



FREE MENTAL HEALTH SUPPORT FOR STUDENTS 2021-2022

Implementer: **Office of Student Services – Guidance and Counseling Unit (OSS-GCU) ***

A. ACTIVE PROMOTION OF GOOD MENTAL HEALTH THROUGH WEBINARS

Title of Webinar	Date/s Conducted
1. Mental Health Awareness Month Webinar and Student Activity: - “Gender Spectrum: Developing A Critically Affirmative and Socially Supportive Learning Atmosphere for LGBTQ Students Through Affirming Language, Accepting Mindset and Validation Techniques”	October 7-28, 2022
2. Suicide Awareness Month Webinar - “Cultivating Helping Skills: Harnessing Positive and Health Conversation Adeptness in Identifying Mental Health Tip Offs”	October 14, 2022
3. TuTuKK 911 - “Mental Health 101: Taming the Overthinking Mind”	September 21, 2022
4. <i>Laylaydek Sik-a</i> : Celebrating Love that Builds and Protects - “Flagging Red Flags: Creating Safer Space for Women”	March 28, 2022
5. Flourishing the Minds; Caring for Others - “Crossing the Line: On Substance Abuse and Mental Health”	November 26, 2021
6. Flourishing the Minds; Caring for Others - “Let’s Talk About Suicide: A Virtual Talk Show; Self-care: Giving What’s Best of You, Not What’s Left of You; Promoting Mental Health Across Settings; Social Media Decorum and E-learning; Life Hacks to Creating More Time”	September – November 2021
7. Flourishing the Minds; Caring for Others - “Harnessing Inner Strength and Mental Toughness”	October 4, 2021
8. I Love Me; “Discovering and Learning the Art of Self-Help” - “Decluttering MY Excess Baggage: Achieving A Sense of Inner Harmony in the Midst of Pandemic”	March 12, 2021

* It is the OSS-GCU's main mandate to cater to varied Mental Health needs and concerns of students

B. ACTIVE PROMOTION OF GOOD MENTAL HEALTH THROUGH INFORMATION-EDUCATION-COMMUNICATION (IEC) MATERIALS

Title of Webinar
1. Talinaay ti Panunot Brochure
2. Posting of electronic publication materials in the BSU OSS Guidance and Counseling Unit Facebook account and group page

C. PROVISION OF FREE COUNSELING FOR STUDENTS

Title of Webinar
1. Online counseling: Appointment Link for counseling is posted in the BSU Office of Student Services-Guidance and Counseling Unit Facebook account and group page
2. In-person or face-to-face counseling: The BSU Office of Student Services-Guidance and Counseling Unit caters to scheduled and walk-in students who would like to avail of counseling and other mental health support

**Mental Health Awareness Month Webinar
and Student Activity:**

**"Gender Spectrum:
Developing A
Critically Affirmative
and Socially
Supportive Learning
Atmosphere for
LGBTQ Students
Through Affirming
Language, Accepting
Mindset and
Validation
Techniques"**



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Benguet State University
OFFICE OF STUDENT SERVICES
La Trinidad, Benguet



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ACCOMPLISHMENT REPORT

TITLE OF THE ACTIVITY: MENTAL HEALTH AWARENESS MONTH WEBINAR AND STUDENT ACTIVITY

- I. **WEBINAR TITLE:** Gender Spectrum: Developing a critically affirmative and socially supportive learning atmosphere for LGBTQ students through affirming language, accepting mind set and validation techniques.
- II. **STUDENT ACTIVITY THEME:** The Colors of The Rainbow: Celebrating Inclusivity and Diversity
- III. **PARTICIPANTS:** All interested enrolled students (SLS, College, and Graduate School of Benguet State University (La Trinidad campus, Bokod campus, Buguais campus)
- IV. **DATE OF IMPLEMENTATION:** October 7-October 28, 2022
- V. **PROPONENTS/IMPLEMENTERS:** OSS-Student Wellness Services-Guidance and Counseling Unit.

