

OFFICE OF STUDENT AFFAIRS

SPECTRUM

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Central Luzon State University

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CLSU-Office of Student Affairs spearheads Capacity-building Programs for Guidance Coordinators

 Ma. Magdalena C. Galang and Mark Allan C. Mananggit

The Office of Student Affairs, through its Guidance Services Unit (GSU), conducted a face-to-face Values Re-orientation and Psychological First-Aid for College Guidance Coordinators and Department Guidance Coordinators on September 15 and December 7, respectively.

The series of seminars aims to capacitate the college and department guidance coordinators in basic helping skills and to help them understand their roles in assisting students. Dr. Ravelina R. Velasco, one of the speakers and the Dean of the College of Fisheries, emphasized the importance of ethics in the workplace. She also stressed the importance of building a satisfying relationship with peers and supervisors that will help in attaining a positive work environment while performing their duties and responsibilities.

On the other hand, Dr. Ma. Ruby Hiyasmin M. Delos Santos, Guidance Counselor and a faculty member in the College of Education shared her expertise by teaching the participants Basic Helping Skills. The said skills will help the guidance coordinators in addressing the needs and issues of the students.

Moreover, Ms. Klara Patricia Laureta and Ms. Joan Katrina Pelagio discussed the fundamentals and importance of psychological first-aid.

The College and Department Guidance Coordinators are selected faculty members who will assist OSA-GSU in the implementation of the Guidance Program in the University. More series of seminars will be facilitated in the coming months to train and help them act on their new academic roles.



CLSU SAS Practitioners Attend the 27th PAPSAS National Conference and Training Workshop

 Kamille Dukha

Six OSA Personnel represent the Central Luzon State University (CLSU) as they joined the PAPSAS National Conference and Training Workshop in Cagayan de Oro City, Mindanao from November 17-19. The PAPSAS Conference is a national event organized by the Philippine Association of Practitioners of Student Affairs and Services, Inc.

CLSU delegation consists of Dr. Irene G. Bustos (Acting Dean of the Office of Student Affairs), Assoc. Prof. Ernesto T. Jimenez,

Jr. (Student Organizations Unit In-charge), Assoc. Prof. Ma. Magdalena C. Galang, Ms. Karen R. Salenga, Ms. Maricel G. Dasalla (Guidance Advocates), and Ms. Kamille K. Dukha (OSA Secretary).

The program features a variety of activities that upholds building connections, sharing best practices, and engaging student affairs services practitioners in taking on different projects that will develop and improve the services they provide to the students.



CLSU Guidance Counselors join PGCA 57th National Midyear Conference

 Kathleen Kay C. Antonio

The Philippine Guidance and Counseling Association held its first face-to-face 57th National Conference last October 20-21, 2022 at Paradise Garden Resort Hotel and Convention Center, Boracay Island, Aklan after two years. This year's theme is "Coming Together for Recalibrated Self-Care and Renewed Well-Being."

The conference was attended by different professionals such as Registered Guidance Counselors, Registered Psychologists, Registered Psychometricians, Registered Social Workers, Licensed Professional Teachers, and other allied professionals who came from Luzon, Visayas, and Mindanao. Two of the counselors of the Office of Student Affairs, Ms. Bernadette O. Binayug and Ms. Kathleen Kay C. Antonio, attended the two-day conference.

The midyear conference aims to strengthen Filipino's mental health due to life challenges brought by the COVID-19 pandemic. The conference highlights the importance of self-care to mental health professionals because they are considered front liners especially those whose clients are students.

It was truly a fruitful conference; participants were able to enjoy the activities and felt that they were recalibrated. The conference ended with a unity walk along the seaside of the beautiful island.

CBAA holds Brain Break Program

 Ma. Magdalena C. Galang

This Brain break program was held last October 10, 2022, a joint activity of the CBAA Corporate Student Government (CSG) with their adviser Asst. Prof. Reyniel Francisco and the College Guidance Office with Dr. Elizabeth Bajit as College Guidance Coordinator and Assoc. Prof. Mags Galang the CBAA Guidance Advocate in-charge from OSA-GSU. This activity aimed to assist corporate students in reducing their mental health burdens brought

by weeklong term examinations. Through digital contacts and activities, this program consisted of two parts first was the self-care exercises which were facilitated by the Guidance Advocate In-charge and the Kamustahan facilitated by the CSG headed by Nheil Aldrin Esguera (CSG Governor) with the participation of the CBAA Dean Dr. Matilde Melicent Recto and OSA Acting Dean Dr. Irene G. Bustos who inspired the students with their motivational messages.



OSA extends its psychosocial support to the community

 Bernadette O. Binayug

In the Philippines, universities and colleges have been mandated by the Commission on Higher Education (CHED) to extend their educational and civic services to the communities. Partnerships between HEIs and the community should be mutually beneficial. Following this mandate, the Central Luzon State University (CLSU) aims to provide working relationships and extend voluntary service in the fields of Counseling / Psychotherapy, Learning Assistance / Academic Tutorial, and other related activities through the Office of Student Affairs. In this regard, the CLSU-OSA has partnered with the House of Prayer and Evangelization Foundation Inc. (H.O.P.E) and Tahanan ng Banal na Awa (TBA).

The Tahanan ng Banal na Awa (TBA) in San Jose City, Nueva Ecija has been established as an institution that provides a caring home for abandoned and neglected

children relying on the generosity of the people. Children in TBA were provided with their basic needs such as food, shelter, clothing, education, and medical services. They were also given spiritual and values formation activities to strengthen their faith and become good members of society.

On September 24, 2022, Assoc. Prof. Magdalena Galang together with Ms. Bernadette Binayug and Ms. Karen Salenga from OSA-GSU facilitated teambuilding activities and laughter yoga to the staff of Tahanan ng Damayang Kristiyano (TDK) and Tahanan ng Banal na Awa (TBA). This was followed by an orientation and distribution of self-care-happiness kits to six children last December 10, 2022. Aside from these, Assoc. Prof. Ernesto Jimenez Jr., OSA Student Organizations Unit In Charge, and Ms. Bernadette Binayug brought some food for the children. Staff members from

CLSU-OSA are set to visit TBA on the first and third Saturdays of each month to provide volunteer services.

Aside from providing extension services to TBA, select OSA staff went to HOPE Foundation, Inc. in Nampicuan, Nueva Ecija. This is where 13 drug reformists reside. Psycho-spiritual and community approaches were utilized to change behavior and impart Gospel values to residents who suffer from mild to moderate degrees of substance addictions and other problems in behavior. It helped in promoting shared responsibility of residents that define their status and scope of responsibility for maintaining the healing community. Staff members from CLSU-OSA are set to visit HOPE Foundation every second and fourth Wednesday of the month to conduct group dynamics, interviews, and other psychosocial services.

OSA-CDESU holds Career Webinar Series 2022

 Rochelle Ann V. Pararuan

With the aim to enhance students' skills and knowledge that will help them deal with the most fundamental yet relenting issues they face in college, the Career Development Program Webinar Series 2022 was created.

The webinar series with the topic "Sustaining and Developing Skills for Career Readiness," was launched by the Office of Student Affairs Career Development and Employment Services Unit (OSA-CDESU) in October.

The first of the webinar series entitled "Career Pathing for First-Year College Students" was held last October 12, 2022. Mrs. Joan Katrina B. Pelagio served as the resource speaker. Moreover, the second part of the webinar series titled "Understanding Self in the

Career World for Third-Year College Students was conducted last October 26, 2022, with Ms. Aiza Oco from Prospire Philippines. Both webinars were facilitated via Zoom and live-streamed on the Official OSA Facebook Page.

The webinar series upholds the Sustainable Development Goal 4 Quality Education specifically Target 4.4 which aims to substantially increase the number of youth and adults who have relevant skills including technical and vocational skills for employment, decent jobs, and entrepreneurship. It is also aligned with Target 4.6 which is to ensure that all youth and a substantial proportion of adults, both men and women achieve literacy and numeracy.

Time-Freeze "Allow yourself at Ease": OSA facilitated a Mental Health Break Webinar in Collaboration with CHSI-KSG. Joan Katrina B. Pelagio

As we all give importance to our Mental Health, the Office of Student Affairs (OSA) spearheaded Mental Health break Activities for students in every college in the University. In fact, the College of Home Science and Industry student government saw the need of their co-students to be aware and knowledgeable on health not only physically but also mentally and emotionally. Through the collaboration, OSA and CHSI-KSG planned and facilitated the Mental Health break webinar and activities to let the CHSI students enjoy a week-long break after examination, get back on track, and be motivated to learn more for the next term. It started with a Self-exploration of discovering students'

Strengths and Weaknesses, facilitated by a Master of Science in Guidance and Counseling Trainee, Fr. Renz S. Valente. A very helpful webinar that enlightened the students on how important it is to know themselves more. Following the self-exploration, since more students were experiencing academic hassles, burnout and procrastination were also discussed and facilitated by the Counselor-in-charge for the College of Home Science and Industry, Ms. Joan Katrina B. Pelagio.

Indeed, if we all prioritize our mental health and discover our strengths and weaknesses at the same time, we will be more productive and efficient students and responsible individuals.

Agapay for CLSU Affirmative Parents (ACAP) conducts its First General Assembly

 Kathleen Kay C. Antonio

The Parents General Assembly sponsored by the ACAP of Office of Student Affairs - Guidance Services Unit was held last October 29, 2022, via Zoom and Facebook live. The output of the conduct of the general assembly of CLSU was the establishment of a new set of officers of the CLSU Parents/Guardians and Teachers Association (PGTA).

