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BATANGAS STATE UNIVERSITY
The National Engineering University
Pablo Borbon Campus

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Office of Student Discipline

“Navigating Safe Spaces Together in the New Normal”

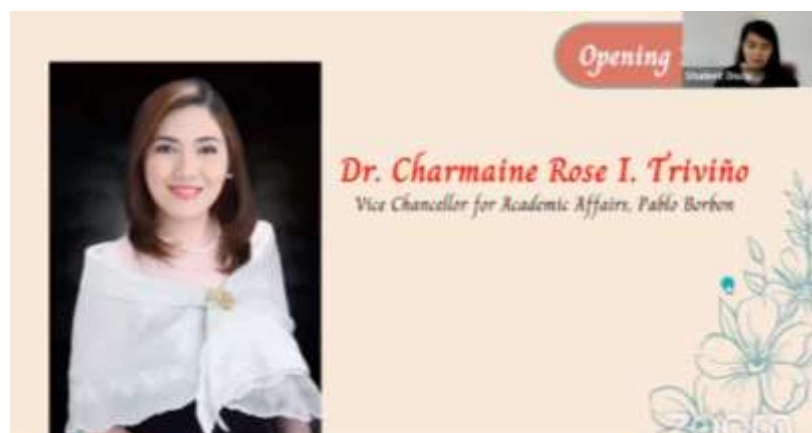
Importance of Safe Spaces to Mental Health

Understanding Safe Spaces Act

May 23, 2022 | 8:00-12:00

The Office of Guidance and Counseling (OGC), in collaboration with the Office of Student Discipline (OSD) conducted a Mental Health webinar with the theme “Navigating Safe Spaces Together in the New Normal” last May 23, 2022, 8:00 AM to 12:00 via zoom and FB Live platform. It was attended by 780 participants of first year and second year students of Pablo Borbon, Rosario, Lemery and San Juan campuses.

This activity aims to promote mental health awareness among students, prevent students from committing harassment and promote safe spaces within and outside the University.





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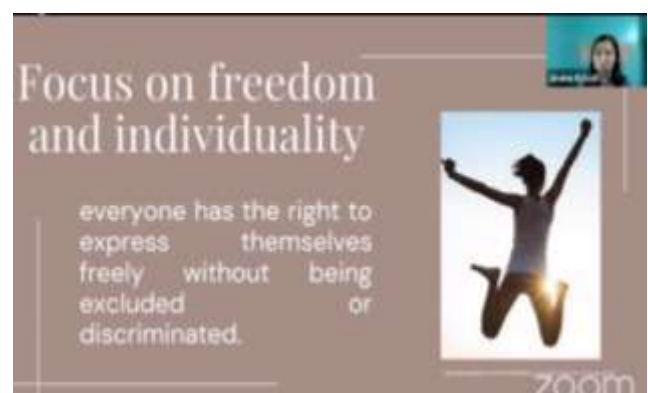
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The program formally started with a prayer followed by singing of the Philippine National Anthem, then an opening message that was given by Dr. Charmaine Rose I. Trivino, Vice Chancellor for Academic Affairs, Pablo Borbon.

The first speaker was Ms. Jovine Krisselle L. Cuevas, an alumni of Batangas State University. She is a graduate of BS Psychology and took Master of Arts major in Educational Psychology in the same University. At present, she is studying in Doctoral degree at Lyceum of the Philippine University. She is also a Registered Psychometrician and a Licensed Professional Teacher. Currently, she is a Social Science Teacher at Cuenca National High School. She is also the provincial coordinator of Psychological Association of the Philippines, Batangas Chapter.



As speaker of the first session, she discussed the Importance of Safe Spaces to Mental Health. She mentioned that Safe spaces can provide a break from judgment, unsolicited opinions, and having to explain oneself. It also allows people to feel supported and respected. Her discussion ended exactly at 9:50am.



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Dr. Lucille D. Evangelista, the Director of Student Affairs and Services introduced the speaker for the webinar Atty. Edgard E. Valdez. He is a Registered Mechanical Engineer and a passer of 2007 Bar examination and currently the College Dean of College of Law. Atty. Valdez thanked Dr. Evangelista for the introduction as well as Assoc. Prof. Eleonor E. Sepillo, the Head of Student Discipline for inviting him as the resource speaker for the webinar.



The resource speaker introduced Safe Spaces Act, Republic Act 11313 which was passed on 2019. He stated that the highest law or known as The Law of the Land is the 1987 Constitution and it is very important that Filipinos should be aware of the provisions of our country. He mentioned that in promoting gender equality one of the most controversial issues is the Violence against women. Atty. Valdez said that the main objective of Safe Spaces Act is to help fight the sexual harassment, which further defined sexual harassment act as an act declaring harassment unlawful in the employment, education or training

environment for other purposes. He also shared from SWS that 3 out of 5 women have experienced at least one form of sexual harassment at least once in their lifetime from ages 18-24.

Safe Spaces Act's main purpose is to expand the definition of sexual harassment, broaden individual's sense of personal space and public safety and to protect everyone from sexual harassment both in physical and online spaces not just by persons in authority. Atty. Valdez also mentioned that regardless of the motive as long as it falls to the definition it is considered sexual harassment. He also gave the situations or acts that is street and public gender-based harassment like catcalling, wolf whistling, unwanted invitations, relentless request of personal details, statement of sexual comments and suggestions, public masturbation or flashing of sexual parts. According to him before the creation of Safe Spaces Act the only



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considered safe spaces in the law is our home, but due to the enactment of Safe Spaces it included restaurant, bars and clubs, resorts and water parks, hotels, malls, building and other privately owned places open to public and public utility vehicles. Local government units are mandated to pass ordinance which shall localize the applicability of the law and to create an anti-sexual harassment online. There penalties and fine for the individual that may commit the offense. Atty. Valdez also emphasized the point of view of the victim, if the she/he feels that her personal space is being threatened she has the right to file against the offender. The LGUs can also heightened the penalties of gender based harassments.

The speaker also defined Online sexual harassment as the use of information and communications technology in terrorizing and intimidating victims through physical, psychological and emotional threats, unwanted sexual misogynistic, transphobic homophobic and sexist remarks and comments online whether publicly or through direct and private messages, invasion of victim’s privacy through cyberstalking and incessant messaging, uploading and sharing without consent of the victim, any form of media that contains photos, voice, or video with sexual content, any unauthorized recording and sharing of any of the victim’s photos, videos or any information online or posting lies about victim to harm their reputation, or filing false abuse reports to online platforms to silence victims. Atty. Valdez stated the qualified gender-based streets, public spaces and online sexual harassment, he said that according to law it depends on the offender, who got offended and where the action took place. If the act takes place in a common carrier or PUV including, but not limited to, jeepneys, taxis, tricycles or app-based transport network vehicle services, where the perpetrator is the driver of the vehicle and the offended party is a passenger.



Cursing, wolf-whistling, catcalling, leering and intrusive gazing, taunting, cursing, unwanted invitations, misogynistic, transphobic, homophobic, and sexist slurs, persistent unwanted comments on one’s appearance, relentless requests for one’s personal details such as name, contact and social media details or destination, the use of words, gestures or actions that ridicule on the basis of sex gender or sexual orientation, identity and/or expression including sexist, homophobic, and transphobic statements and slurs, the persistent telling of sexual jokes, use of sexual names, comments and demands, and any statement that has made an invasion on a person’s personal space or threatens the person’s sense of personal safety

PENALTIES	
First Offense:	Fine of P1,000.00 and community service of twelve hours
Second Offense	Imprisonment of 6 to 10 days or a fine of P3,000.00
Third Offense	Imprisonment of 11 to 30 days and a fine of P10,000

STOP VIOLENCE AGAINST WOMEN

- Anti-Mail Order Bride Law (Republic Act 6955)
- Anti-Sexual Harassment Act of 1995 (R.A. 7877)
- Anti-Rape Law of 1997 (R.A. 8363)
- Rape Victims Assistance and Protection Act of 1998 (R.A. 8505)
- Anti-Trafficking in Persons Act of 2003 (R.A. 9208)
- Anti-Violence Against Women and Their Children Act of 2004 (R.A. 9262)
- Article 245 of the Revised Penal Code (R.A. 3815)

Safe Spaces Act

Purposes and Objectives:

- Expand the definition of sexual harassment
- Broaden an individual’s sense of personal space and public safety
- Protect everyone from sexual harassment both in physical and online spaces and not just by persons in authority



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According to Section 21, All schools whether public or private shall designate an officer-in-charge to receive complaints regarding violations of Safe spaces Act and shall ensure the victims are provided with a gender-sensitive environment that is both respectful to the victims' need and conducive to truth-telling. The speaker emphasized that the resolution and investigation of Safe space complaint should be done in ten days, but it does not end there. Atty. Valdez mentioned that people who experience sexual harassment has stigma and leads them not to report the incident, but according to the law even if the victim does not file case if the school is aware of the harassment, the institution should initiate an investigation. He also mentioned that it is the obligation of the Head/Principal to disseminate a copy of the Safe Spaces Act and to provide measures in preventing gender-based sexual harassment in educational institutions; like providing campaigns and seminars, guarantee confidentiality and set administrative penalties.

Atty. Edgard Valdez commended the Office of Student Discipline and Guidance Office for conducting activities that promote knowledge about Safe Spaces Act. He emphasized that the due process must be observed, the person should be given the chance to defend and explain himself/herself before pronouncing the person guilty. He also shared the descriptive period of offenses; gender-based sexual harassment in the workplace, educational and training institutions for five years and imprescriptible for the Gender-based online harassment.

