



Republic of the Philippines
BATANGAS STATE UNIVERSITY

The National Engineering University

Alangilan Campus

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Office of Guidance and Counseling

NARRATIVE REPORT

OGC WEEK 2023 DAY 1

Theme: “OGC Cares: Commitment in Making a Difference to the Life of Every Red Spartan”

Topic: “Toxic Positivity vs. Self-Care”

April 25, 2023/ Tuesday/ 9:00 AM – 12:00 NN/ Zoom Conferencing

The Office of Guidance and Counseling celebrated its OGC Week 2023 from April 25-28, 2023. The office prepared some activities and webinars for the students, faculty, and employees for them to commemorate the office and its function.

On the first day of the celebration, the office prepared a webinar on Toxic Positivity vs. Self-Care. This topic aims to help the participants identify what Toxic Positivity is and how to pamper ourselves by doing Self-Care. This webinar was conducted via Zoom Conferencing and Facebook Live Streaming with the guidance of the Supreme Student Council Alangilan as the Technical Team.

The program began at 9:00 AM with an Invocation and National Anthem followed by the welcoming remarks and inspirational message given by Prof. Paulina M. Macatangay, the Vice Chancellor for Academic Affairs. It was then followed by Ma’am Gizelle G. Calaud, Guidance Coordinator of Balayan Campus, as she introduced the speaker for that day’s webinar, Dr. Vanessa V. Castillo, the Vice Chancellor for Development and External Affairs, BatStateU TNEU Lipa Campus.

Dr. Castillo gave a very heart warming talk to the participants as she related the topic with her true to life experiences. She told her stories and experiences and detailed when at those moments she heard of toxic positivity given by the people around her. After that she then discussed some examples on how the participants could practice doing self-care since it is always important to value ourselves despites of every challenges that we are facing.

After the talk, the open forum was immediately followed moderated by Ms. Pelagia Dominique De Guia, the Guidance Facilitator from Balayan Campus. Questions were raised and answered in a very appropriate way. Once the participants stopped giving questions, the program proceeded by awarding the Certificate of Appreciation to the guest speaker. The citation of the certificate was read by Ms. Jannelle Ashley A. Abarintos, the In-Charge personnel from Mabini Campus.

Before the program ends, a photo opportunity was initiated by the SSC Alangilan Tech Team followed by the releasing of evaluation forms link. The program ended with the closing remarks given by Engr. Carol Biklin G. Macabagdal, the Head of OGC Alangilan and some announcements regarding the next webinar series of the OGC Week 2023.



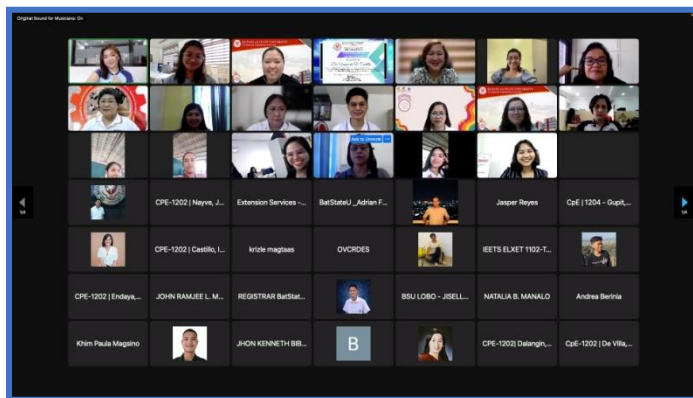
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Photo Documentation



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

Reviewed by:

C. Macabagdal
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 Head, OGC Alangilan



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Narrative Report Day 2

Guidance Week 2023 Webinar

Theme: OGC Cares: Commitment in Making a Difference to the Life of Every Red Spartan”

Topic: “How To Deal with Toxic Relationship”