Here is the lineup of officers:

President: Marites Jacinto
Vice President: Jovita Fajardo
Secretary: Rochelle Ann Pararuan

Treasurer: Mildred Subaba
Auditor: Dina Romano
Bus. Manager: Alexis Ramirex
PRO: Honeylene Sibayan

College Representatives:

CASS: Janet Sambrano
COS: Siony Bangate
CHSI: Leeya Valdez
CEN: Bernadette Binayug
CF: Melba Quiobe
CAG: Dexter Malate
CVSM: Joey Tariga
CBAA: Celedonia Villamar
CED: Carlos Lamson Jr.

Adviser/Consultant: Dr. Irene G. Bustos

COS Face-to-Face, Kumustahan 2022 is real!

 Ferlyn F. Reyes-Colar & Dañela Fe Viterbo

It is apparent that students are affected by the height of the COVID-19 pandemic. Interactions and building camaraderie have been limited, online classes were implemented, and adjustment to a different setup has been very difficult for most of the students. Now that society is starting to recover from the challenging time, face-to-face classes are now beginning to be enforced frequently.

The Central Luzon State University has always been giving value to its students' mental health. In order to continuously raise mental health awareness and provide psychosocial support, Assoc. Prof. Ferlyn Colar, one of the Guidance Counselors from the Office of the Student Affairs, together with the MS Guidance and Counseling interns, decided to conduct a face-to-face kumustahan with the students from the College of Science, where they further discussed the different types of self-care and its importance.

The second-year and fourth-year students from BS Chemistry were gathered by the College Guidance Coordinator, Mr. Gil Felicisimo Cabrera, last 25th of October, as well as the first-year students from BS Environmental Science on the following day. Ms. Dañela Fe Viterbo, the assigned MS GC intern for the College of Science, facilitated the group discussion and was assisted by Ms. Nicole Cinense and Fr. Renz Valente, her co-interns.

Evidently, the students had fun participating in various activities. First, the facilitator introduced the energizer in order to build rapport with the student. For the icebreaker, they had an opportunity to introduce themselves. They are tasked to pick a random color where each color has an equivalent question that could reveal something interesting



about them. The students seemingly had fun as they shared and revealed some silly answers they had in mind.

Afterward, students were given a written activity where they need to evaluate how they take care of the different areas of their life. The MS Guidance and Counseling interns gave each student a small piece of paper where there are drawn boxes to input their answers. Subsequently, the facilitators began conducting the focused-group discussion—aimed to relate the topic with the students' personal lived experiences and unique circumstances. Each student is tasked to share what they wrote in the activity, and they were also asked to answer several process questions. Through that, they were able to share their own ways to cope with various situations, especially when there are moments when they needed to step back to take care of themselves. The discussion became

productive, as most of the students genuinely share their stories in front of everyone. Moreover, there are some who recognize the areas where they need to focus on more, as well as where they struggle the most.

The topic covered the different forms of self-care; physical, mental, social, emotional, and spiritual. The presentation became productive as the MS GC interns were able to discuss the important points to be remembered, and how it is vital to take care of oneself in a post-pandemic environment.

Ms. Reyes-Colar gave a final word to wrap up the topic, and a video promoting the guidance services offered by the Office of Student Affairs was played in the last part. In the end, the activity was a success for it served its purpose in giving awareness, and support, and in exploring students' sentiments and possible challenges that they might be facing in the present time.

OSA, CSSC facilitate FreshCS Start-Up

 Sheila Ponce
Manuel Paolo De Leon

A new academic year has just begun. Alongside it is another fresh batch of college students. As they enter a new environment and start their adventure, helping them adjust to their life in the university is irrefutably essential. With that in mind, the CLSU College of Science Student Council (CSSC) conducted a week-long program entitled "FreshCS Start-Up: Welcoming the College of Science First-year Students with Love and Equality." The program aimed to formally welcome and orient the first-year students within the College of Science while also considering gender differences and breaking barriers to attain equality.

The "Freshie Week" began with an orientation session that introduced first-year students to the offices and units in the University, specifically in the College of Science. Getting to know their collegial and respective departmental seniors and peers and receiving a warm welcome from them strengthened their confidence to participate in other college and university events. Furthermore, the committee planned participatory activities for the College of Science Freshmen. Despite the limitations caused by the pandemic, the activities given to the COS freshmen students were able to develop their ability, skills, logic, and intellect.

The Opening Program was held on September 12, 2022, via Zoom and was live-streamed on the CSSC Facebook page. The inaugural program featured speeches from department heads, a guidance counselor, and the dean.

There were three main activities during Freshie Week: Freshie Got Talent, which focused on showcasing the various talents of the College of Science freshies. Second, the Quiz

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Know Your Whys in Choosing a Career

 Ms. Arwine Matias and Ms. Bernadette O. Binayug

The CLSU-Agricultural Science and Technology School (ASTS) in coordination with the Guidance Services Unit of the Office of Students Affairs (GSU-OSA) conducted the 2022 Career Guidance Seminar with the theme "Know Your Whys in Choosing Career" for Grade 10 students with their parents and Grade 12 students on November 10, 2022, at Philippine-Sino Center for Agricultural Technology Multipurpose Hall, Central Luzon State University.

ASTS Principal, Dr. Jannete P. Mercilio, explained in her welcoming remarks that the Career Guidance Seminar for completing and graduating students aims to provide relevant information and appropriate guidance in exploring and planning for the student's future career endeavors.

Registered counselors from GSU-OSA comprising Ms. Bernadette O. Binayug, Asst. Prof. Alexis G. Ramirez, Assoc. Prof. Rochelle V. Pararuan, Ms. Kathleen Kay Antonio, and Ms. Joan Pelagio discussed Career Planning, Parent/Guardian's Role in the Career Selection of Children, the Importance of Academic

Achievement and Realities in Choosing a Career, Labor Market, and conducted the Career Compatibility Test.

Dr. Michael C. Mabalay, faculty of ASTS, also discussed the senior high school curriculum for Grade 10 students while Ms. Merry Grace M. Nunez of the Office of Admissions explained the CLSU College Admission Test (CLSU-CAT) procedures for Grade 12 students.

During the program's Pep Talk, selected ASTS Grade 12 students shared with Grade 10 students their decision-making journey upon choosing their track and specialization. ASTS alumni who are now taking Agriculture and Home Economics-related courses also gave pieces of advice to Grade 12 students in choosing their college courses.

According to the CLSU College Testing and Evaluation Center, the last day for online application for the CLSU-CAT is on December 15, 2022. Most universities across the country also announced the last day of college admission application until the end of this year.



CLSU student-leaders join 1st AUAP Youth Development Program in Thailand

 Laurence Lingat Ramos

Four student-leaders from different colleges of Central Luzon State University (CLSU) attended the first AUAP Youth Development Program organized by the Association of Universities of Asia and the Pacific (AUAP) in cooperation with Master's Institute Development Academic and Seminary (MIDAS) held in Bangkok, Chonburi Province, and Pattaya City, Thailand from November 19 to 24.

CLSU delegation consists of Ginelle Angela Cabico (Vice Governor - Veterinary Student Government), Ned Ivan Cruz (USSC Secretary), Manuel Paolo De Leon Jr. (Vice Governor - College of Science Student Council), Patricia Lacson (Vice Governor - College of Education Student Council), who are accompanied by Assistant Professor Mark Allan Managgit of

the Office of Student Affairs.

Cruz and De Leon, on the other hand, bagged an award as 2nd Best Presentation for presenting the CLSU's Youth Development Programs.

The program aims to cater to students interested in seeing their personal development in an inclusive environment and how this development can influence global problems.

Moreover, the fundamentals of promoting healthy development will be taught to the students, including youth mentoring, cultivating a good outlook, growing physical strength, and developing self-confidence.

English-language lectures and discussions will also be held on a variety of subjects, including astronomy, intercultural communication, and key matters affecting global societies.



Participating in this Youth Development Program reaffirms my realization that students need to engage in International programs, initiatives, and projects to bring about global changes necessary for the advancement of our society. Furthermore, involvement in roundtable discussions, the constant establishment of new relations, and immersion in various cultures hone a student leader's desire to connect to their constituents and to serve them further without reservations. I plan to employ the concepts and ideas I have learned by leading continuously and empowering students to lead in their ways or whenever circumstances ask of them. As student leaders, we should always aim to effect positive change and development in the academic sector and ask where we can contribute next as Filipinos.



Ginelle Angela O. Cabico
Vice Governor - College of Veterinary Science and Medicine
Veterinary Student Government



Being one of the selected delegates who represented CLSU for the 1st AUAP Youth Development Programme in Thailand was a great opportunity and stepping stone for me as a youth-student leader. This YDP allowed me to meet different youth leaders from international universities and the local academic institutions in our country. I've learned that establishing good connections, strengthening relationships, and gaining knowledge from other youth leaders will help me to initiate and empower possible plans for the studentry and the university— to improve leadership service, conduct youth development programs, apply initiatives learned from other institutions that can help the students, to have future collaborations, and lastly, by developing future youth-leaders that will serve genuinely for the students and the people.

Ned Ivan P. Cruz
Secretary
CLSU University Supreme Student Council



As YDP promotes internationalization, personal development, and cultural exchange, I as one of the selected delegates, can say, had successfully developed these areas after the program.