To reiterate what Atty. Valdez mentioned about due process, the moderator, Ms. Basit stated that the Office of Student Discipline strictly practices the due process in the University. She opened the discussion for open forum. A student asked *"Namention niyo po kanina na dumretso na lang sa pulis kapag may mga harassment experience, ask ko lang po, safe po ba lumapit sa barangay regarding this scenarios?"* Atty. Valdez responded *"Okay lang po na lumapit sa barangay, safe naman po. According to RA 1131 sila ang frontline, ang nagiging problem lang natin di naman sa nadiscriminate sila pero usually hindi pa sila natetrain sa paghandle ng mga ganitong cases, pero ideally dapat alam nila."* Another question raised was, *"Ask ko lang po kung nakaexperience po ako ng harassment sa jeep liable din po ba ang owner ng jeep or driver lang po?"* Atty. Edgard Valdez answered that the owner of the jeepney is ultimately liable, because it is the owner's responsibility to get or hire a responsible driver. The last question raised by the student was, *"If may mental disorder po ang nagpakita ng private parts, sila po ba ay offender? Ano ang dapat gawin?"* Atty. Valdez said that according to the law *"Kailangan ay alam ng offender na mali ang kanyang ginagawa at siya ay nasa tamang pag iisip"*. When there were no questions anymore, some faculty members who attended the said webinar expressed their appreciation to the speaker. Specifically, Dr. Myra Bersoto thanked Atty. Valdez for his informative discussion.





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Ms. Basit cited and read the Certificate of Appreciation for Atty. Edgard E. Valdez the guest speaker. Assoc. Prof. Eleonor E. Sepillo, the Head of Student Discipline gave the closing remarks. She expressed her heartfelt gratitude to all the students and faculty members who attended the webinar; and to the two guest speakers Atty. Edgard E. Valdez and Ms. Jovine Krisell I. Cuevas for sharing their expertise and for spending their time with the Red Spartans. She also mentioned that the discussed topic regarding Safe Spaces is very timely and relevant; and she believed that the webinar is an additional learning experience to the Red Spartans. After the closing remarks, the photo opportunity was requested.




The webinar ended at 12:13 PM.

Prepared by:


Ms. JESSA AIRA MARIE B. BASIT
Staff, Student Discipline

Checked and reviewed by:


Assoc. PROF. ELEONOR E. SEPILLO
Head, Student Discipline



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NARRATIVE REPORT

“Share Facts, Save Lives”
Anti-Drug Awareness Campaign Webinar
November 18,2021 | Thursday | 10:00 AM – 12:00 NN

Last November 18,2021 happened the celebration of the Anti-Drug Awareness Campaign of the Alangilan Campus and its constituent campuses (Balayan, Lobo, Mabini). The activity was composed of 2 parts: Webinar Campaign and Photography Contest that aims to spread awareness to the students how drugs can greatly affect one’s lives.

The program began at 10:00 in the morning with a simple Invocation followed by the National Anthem lead by the students from Alangilan Campus. Mr. Jessie Montalbo, the Chancellor of Alangilan Campus gave his Welcoming Address stating that this campaign is very timely most especially during this time that many students are still into the use of drugs. He also commended the offices behind the event for brining such an important campaign for all. After his speech, Mr. Montalbo was greeted a warm Happy Birthday of the attendees since he is celebrating his birthday. Another message was delivered by the Vice Chancellor for Academic Affairs, Prof. Paulina Macatangay. She also commended the offices in charge of the program for coming up with the idea of this webinar since it is needed most especially nowadays.

Moving on with the program, Ms. May Gonzales, the OSD Coordinator of Balayan Campus, introduced the guest speaker for today, Lt. Col. Gerry Malibiran Laylo, Chief-of-Police of Batangas City Police Station. Col. Laylo talked about Drug Education, the prohibited drug and its effects on the human body and how would it affect a person once it is used over a lifetime. During the webinar session, there are some technical problems encountered due to unstable internet connection, but it was easily covered up by the emcees of the event, Mr. Llyod Alvry and Ms. Therese who are students from Alangilan Campus. The webinar series was also made interactive by the speaker by providing cash prizes worth Php 250.00 to the students who will answer the question correctly. The session was followed immediately with the Open Forum mediated by Ms. Nikki De Guia, the Guidance Facilitator from Balayan Campus. There were so many questions brought up the students and other attendees and was answered by our guest speaker appropriately.

A certificate was handed to Lt. Col. Laylo as a symbol of appreciation and gratefulness to him to be part of the said campaign. After the photo opportunity, the part II of the program which is the announcing of the winners for the Photography Contest was conducted. The Emcees introduced the judged of the contest namely, Mr. Dan Emmanuel Martinez, Engr. Ryan Kristian Joseph Dignlasan, Mr. Edrick F. Morales, and Mr. Ian Sayne Macasaet.

The five entries for the contest were flashed on the screen. They were entries of students from Alangilan and its constituent campuses. Before announcing the winners, the emcees explained the criteria



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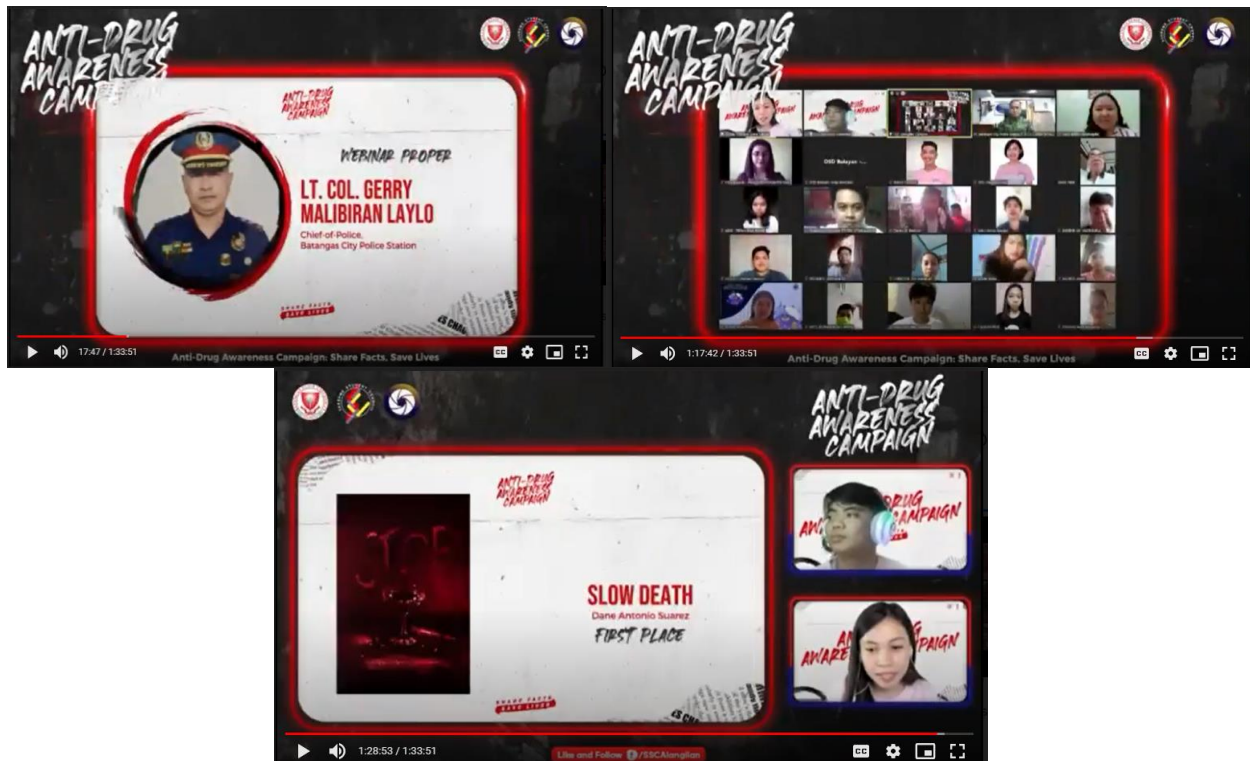
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for judging and the cash prizes the winners will get. 3rd place was given to “The Apple” by Aaron L. Austria; 2nd placer was “Dead on Dusk” by Chrisian Louis V. Landicho and the 1st place was given to “Slow Death” by Dane Antonio Suarez. Everyone congratulated the winners and the participants of the contest.

Before ending the program, Engr. Carol Biklin Macabagdal, the Head of the Office of Guidance and Counseling gave her closing remarks giving thanks to all the attendees of the webinar, the guest speaker and to the people behind the successful event. Evaluation forms were disseminated to the participants before ending the session.

Photo Documentation:



Prepared by:

P. De Guia
Pelagia Dominique V. De Guia
Guidance Facilitator, OGC Balayan

Reviewed by:

C. Macabagdal
Ms. Carol Biklin G. Macabagdal
OGC Head, BatStateU Alangilan



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Session No. 5

Speaker: Dr. MYRA A. BERSOTO, RGC, RPm, LPT

Topic: Self-Care Strategies

Date and Time: January 8, 2021, 10:00 AM

“Self care is how you take your power back.”

- **Lalah Delia**

Self-care plays an important role in developing deeper sense of self-worth and survival as we go along in this lifetime journey. Self-care has been an important element of survival and is tried and tested tool in making life more bearable. In these trying times when all people are continuously and hardly working for serenity and safety, it is very fortunate that the topic of self-care strategies is included in the series of webinars, more importantly this topic will be tackled by a very qualified professional in the person of Dr. Myra A. Bersoto, RGC, RPm, LPT. The goal of this seminar is to equip each and every participant on how they can improve themselves in terms of raising the level of their self-esteem and self-appreciation, aside from understanding of oneself and how we can cope in challenging times.