April 27, 2023/Thursday/8:00am-11:00am

It is very important to consider the importance on mental health especially during this time of pandemic that’s why having a webinar last Guidance week really made an impact to our students and also to our Faculty and Staff. In this webinar students can also ask and interact with the speaker if they have questions and clarifications, a thing that most students won’t do if the seminar is conducted online. On our 2nd day of webinar with a title of “Dealing with Toxic Relationship”. Our Guest Speaker is Ms. Odessa Javier Bagos RGC and we had an approximately 83 participants during the Day 2 of the webinar. In this webinar series we also asked the assistance of SSC Student council of our respective campuses for the dissemination of the webinar. I was tasked to host the open forum with our Guest Speaker, what I noticed is during the open forum it seems that only few attendees send their questions and suggestions and for me it is one of the thing that we need to improve on our next webinar because it is the only time that the students can express their side. Availability of students is also a challenge because in our case in Lobo Campus, most of our students had their classes during the morning and we can’t force them to join. Webinar like this is very timely and is very recommended that we should do this every year for the benefit of the BatStateU Community Mental Health.

Photo Documentation





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Prepared by:

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

KEVIN ACE R. VENTURA R,N
OGC In-charge Officer, Lobo

Reviewed and verified by:

A handwritten signature in black ink, appearing to read "Carol Bikling Macabagdal".

Engr. CAROL BIKLING MACABAGDAL
Head OGC, Alangilan



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Title of the Activity: Peer Facilitators' Training for Gabay Malasakit Program with the theme "Fostering and Integrating Culture of Care in Red Spartan Community"

Date: November 10, 2022

Campus: Pablo Borbon, Lemery and San Juan

Objectives: The trained student-volunteers will serve as peer facilitators who will assist students who are experiencing academic and personal-social problems.

The workshop/training for Gabay Malasakit Volunteers was conducted to train volunteers' students who are willing to help, assist and serve the Office of Guidance and Counseling of Batangas State University. This was participated in by 100 participants from Pablo Borbon, San Juan and Lemery Campuses.



The program formally started with a prayer followed by singing of the Philippine National Anthem then an opening message that was given by Dr. Expedito V. Acorda, Chancellor of Pablo Borbon.



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Dr. Expedito V. Acorda giving an opening message

The speaker was introduced by Mr. Arnil De Chavez, Guidance Facilitator of Pablo Borbon. The speaker is Mr. Rommel D. Tamayo, a former and Vice President of Peer Facilitator Circle PB Main and received Leadership and Service Awardee Rank 3 in TOSA 2018. Through his expertise in this field helps the aspiring Peer Facilitator students to understand the value of this program. He shares his personal experienced and give knowledge on how to be effective Peer Facilitators.



Mr. Arnil C. Chavez introducing the speaker



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The Training started with the activity “getting to know each other.” In this activity, the students need to write their first impression at the paper placed at back of their co-facilitators followed by a small discussion related giving advice and motivation.



Mr. Rommel D. Tamayo discussed the following topics: Peer Facilitation, Personal Effectiveness and Counseling Skills and Relationship.





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Lunch Break





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In the afternoon, the training started with the activity called **“Active Listening.”** In this activity, the student’s pair in to two students, and tell something what they want to say, like share some secret, some problem, or feelings followed by a slight sharing.



The second workshops/training called **“Peer Counseling Reenactment”**. In this activity, students were grouped into ten with ten students each group. Some students from CTE Department were invited for the said activity to serve as actors. Mr. Rommel gave the actors different cases that they will secretly act. The Peer Facilitators assess their cases carefully and gave them an advice. After that, each group were invited to share their experience as Peer Facilitators and re-enact the case of their student-client.





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Peer Counseling





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Group Presentation



After two workshops/activities, the Trainer summarized all the important information. Students were also shocked when they found out that their student-clients were only acting all throughout their group activity.