Being one of the delegates of CLSU who took part in the 1st AUAP YDP, I've gained significant experiences and learned a lot of knowledge that made me realize more of my potential as an individual, a youth, and a student leader. And as a student leader who has built positive connections and rapport among both international and local peers, I plan to share what I learned and experienced through collaboration in implementing effective and relevant programs for my fellow students participating in constructive action through service learning among my fellow CLSU students - in pursuit of a greater quality of education and life in general.

Patricia S. Lacson
Vice Governor
College of Education Student Council



The first AUAP-YDP places a special emphasis on the delegates' individual improvement. I learned from YDP that despite the delegates' varied ethnic backgrounds, cultural traditions, and languages, we can still come together in support of a shared objective – building connections and breaking down barriers. As a student leader who seeks outstanding governance, I am really grateful to the other universities that share their struggles and triumphs in their institutions. It makes a substantial contribution to our university's ability to create new opportunities and prospects. As a result of this programme, students become more skilled in public speaking and leadership, which enables all delegates to represent their constituents impartially. Furthermore, the communication linkages that we've established will allow us to build collaborations to carry out activities on an international platform that will help to alleviate global challenges. Above all, we are CLSU delegates, and we will always work on behalf of the students.

Manuel Paolo De Leon
Vice Governor - College of Science
College of Science Student Council

OSA, CSSC facilitate... from page 7

Race, a station-based quiz that further introduced the future topics that may be included in their courses. The third one is the Freshiemula: An Essay Writing Contest, which merely showed the expectations of the freshies on their college lives. Many people took part in the activities, and they fully exemplified the heart of a ka-CoSci.

The program ended on September 16, 2022. The CLSU College of Science Student Council was grateful for the involvement of the students since it ignited the interests and passion of the freshies, created a connection among the students, and showed them the importance of love and equality.

The freshie ka-CoSci signifies building connections and breaking down boundaries. The week-long activity helped the students to start their college life with zeal and authenticity.

OSA conducts virtual activity in commemoration of Suicide Prevention Month



Ferlyn F. Reyes-Colar and Clarissa C. Villota

September is known as Suicide Prevention Month. Always know that you are not alone. It is not a weakness, but rather it is something to be fixed and addressed! In order to lessen the stigma associated with suicide and increase awareness of the issue, the International Association for Suicide Prevention and the World Health Organization established World Suicide Prevention Day in 2003.

In commemoration of Suicide Prevention Month, and Suicide Prevention Day on the 10th of September, the CLSU College of Science Student Council (CSSC) collectively reminds not just the students of the College of Science, nor the students of the university, but all individuals that it is okay not to be okay at times.

To spread mental health awareness as well as to validate and cater to the

OSA assists students in landing on the right career path

Joan Katrina B. Pelagio

Deciding on what Course to take in college is one of the dilemmas that most senior high school learners experience nowadays.

With this, the CLSU College Testing and Evaluation Center (CTEC) along with the Office of Student Affairs (OSA), and in collaboration with the different Colleges in the University, launches the Career Caravan dubbed as LIPAD: Learn and Live your Interests, Passions, Ambitions, and Dreams.

The caravan started last September in preparation for the upcoming CLSU entrance Examination for the next school year, 2023-2024.

Through the initiatives of CTEC and OSA, learners from different National High Schools have been given a chance to discover more about themselves, know the different

courses and the jobs waiting for a specific course, be exposed to the different opportunities once they become CLSUans, and the scholarships and financial support they can benefit from.

The Caravan explored the schools around the Science City of Muñoz, San Jose City, Nueva Ecija, and the provinces of Pangasinan (Urdaneta, Umingan, and other cities around the province), Tarlac, Nueva Vizcaya, and Quirino.

Principals, educators, and senior high school students all enthusiastically participated in the Career Caravan.

The visitation was flooded with inquiries and early registration for examinations.

Through the Caravan, learners have shown their interest in pursuing their education and career in CLSU.

emotional and mental health needs of the students, the CSSC in collaboration with the Office of Students Affairs with the guidance of the COS counselor-in-charge, Assoc. Prof.. Ferlyn F. Reyes-Colar, conducted a virtual activity entitled "IT'S OKAY NOT TO BE OKAY" last September 23, 2022.

To increase awareness and give light to the observance, the College of Science Student Council has prepared various lighthearted activities in which all College of Science students are welcome to participate. The College of Science Student Council also posted a video presentation regarding Myths and Facts about suicide.

The video contains warning signs that one must not neglect when encountered. Through the help of the video, the students were informed on how to handle or deal with their family

members or friends when they are suffering from mental health problems. Moreover, the College of Science Student Council posted different hotline numbers that the students can reach out to if they need help.

Generally, the event really helped the students to alleviate their stress, at the same time, they spread mental health awareness to all students of the College of Science.

After conducting the week-long event, the students of the College of Science are expected to be more open to one another and more vocal about their sentiments.

They might find solace in fighting their own struggle. It is hoped that students would be able to see their value in society. The activity helped the students to be more confident that requesting help is normal.

CLSU Peer Facilitators Group Conducts General Assembly to Welcome The Newest Members of the Peermily

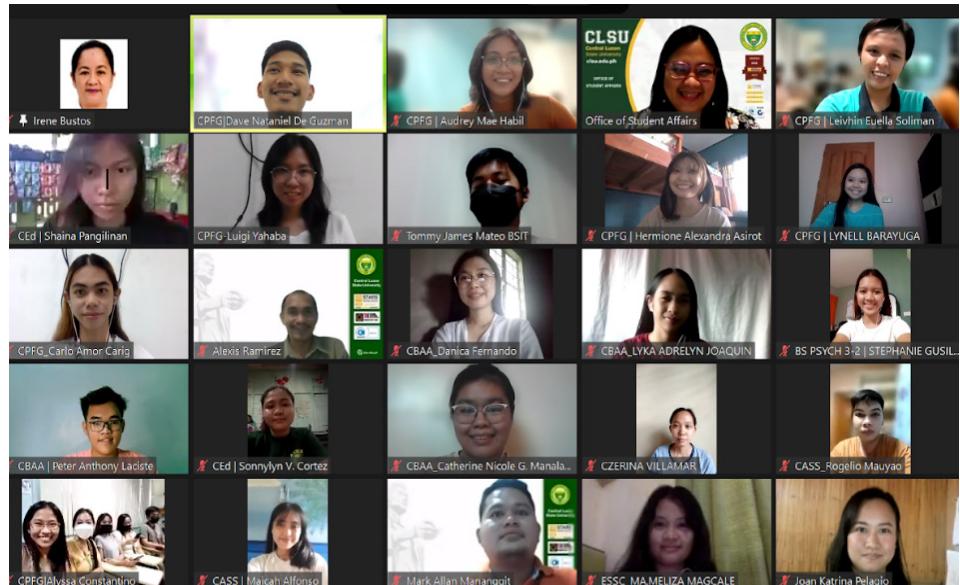
Katherine Gale Pingol

To ensure a united and harmonious student body at Central Luzon State University, the CLSU Peer Facilitators Group (CPFG) was formed and has been active since 1992 up to this day with a mission of facilitating students for them to be able to help and understand themselves and others, gain new friends, and build connections with their peers. CPFG was established to embody the objectives and the implementation of activities, including training that can contribute to the betterment of every student, deepen insights about different situations, and provide guidance or advice for their development and growth.

Despite the limited setup and lockdown, the CLSU Peer Facilitators Group persisted in developing a way to keep in touch with students and offer them assistance. With the great risk still lingering around, virtual communication has been implemented. Creating opportunities for those students to interact and take part in activities that may help them in developing their leadership skills.

On October 10, 2022, the CPFG conducted a General Assembly to invite and welcome interested students of CLSU and be a part of the Peer Family.

CPFG Adviser, Assoc. Prof. Ferlyn F. Reyes-Colar shared how CPFG served as an arm of the CLSU-OSA in facilitating its different student services and activities. "The pandemic did not stop this group for acting as a facilitator for transaction of activities and for extending help to their fellow students. We will try to continue helping and reaching out to more students, especially, since full implementation of the face-to-face classes is coming next semester," she added.



"All Students are welcome to join this group. You just need to prepare yourself to be trained and you should have a heart that is willing to help and to serve your fellow students without expecting something in return. Not everyone is qualified and that very few were chosen, but I believe that those who will join will have great experiences that might help them to become better individuals for the next years to come. I'm sure of that, because I am a product of CPFG Batch 2001-2002" she said.

Then, a welcome message was delivered by the ever-supportive OSA Dean, Dr. Irene G. Bustos. The former CPFG Adviser, Asst. Prof. Mark Allan C. Mananggit gave his inspirational message wherein he emphasized the benefits of being a Peer Facilitator and the accomplishments of the group. Moreover, the current adviser of the CPFG, Assoc. Prof. Ferlyn F. Reyes-Colar gave her lectures about the CPFG Duties and Responsibilities to encourage the attendees to get involved in activities and connect with others. Afterwards, all the participants shared in the chat box

their key takeaways and the lessons they have learned from the lectures presented.

Most of the attendees have shown their appreciation towards the speakers and the organizer for creating an event that can guide and help them. Some colleges have not been granted face-to-face this semester; still, the CPFG has not failed to extend their hands.

