



RECOGNIZING STUDENT ACHIEVERS FOR A.Y. 2021-2022



The **2022 UPM Scholars' Convocation** was successfully held virtually, the second since the pandemic, on the 19th of May 2022 via Zoom. More than 2500 students were recognized and honored for their exemplary academic performance.

The audience was welcomed by UP Manila Chancellor Dr. Carmencita David-Padilla, who reminded the goal of the convocation: "We are here not only to recognize and honor our scholars for the past academic year but also to reaffirm the tenet of scholarship for service."

Dr. Jomel Garcia Lapidés, an accomplished and reputable UP Manila alumnus gave the inspirational message to the scholars. Dr. Lapidés is a Medical Officer III at the PGH

Department of Ophthalmology and Visual Sciences. On top of his outstanding scholastic achievements from elementary to medical school, he ranked number one in both the 2011 Nursing Licensure Examination and 2020 Physician Licensure Examination.

In his remarks, he shared his humble beginnings hoping to somehow inspire the students. He also gave a few pieces of advice that had helped him to succeed which includes knowing one's roles and which roles one can only play, knowing one's priorities, and having time for one's self. He ended by reminding the scholars that: "Remember [that] you are a UP student. Isa kang scholar ng bayan na mulat ang kaisipan, matalino hindi lang sa loob ng paaralan kundi maging sa labas nito." [continued on p.2]

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OSA ANNOUNCEMENT

UP MANILA DORMITORY

The Office of Student Affairs (OSA) is now accepting dormitory applications for female undergraduates students. Application period is from July 1 to 31, 2022.

For interested applicants, kindly submit your documents at <https://tinyurl.com/UPMDormAY22-23>

For more information or queries, you may email jalava@up.edu.ph or call 8814-1250. | J. Alava-Baytos

Denise Millen, a representative of the scholars, shared a message with the students. Acknowledging the difficult time in our country as affected by the pandemic, she said: "As scholars for the people, it is only right that we stay determined to fight and help rebuild our nation".

The program officially ended with a closing message from Vice Chancellor for Academic Affairs Dr. Nymia P.

Simbulan who encouraged the scholars telling them to: "Let this achievement further inspire you to work harder in excelling in your respective fields. Let this recognition be a constant reminder of your commitment to serve the Filipino people whose taxes has made it possible for you to receive one of the best education available in the country. Finally, let these accolades strengthen your resolve to always uphold the

values of excellence, honor, and service in every endeavor you pursue."

The full live stream recording of the ceremony is shared on the [UP Manila Facebook page](#) and [UP Manila Youtube Channel](#). The Office of Student Affairs is proud of our scholars and their achievements and honors this important milestone and stepping-off point for their future. | *M. Lacerna*

COUNSELORS AND SCHOLARSHIP OFFICERS CONDUCT PSYCHOSOCIAL SUPPORT SERVICES TO SHS TARLAC CAMPUS

The OSA—composed of representatives from the administrative, scholarship, and guidance and counseling units—touched base with the SHS Tarlac community last June 22, 2022. The personnel were introduced to the 67 students present, and were given an opportunity to discuss the purpose of their visit as well as the means in which the Office hopes to support the students.

FACE-TO-FACE KUMUSTAHAN SESSION

A **kumustahan session** was conducted through group dynamics led by the Guidance and Counseling Program (GCP) personnel, featuring activities which highlighted the academic, personal, career, and social domains. The topics identified involved identifying effective study techniques, improving decision-making skills,

and developing communication and listening skills.

PSYCHOSOCIAL SUPPORT SESSIONS

One-on-one psychosocial support sessions were briefly provided for students who were willing to undergo

the process. This was facilitated by licensed mental health professionals in order to discuss existing concerns and offer means of contacting the GCP should they choose to schedule an appointment or inquire about what further assistance they may receive.