The webinar via Zoom commenced at exactly ten o'clock in the morning when the host Ms. Jessa Aira Marie Basit, RPm formally welcomed all the participants. An invocation and the singing of the Philippine national anthem started the webinar. Immediately after the singing of the national anthem, Ms. Basit, introduced the Director for Student Affairs, Dr. Lucille d. Evangelista, RPsy who gave an opening remark. Dr. Evangelista, expressed her gratitude to the regional office of the Commission on Higher Education and the Batangas State University including its Office of Student Affairs and Services and Office of Guidance and Counseling. She gave emphasis on the important learning that can be acquired from the topic and advise all the participants that it is high time to raise questions and concerns on how they can preserve inner peace and tranquility through self-care. Through a message of gratitude, the host gave an inspirational message in behalf of the University President, Dr. Tirso A. Ronquillo. The president is thankful for this wonderful series of webinars that could help students and other participants in coping with difficult times such as what we are experiencing right now. The Guidance Facilitator from Malvar Campus, Ms. Kim Lauren Nativo introduced the speaker afterwards.

The speaker for that day is Dr. Myra A. Bersoto. She finished her Bachelor's degree in Psychology at the University of Batangas. She graduated with the Master's degree in education with specialization in Guidance and Counseling at the Philippine Normal University in March 2018. Dr. Bersoto completed her Doctor's degree in Philosophy in Guidance and Counseling also from the Philippine Normal University and she completed it last May 2014. At present, she is pursuing another doctorate degree this time in Educational Management at the University of Perpetual Help System Dalta in Las Piñas City.

She held various positions in the academe. She served as an Assistant Guidance Counselor at Lipa City Colleges from June 2005 to March 2007 and eventually became a Guidance Counselor beginning from June 2006 to March 2007.



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She also shared her expertise at the University of Batangas and served as an Assistant Guidance Counselor, an Instructor and Head of Counseling at the University of Batangas. She worked there from April 2007 to September 2009.

In the year 2009, she started her work at the Batangas State University in the year 2011. She held various positions such as Head of the Office of Guidance and Counseling (OGC), Assistant Director, Office of Guidance and Counseling also as the University Guidance Counselor, Head, Research and Development, BatStateU Rosario and In-charge, Research and Development, College of Teacher Education.

She is also received several awards such as Outstanding Faculty of the Year, AY 2017-2018 College of Teacher Education, BatStateU Rosario, Award Outstanding Service BatStateU Rosario Faculty Multipurpose Cooperative (BRFMC) BatStateU Rosario, Mentor Award: Great Mentor and Example to the Young Faculty Members Outstanding Leadership and Service Award, Integrated Professional Counselor Association of the Philippines (IPCAP), Inc.

These are the key points of the discussion of Dr. Bersoto:

1. Factors that make life meaningful at present
2. Definition of self-care according to WHO
3. Reasons why self-care is essential
4. Foundation of self-care
5. Seven Pillars of self-care
6. Being of different of self-care (by individual)
7. Types of self-care
8. Self-care ideas
9. Community's guide to self-care
10. Self-care tips during the coronavirus
11. Self-care ideas for busy people
12. 5 and 15-minute self-care procedure
13. Self-care reflection
14. Self-care kit
15. Self-care as a divine responsibility and why it is essential.

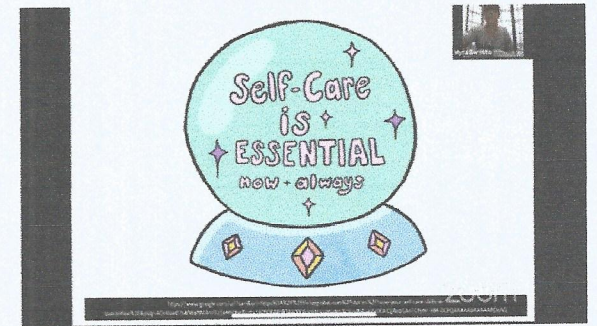
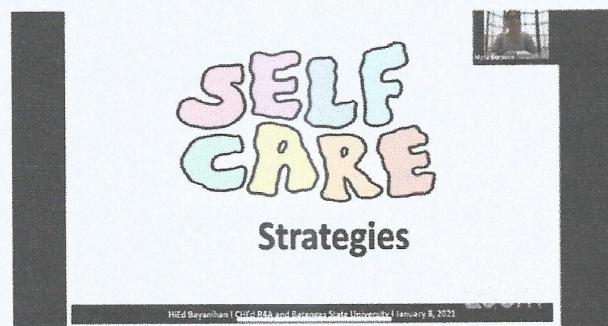
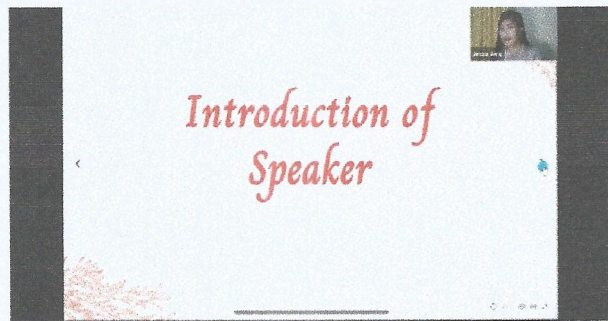
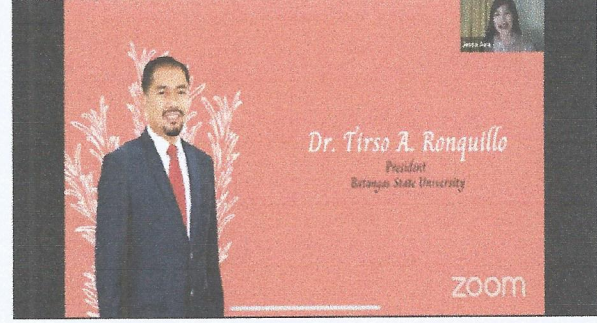
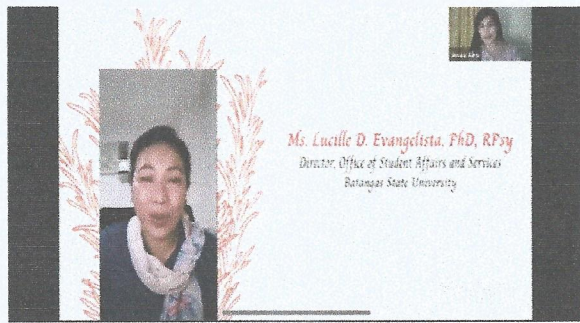
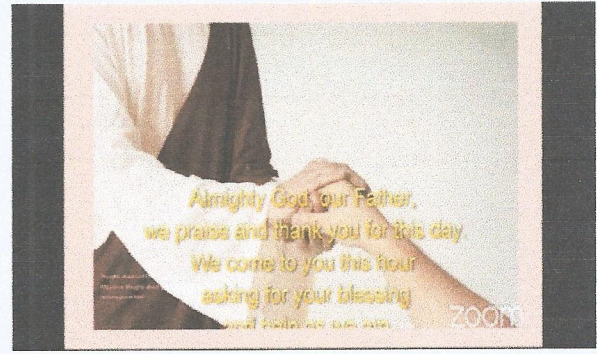
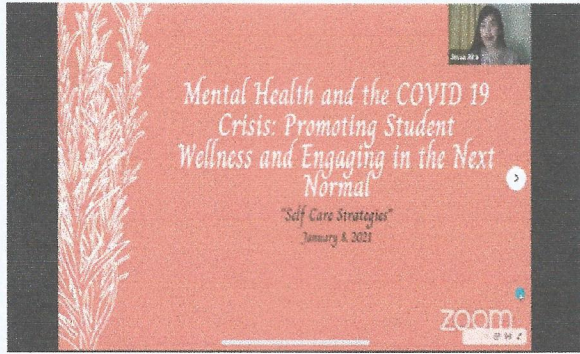
Dr. Bersoto emphasized that in order for us especially those who are in the world of academe, it is extremely important to practice self-care. This will make us a better mediator of learnings and bearer of life lessons. We all need to take care of our own for us to deliver the quality of work that our students deserve.

After a very detailed discussion of the speaker, an open forum was made facilitated by Ms. Basit and several questions were raised for some clarifications. The speaker answered all of the questions and made some clarifications about the topic that she discussed. It was a well-discussed topic and everyone had great time learning about the importance of giving oneself the right amount of care that may lead to a better level of self-appreciation and might also manifest on one's actions and self-disposition. The host formally read the citation of the certificate of appreciation given to the speaker. After parting words and gratitude from the host, the webinar ended at 12:20 in the afternoon.



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 OGC Head, Pablo Borbon



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Session No. 8

Speaker: Dr. HANNAH ERICKA M. ANDAL, RGC

Topic: Understanding the Teen-Aged Self

Date and Time: **January 12, 2021, 9:00 AM**

One of the crucial stages of human life is the teen-aged phase. This is the time where kids turn into adult and in that journey they may find it difficult to adapt to certain things and deal with new found challenges. This is also the period exploration and discovery wherein they see different pathways that could lead to building of dreams and self-actualization. Understanding themselves brings so much complexity and difficulty especially in trying times like the period that we have right now. Dealing with life's major changes is a serious concern for teenagers. They might find it difficult to face adversities with stable emotions given that they vary in familial background and culture. In this webinar the goal is to help teenagers and participants to have a broader sense of understanding about teens that can promote better quality of life, communication and considerate approach to one another.

