Guidance Awareness Month.

There were different games and energizers facilitated by the COS Peer Facilitators that the students are very fond of. The contests Juana Sayawit and HER STORY: Spoken Poetry were participated by students from different departments in the college.

The program was successful and concluded with the message of the Counselor-in-charge of the college Assoc. Prof. Ferlyn F. Reyes-Colar thanked all those who participated from the planning to the completion of the overall program.





Music Fest, Battle of the Bands culminate four-day celebration of CLSU 116th Anniversary

Julius Ceazar Gumarang

ALPAS: Battle of the Bands and the Music Festival featuring OPM marked the conclusion of the University Week as Clara Benin and the band of Mercury, followed by an awarding ceremony for the winners, performed at the CLSU Oval, April 14.

Green Serpents from the College of Agriculture (CAG) bested their eight competitors with Paradigm of Julia, an independent band from different colleges, as the 1st runner-up, and CBAA bet Azul as the 2nd runner-up.

Aside from the OPM-filled night, CLSU also acknowledged winners from the series of student-

initiated activities throughout the four-day celebration.

Among those various activities was the Festival Dancing Competition that showcased different Philippine festivities, where the College of Business Administration and Accountancy (Bangus Festival) claimed the first place, while the College of Engineering (Palay Festival) and the College of Education (Carabao Kneeling Festival) finished second and third place, respectively.

CBAA added another victory on their record as JB "Niki Avada" Bautista was crowned the first CLSU ExDRAvganza Queen. Chris John Noviel "Ken-Doll"

Castillo (CHSI), Harven "Hara Kaliya" Ramos (CEN), Lloyd Aerylle Rafael "Gael" Gapasin (CAG), and Jimuel Valenton "Iares" Gabriel (CASS) placed 1st, 2nd, 3rd, and 4th runner-up, respectively.

On the other hand, students from the College of Engineering emerged as the champion in ALAB PINTA: CLSU Canvas Painting Competition, whereas CEd bagged the silver and CBAA settled in bronze.

The University Supreme Student Council (USSC) spearheaded the student-initiated activities in collaboration with the Office of Student Affairs (OSA)

Has "We" Been?

Edward M. Parungao

What have "we" got?
Are you and I actually real?
Or maybe I'm simply hoping,
Since I was seduced by your
seductive words.

Hope you say that,
I want to hear that word from you
Just to be specific and certain,
That something exists that can be
referred to as "we".

Maybe you have a question,
Why do I anticipate this?
Just to let you know how I'm
feeling?
Because I'm not certain that you are
truly mine.

So, basically just you and I,
Is there a happy ending to our tale?
'We' will there be one?
And you will join us in the paradise
we seek.

If thee need arises,
That will be aware of the responses
to the queries
Wish you wouldn't tumble into a
deep well,
and finally unable to escape.

Makata

Edward M. Parungao

Hindi naman ako mahusay sumulat,
Itong tula ko, sa iba'y walang binatbat,
Subalit eto nga pala ang kagustuhan ko,
Maging tunay na makata sa pamamaraan ko

Hindi man ako mahilig magbasa,
Higit sa lahat maging sa mga parirala
Itong dedikasyon ko para sa aking mga akda,
Ginagawa ko ito para magsimula ng bagong
kabanata

Datapwat itong talaga tula na ito'y may kaisipan,
Bukod tanging nagahanap ng kaanyuan
Siyang namumutawi sa inyong puso't isipan,
Bilang Pilipino, kaalama'y aking pagyayamanin

Walang ibang hatid at walang kasiguraduhan
Ngunit may dala nga itong kakaibang
pakiramdam,
Maligaya man ako ngayon pero may kakaiba,
Kinakabahan sa aking mga akdang nais
ipagmalaki

Dugo't pawis ko ay aking iaalay,
Mabigat na suliranun, aking kakayanin
Itong nagsisilbing palahaw ng mga walang boses,
Nagmumulat sa mga nakapikit, at pantig sa mga
walang marinig.

Hindi man ako tunay na makata para sa iba,
Pero ako'y, nananatili pa ring mapagkumbaba
Sadyang aking lihim na regalo'y marapat ipakita,
Ako'y isang kabataan at totoong makata



SIKAD

The Annual Welcoming Event for CLSUans



Lexter Dan Ciriaco

Every story has its fresh beginnings, every song has its catchy preludes, even every Netflix series has its best intros — hence every academic year deserves a memorable opening. As the resumption of full face-to-face classes implemented, the recently held SIKAD (Sinag ng Kalinangan, Agapay at Dalubhasaan) was meant to serve as a kick-off activity of CLSU for the opening of a new semester which was led and organized by the CLSU University Supreme Student Council (USSC) in collaboration with the Office of Student Affairs (OSA) personnel along with college student councils that took place last January 30 to February 3 this year.

Inspired by the modesty of the tagalog term “Sikad” (means to strike with a foot), CLSU-SIKAD welcomes the upcoming semester with different programs such as orientations that were conducted to introduce students about the services and activities offered by the university. The different student organizations also showcased their planned activities through the SO (Student Organization) fair and the talents of the community also showcased through a series of cultural performances. With these, the “Pusong CLSUan” of the students are ignited, and the loyalty to the institution are strengthened.