Awarding of Certificate of Appreciation to Mr. Rommel D. Tamayo



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After the talk proper, a certificate of appreciation is given to the speaker. The Guidance Facilitators: Ms. Kimberly Joy A. Mortel (Lemery Campus), Ms. Mary Jessica M. De Vera (Pablo Borbon Campus), Ms. Rochel M. Mendoza (Pablo Borbon Campus), Ms. Mia Jasmine S. Manguerra (San Juan Campus) and Mr. Armil C. Chavez (Pablo Borbon Campus) together with the Office of Guidance and Counseling Head, Dr. Rhia P. Perez joined him on stage. Then, it was followed by the awarding of certificates to all the participants. They were awarded on stage by group.



Awarding of Certificate of Appreciation to the participants





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The closing remarks was given by the Head Office of Guidance and Counseling- Pablo Borbon, Dr. Rhia P. Perez. She focused on her gratefulness to all the support from Guidance Facilitator, Coordinators, OJTs and all participants of the activity. She also mentioned that importance of peer support to many students especially at the times when one needs encouragement and emotional support.



Prepared by:

Ms. Mia Jasmin S. Manguerra
Guidance Facilitator – San Juan Campus

Ms. Kimberly Joy A. Mortel, MA Psy
Guidance Facilitator – Lemery Campus

Noted by:

Dr. RHIA P. PEREZ
Head, Office of Guidance and Counseling



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NARRATIVE REPORT

Mental Health First Response Training

December 20, 2022

The program began at 8:00 AM with the registration of participants, followed by the invocation and singing of the Philippine National Anthem. The Vice Chancellor for Academic Affairs, Dr. Lucille Evangelista, gave her welcome speech to the participants. Next was the introduction of the speaker by Dr. Rhia Perez.

Mr. Albert M. Arcega, Rpm, was the resource speaker of the training. He was a Registered Psychometrician and a Certified Mental Health First Response Instructor. As the training began, Mr. Arcega introduced mental health first response and the statistics of suicide in the Philippines and other countries. He highlighted that suicide is the common denominator among mental health symptoms such as depression, stress/adjustment, anxiety/trauma, substance use, and relationship issues. Mr. Arcega has also identified various indicators that could contribute to the mentioned mental health symptoms. A simple activity for the session was conducted by sharing some concerns or problems encountered with the students. Each participant contributed to the training and shared the concerns they encountered from the students, still adhering to privacy and confidentiality. After which is a quick session break.

Furthermore, Mr. Arcega shared warning signs of emotional distress, a vital sign for mental health practitioners to identify if a person is feeling distressed. It centers on the eight dimensions of well-being, including emotional, physical, occupational, social, spiritual, intellectual, environmental, and financial. As mental health first responder, Mr. Arcega has identified the primary role of a certified mental health first responder and what they do as a first responder to help a person in crisis. He has also highlighted the Mental Health Act of 2017 as being aligned with the mental health first response training to cater to the needs of individuals experiencing emotional and psychological distress and mental health concerns. After which is an hour lunch break.

In the afternoon session, the resource speaker began with the discussion of the mental health first response skills known as the ESTIMATE (Evaluate and Screen, Think of safety, Intervene appropriately, Make referrals to professionals, Ask for their support system, Encourage continued self-care). To begin the ESTIMATE skills discussion, Mr. Arcega shared an evaluation and screening tool to assess if a person is at risk of suicide or has suicide ideations; as the tools show, he has also conferred that it is acceptable to directly ask if a person has intentions of killing oneself. However, it is applicable only if prior assessments indicate that the person in crisis has thoughts of suicide. As the discussion continued, questions from participants were asked to the speaker, such as the appropriate way of questioning an individual and asking about their thoughts of suicide. Besides, as a responder, one must have a ready safety plan to be used as a tool to prevent suicide and help support those who struggle with their mental well-being. Moreover, a responder must know when to intervene with the person in crisis and know one's limit in offering help support. Mr. Arcega has noted that we, as mental health practitioners, do not do all the work to help a person as there are other professionals and specialists who could help them the most, which can be done through referrals. Having a support system and knowing an individual's support system is also essential as they will be the contact person to reach out to whenever in a mental crisis. Over and above that, as practitioners, we must educate our students and other individuals to look for themselves and encourage self-care. After the session, participants were given a chance to ask questions, and takeaways were also requested from them.