I. NARRATIVE REPORT

Bullying in schools has been a problem for a long time, and it may be more common than we realize. Especially when it comes to bullying a marginalized population in the community, particularly the LGBTQ+ community, this case is often overlooked and may be the result of not knowing what to do, according to a recent study conducted by the United States Secondary School Students and Teachers in 2018. Additionally, some educators who witnessed bullying against this minority group wanted to help but felt unsure how to handle the situation or had limited capacity to intervene.

In relation to this social issue, the Training Needs Analysis conducted by the Guidance and Counseling Unit of the University for a period of 6 months (January to June, 2022) yielded alarming concerns about mental health issues of anxiety, depression, anxiety and gender. According to the Human Rights Campaign's 2018 LGBTQ Youth Report, LGBTQ+ people face numerous challenges that have a significant impact on their mental health. These difficulties range from negative comments about the gender they identify with to physical and sexual abuse, which has resulted in a fear of disclosing their identity, which can undeniably cause additional mental stress.

Moreso, it has been said that their painful experiences had unquestionably caused them to suffer from a variety of metal health conditions (HRC, 2018), which is consistent with the findings of a recent study conducted in 2022 by Craig et al. They discovered that people from minority groups have disproportionately high rates of stress-related issues like depression, anxiety, and suicidality. Furthermore, it has been reported that 77% of LGBTQ+ youth have experienced unwanted sexual comments or jokes in the last year. According to the same Human Rights Campaign study, 73 percent of LGBTQ+ youth received verbal threats because of their perceived gender identity, and 78 percent of



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youth who were not out to their parents' heard members of their family make negative comments about LGBTQ+ individuals.

In addition to this, according to a Western Governors University article, a number of LGBTQ+ students feel unsafe and unwelcome in their schools, with 59 percent feeling unsafe because of their sexual orientation and 45 percent feeling unsafe because of their gender expression. Also, LGBTQ students reported a higher level of peer victimization at school than other students with an 89.4% of LGBTQ students reporting victimization experiences. On the brighter side, according to the same study, by incorporating a positive and safe learning environment in schools leads to better class outcomes and performance. Affirmative practices that promote positive self-esteem and resilience to discrimination for LGBTQ+ students have shown a positive impact on their self-esteem, and incorporating affirmative practices in the educational setting will greatly help this minority group feel validated, affirm their strengths, and socially supported.

In honor of National Mental Health Month, the Office of Student Services-Student Wellness Division, through the Guidance and Counseling Unit, will host a webinar with an interactive discussion to provide education and highlight the importance of an inclusive learning environment for the minority group. Also, this activity will be conducted in observance of the signing of the Diversity and Inclusion Program by the former President Duterte on December 17, 2019 which aims to "consolidate efforts and implement existing laws, rules and issuances against the discrimination of persons". The event will be live streamed on the University's Guidance and Counseling Unit Facebook page.

II. OBJECTIVES

A. WEBINAR

This activity aims to provide education to the participants about the LGBTQ+ community, Mental Health and an Inclusive Education Environment.

Specially, at the end of the activity, the participants will be able to:

1. Gain valuable knowledge on the basic concepts and facts about Mental Health and the LGBTQ Community.
2. Enhance their skills in practicing affirmative language, accepting mindset and using of validation techniques.
3. Create a safe space and support system for everyone who is a part of the LGBTQ+ community through promotion of the GCU online assistance and:
4. Advocate for proper mental health intervention through positive mental health support across institutions (family, school, community, and social media).

III. PARTICIPANTS

A total of 31 participant's registered for the activity. The participants who signified their interests in joining the activity came from the different colleges in the University with the highest number coming from the College of Teacher education and the second in rank choose not to identify their courses.