The webinar began at exactly nine o'clock in the morning. Mr. Rommel Tamayo who served as the host for that session formally welcomed the speaker, participants and guests. He made some short briefings and some reminders about etiquettes and reminders before the seminar. An invocation and the singing of the Philippine National Anthem started the webinar for that day. After that, the Director for the Office of Student Affairs and Services, Dr. Lucille D. Evangelista, gave opening remarks giving words of appreciation to the speaker, the Regional Office of the Commission on Education (CHED), participants and the technical working group for making this series of webinars possible. She also mentioned the remaining topics of the series of webinars that could be valuable to all the participants especially to the students. Dr. Evangelista also encouraged all the participants to listen and to raise some questions at the end of the discussion. More importantly, according to her this a good opportunity to deeply understand the changing trends and behavior of the teenagers nowadays.

After the opening remarks, Dr. Tirso A. Ronquillo, the University President through the host gave his message of inspiration. He expressed his gratitude to all the people who spearheaded this series of webinars, including all the participants, the technical working group and most especially the resource speaker for that day.

After the remarks of the Director of the Office of Student Affairs and Services and the University President, Ms. Leonora P. Santos, RGC, the Head of the Office of Guidance and Counseling for Malvar Campus introduced the resource speaker for that day. The speaker for that day is Dr. Hannah Ericka N. Andral, RGC. She graduated Cum Laude at Batangas State University with a Bachelor of Science degree in Psychology and a member of the graduating class of 2010. She was also a recipient of several awards such as the Leadership and Most Outstanding Intern awards during their College Recognition.

She took her Master's degree in Education with Specialization in Guidance and Counselling from Philippine Normal University and now a candidate for graduation for her PhD in Psychology degree at Lyceum of the Philippines University – Batangas.



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One of her biggest milestones was being elected at the age of 27 as the Regional President of the Integrated Professional Counselors Association of the Philippines (IPCAP-4A). She just finished her 2 year term last September 2019 and is now acting as the organization's consultant. Currently, she is a full-time Guidance Counselor in the College Department and a part-time professor in Graduate School at University of Batangas.

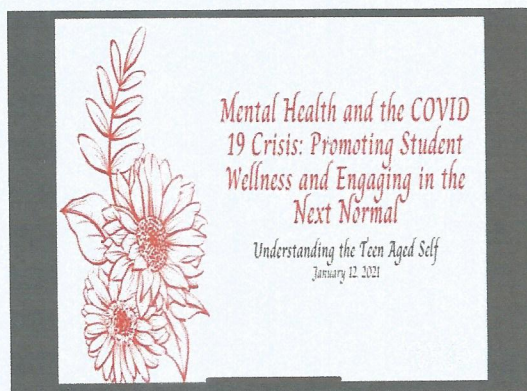
The speaker discussed the following areas:

1. Difficulty of growing up
2. Teens being troubled, more self-centered, more assertive and less respectful
3. Teenage being age of evaluation, decision-making, commitment and potentials
4. Stage theories of Freud (Psychosexual) and Erikson (Psychosocial)
5. Tasks as an adolescent
6. Adolescents becoming autonomous, independent and selfgoverning individuals
7. Romantic and sexual relationship lacking of adult supervision
8. Impulse control and emotion regulation
9. Protective factors
10. Development of effective skills, for coping with anxiety and stress

After an in-depth discussion of the speaker an open forum was made and some questions were raised to her like "Do you have regrets about a major decision in your life?" Another question was, "What are the three things that she taught that made the schooling more useful?"

After the forum, a certificate of appreciation was awarded to the speaker. The host read the content of the certificate and after that, a closing remark was delivered by Ms. Analyn H. Venzon, RGC. She emphasized the importance of the teenagers be able to understand themselves, managing and facing the challenges that they encounter. Lastly, Ms. Venzon expressed a message of gratitude to the resource speaker for a very enlightening discussion.

The webinar ended at 11:10 in the morning.





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Ms. Lucille D. Evangelista, PhD, RPsy
 Director, Office of Student Affairs and Services
 Batangas State University

Dr. Tirso A. Ronquillo
 President
 Batangas State University

Asst. Prof. Leonora P. Santos, RGC
 Guidance Head, JPEPC-Main
 Batangas State University

growing up
HAS NEVER BEEN EASY
 it is a time of evaluation, of
 decision making, of commitment, and of
 carving out a place in the world

1

- adolescents spend a lot more time with their peers and are more heavily influenced by them than younger children are
- the drive for affiliation and acceptance at this stage makes adolescents more open to peer influence

2

- adolescents gradually move towards becoming autonomous, independent and selfgoverning adults.

This quest for autonomy involves becoming gradually less reliant on parents for practical assistance and emotional support.

!!!

This reality highlights the importance of engaging effectively in social relationships for developing identity and for gaining acceptance from desired peer groups.

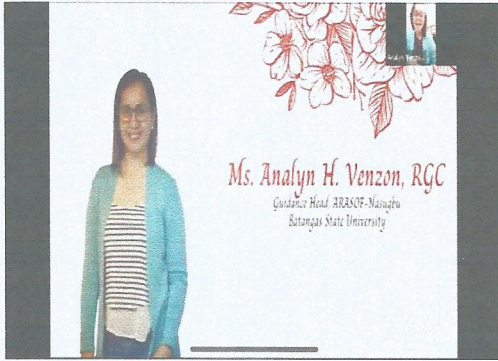
impulse control
 emotion regulation

Open Forum



Republic of the Philippines
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Pablo Borbon, Rizal Avenue, Batangas City.

OFFICE OF STUDENT AFFAIRS AND SERVICES



Prepared by:

A handwritten signature in black ink, appearing to read "AC Chavez".

ARMIL C. CHAVEZ
Guidance Facilitator, Pablo Borbon

Checked and reviewed by:

A large, stylized handwritten signature in black ink, appearing to read "Renan T. Mallari".

Asst. Prof. RENAN T. MALLARI, RGC, LPT
OGC Head, Pablo Borbon



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Session No. 9

Speaker: Ms. Eunica A. Dee

Topic: Preparation of Mental State for the New Normal: Online Class

Date and Time: January 12, 2021, 2:00 PM

The Covid19 rocks the world when it became a global pandemic last March 2020. Every country and its sectors were affected aside from health care and that include the economy, tourism, agriculture and others. But, one of the hardest hit sectors is the education. Face to face classes were strongly prohibited to avoid multiple infections of the disease. Private and public school and institutions were forced to make big adjustment on how they can start and make use of every available resource to make the school year 2020 – 2021 possible. Aside from the school administrators and parents, the group of people who are making a very big adjustment are the students not only in giving a greater kind of effort but facing the challenges of unstable mental health. In this session the speaker, Ms. Eunica A. dee will explain and discuss about the online class, focusing mainly on the student's mental health.

The webinar began at exactly two o'clock in the afternoon. The host Ms. Kim lauren Nativo, the Guidance Facilitator for Malvar campus served as the host for that session. She formally welcomed the speaker, participants and guests as well as making of some short briefings and some reminders about etiquettes and reminders before the seminar as mentioning the topics that has been discussed in the past days.

The webinar started thru a prayer and the singing of the Philippine National Anthem After that, the Director for the Office of Student Affairs and Services, Dr. Lucille D. Evangelista, gave an opening remarks giving words of gratitude to the speaker for that day. She also thanked the Regional Office of the Commission on Education (CHED), other participants and the technical working group for making this series of webinars possible. She encouraged all the participants to listen and to raise some questions at the end of the discussion as well.

After the opening remarks, Dr. Tirso A. Ronquillo, the University President through the host gave his message of inspiration. Te president thanked all the people who initiated this series of webinars, including all the participants, the technical working group and most especially the resource speaker for that day, Miss Eunica A. Dee.

These remarks and messages were followed by the introduction of the speaker and it was done by the Head of the Office of Guidance and Counseling fo Alangilan Campus, Engr. Carol Biklin G. Macabagdal. The speaker for that day is Ms. Eunica A. Dee.

MS. Eunica A. Dee is a graduate of AB Behavioral Science from the University of Santo Tomas last 2012. She is also having her Master's Degree in Clinical Psychology at the De La Salle University. She held various positions in the academe such as Teaching Assistant at the De La Salle University – Manila from May 2014 to December 2015, also, a lecturer at Asia Pacific Colleges and taught Personal Development and Risk Disaster Management. At present, she is a Guest Lecturer at Batangas State University handling Psychology subjects including Experimental Psychology, Culture and Psychology. Some of her corporate experiences include being a Human Resource Associate and a Program Coordinator.