In her speech of gratitude, Assoc. Prof. Reyes-Colar expressed her hope for the attendees to join and encourage others to be one of the CLSU Peer Facilitators Group and be a helping hand of those students in need. The Guidance Services Unit Head, Asst. Prof. Alexis G. Ramirez concluded the event.

As of this writing, the CPFG has 226 members who are actively performing their duties and responsibilities.

Physical interactions may not be present but learners are striving to achieve their best despite the lengthy voyage of solitude. The CLSU Peer Facilitators Group, however, is here to guide the students in harnessing their energy and developing leadership skills which will not only serve us but also future generations.



Kumusta ka na Ka-CoSci? CSSC with Department Councils Kumustahanan 2022

 Ferlyn F. Reyes-Colar and Jhaneen Dumlaao

On November 30, 2022, CSSC officials, and department councils, in collaboration with the Office of Student Affairs conducted a Kumustahanan program for COS students. Ms. Jhaneen Joyce F. Dumlaao and Mr. Ken Pagaduan served as the program hosts.

The event aimed to answer all of the issues and questions of the students in order to ensure that the quality of our coursework is maintained. Students were given a break from academics and the opportunity to celebrate activities and events that bring joy and relieve stress brought on by school work.

Aside from these, the kumustahanan intended to reduce stress and provide a safe place for students to discuss the progress they have made throughout the semester.

Each of the five departments had its own breakout rooms—a space specifically designated for their use as an icebreaker, which was facilitated by the department councils. Different games and activities were given to the participants. The participants were then instructed to return to the main room after the

game is over. The presenters asked two students from separate departments about how the games went, what their experiences were, and how they felt about the event. In addition, there was photo documentation, followed by some concluding words from the COS Guidance Counselor In charge, Assoc. Prof. Ferlyn F. Reyes - Colar.

According to the responses of some of the students, they loved the kumustahanan not only because of the activities but also because of the exchange of conversations between and among their colleagues from other departments. They also expressed their gratitude, stating that despite the fact that it took place on a holiday, it was still worthwhile.

It is really important to know how a person is doing, how that person is doing, and what is going on in one's life. We should make it a point to regularly check on the health and well-being of our friends, family members, and coworkers. There are a variety of methods to help them, even in ways that do not involve financial contributions. Simply asking "Kumusta ka?" would be really beneficial.

GSU adheres to Mental Health as a Global Priority

 Alexis Ramirez

The COVID-19 pandemic has kept us all confined to our houses for almost two years. As we move into the Better Normal, we could feel very conflicted. These feelings may be rooted in attachment to social media, changes in daily routine, and social protocols, among others.

Long before the pandemic, the Office of Student Affairs through the Guidance Services Unit (OSA-GSU), regularly provides cutting-edge initiatives to meet the needs of CLSU students on various platforms. Even though the pandemic has come to its final wave, everyone is still unsure of what lies ahead. This is the gap that the OSA-GSU wanted to fill in. Different activities and programs were conducted and facilitated in order to help CLSU students, faculty, and staff to adjust and adapt to change.

At the beginning of the Academic Year 2022-2023, a hybrid orientation program was conducted. Using multi-media platforms like the OSA Official Facebook Page, Messenger Group Chats, and Google Classrooms, audio-visual presentations of OSA programs and services were highlighted. This specific activity introduced students to college life, acclimated students to their new environment and learning set-up, and provided them an opportunity to meet and build relationships among the members of the CLSU community.

Moreover, in an effort to strengthen the connection between and among the University, students, and parents, and to protect and improve their mental health, OSA-GSU facilitated different webinars and programs throughout the semester. During the World Mental Health Day, two webinar sessions were facilitated. Atty. Jan Kenrick

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From it hurts to it helps, turning Victim to Victor: A Webinar on Psychological and Mental Health First Aid

Jhaneen Joyce F. Dumlaao

A person's emotional and/or psychological well-being is referred to as their "psychological health," or "mental health." It encompasses all areas of a person's life, including mental, emotional, behavioral, and social health. In light of this, the College of Science Student Council, the Office of Student Affairs, and the University Gender and Development Office collaborated to host a webinar via Zoom and Facebook Live.

The webinar was held on November 25, 2022, at exactly nine o'clock in the morning. It was presented by Ms. Jhaneen Joyce F. Dumlaao, and the resource speaker was Dr. Faith Medenilla Cuevo. Dr. Faith Medenilla Cuevo is both a licensed professional teacher and a registered guidance counselor. After opening prayers and the playing of the national anthem, the program got underway.

Dr. Irene G. Bustos presented her opening remarks. In order to provide some variety to the program and serve as an icebreaker, CSSC planned several activities. Following then, the treasurer of the CSSC, Mr. Mark Arjhune dela Cruz, presented Dr. Cuevo to the audience.

The webinar covered a wide range of topics, including mental health and domestic. She emphasized what the semicolon indicates, which is to proceed in the same manner. After giving yourself a hug, perform the



butterfly embrace breathing exercise, which consists of inhaling and exhaling a breathing exercise designed to help you take in more positivity and exhale more negative emotions. Additionally, she inquires about everyone's well-being by asking, "How are you?" Additionally, she emphasized the significance of paying attention to your feelings. Your entire range of feelings, including the ones you don't recognize, have merit.

The acronym FERSON, which stands for "Facts, Empowerment, Reminders, Sharing, Openness, and Normalization," is what the speaker intends to focus on in their presentation. In addition to that, she explains threatening behavior or abusive treatment.

Due to the myriad forms in which abuse can manifest itself, she felt it necessary to issue a disclaimer. Abuse can take many forms, including physical, sexual, and emotional varieties. To summarize it all, you should always make it a point to practice kindness, affirmation, loving, mindfulness, and appreciation. Also, communicate this to individuals since you never know when something like

this is exactly what they require.

Following the presentation by Dr. Cuevo, the participants were given the opportunity to ask questions during the Q&A session. Our resource speaker provided thoughtful responses to a few topics that were posed to her. In order to bring the event to an end, Ms. Ferlyn F. Reyes - Colar delivered her closing remarks.

Do not overlook the importance of giving oneself a hug. To begin, let's take a few deep breaths. Inhale peace. Release your joy into the air. Be still and collect your thoughts. Don't stress yourself out; just let it go. On certain days, you have no choice but to manufacture your own rays of sunshine. Bring your own little bit of sunshine with you everywhere you go, regardless of the temperature or the conditions outside.

It is not the achievement of a goal that determines one's success or failure; rather, it is the determination to try again that is important. Always be there for other people, but don't forget about yourself in the process. Imagine the very best. Put your faith in yourself and take the necessary steps to make it happen.

GSU adheres to Mental Health... from page 14

Z. Sagum delivered an experiential talk wherein CLSU students learned how to realign their goals and gear up to achieve them. On the other hand, Dr. Ava Angelie B. Bustillo, RGC captured the essence of mental health and wellbeing in her session. Aside from these, OSA-GSU continues to reach out to the community through its Tara Usap Tayo radio program.

One notable episode was when

CLSU international MS Biology student, Ms. Emmily B. Assasira from Uganda, shared her views on the universality of mental health. The session inflamed one's heart to listen, speak up, and stand up for oneself and for others.

This is just the beginning of creating an inclusive, healthier, and vibrant CLSU community ready to embrace everyone and everything in the Better Normal.





CLSU Peer Facilitators Group: A Helping Hand, Together We Stand

Lyka Adrelyn D. Joaquin & John Mark Anthony Mas

Have you ever asked yourself if everything is still in balance? There are days where we are filled with happiness, but there are also days when life never fails to knock us off our feet. Truly, life doesn't always go as planned.

How's your social and personal life? Some say that to fully achieve personal happiness, we must embrace our individuality. Conversely, no one is truly self-sufficient, and everyone relies on others. Thus, to keep our social and personal lives in balance, life taught us two skills: the eagerness to listen and the willingness to accept help.

The pandemic has been trying to knock us off balance for more than two years. Some of the students from specific courses and colleges can now attend face-to-face classes, while others have yet to return to the university. However, it doesn't change the fact that a student's everyday life became unusual. There is hardly anyone to tell all their emotions to and have small talk with, and students are too hesitant to seek help. Thus, to facilitate and guide the students with their experiences and wisdom, the CLSU-Office of Student Affairs, under the guidance of Mrs. Ferlyn F. Reyes-Colar, opened and welcomed the new members of the CLSU Peer Facilitators Group (CPFG).

The CPFG continued to reach students and give them support beyond the constraints of the environment. Through online meetings, students who willingly joined the CPFG were trained and given a chance to uplift and support others by using their voices and lending their ears. In addition, members have an opportunity to meet new people and

share their experiences and thoughts that they have been holding inside for a long time.

The meetings intended to train students to become peer facilitators and equip them with intrapersonal and interpersonal skills to help other students as well. This simply conveys the concept of extending our hands to help others by lifting them up and supporting them to regain their balance.

Peer facilitators were trained through various activities. The initial activities conducted virtually are intended to open up conversations within themselves. We oftentimes hear people endlessly complaining about what they don't like about their faces, bodies, and overall characteristics, but we rarely hear people compliment themselves.

CPFG started to train the peer facilitators by asking themselves "how well do I know myself?". A typical 'introduce yourself' segment but in an artistic way. Peer facilitators were asked about their favorite names and made them into acrostics containing their positive and negative characteristics. CPFG never fails to help the peer facilitators in unleashing their inner artistic selves. This time, members were given a chance to share their positive and negative characteristics that they haven't shared in the first activity. However, they shared these characteristics through acrostics by drawing their hands and writing their positive characteristics inside their hands and their negative characteristics between the spaces of the fingers. This activity perfectly described how a person can give light to others.