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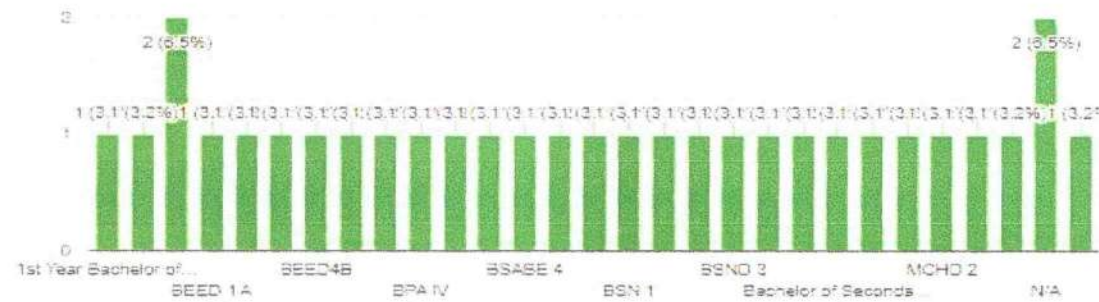
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Course & Year

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31 responses

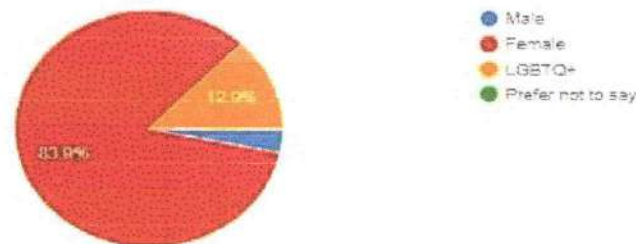


Also, majority of the participants in the seminar come from the females with a total percentage of 83.9%, 12.9% coming from the LGBTQ+ community and the rest come from the males with a total of 3.2%.

Gender

Copy

31 responses



IV. EVALUATION OF THE ACTIVITY

EVALUATION COMPONENT		RATING	INTERPRETATION
A. Topic/Content	Relevance/significance	3.86	Very Satisfactory
	Contribution to knowledge	3.86	Very Satisfactory
	Contribution to skills	3.78	Very Satisfactory
	Organization	3.82	Very Satisfactory
AVERAGE		3.83	Very Satisfactory
B. Facilitator/s	Stimulation of participants' interest	3.72	Very Satisfactory
	Mastery of delivery	3.91	Very Satisfactory
	Communication Skills	3.86	Very Satisfactory



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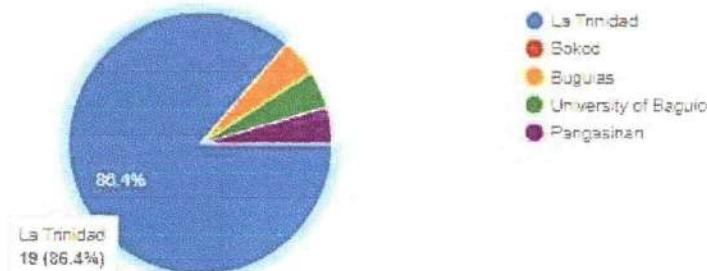
	Interaction w/ participants	3.78	Very Satisfactory
	AVERAGE	3.82	Very Satisfactory
C. Activity	Appropriateness of activity	3.91	Very Satisfactory
	Time is well-managed	3.82	Very Satisfactory
	Time allotted is enough	3.82	Very Satisfactory
	AVERAGE	3.85	Very Satisfactory
	OVERALL AVERAGE	3.89	Very Satisfactory

- The evaluation tool used was a 4-point rating scale, with 4 as the highest.
- A total of 22 participants evaluated the webinar.