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In the next session, Dr. Rhia Perez talked about the Office of Guidance counseling, its purpose, progress, plans, and what we will look forward to in the coming semester. She has also expressed her deepest gratitude to all guidance personnel for their time and effort in carrying out all guidance services to cater to the student's needs. After Dr. Rhia's session was a short break, and a simple group dynamics activity followed it to maintain and meet new personnel of the Office of Guidance and Counseling. Dr. Rhia Perez, the OGC Head, led the awarding of certificates to the resource speaker and participants. The seminar training ended at 5:00 in the afternoon.

Prepared by:


MARY JOY V. MANIGBAS, Rpm
Guidance Facilitator, OGC Rosario

Checked and verified by:


Dr. RHIA P. PEREZ
Head, Office of Guidance and Counseling



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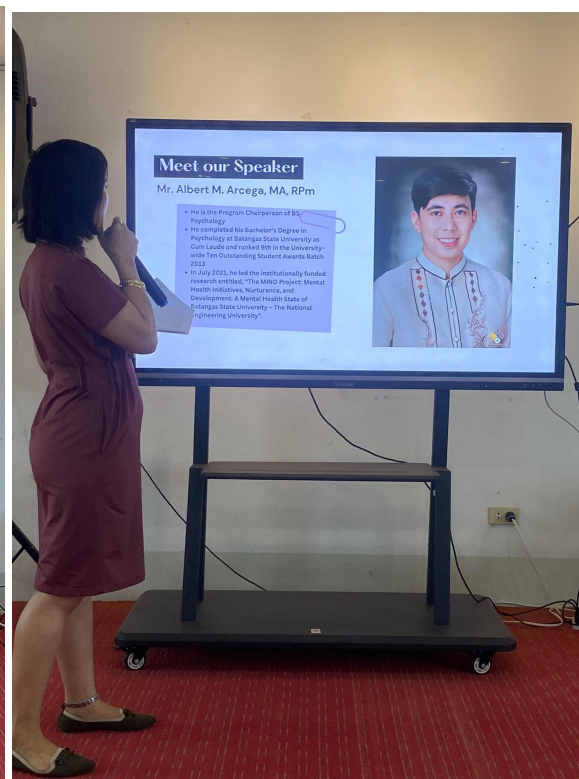
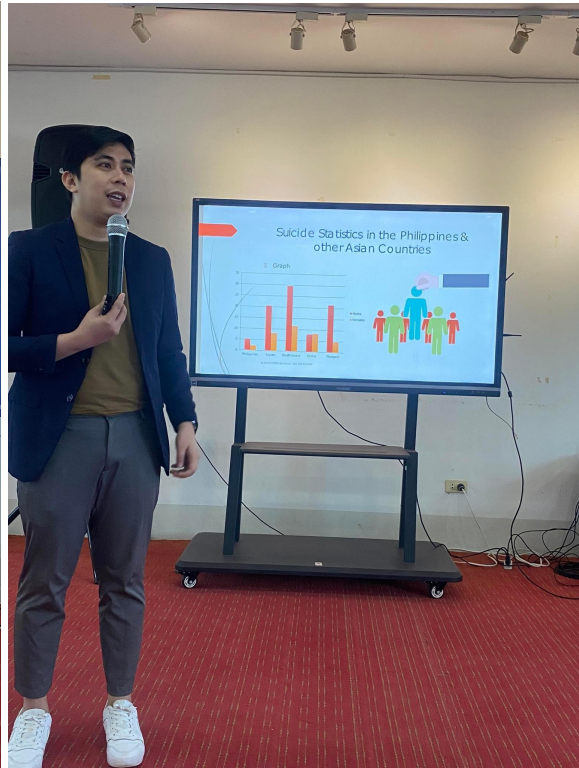
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