Group Dynamics with the SHS Tarlac Students Conducted by the Guidance & Counseling Program Personnel



*Members of the UP Manila Office of Student Affairs and the SHS Tarlac Director and Faculty
Photo Source: Director Pedro Magadan and the UPM SHS Tarlac Student Publication*

MEETING WITH THE ADMINISTRATION

Members of the Office were also able to meet the director, faculty, and staff, and discuss relevant updates and practices being implemented by the institution. Among these initiatives is the working group composed of representatives from the UP Manila campus, Local Government Unit, and SHS Tarlac to streamline discussions and swiftly find resolutions to possible issues encountered. A tour of the dorm, currently undergoing construction, was also done during the latter part of the day. | *B. Morente*

IGNITING NETWORK FOR THE WELFARE OF OUR STUDENTS: PROJECT UGNAYAN

Project Ugnayan is a focused group discussion (FGD) initiated by Dr. Tyrone Paul B. Cammayo, year 3 Resident from University of the Philippines Philippine General Hospital Department of Psychiatry and Behavioral Medicine in collaboration with the UP Manila Office of Student Affairs- Guidance and Counseling Program (UPM OSA-GCP) held last May 26, 2022 at UP Manila Office of Student Affairs Conference Room. It is brought about with the interest of Dr. Cammayo and his fellow researchers to know more regarding the current trends of student mental health concerns, interventions, as well as the pathway of referral for students with mental health concerns. This is also with the intention of understanding our students' perspective about counseling and psychiatric consultation as well as identifying challenges in seeking help, in order to address these and provide an improved help-seeking practice for the students.

Guidance Services Specialists along with the Scholarship staff from OSA were willing enough to share the experiences they had in handling various students with mental health concerns, shedding some light on the probable unseen difficulties students had to go through in seeking consultation and even maintaining medications. In return, Dr. Cammayo was eager to listen and further probed on these said experiences resulting to a dynamic discussion resulting to promising ideas.



(L to R: Ms. Juliet, Ms. Elaine, Ms. Bea, Mr. Francis, Ms. Bianca, Dr. Cammayo, Ms. Elgie)

The focus group discussion lasted for more than two hours, in which several key points were recognized. The referral pathway for students with mental health concerns was reviewed and clarified, providing a more concrete understanding for both parties on the tasks as well as the significance of communication between departments in order to serve the students in need better. Residents from Department of Psychiatry and Behavioral Medicine are encouraged to join in the Kumustahan sessions with students for different colleges done by OSA-GCP so to provide familiarity of students to them as well. OSA-GCP also hopes that in the possibility of a resident from Department of Psychiatry and Behavioral Medicine may spend duty hours in OSA. This is with the perspective that being more known and seen by students would help lessen the remaining stigma they have in help-seeking behavior as well as smoother referral for cases needing psychiatric intervention.

While the participants may be coming from different standpoints and affiliated in varied professional background, it is evident that everyone has the same heart for delivering appropriate and immediate help for our students. For OSA-GCP, this is what Project Ugnayan has started—the strengthening of communication between different mental health professionals creating a network towards a common goal of providing not only fitted interventions but more so building a welcoming, accepting, and dependable environment for anyone and everyone in the university regardless of what mental health challenges an individual may be experiencing. Certainly, there are still more work to be done by everyone involved in order to achieve the ideas brought about by this discussion, but it is also with excitement that we look forward into what this project can further become and to ultimately reach the goal of providing the best for our students's welfare. | J. Fernandez

OSA CONDUCTS 2 MENTAL HEALTH PROMOTION WEBINARS

Annually, every May and June, we are accustomed to openly expressing our appreciation and love for our parents with commemorations for Mothers' Day and Fathers' Day. These opportunities allow children to show gratitude toward their parents. Conversely, parents are also able to

magnify or highlight the rewards of their roles. The changes brought about by the pandemic had greatly affected the smallest unit of our society which is the Family. The new realities of hybrid work arrangements, working from home, temporary unemployment, home-schooling of children, and lack of

physical contact with other family members, friends, and colleagues take time to get used to. Adapting to lifestyle changes such as these and managing the fear of contracting the virus and worrying about people close to us who are particularly vulnerable, are challenging for all [continued on p.4]

of us. One of the possible solutions to this is to revisit the concept of family resilience which entails more than managing stressful conditions, shouldering a burden, or surviving an ordeal. It also involves the potential for personal and relational transformation and growth that can be forged out of adversity. Moreover, families that are struggling can emerge stronger and more resourceful in meeting future challenges.