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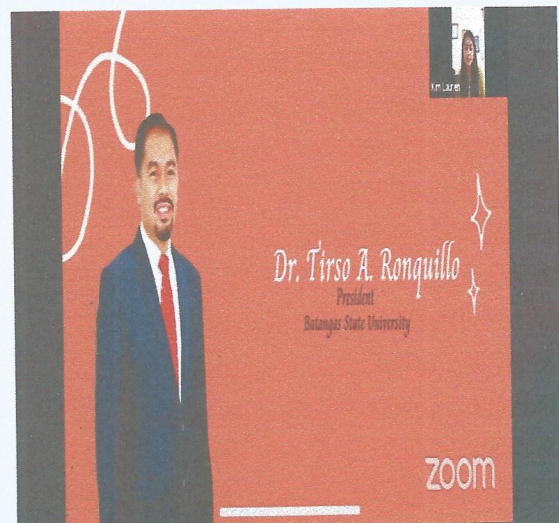
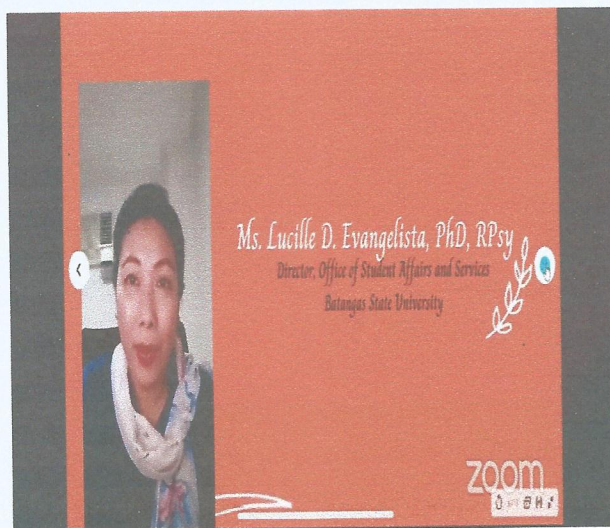
The speaker discussed the following:

1. Distant learning also known as the online class
2. World Health Organization's (WHO) opinion about mental health including data for vulnerable people
3. Disruption to school and workplace mental health services
4. Prevalence of depression
5. University and school actions
6. Being mentally prepared
7. Evaluation of oneself
8. Setting priorities (Specific, Measurable, Attainable, Relevant and Time-based – S.M.A.R.T.)
9. Learning to sa "NO" and setting/honoring boundaries
10. Finding time communicate with loved ones

After an in-depth discussion of the speaker an open forum was made and some questions were raised to her and the speaker answered those questions with concrete examples for a better understanding of the topic.

After the forum, a certificate of appreciation was awarded to the speaker. The host read the citation and after that, a closing remark was delivered by Dr. Myra A. Bersoto, RGC, RPm, LPT. According to her each one of us is having a different journey in embracing the new normal, for some it was easy but for some it was very difficult. She emphasized the importance of preserving a balanced mental health in times of the challenges brought upon by the online class. She also said that planning ahead could be an advantage and appealing for a more compassion and patience for oneself to make it through for the new normal.

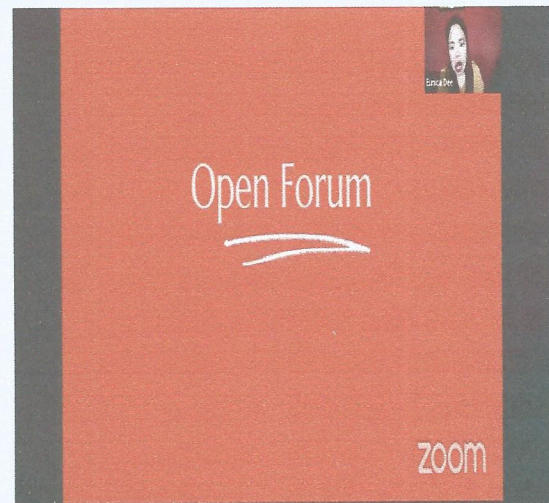
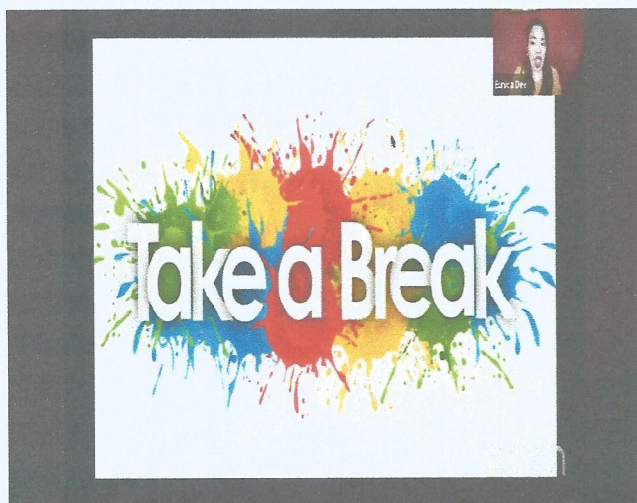
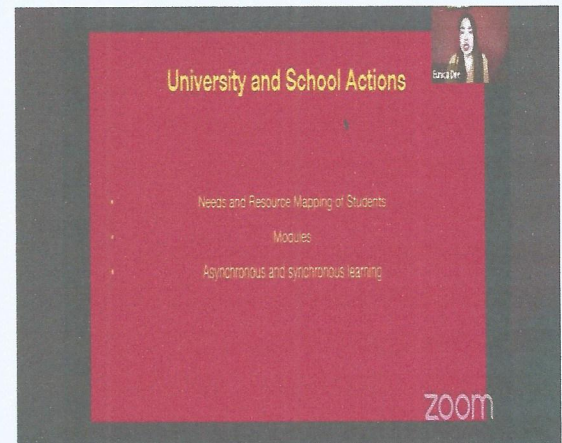
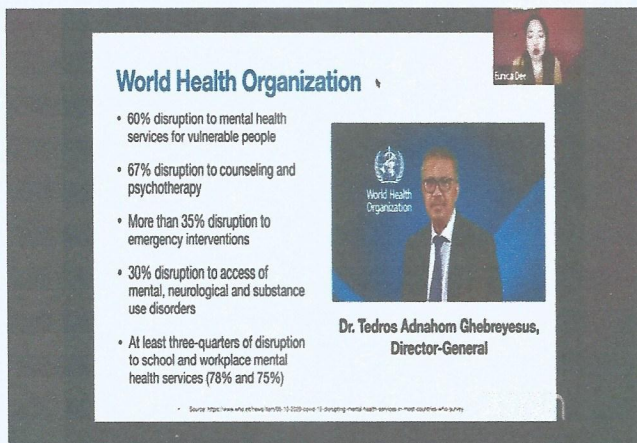
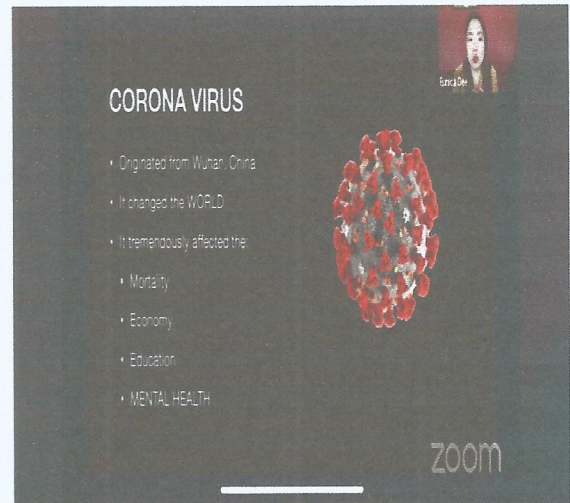
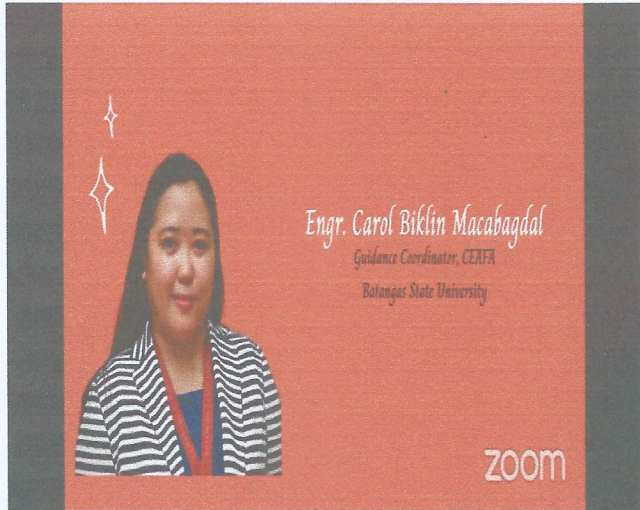
The webinar ended at 3:40 in the afternoon.





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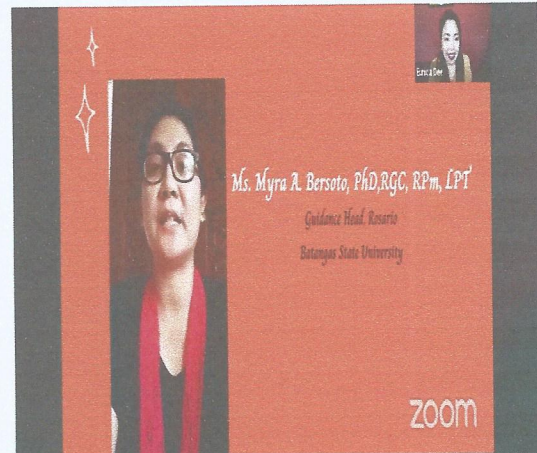
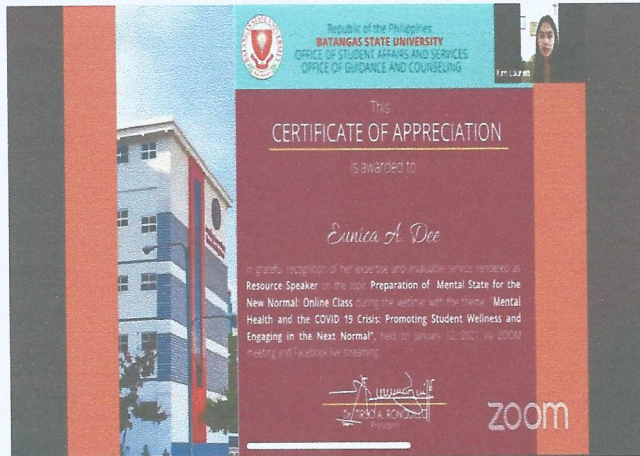
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Prepared by:


ARMIL C. CHAVEZ

Guidance Facilitator, Pablo Borbon

Checked and reviewed by:


Asst. Prof. RENAN T. MALLARI, RGC, LPT

OGC Head, Pablo Borbon



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OFFICE OF STUDENT AFFAIRS AND SERVICES

Session No. 10

Speaker: Ms. Leonora P. Santos, RGC

Topic: Your Mental Health Matters: Overcoming Anxiety and Fear

Date and Time: January 15, 2021, 9:00 AM

Heightened level of anxiety and fear during this global pandemic became a serious concern regardless of age and race and everyone experienced difficulty in adaptation and adjustment to the new normal. Dealing with anxiety and fear became a hot topic as well as keeping a balanced mental health all throughout. In this session the participants will be equipped with techniques on how to deal with anxiety and fear on a lighter and right way.