School Campus (fill up other for not BSU students)



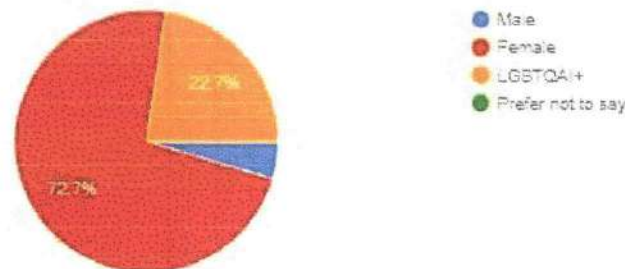
22 responses



Sex



22 responses



Majority of the participants who evaluated the activity are from the La Trinidad campus of Benguet State University with a total percentage of 86.4% with Buguais, Bokod, PAngasinan and University of Baguio participants have an individual total percentage of 4.5%. in addition, a total of 72.7% of the participants are females 22.7% came from the LGBTQ+ community and the remaining 4.5% came from the males



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V. VERBATIM COMMENTS FROM THE PARTICIPANTS

A. What can you say about the webinar?

- Thank you
- **HELPFUL AND EMPOWERING.**
- It is very intriguing.
- Excellent
- Maganda ang webinar topic na lito sapagkat mas nakatulong lito sa mga manood na katulad ko na mas malaman at naiintindihan kung ano nga ba ang sexual orientation at gender identity. At dahil dito mas naintihan ko na dapat tanggapin natin ang LGBTQ sa Kung sino at ano sila.
- The seminar is equipped with various knowledge, factual information, and it is presented well by the speakers.
- Alluring
- informative and interesting topic
- It was fun and soo much interesting as well as its very helpful.
- The seminar is very useful for the students and teachers
- thank you
- very good
- I can say that the topic is well oriented and it really gives the information i wanted to know .I learned many things about the topic like on how teachers can help in the future in solving issues in the classroom as they said in the live that teachers philosophies and beliefs are showcased in the classroom behaviors.
- The webinar had tackled the topic and accommodated the questions very well.
- It is good and informative
- Very relevant and relatable
- It is informative.

B. What do you suggest for the improvement of future webinars to be conducted?

- I suggest more interactive activities with the audience/students.
- Talkshow please :)
- Bullying and poverty
- Time management
- are good enough for me though, so i cannot suggest improvement for now.
- None
- None
- None.

C. What future topics would you like to be conducted in the future?

- What other topics would you like to be conducted in the future?
- None
- Financial
- Mental issues
- None
- Fighting the widespread of misinformation, etc.
- none at the moment
- Awareness campaign against discrimination
- same
- none
- none as of now
- None
- Self-care relating to nature healing
- I think formal letter writing, we need that.

D. What is the significance of the topic to you?

- The significance of this topic is how we people understand how people makes relationship in terms of women to women male to male and so forth and how people thinks of themselves in regards to gender.
- It givesme additional information and awareness regarding the LGbtq



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- As a member of the LGBT Community, the topic discussed was great help in learning more about the community I belong in and the discussion was interesting and empowering.
- As an aspiring teacher, the topic is significant to me to be able to make my class and my students feel safe to express who they truly are and for me to understand them better.
- I have gained knowledge on the differences of the gender of each person and how to respect the LGBTQ
- An eye opener
- It helps me to realise that accepting and understanding the preference or identity of one person is the best way to make. Because this can help them to be more open.
- It allows me to understand more about the community I don't belong, and its concepts.
- I have learned much from this webinar, especially about the discussed topic. I got to know more of the terms and knowledge all about my colleagues, friends, and family members from the LGBTQ+ community.
- .
- As a future teacher, i to learn how to create an affirmative and supportive atmosphere for my future students.
- This topic informs me more about lgbtq+ and as a person having a sibling who also belong to the community this helped me to understand more about them.
- It helps me to be more aware about LGBTQIA+ that is specifically where I belong. It also helps me to understand the concepts of the Community.
- It is very useful as a guidance counselor to help the students who are a member of LGBTQ+
- a lot many
- many things
- I wanted to know more about LGBTQ and it is important to me in the way that i have known many people who are part of LGBTQ, some are my friends. Honestly i wanted to know whether i am straight or bisexual 'cause i am not really sure about it and i know this webinar can help me about it.
- In order to provide health services and care to LGBT people in our communities, we must strive to understand how LGBT people's identities, experiences, and relationships with the world around them might affect their health.
- As a part of the LGBTQ+ community, it is very important for me to gain more insights about the community that I belong to because even if I am a part of the community there are still things that I don't know or things that I could improve and it's nice to know that not only LGBTQ+ people are taking part in this webinar.
- It made me discover more about SOGIE and on how to develop a critically affirmative environment for them.
- It is very important to me to have some knowledge about the topic for me to be guided in the future.
- It serves as an awareness as to how we will be more inclusive to differences in the society.