Opening of SIKAD commences with an Institutional Loyalty walk

Nothing beats off an opening of a semester with a grand welcome walk inside the campus. The first day of the week-long SIKAD commences with a institutional loyalty walk where different colleges parade and roar chants along with their color-coded outfits, banners, and props. The parade took place at the CLSU main gate as its starting point going to the Graduation Site where following events and programs are also conducted.

University President Dr. Edgar Orden delivered his opening remarks to formally open the event, exclaiming his happiness that he got to witness the grand parade walk. Followed by that were different performances and talents of the Cultural Affairs Office (CAO), presentation from the university resident choir CLSU Maestro Singers, and live band jams were showcased.

Moreover, a career-pathing seminar was also held simultaneously at the accreditation building, headed by the Office of Student Affairs - Guidance Service Unit (OSA-GSU) in cooperation with the Office of Admissions.

The forum aimed to help students in their academic queries where free consultations and

questions are entertained.

CLSU Student Bazaar highlights the Second day

Numerous student entrepreneurs featured a variety of products through their respective organizations through the SIBOL: CLSU Student Bazaar which was held at the Graduation Site that is the main event of the second day. The said bazaar was filled with different booths from various colleges that offered goods such as pastries, fast foods, drinks and beverages, clothes, hand-made accessories, and bags.

Meanwhile, along with the lineup of festivities served for the studentry, a series of orientation which tackled the services offered by the university. This event is headed by the Office of Student Affairs - Guidance Service Unit (OSA-GSU), with the cooperation of the following: University Health Services (UHS), Library Student Housing Services (LHS), Office of Admissions (OAd), Cultural Affairs Office (CAO), Sports Development Office (SDO), University Gender and Development Office (UGADO), University Security Force (USF), and Student Discipline Board (SDB).

In line with this, the University Supreme Student Council (USSC) conducted Silay: Educational tour that aimed to familiarize students which lead them around the university with information about the different sites, buildings, and facilities.

Third day banged with a Film Showing and Street chalk art exhibit

In the continuation of the week-long CLSU-SIKAD event, a film festival was organized on the third day which featured three movies: "Sa Ngalan ng Tubo", "A Thousand Cuts" and "Barber's Tales" that

tackling various issues of the Philippines, such as deprived rights of farmworkers, threats faced by journalists, and women in political upheaval, screened in Oscar D. Quines (ODQ) Hall, College of Veterinary Science and Medicine. The film viewing aimed to promote the involvement of students in the societal concerns encompassing the country through supporting local movies and relevant content.

Furthermore, another highlight of the third day was the SINING: Street Chalk Art exhibit. Inspired by the streets of Session Road, Baguio City, CLSUan creatives showcased their artistry by turning the front of the University Library into a canvass of designs and imaginations using chalk art. Each participant from various colleges utilizes chalk to draw and express their creativity and style on the pavement.

Grand parade of Student Organizations concluded on the fourth day

Paving the streets of CLSU were the marches and cheerful laughs of 32 official student groups and organizations from different colleges in the university that happened on the fourth day.

The Student Organization (SO) Parade aimed to highlight the various groups and organizations within the campus while giving gratitude to the student participation and contribution to these groups to the betterment of the university.

The parade ended that abruptly followed by a series of orientation and games promoting organizational awareness, safety, and welfare. Programs also included the dance craze competition where representatives from each college lit up the CLSU Multi-Purpose Gym through their slick moves. Furthermore, SO Food fair, seminars such as the CLSU

Paruparong Bukid Training and CLSU Peer Facilitators Training, and performances from CLSU Bithay Sining were the notable culminating activities.

Final day wrapped up with a Grand Cultural Showcase

As the week-long CLSU-SIKAD met its conclusion, the activity closed with a grand cultural show from different performing groups Bithay Sining Dance Company, Tanghalang Gagalaw ng CLSU, and the CLSU Maestro Singers left students in awe in a two-hour stage presentation organized by the Cultural Affairs Office (CAO) that filled the CLSU Auditorium with remarkable talents and performances.

Earlier on the same day, A Career Seminar were conducted with the themes: Magnifying Self-Worth to Boost Self-Esteem, and Enhancing Entrepreneurship Skills for the first-year and graduating students and Speech Power for Effective Communication and Strengthening Work Values for the second and third-year students.

With the CLSU-SIKAD came to an end, organizers and personnel wished that the CLSUans are relaxed and at the same time energized for the upcoming semester — which was the primary objective of the activity in the first place. Moreover, this event served as an adjustment period as the conduct of full in-person classes halted for almost three years.

It also aimed to familiarize students inside the campus and what they would expect during their stay in the university. Justifying its meaning, SIKAD definitely is a great kick-off event served by the university. And by celebrating it to formally welcome a new academic year, students are motivated to strike and dash their way throughout the whole semester.