The last webinar in this series began at exactly nine o'clock in the morning. Ms. Kate Lorraine M. Umali, served as the host for that session. Ms. Umali formally welcomed the speaker, participants and guests. Further, she made some reminders about webinar etiquettes that should be practiced during the seminar.

An invocation and the singing of the Philippine National Anthem started the webinar for that day. After that, the Director for Office of Student Affairs and Services, Dr. Lucille D. Evangelista, gave an opening remarks. Since this is the last day of the series of webinars she expressed her gratitude to the speaker for that day and also thanked the Regional Office of the Commission on Education (CHED), other participants and the technical working group for making this series of webinars possible. After the opening remarks given by Dr. Evangelista, Dr. Tirso A. Ronquillo, the University President through the host gave his message of inspiration. The president thanked all the people who initiated this series of webinars, including all the participants, the technical working group and most especially the resource speaker for that day.

These remarks and messages were followed by the introduction of the speaker and it was done by the Guidance Facilitator for Malvar Campus, Ms. Kim Lauren Nativo. The speaker for that day is Ms. Leonora P. Santos, RGC. She is also the current Head of the Office of Guidance and Counseling for Malvar Campus.

The speaker discussed the following:

1. Definition of fear
2. Reality of fear
3. What makes people anxious
4. Definition of anxiety
5. Dynamics of anxiety
6. Feelings of having anxiety and fear
7. The triggers of anxiety
8. Warning signs of anxiety
9. Helping oneself to overcome anxiety and fear
10. How to ask help from others
11. Foods that can reduce anxiety
12. Available hotlines to seek for assistance



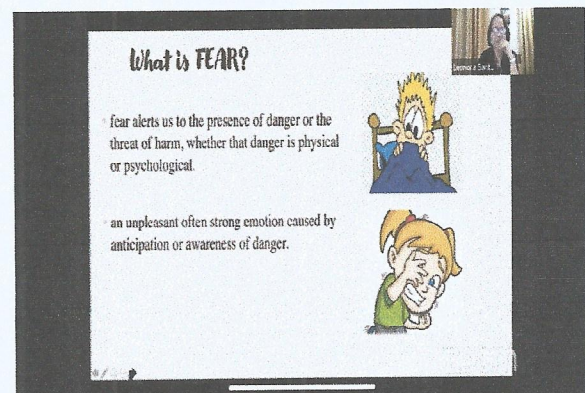
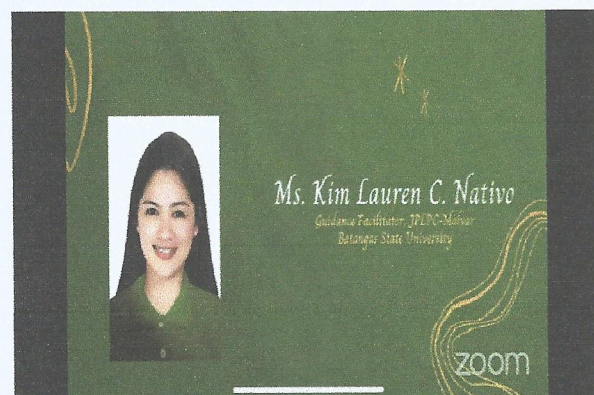
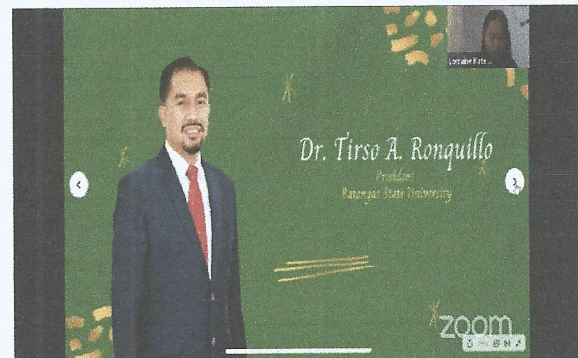
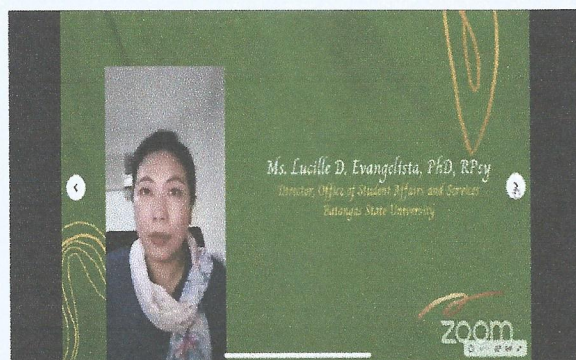
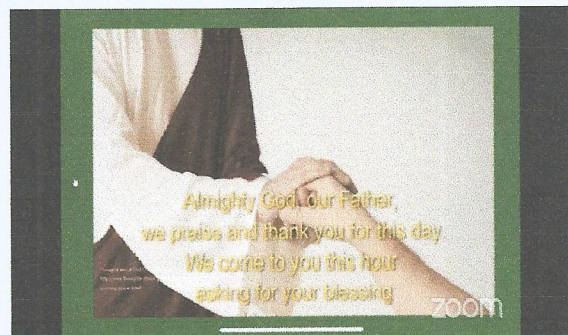
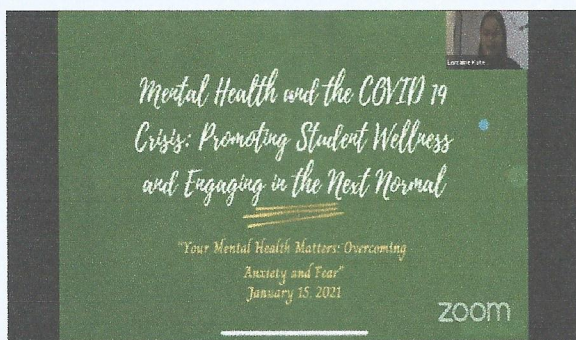
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After an in-depth discussion of the speaker an open forum was made and some questions were raised to her and the speaker answered those questions with examples for a better understanding of the topic.

After the forum, a certificate of appreciation was awarded to the speaker. The host read the citation and after that, a closing remark was delivered by Asst. Prof. Renan T. Mallari, RGC. Mr. Mallari thanked all the people who spearheaded this webinar as well as all the participants since the first session.