The GCP hosted **“Growth Is Never by Chance, We Are Better Together”** last June 15, 2022 which was facilitated by Senior Psychosocial Counselor Mr. Albert Mathew A. Alonzo, LPT. It provided psychoeducation for students about the importance of having good family relationships during this new normal, as well as encouraged them to be open and spend bonding time with their family members for social support. | A. Alonzo

Pride month is also celebrated during June and to cap off the month-long observance, the Guidance and Counseling Program conducted a webinar entitled **“Amor Vincit Omnia: Love Conquers All”** last June 29, 2022. Ms. Maria Beatriz O. De Leon, a Junior Psychosocial Counselor, and Mr. Wilfredo II Francis F. Mina, University Guidance Counselor and Gender and Development Focal Point Person,

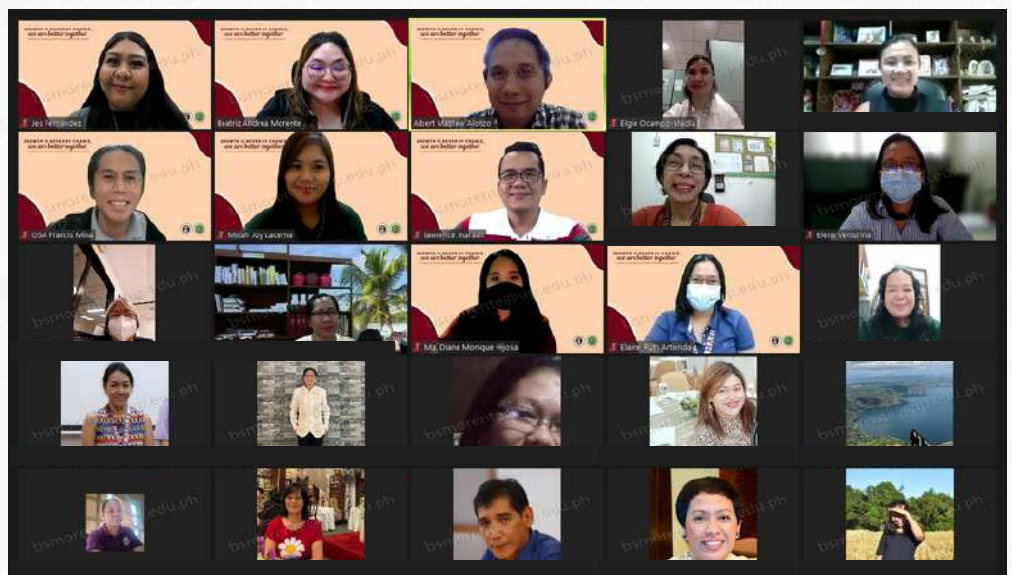


Photo Opportunity with the attendees of the Growth is Never by Chance, We Are Better Together Webinar