A hand-linked with another hand, filling the gaps between our fingers, implies that a positive characteristic of one person can banish a negative characteristic of another. Activities like "most beautiful face," on the other hand, allowed them to look in both directions, at their likes and dislikes. They were taught to recognize and embrace their flaws. Another activity was about what the peer facilitators' senses are; the members list things they like in terms of sight, sound, smell, taste, and touch. With these activities, members freely let go of those lingering stories in their minds.

CPFG's weekly virtual meeting was like hitting two birds with one stone. Every meeting is an opportunity to learn more about oneself as well as to listen to and get to know others.

Sometimes people think that they are alone, silently surviving the game called life. The pandemic amplified these little voices and exacerbated our mental health. These weekly meetings provided a little sense of normalcy through online interaction and reminded us that there are people who are willing to listen. There may be people who can be inspired and learn from the battles we fought.

This is the power of being a peer facilitator, sharing to inspire and listening to be inspired. Through this sharing of thoughts and feelings, we may unravel that we are not alone, some people may feel the same way, and maybe we can find comfort in one another. Until we finally found ourselves extending our hands to the people who are slowly losing their balance.

CLSU Office of Student Affairs Relaunches the SIDTF CLSU-ACTS

 Kamille Dukha
Mark Allan Mananggit

The CLSU Office of Student Affairs headed by Dr. Irene G. Bustos, in collaboration with the University Gender and Development Office headed by Prof. Janet O. Saturno, organized the orientation and relaunching of the Student Information Drive Task Force (SIDTF) last September 30, 2022, via Zoom. A total of 326 participants attended the program including the Deans, Department Heads, Guidance Services Unit of OSA, Guidance Coordinators, University Supreme Student Council, SO Presidents, Block Presidents, College Councils, CLSU Collegian, GAD Focal Point System, CLSU faculty members, staff, and students.

The CLSU-ACTS (Assistance Committed to Solution) is a program under the SIDTF that aims to ensure that all students are reached out to and empowered. It serves as a platform that will receive, process, document, and address the academic concerns of the students from the different colleges. These concerns and issues will then be properly channeled to the various concerned offices/departments/units of the University for appropriate action.

Students who have academic concerns/issues they want to address by the concerned office/department/unit of CLSU can visit the link below and fill-out the Google Form link dedicated to their college.

All reports/concerns that the committee will receive will be taken seriously and treated with the utmost confidentiality and anonymity.

<https://www.shorturl.at/ADN37>

CLSU Acting Dean of OSA elected as PAPSAS board member

 Kamille Dukha
Mark Allan Mananggit

On November 18, 2022, Dr. Irene G. Bustos, Acting Dean of Central Luzon State University - Office of Student Affairs (CLSU-OSA) was elected as one of the board members of the Philippine Association of Practitioners of Student Affairs and Services (PAPSAS).

PAPSAS is the official national association of Student Affairs and Services (SAS) practitioners in the Philippines. It is a non-stock and non-profit organization composed of student affairs practitioners committed to the development of the Filipino Educator through the conduct of effective and relevant programs and activities to address students' concerns and student affairs development.

Dr. Bustos was one of the three representatives among the State Universities and Colleges (SUCs) of the country.

She was nominated anonymously by a SAS practitioner and subsequently submitted the requirements which were evaluated and accepted by the Election Committee. With the all-out support, she was able to make it to the ten (10) newly-elected PAPSAS board members. The Board Members' national election was conducted on the second day of the 27th PAPSAS National Conference and Training Workshop in Cagayan de Oro City, Mindanao, wherein over 145 universities and colleges participated. With this accomplishment, student services and programs offered to CLSU students and other clientele would further be strengthened and elevated.



Read Between the lines

Armie Aguila

Clock ticks, Heart beats
Fantasies may not real
still, My heart craves on it

Blink of an eye
the way you make me smile
I don't wanna say goodbye

The way you sing
is one of the priceless things
oh, the joy and sorrow it brings

Experience and knowledge
kindness and courage
wanna be with you in every voyage

milky way, Galaxies
God made all of this
Inevitably you will wiss

Alaala

Ferlyn F. Reyes-Colar

Labintatlong taon na nang kami ay mangulila
Sa mga pag-aasikaso, yakap, halik, at pag-aaruga
Mga sermon sa umaga na baon namin sa t'wina
Hinahanap-hanap nang ikaw ay wala na

Pinalaki kami sa payak na pamumuhay
Maging matiyaga at mapagtiiis, mahirap man ang buhay
Payong pagpapakumbaba itinanim sa aming isipan
At huwag na huwag makakalimot sa Poong
Maykapal

Sa mga sakripisyo mo sa aming magkakapatid
Hindi mapapantayan, at walang makahihigit
Wagas mong pagmamahal ay aming nababatid
Sa munti mong paraan, saksi ang buong langit

Ang pagiging matatag ang siya mong ipinamana
Na huwag susuko gaano man kabigat ang dinadala
Maging mapagmahal sa bawat isa
At ang aming ama ay pakamamahalin talaga

Patawid, ina, sa hindi ko pag-aruga
Noong panahong ika'y nakaratay at nakahiga
Hindi matiis ang makita kang nagdurusa
Sa dinanas na sakit na pinaglabanan mong talaga

Sa aking puso, patuloy kang nabubuhay
Pagmamahalan natin na walang kapantay
Salamat po, mama, sa mga aral mong taglay
Dadalhin at isasagawa hangga't ako'y nabubuhay

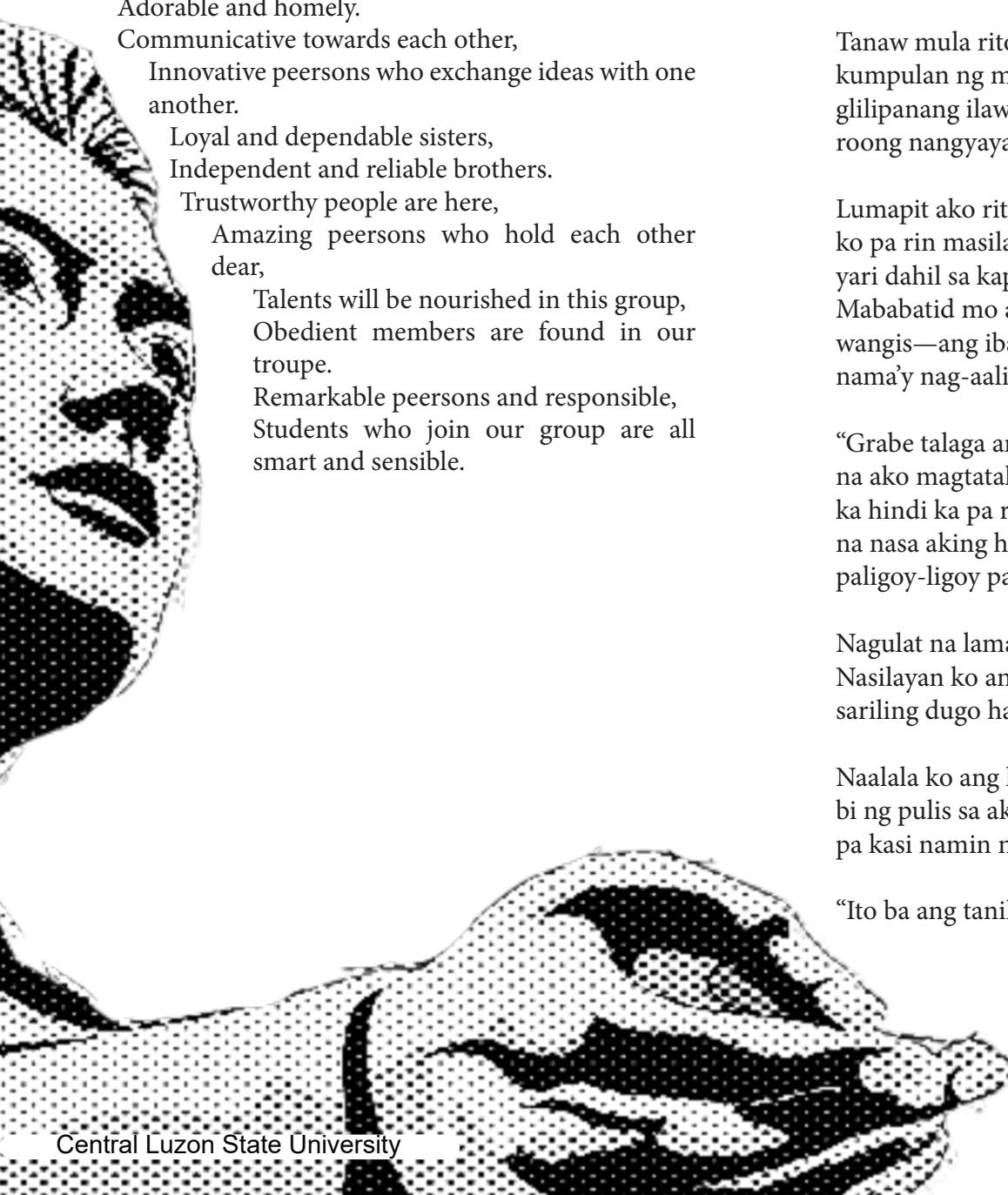
Patuloy kang mamahalin, patuloy na aalalahanin
Mga pag-aaruga mo'y patuloy pa ring nanamnamin
Pagbisita sa aming panaginip ang palagiang pana-langin
Sa ganoong paraan lamang, mahahagkan ka't mayayakap pa rin



CLSU PEER FACILITATORS

Ma. Edelrhyn Ladaga Bulala

Central Luzon State University's Peer Facilitators,
Leaders by heart and intelligent navigators.
Sailing excitedly in the vast university,
Understanding each other with pure intentions and
sincerity.
Passionate leaders with enthusiasm and initiative,
Encouraging peers to socialize and be participative.
Excellent and Exceptional students of the university,
Ready to love and unite in diversity.
Friendly towards those who are lonely,
Adorable and homely.
Communicative towards each other,
Innovative peersons who exchange ideas with one
another.
Loyal and dependable sisters,
Independent and reliable brothers.
Trustworthy people are here,
Amazing peersons who hold each other
dear,
Talents will be nourished in this group,
Obedient members are found in our
troupe.
Remarkable peersons and responsible,
Students who join our group are all
smart and sensible.