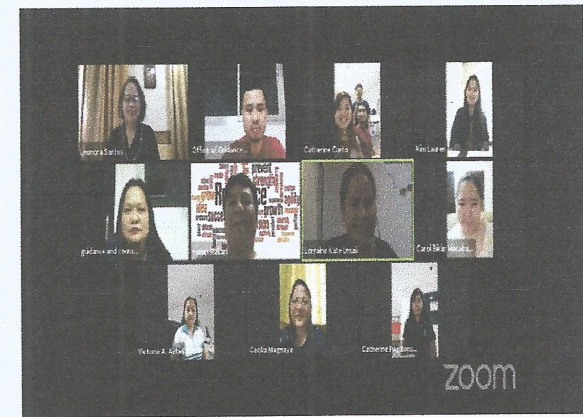
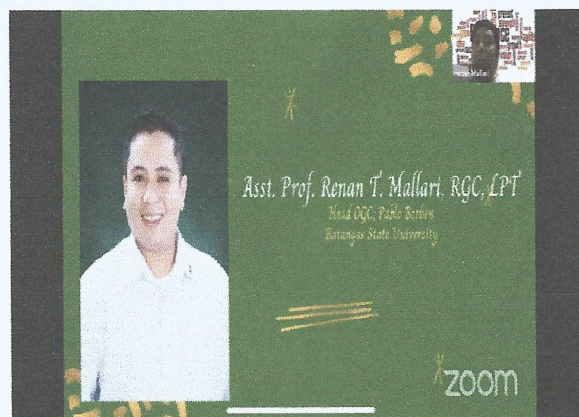
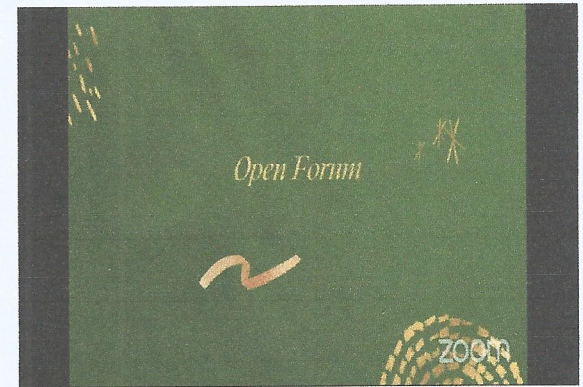
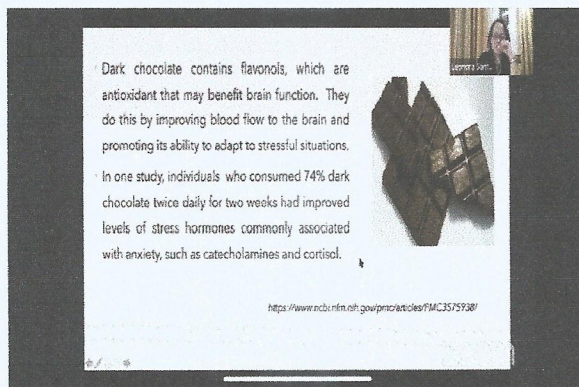
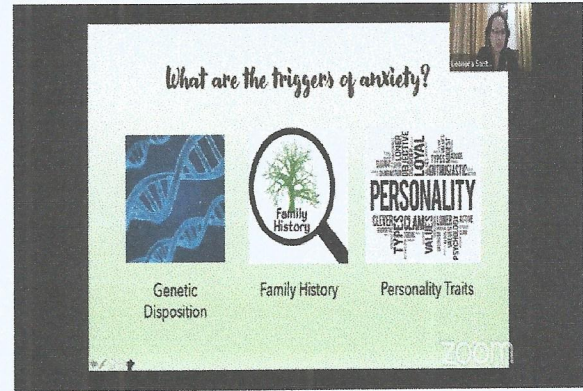
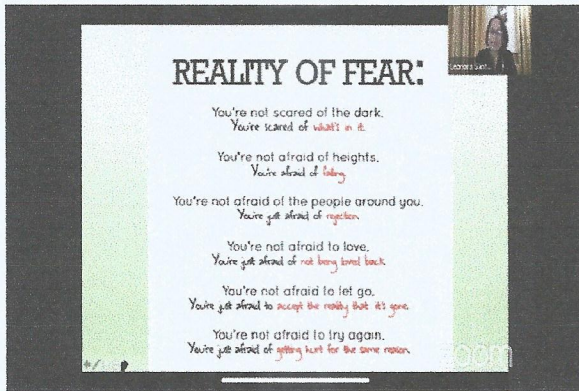
The webinar ended at 11:00 in the afternoon.





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Prepared by:

[Signature]
ARMIL C. CHAVEZ
 Guidance Facilitator, Pablo Borbon

Checked and reviewed by:

[Signature]
Asst. Prof. RENAN T. MALLARI, RGC, LPT
 OGC Head, Pablo Borbon



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Session No. 4

Speaker: MR. LESTER G. BAUTISTA, RGC

Topic: HEARTSTRONG: Building Resiliency and Attaining Mental Wellness Amidst Pandemic

Date and Time: January 7, 2021, 9:00 AM

Resiliency in times of global health crisis is essential. One of the notable traits of the Filipinos is resiliency and it is defined as the capacity to recover quickly from difficulties and the ability of a proper mindset in facing life's challenges. Proper mindset in facing difficulties is important because it might be a deciding factor on what will be the direction of each and every difficulty. A strong heart can go places. It is an important element on how a person will react on every situation.

The resource speaker for the day is Mr. Lester G. Bautista, RGC. He is a registered guidance counselor and a certified mental health first responder. He has been in the counseling profession for more than ten years. He is an experienced therapist, knowledgeable with different treatment procedures for various psychological and behavioral problems in both children and adults. He has worked with different institutions such as First Asia Institute of Technology and Humanities, De La Salle Lipa, Caritas Don Bosco School and Ateneo de Manila University.

An advocate of Psychological and Spiritual wellness, he has a wide range of experience in facilitating seminars, workshops, team-building activities, recollections and retreats for private sectors and local communities.

As a Psychological First Aid Responder, he volunteered to provide crisis intervention for the survivors of Typhoon Yolanda and Taal Volcano Eruption. At present, he is providing online and telephone psychosocial support for individuals encountering mental health issues during the COVID19 pandemic through the initiative of the Mental Health First Response.

He is an active member of the Philippine Association for Child and Play Therapy, Inc. (PhilPlay); Philippine Guidance and Counseling Association, Inc. (PGCA); and Philippine Association for Counselor Education Research and Supervision (PACERS).

Mr. Bautista has finished certificate courses in Special Education Specialized training in Early Childhood Education & Care, and Applied Behavior Analysis in R.E.A.C.H. Incorporated (Resources for Educational & Allied Consultancy Habitat). He has completed his bachelor's degree in Psychology at First Asia Institute of Technology and Humanities, and his master's degree in Guidance and Counseling in Philippine Normal University - Manila.

He is currently pursuing Doctor of Philosophy in Counseling with a specialization in school and community counseling at De La Salle University – Dasmariñas.

At present, he works as a consultant at ChildFamPossibilities Psychosocial Services, La Colcha – Hospitaller Center for Pastoral Care, and Saint Francis de Sales College Seminary. He also serves as a volunteer counselor for Bukid Kabataan (a shelter for girl victims of violence and abuse). He is the counselor and center administrator of InPsych Psychological Services (located in Santo Tomas, Batangas) offering counseling, psychological testing & assessments, training & seminars, consultation, and other psychological services.



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The webinar started at exactly nine o'clock in the morning when the master of ceremony Asst. Prof. Renan T. Mallari, RGC formally welcomed the participants. The webinar started through an invocation followed by the singing of the Philippine national anthem. After that, Mr. Mallari, introduced the Director for Student Affairs and Services gave an opening remark that is centered in giving gratitude to the CHED

Regional Office, Batangas State University, the technical working group and all the participants. She also enumerated the remaining topics of the series of webinars.

The University President, has a meeting at that moment and just gave a message of gratitude through the host. He thanked the organizers, participants and the speakers who made this series of webinars possible. After that, the Guidance Facilitator for Pablo Borbon, Mr. Armil C. Chavez introduced the speaker for that that day.

The discussion of Mr. Baustista, centered on the following:

1. Stages of coping with Covid19 pandemic
2. Mental health basic concepts
3. Common mental health issues
4. Sources of stress
5. Anxiety
6. Panic attack
7. Depression
8. Depression symptoms
9. Building resiliency and attaining mental wellness
10. Resilience
11. Mental wellness
12. Stress resistant personalities
13. Mental health continuum model
14. Breathing exercises
15. Reducing anxiety with thought challenging
16. Guidelines for attaining mental health
17. Change of perspective
18. Relaxation techniques

After a rich discussion of the speaker, an open forum was made and several questions were raised for some clarifications. The speaker answered all of the questions and made some clarifications about the topic that he discussed. Other registered guidance counselors also added some insights about the topic and lauded the speaker for a well-tackled discussion.

A closing remark was made by the Head of Office of Guidance and Counseling of Malvar Campus, Ms. Leonora P. Santos, RGC. The host formally ended the webinar at 11:10 in the morning.



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*Mental Health and the COVID 19
 Crisis: Promoting Student
 Wellness and Engaging in the Next
 Normal*
 "HEART STRONG: Building Resiliency and Attaining
 Mental Wellness amidst Pandemic"
 January 7, 2021

Ms. Lucille D. Evangelista, PhD, RPsy
 Director, Office of Student Affairs and Services
 Batangas State University

*Inspirational
 Message*

*Introduction of
 Speaker*

Mr. Armil C. Chavez
 Guidance Facilitator, OGC PB Main 1
 Batangas State University

**Stages of Coping with
 COVID19 Pandemic**

- Stage 1: Panic
- Stage 2: Action
- Stage 3: Confusion
- Stage 4: Anxiety and Depression
- Stage 5: Anger
- Stage 6: Adaptation

BioPsychosocial Model of Health

Biological
 genetic vulnerabilities
 physical health
 disability
 genetic vulnerabilities

Psychological
 self-esteem
 coping skills
 social skills

Social
 family
 community
 culture

Mental Health
 self-esteem
 coping skills
 social skills

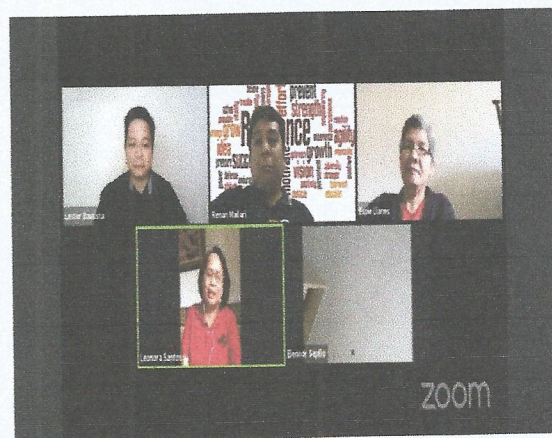
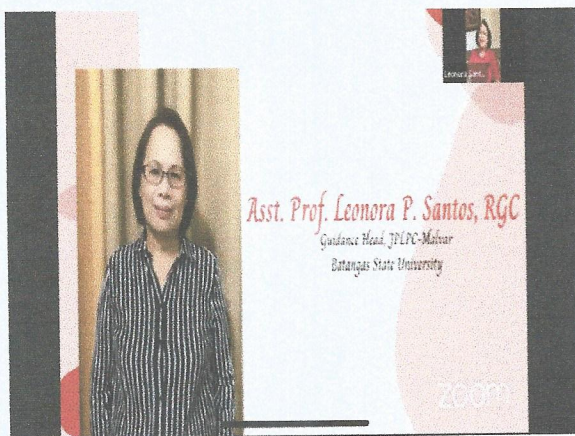
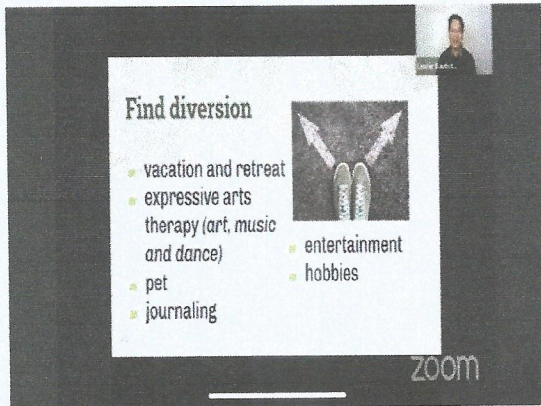
Mental Health Continuum Model