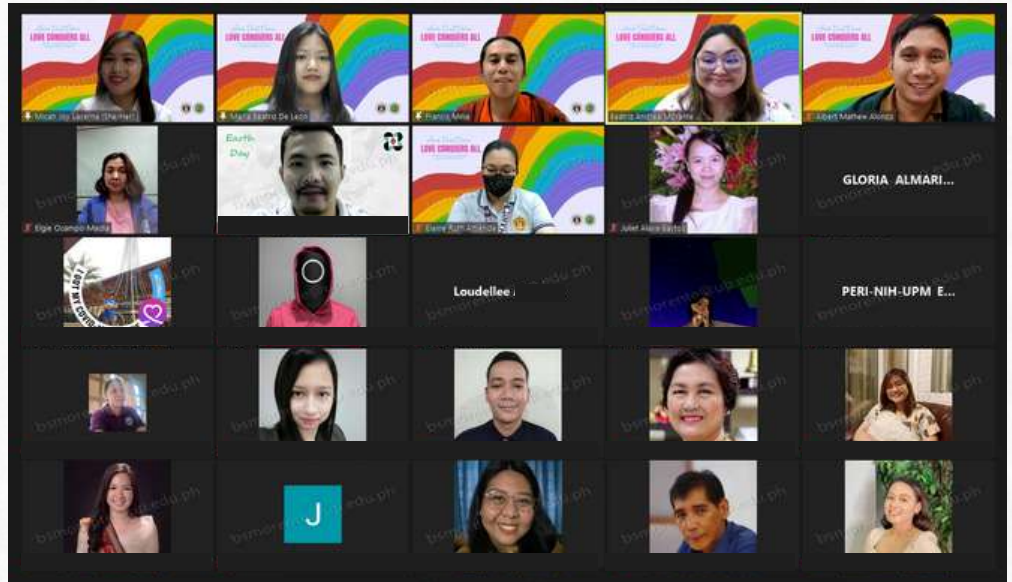


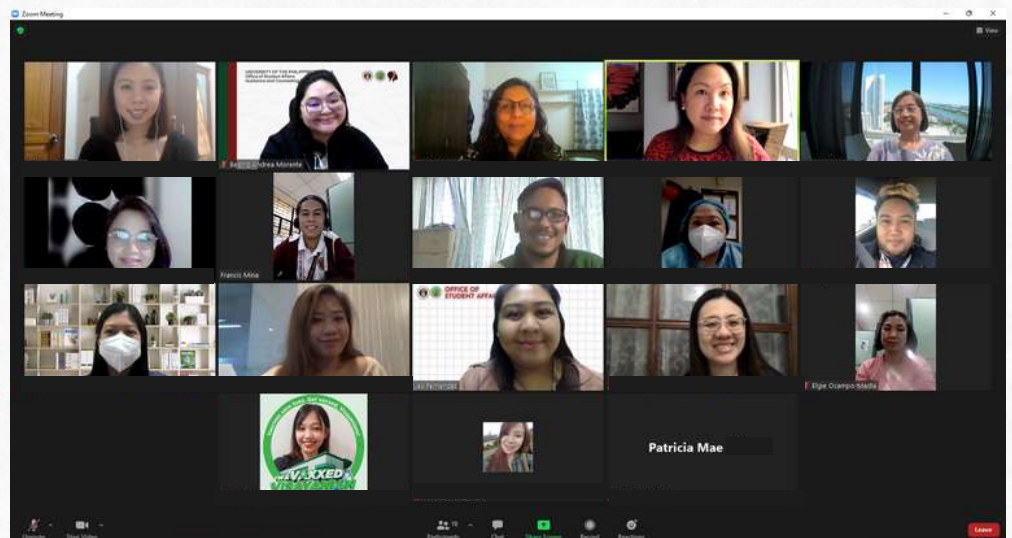
Photo Opportunity with the attendees of the Amor Vincit Omnia: Love Conquers All Webinar served as the resource speakers. The webinar discussed basic terms and concepts associated with LGBTQIA+ and how to foster a supportive and nurturing space for the LGBTQIA+ community. | M. De Leon

EMPOWERING COUNSELORS

OSA Counselors are dedicated to enhancing their competence in the practice of their profession by attending seminars and workshops relevant to the field.

UTC BASIC WALKTHROUGH TRAINING

Last April, the University of the Philippines, as represented by the Guidance Services Specialists of OSA, was one of the twenty (20) selected universities to undergo the pilot run of the Basic UTC Walkthrough, from the Colombo Plan Philippine Secretariat. The training was conducted via Zoom and covered the following topics:



Facilitators and Participants of the Basic UTC Walkthrough during the online training

Introduction to the Science of Addiction; Treatment for Substance Use Disorders; Common and Co-Occurring Mental and Medical Disorders; Basic Counseling Skills; Intake, Screening, Assessment, Treatment Planning and Documentation; Case Management; Crisis Intervention; and Ethics for Addiction Professionals. The Classroom Resource Launch and Closing Ceremony was held face-to-face last April 8, 2022, at Dusit Thani Manila. The launch was sponsored by the Office of International Narcotics and Law Enforcement Affairs.