Binging Kalayaan

Rodolfo Granadozo

Tanaw mula rito sa aking kinatatayuan ang kumpulan ng mga tao. Marami rin ang na-glilipanang ilaw sa paligid nito na tila may-roong nangyayaring trahedya.

Lumapit ako rito nang kaunti ngunit hindi ko pa rin masilayan kung ano ang nangyayari dahil sa kapal ng tao na nakikiusyoso. Mababatid mo ang ekspresyon sa kanilang wangis—ang iba'y takot at ang karamihan nama'y nag-aalimpuyo.

“Grabe talaga ang panahon ngayon. Hindi na ako magtataka. Kahit naman magsalita ka hindi ka pa rin pakikingan” sambit ng ale na nasa aking harapan, hindi na ako nag-paligoy-ligoy pa at sumiksik na ako sa kanila.

Nagulat na lamang ako sa aking nakita. Nasilayan ko ang aking sarili na naliligo sa sariling dugo habang yakap ng aking ina.

Naalala ko ang huling pangungusap na sinabi ng pulis sa akin. “Pasensya na, bata. Hindi pa kasi namin naaabot ang quota.”

“Ito ba ang tanikala ng kalayaan?”



Second Chances: A GAD Scholar's Journey through College

Noel Edillo

University lives are meant to build and break students in ways that they cannot control – unprecedented and challenging. They can only trust the process and hope to mend the pieces that it breaks along the way, with guides to help them make that happen.

Just days before the start of classes at the Central Luzon State University in June 2018, students gather to set-up their dormitories under the vast canopies of the institution, hoping to create new

memories in their college lives. However, for just 18-year-old Mary Ann Baldovi, an incoming freshman of the degree Bachelor of Secondary Education Major in Filipino, the commencement of her college life was also the start of her father's sickness after a recent stroke episode.

"Biglaan" — a word she used to describe her situation.

"Siyang talaga (Papa) ang nagprovide sa pamilya namin, at ang aking kuya naman walang stable na trabaho dahil sideline lang

siya sa construction. Isa 'yun sa mga naging dahilan sa pag-iisip ko kung makakapagpatuloy pa kaya ako sa aking pag-aaral."

Mary Ann, unwavered, still chose to continue her studies despite her mounting situation. Luckily, a ray of hope entered her life when she became a scholarship beneficiary from the Provincial Government of Nueva Ecija. The scholarship gave her what she needed to study her first two years in the university and in hopeful thoughts, she believed th

it could help her through until she graduates.

Though, that was what she thought.

Fast forward in the year of 2020 — a year of uncertainty for everyone. COVID-19 quickly swept thousands of lives and affected the livelihood of millions of Filipino families. Some had it bad, while others had it harder, especially for the majority of Filipinos who now lack enough to get by daily. This was also the year where Mary Ann lost her provincial scholarship due to financial limitations along with the tedious process and documents needed for renewal. Being the youngest in a family of four, it would have been easier for her to give up and just look for a more practical approach to help her family needs.

“Though hindi siya face-to-face at less ang gastusin, katulad ng transportation at baon, syempre iiisipin mo pa rin ‘yung daily at weekly load depende sa kailangang requirements na ipapasa, kaya iniisip ko na rin talaga mastop noon at magwork.”

Mary Ann did not take her

situation lightly, seeing as how her family would struggle, but she was undeterred. Just as she was about to go through her daily chores on the 20th of August 2020, a classmate and friend called her to apply for the University Gender and Development Office (UGADO) Gender and Development (GAD) Scholarship Grant for CLSU Students on the last day of submission.

“Biglaan.” She again thought, as she and her friend frantically rushed over their town to complete the requirements such as the Certificate of Indigency, Certificate of Grades, Enrollment Form, among others. Fueled by the enticing scholarship benefits and a dream to finish her studies, she pushed through with submitting, even though she was hesitant because of the shortage of time.

“Magiging malaking tulong siya kahit paano matapos talaga ang pagaaral namin. Kaya grinab ko na, kung para sa akin, i-pupush ko kahit last day ng submission ng mga requirements.”

Another ray of light, now

brighter, shone on Mary Ann as she saw her name in the list of successful GAD Scholarship beneficiaries. Surprised and relieved at the results, she was grateful and determined because for her, “Binigyan ako ng opportunity na hindi dapat sayangin kaya kailangan kong mai-maintain itong scholarship.” This directed her focus more on attaining her academic goals while helping to provide for their household in moments where they needed it most.

At the recently concluded face-to-face Commencement exercises, Mary Ann graduated cum laude for her degree. She is among close to seven hundred GAD scholarship beneficiaries of UGADO. This shows how effective the program is in helping deserving students finish their degrees along with their personal duties to their families. Working closely with the university, the GAD scholarship sets itself to be one of the most promising scholarships offered by the institution and elucidates the abundance of applicants year after year.



Mary Ann Baldovi

Pumping the HEART towards a Flourishing Well-being

 Alexis G. Ramirez, Kathleen Kay C. Antonio, Bernadette O. Binayug

The shift towards online learning after the spread of the Coronavirus 2019 (COVID-19) pandemic has been accompanied by an observed significant rise in the incidence of mental health issues among students. These issues range from students losing their motivation to study to experiencing psychological and emotional breakdowns. Thus, there is a need to provide an innovative program that would help students adapt well to such a change and not just merely survive.

As a response to this global crisis, the Central Luzon State University-Office of Student Affairs (CLSU-OSA), reengineered the activities and programs that could touch the HEART of CLSU students towards Highly Engaged, Empowered, Enabled, and Encouraged future professionals through the ART of promoting mental health, mentoring, and music. Through this program, the CLSU-OSA offers hybrid services that maintain the students' mental and emotional well-being, aligned with the Sustainable Development Goals (SDGs)-3-Good Health and Well-Being, 5-Gender Equality, and 10-Reduced Inequalities. In its humble capacity, the CLSU-OSA conducts spiral activities and programs as pathways for students to build stronger personal and career foundations amidst the COVID-19 pandemic.

Through the HEART, guidance and counseling, formerly stigmatized by society, now turns into students' positive engagement with life, thus fulfilling its essential mission to safeguard the mental, emotional, and physical welfare of students. Among the services offered by the program are face-to-face and virtual activities including financial assistance to students who need it. Further, CLSU-OSA continues its programs and unwavering efforts to empower students to achieve their academic goals and unlock their full potential—from acculturation of attitudes, behaviors, and emotions affecting

student-life balance, to a paradigm shift and creation of a safer and healthier environment for students' growth and development.

These are the other initiatives of CLSU-OSA that are centered on empowering students in terms of their mental and physical well-being:

- Faculty members are capacitated and designated as College and Department Guidance Coordinators as paraprofessionals and guidance advocates
- Tele and web counseling empowers people to understand themselves better to cope with the stresses of life.
- KumusTAHANAN (Virtual Meet and Greet session within the comforts of students' homes) engages students across gender, race, religious belief, and social strata.
- Fri-YEY Wellness Session provides encouraging tips for positive mental health through a session with engaging virtual games every Friday virtual.
- Wellness Sessions support flourishing mental health and well-being through Laughter Yoga, Zen Meditation, Breathing Exercises, Talk Therapy, and Self-Growth and Development sessions.
- CLSU Peer Facilitators Group (CPFG)

spots co-learners with emotional and psychological concerns and has been an active student arm involved in the mission and implementation of CLSU-OSA GSU activities since 1992.

- CLSU "Paruparong Bukid" (CLSU Butterfly) (CPB) empowers the visibility and equality of persons of diverse sexual orientation, gender identity, and gender expression (SOGIE) in CLSU.
- Learning Assistance through Student Organizations (SOs) and the provision of free data loads and free gadgets empowers people, recognized SOs conduct free tutorial sessions in hybrid modalities. Further, "Load Mo, Sagot Ko" or free Php1,000 prepaid loads for students are carried. Furthermore, CLSU-OSA launched "Free Gadgets for Online Classes" for students to acquire gadgets needed for online classes.
- Radyo (Radio) CLSU Programs such as "Tara! Usap Tayo" (Come...Let's Talk) and "Love and Life with DJ Grei," discuss mental health, love, and life problems that are live-streamed. Two CLSU Music Videos, "Pusong CLSUan" (Heart of a CLSUan) and "Kumusta Ka?" (How Are You?) convey the spirit of hope, optimism, empowerment, and a great sense of belongingness.