HEALTHY	REACHING	RESILIENT	ILL
<ul style="list-style-type: none"> • Good social network • Low & manageable stress • Good personal resources • Coping skills • Good self-esteem • Good problem-solving skills • Good social skills • Good coping skills • Good social skills • Good coping skills • Good social skills • Good coping skills • Good social skills • Good coping skills • Good social skills • Good coping skills • Good social skills • Good coping skills • Good social skills • Good coping skills 	<ul style="list-style-type: none"> • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem 	<ul style="list-style-type: none"> • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem 	<ul style="list-style-type: none"> • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem • High self-esteem



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 Guidance Facilitator, Pablo Borbon

Checked and reviewed by:

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Asst. Prof. BENAN T. MALLARI, RGC, LPT
 OGC Head, Pablo Borbon



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Session No. 7

Speaker: **Ms. ANALYN H. VENZON, RGC**

Topic: **Emotional Quotient**

Date and Time: **January 11, 2021, 2:00 PM**

One of the most studied topics in Psychology is the Intelligence Quotient. It is well-researched and well-discussed in classroom and in some Psychology classes in contrast with emotional quotient which is a bit covered up in terms of information and background. Emotional quotient is important because we can be more creative and we can build more harmonious associations around us. A high emotional Quotient aids persons to communicate better, reduce their unease and pressure, develop associations, understanding others and soothe struggles. Our emotional intelligence touches the value of our journey in life because it affects our behavior and affairs.

The webinar began at exactly two o'clock in the afternoon. Ms. Renalyn Idea – Villamor was the host for that session. She welcomed all the participants and made some reminders about etiquettes and reminders before the seminar. An invocation and the singing of the Philippine National Anthem started the webinar for that day. After that, the Director for the Office of Student Affairs and Services, Dr. Lucille D. Evangelista, gave an opening remarks thanking the speaker, the Regional Office of the Commission on Education (CHED), participants and the technical committee for making this series of webinars possible. She also mentioned the remaining topics of the series of webinars that could be beneficial to all the participants especially to the students. After the opening remarks, Dr. Tirso A. Ronquillo, the University President through the host gave his message of inspiration. He expressed his gratitude to all the people behind these series of webinars.

After the remarks of the Director of the Office of Student Affairs and Services and the University President, Ms. Kim Lauren Nativo, the Guidance Facilitator for Malvar Campus introduced the resource speaker for that day. The speaker for that day with the topic of emotional quotient is Ms. Analyn H. Venzon, RGC. She obtained her Master's degree in Emilio Aguinaldo College, a registered Guidance Counselor and at present she is the Head of the Office of Guidance and Counseling of the BatStateU – Nasugbu Campus.

The discussion of Ms. Venzon revolved on the following:

1. Triggers of emotional reaction
2. Explained why do people with high emotional quotient are successful
3. Characteristics of emotional intelligence
4. Self-awareness
5. Empathy
6. Self-regulation
7. Motivation
8. Social skills and perceiving emotions
9. Enhancing emotional intelligence
10. Dealing with negative emotions
11. Staying calm under pressure
12. Adaptation to change
13. 90/10 principle



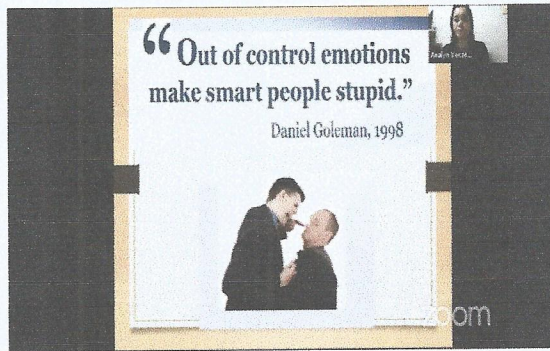
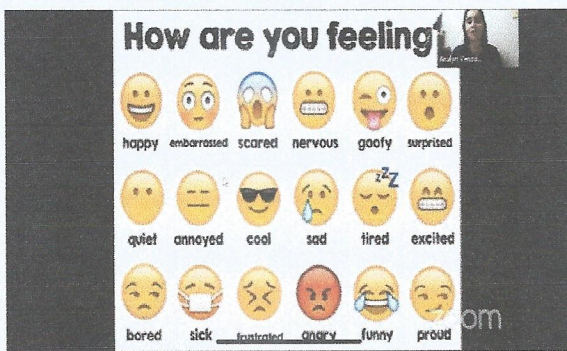
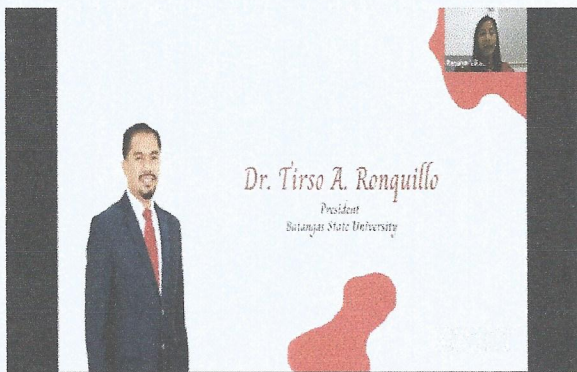
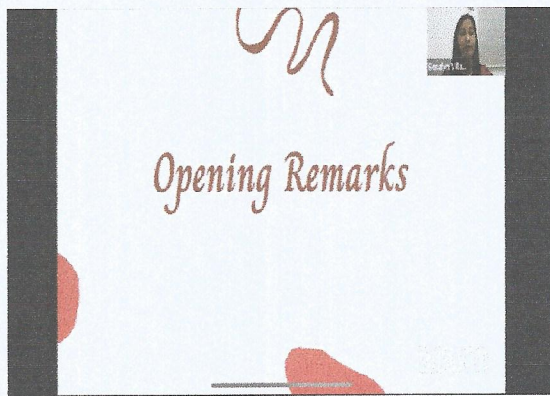
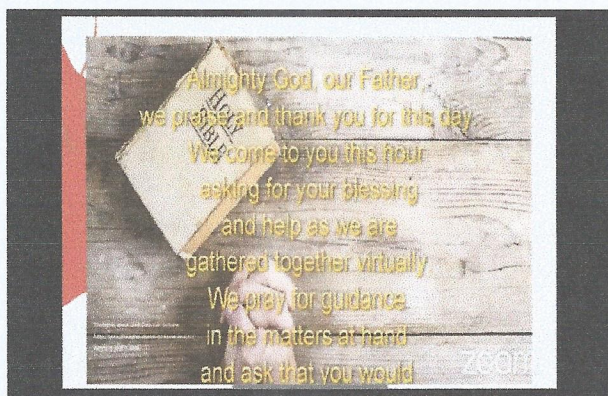
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After an in-depth discussion of Ms. Venzon, an open forum was made and some questions were raised like “Is life experience a factor on the level of emotional quotient of a person?” Another question was, “Do age has something to do with emotional quotient?”

After the forum, a certificate of appreciation was awarded to the speaker. The host read the content of the certificate. A closing remark was delivered by Ms. Leonora P. Santos, RGC and she emphasized the importance of reacting with calmness in every situation especially on the most difficult time like the pandemic that we are all going through. Ms. Santos, encouraged everyone to develop their own emotional intelligence for a better reaction about things and events that surround us in our everyday living.

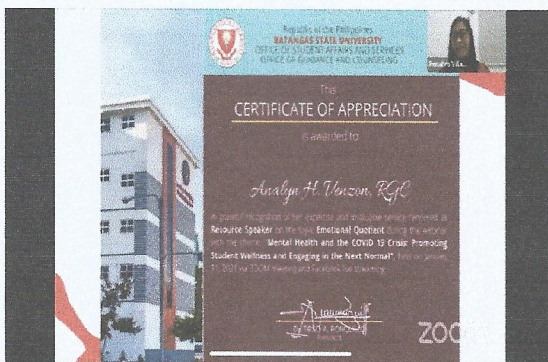
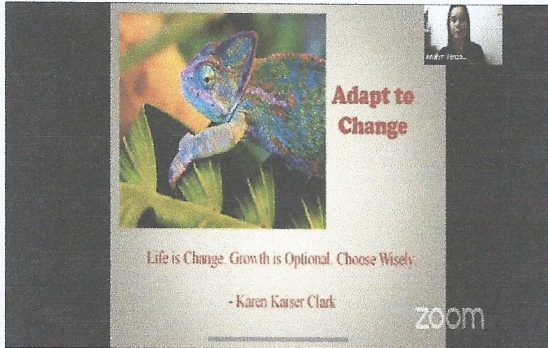
The webinar ended at four o’clock in the afternoon.





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