Facilitators and Participants of the Basic UTC Walkthrough with the INL Director Kelia Cummins

PGCA 57TH VIRTUAL ANNUAL NATIONAL AND 2022 INTERNATIONAL CONFERENCE


The following month, the counselors also attended the PGCA 57th Virtual Annual National and 2022 International Conference with the theme, "Adapting, Leading, and Championing Counselor's Competence and Advocacies in the New Normal Across Settings and Culture". The three-day conference event aimed to further enhance professional skills and competencies as well as to promote advocacies and collaborate with other professionals.





Congratulations!

*To all successful completers of the
Certificate Course on Human Rights 101*



General Public, Teachers/Educators, High School Students, and Members of the Security Sector




Photo Source: Human Rights Institute CHR Facebook page

CERTIFICATION COURSE ON HUMAN RIGHTS 101

The Human Rights Education and Promotion Office of the Commission on Human Rights offered a self-paced learning certification course on human rights 101 that was conducted last June 13 to 17, 2022. As advocates of human rights, especially for the students, all the OSA Counselors completed the certification course to reestablish awareness of the concepts and principles of Human Rights. Topics that were reintroduced in the interactive modules are: Human Rights Concepts and Principles, Civil and Political Rights, and Economic, Social and Cultural Rights. Participants who successfully completed the modules and passed the post test evaluation were given certificate of completion. | *M. Lacerna*

MEET THE NEW OSA PERSONNEL

Albert Mathew A. Alonzo, LPT • Senior Psychosocial Counselor

Mr. Albert Mathew A. Alonzo, or Sir Mat, is a Senior Psychosocial Counselor of the OSA. He graduated from Philippine Normal University, with a Bachelor of Science in Psychology Major in Guidance and Counseling. Furthermore, he is already a licensed teacher and was a previous teacher in Senior High School. He is about to finish his Master's Degree in Education, Major in Guidance and Counseling at St. Paul University Manila. In addition, he loves to play basketball, ride a bike, play mobile games, watch TV, and stay at home with his family. He agrees with the quote of Michael Altshuler - "The bad news is time flies. The good news is you're the pilot."



Maria Beatriz O. De Leon, Rpm • Junior Psychosocial Counselor

Ms. Maria Beatriz O. De Leon, who goes by the nickname "Ria", is our new Junior Psychosocial Counselor in OSA. She graduated Bachelor of Science in Psychology at the Pamantasan ng Lungsod ng Maynila and she is also a Registered Psychometrician. She has extensive knowledge and experience with regard to Applied Behavioral Analysis as she was a Behavioral Therapist for over two years. She handled patients mostly children, with neurodevelopmental needs specifically children under the spectrum. She is a self-proclaimed adventurer as she loves hiking and conquering mountains. She also loves to read novels and watch TV series. Every day, she tries to live by the quote "the goal isn't to live forever, the goal is to create something that will" from one of her favorite writers, Chuck Palahniuk. If there is anything you want to share, know that you can always count on her to listen.



EDITORIAL CARTOONING



PAMILYA: SA HIRAP AT GINHAWA

Sa kasalukuyan, ang pamilyang Pilipino ay humaharap sa mga hamon na dulot ng COVID -19 pandemic. Ang pagkalungkot, pangamba, at pagkamatay ay ilan lamang sa negatibong bunga ng pandemiya sa buhay ng nakararami. Ganun pa man, ang pamilyang Pilipino ay patuloy na lumalaban sa pamamagitan ng pagmamahalan, pagkakaisa at pagsunod sa mga health protocols upang mapanatiling ligtas at masaya ang loob ng tahanan. Ang pagiging matatag ng isang pamilya ay binubuo ng mga positibong katangian na mahalagang nagagamit at nagbabago ayon sa pangangailangan.