GAD-FAPS: Alleviating the Effects of Poverty and Gender-Related Issues through Scholarships

Rochelle Ann V. Pararuan, Ferlyn F. Reyes-Colar, Joan Katrina B. Pelagio

Most of the students in the vicinity of the region are children of farmers. Being an agricultural school, Central Luzon State University wants to encourage these children to enroll in agricultural programs to develop and upgrade the skills of these families of farmers.

This is the main reason why CLSU developed the Student Assistantship Program (SAP). However, this program had very few qualifiers and beneficiaries due to the high academic performance requirement. Hence, only a few academically inclined students benefit from the program. Yet, their academics somehow suffer due to the workload as student assistants.

In addition, most of the children of farmers are females. Having a patriarchal society in the Philippines, male children are given more opportunities in tertiary education.

This gender issue is known by the university, i.e., "the need to address gender disparities in male and female-dominated programs and ensure that women empowerment is achieved."

Due to poverty and debts of their parents, students, whether male or female, tend to look for scholarships, such as the student SAP. Scholarships have been proven to be helpful in minimizing students' financial difficulty in supporting their college education.

In its goal to help these students, and respond to the issues on gender, Central Luzon State University (CLSU) created the Gender and Development Financial Assistance Program for Students (GAD-FAPS).

The GAD-FAPS aims to provide equal opportunities to students, regardless of gender orientation, in alleviating their financial burden. Specifically, the GAD-FAPS aims to cater to the financial needs of students who have no access or have not been

given access to existing scholarship programs inside or outside the university.

The program started with the Student Part-time Employment Service (SPES). It follows the concept of the SAP, albeit an upgraded and student-friendly program.

It provides financial assistance for enrolled students with a maximum of 15 units during a semester. Students are assigned to various offices in the university, where they can render services and earn a maximum of PhP 4,000.00/month. More importantly, high academic performance is no longer a requirement in this program, unlike SAP.

Nevertheless, due to numerous applicants for SPES, who also have meritorious academic performance but are enrolled with more than 15 units in a semester, CLSU had to create a contingency project.

Thus, the GAD-FAPS Scholarship Program was developed. The deserving student receives PhP 5,000.00/term or PhP 15,000.00/semester.

For more than two years, the projects have been successful in their implementation.

However, due to the COVID-19 pandemic, CLSU was once again challenged to develop its GAD-FAPS program. Since the students are restricted due to lockdowns and health restrictions, the GAD-FAPS Scholarship Program has been fortunate to be given more priority by increasing its initial grant from 100 slots to 800 slots.





KULAY

Jazer



Once upon a tune

Jose Emmanuel Mico

A pen, a sheet of paper, words of poetry or maybe even just an eventful day worth noting, all these combined with a tune that goes deeper into process just as how they circulate their thoughts into one song, these CLSUans sure know how to capture a situation in life and use their music to tell a story.

“Be yourself and keep writing.”

Hannah Joy D. Cadiz of DVM3-1, started at the young age of 12 in composing her own songs. Inspired by the Biblical persona David, and pushed by other current artists in her field she said, “I actually did not consider anything. I just write what’s on my heart and head on paper.” Amid the skyrocketing influence of western culture to OPM, Cadiz thinks that being able to connect with her listeners and maintaining her true authentic sound will be a challenge, but nothing she is not willing to take. “How I make my music is affected usually by the way people [would] perceive me as a person once they listen to my music.” Her songs may vary in context and essence but she prides that her goal is to impact at least one soul in her storytelling.

“Music starts with you.”

Christian Allan S. Santos was about the same age as Cadiz when he started tinkling with instruments. It took him a while to get that spark of interest in making his own instrumental compositions and now, he also does band covers with no vocal tracks for he mainly focuses on the interaction of notes and the symphony of sound that it’ll bring to the listener’s ears. Through this focus, Santos aims to deliver peace and tranquility

LIWAY

...



to his audience. Remembering the first time he recorded his very first composition using only one instrument, he wants aspiring musicians to never consider lack of “quality” material as a disadvantage. “Music will always be music, kahit isang gitara lang ginamit mo diyan, nasa sayo kung anong mapoproduce mo.”

Although he plans on keeping it a hobby, the fourth year VetMed student sees music nowadays as a creative outlet in the middle of a hectic medical field which may sometimes get dull and colorless. “Baka contradicting pakinggan pero music helps me focus sa studies ko kasi it helps me see the bigger picture, na studying isn’t all there is to do in life, and it gives me more to look forward to in the future besides magtrabaho.”

“You can make music out of your emotions.”

That rewarding feeling of being able to make music is also shared by Jazer Avellanoza, another student of Veterinary Medicine, who looks forward to producing his own art after doing his academic duties. Avellanoza was also a music-loving toddler; he would do karaoke and take videos of himself while singing until eventually October 2020 came, and he got into songwriting and composing unplanned. Through his avid listening, his interest was piqued by what makes these mixtures of sounds so pleasing to the ear. His most looked up inspiration would be Jacob Collier, an English musician who helped him dig deeper and understand how music production works, but with his own character and emotion painted all over it.

“Be natural. We all have the freedom to make whatever music we want.” Jazer’s advice to those who want to try and pursue music is to storytell in whatever way you want to. His first released track “Hinangin” is the one that is closest to his heart, for he was under such heights of emotions when he wrote and produced it for only 10 minutes. His free-flowing of ideas comes in unholy times of dawn but it does not hold back his creative juices on how he can naturally express his art in a song.

“Convert your emotions into melody”

Talking about naturality, Jaymee Lhyn M.

Coronel had chords running through her veins for she took it after her father who was a part of a band during his time. Coronel started writing songs in third grade, went on till high school as she was still in the process of learning how to play instruments, and became full-blown during the pandemic. It was when she produced her very first composition with limited musical equipment that she had started to establish her own culture for creation. Most of the third year Meteorology student’s written songs are based from her own experience because she leans on music when it comes to telling her subjective visions, and also because she feels like it’s more effective that way.

Her songs however, are not yet accessible to the public, there are only snippets uploaded on her social media accounts but she encourages other musicians who are at the starting line of the race, “Tuloy lang ang passion sa musika.”

“...to share a piece of myself through music.”

The same words of encouragement is what Sarah Mae S. Caberto wants to shine through her sound. The 22-year-old started her musical journey during her early college years which was driven also by other artists she looked up to which inspired her to unfold her first pages in the field. When it comes to her studies, she never felt the need to sacrifice her passion in music for “...as long as you love what you’re doing, you can find time for it.” As for her consoling words to her fellow young local musicians: “Love your craft and take the time to explore your authentic self in music. It took me long enough to find what fits me and it’s worth it in the end.”

Among the haunting fears of these student artists include a lot of self-doubt, lack of opportunity, and the ability to form a connection to listeners strong enough that will make them resonate and constantly feel the emotion behind every tune they hum. Despite these challenges, they chose to take that crucial step, which was initiative. Now even if these fears continue to creep from time to time, they will always have something to hold on to and that is the freedom of expression that they can relish whenever they use music as their medium to storytell.

ACTS to Act in the COVID-19 Era and Beyond: Caring for Students in Crisis

Mark Allan C. Mananggit, Kamille K. Dukha, Ma. Magdalena C. Galang, Ernesto T. Jimenez, Jr.

The COVID-19 pandemic has greatly affected the different academic institutions in the country. Unlike in typical classroom settings, the new systems of learning caused challenges in encouraging meaningful interactions that help strengthen relationships between teachers and their students.

In-person interaction with students allows teachers to gauge motivation, engagement, and content understanding—facets of learning that are more difficult to determine from a distance. Due to the pandemic, however, teachers across the country were tasked with transitioning from classroom instruction to remote or hybrid models, a shift that has reduced—if not entirely eradicated—their opportunities for in-person interactions with their students. The transition to remote instruction challenged not only teacher-student relationships nationwide but also the well-being of teachers and students.

To better understand how faculty members and students respond to the sudden changes in the academic setup, CLSU launched a survey. The results show that the online setup caused by the COVID-19 pandemic created a barrier between faculty, students, and administration. This resulted in academic burnout, physical, and psychological gaps.

The CLSU administration, together with the different units in the university, turned this challenge into an opportunity to create a systematic program to make distance learning and the overall academic experience efficient, productive, and pleasant to all involved stakeholders. Thus, the virtual academic assistance program, Central Luzon State

University-Assistance Committed to Solution (CLSU-ACTS), was created to facilitate the adjustment of every CLSU student and to strengthen the flexible delivery of curricular, co-curricular, and extra-curricular information, programs, services, and activities to students. This program is under the Student Information Drive Task Force (SIDTF).

Various student service units, student organizations, colleges, departments, industry partners, and other stakeholders have worked together to carry out an inclusive, proactive, and responsive program to promote the well-being of students in the COVID-19 era and beyond.

It is without a doubt that the CLSU-ACTS program has served its purpose and has successfully delivered what was expected from it. However, the room for improvement is massive and the task force is ready to upgrade and bring the services to higher heights.

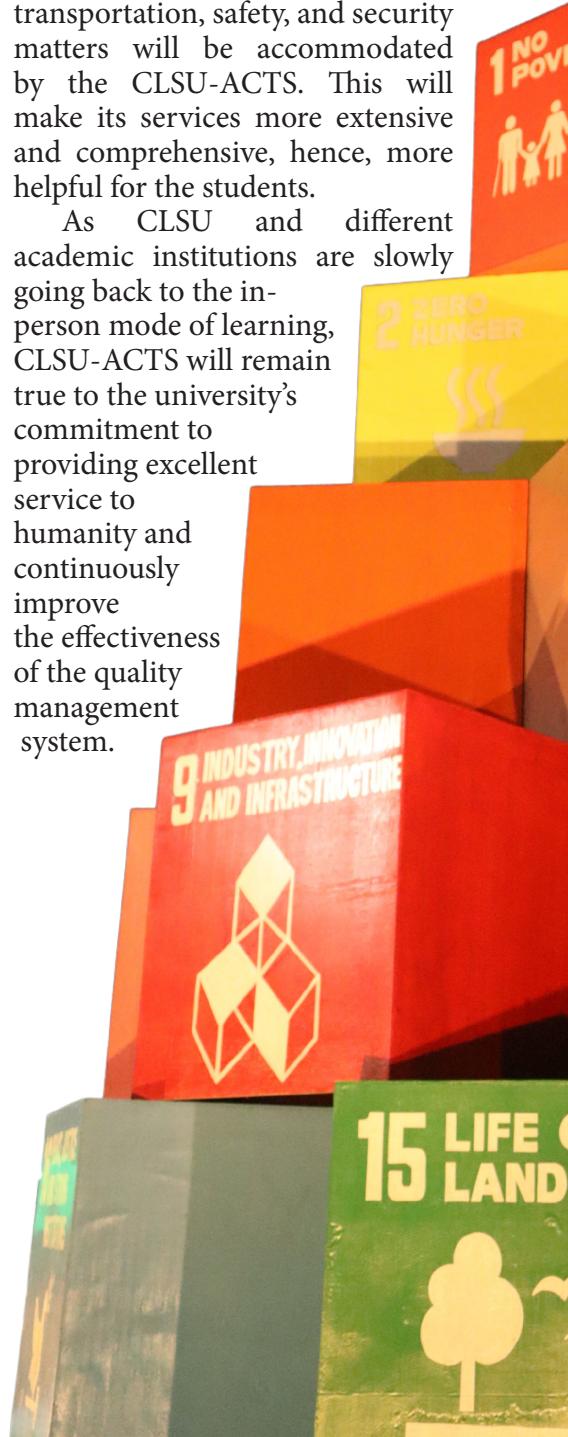
Over the past year, though most of the offices/concerned faculty and staff had responded and helped resolve/address the issues and concerns of students, it was also observed that some offices/concerned faculty and staff were not as responsive as others.

The program can be more successful, more students can be reached, all concerns can be addressed and responsiveness of all concerned committee members can be instigated if there will be a more established stringent policy. A Grievance Policy for Students may be crafted and the CLSU-ACTS may serve as the springboard. Also, extensive training among all service

providers such as the College Guidance Coordinators, GAD Focal Persons, and USSC officers shall be continuously conducted.

Moreover, issues and concerns other than academic matters such as problems in dormitories/accommodation, university transportation, safety, and security matters will be accommodated by the CLSU-ACTS. This will make its services more extensive and comprehensive, hence, more helpful for the students.

As CLSU and different academic institutions are slowly going back to the in-person mode of learning, CLSU-ACTS will remain true to the university's commitment to providing excellent service to humanity and continuously improve the effectiveness of the quality management system.



Responsive and Inclusive Financial Assistance In and Out of the Crisis



Irene G. Bustos, Mark Allan C. Mananggit, Alexis G. Ramirez, Kamille K. Dukha

The Central Luzon State University (CLSU) began its attempts to promote each student's welfare and development through various financial support programs long before the COVID-19 pandemic had an effect on the nation's academic institutions.

At the onset of the COVID-19 pandemic, the new systems of learning caused challenges in students' mental and physical health, academic progress, and

learning outcomes. The pandemic and the global economic crisis and the related decline in employment, especially in marginalized sectors, also affected students' financial situation.

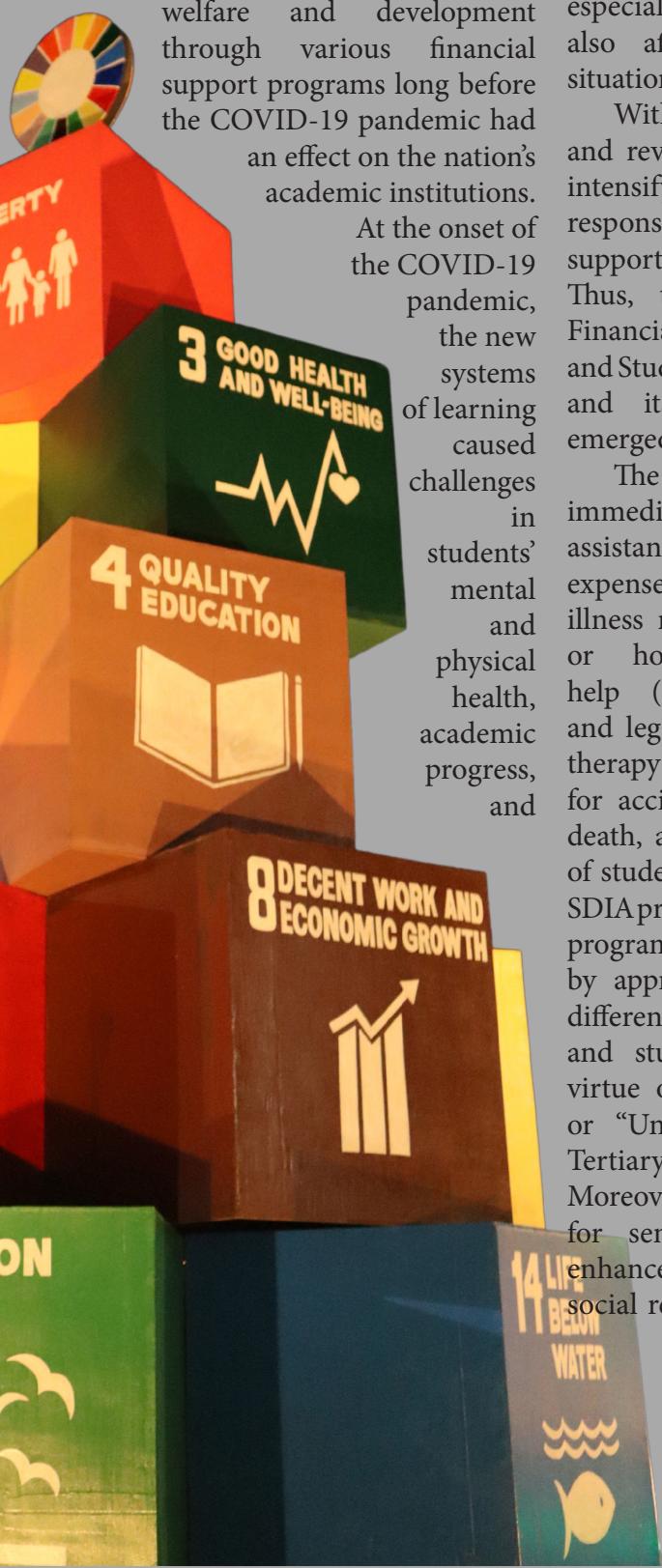
With this, CLSU revisited and revised its existing policies to intensify its initiatives for more responsive and inclusive financial support programs for students. Thus, the Student Charity and Financial Assistance Fund (SCFAF) and Student Development Initiatives and its Appropriations (SDIA) emerged.

The SCFAF is utilized to provide immediate support, and emergency assistance, and to augment other expenses as subsidy to cases such as illness requiring medical attention or hospitalization, professional help (psychiatric, psychological, and legal services), laboratory and therapy assistance, financial aid for accidental injury, disablement, death, and other emergency needs of students. On the other hand, the SDIA promotes student development programs, activities, and projects by appropriating school funds to different student organizations and student publications by the virtue of the Republic Act 10931 or "Universal Access to Quality Tertiary Education Act of 2017." Moreover, the provision of funds for seminars and training that enhance the leadership skills and social responsibilities of students is supported through SDIA. In 2022 alone, fifteen (15) student beneficiaries were given financial assistance through SCFAF. These

students were in need of medical and psychological assistance and financial aid due to untimely death. On the other hand, two international leadership training programs were funded by the SDIA. Five (5) students were sent to the 7th Global Leadership Program, and four (4) to the 1st Youth Development Program, both held in Thailand and sponsored by the Association of Universities in Asia and the Pacific (AUAP). In addition, one (1) student was sent to the South East Asian Ministries of Education Organization Regional Center for Higher Education Development (SEAMEO-RIHED) 2022 Inter-regional Research Symposium for a paper presentation also in Thailand. Lastly and importantly, activities, programs, and projects of student organizations and student publications in the university were also funded by the SDIA.

The said policies bridge the development gaps of the studentry, create sustainable programs that address the physical, mental, psychological, and financial needs of students, and provide opportunities to enhance personal development in an inclusive environment.

Through these financial policies, the CLSU remains true to its commitment to fulfilling its mission to develop globally-competitive, work-ready, socially responsible, and empowered human resources who value lifelong learning. The SDIA and SCFAF enable students to generate, disseminate, and apply knowledge and technologies for poverty alleviation (SDG1), good health and well-being (SDG 3), quality education (SDG 4), sustainable development (SDG 11), environmental protection (SDG 13), and building partnership with other communities and institutions (SDG 17).





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