Narito ang ilan sa mga katangian ng isang pamilya na dapat malaman at gawin sa panahon ng krisis. **Nakapaglalaan ng Oras** - mahalaga na magbigay tayo ng panahon upang magkasama-sama at ng lalong tumibay ang bigkis ng pamilya. **May Pagpapahalaga at Paniniwala** - ang bawat pamilya ay may pinanaligang kabutihan na siyang nagbibigay gabay sa pagharap ng mga problemang dumarating bukod pa dito maari din itong magbigay ng katatagan ng loob at layunin sa buhay. Maaaring naimpluwensiyahan ng kanilang paniniwala ang pang araw- araw nilang kilos at kaisipan. **Bukas sa Komunikasyon** - gaano man kahirap, mahalagang mag patuloy sa isang pamilya ang pagkakaroon ng komunikasyon. Kailangan nating pakinggan at unawain ang bawat miyembro ng pamilya. Kailangan nating matutunan ang kahulugan ng pagkakahati ng ating mga kaisipan at damdamin. Sa ganitong pamamaraan natututo tayong magtiwala at umasa sa isa't 'sa. **May Pananagutan / Komitment** - ang pagkakaroon ng pananagutan ay malaking tulong upang mapanatili ang pagiging tapat at ligtas na pakiramdam ng bawat isa sa pamilya. **May Pagpapahalaga** - siguraduhing naipapakita natin sa salita at gawa ang pagpapahalaga at pagtatangi sa pamilya ng ang pagkakabuklod buklod ay maging matibay. **Naka-agapay** - dumarating sa buhay ng pamilya ang iba't ibang uri ng problema at ang mga ito ay maaaring magamit upang maging malapit at tumulong sa isa't isa. Kung maging positibo ang pagunawa ng buong pamilya sa mga suliranin na kinakaharap, maaari itong pag mulan ng oportunidad para mas maging matatag at mapagtagumpayan ito ng sama sama. | A. Alonzo



In today's seemingly busy world, we oftentimes fail to stop, reflect, and ponder on what is beautiful in us, in every one, and in every thing around us. What could be the best way to appreciate this beauty than to spread the beauty itself! The beauty of cheer, hope, love, and gratitude. Hence, rose petals.

Dear Rose Petals,
 The second semester is over and I must admit I did not do my best. I want to make a fresh start this coming new Academic Year. Please help me make a good start. Thank you.
 - CSP-P

CONNECT WITH US

- **OSA Email Address**
upm-osa@up.edu.ph
- **OSA Website**
<https://osa.upm.edu.ph/>
- **OSA Landline**
 88-141-250 or 88-141-251
- **OSA Facebook**
www.facebook.com/student.center.upm
- **GCP Email Address**
guidance.upm@up.edu.ph
- **GCP Contact Number**
 0935-283-9951 (TM)
 0919-268-1144 (SMART)
- **GCP Facebook**
www.facebook.com/UPMGCP

Dear CSP-P,

It is good that you came to realize that “nothing in the universe can stop you from letting go and starting over” (Guy Finley) because “failure is the opportunity to begin again more intelligently” (Henry Ford) and the key is to accept that “the beginning is the most important part of the work (Plato)” which is goal setting.

Goal setting is essential for it serves as a roadmap toward reaching your goals. Prior to goal setting, you need to identify WHAT goals you want to have accomplished after the AY 2022-23. Then, you may set SMART (specific, measurable, attainable, realistic, time-bound) goals to make them feel tangible. After which, start planning out HOW you can accomplish those goals. Soon, you need to identify what could be possible BLOCKS or hindrances for you not reaching those goals. Finally, identify STEPS to take to address these blocks/hindrances. A sample is illustrated below:

WHAT	HOW	BLOCKS	STEPS
Earn the best thesis award	- Read from different sources	- Laziness	- Visit the library MWF @ 4-5:30PM
	- Make one paragraph each day	- Discontent	- Display a motivational quote on my table

Good luck!

Rose Petals

**"The first step towards getting somewhere is to decide you're not going to stay where you are."
 -J.P. Morgan**



OFFICE OF STUDENT AFFAIRS

Dr. Blesile Suzette Mantaring, FPOGS
 Director and Editor-in-Chief

Wilfredo II Francis Mina
 Assistant Editor

Contributors: Elgie Ocampo-Madla
 Jesusa Bianca Fernandez
 Beatriz Andrea Morente
 Albert Mathew Alonzo
 Micah Joy Lacerna
 Maria Beatriz De Leon
 Juliet Alava-Baytos

Layout/Design: Micah Joy Lacerna
 Beatriz Andrea Morente
 Albert Mathew Alonzo
 Maria Beatriz De Leon