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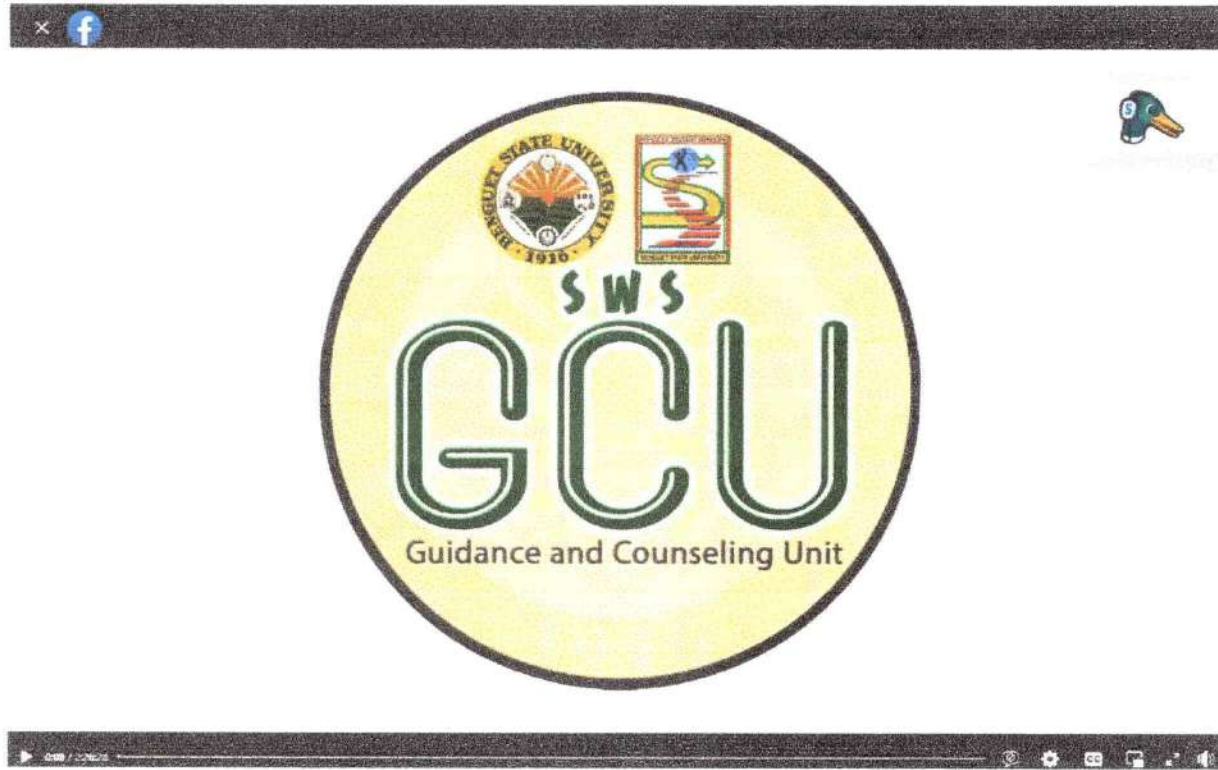
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VI. PHOTO DOCUMENTATION
A. Introduction



RESOURCE SPEAKER



JUNIX JERALD I. DELOS SANTOS, MS, PSYCH, RPM, L
ASSISTANT PROFESSOR, PSYCHOLOGY DEPARTMENT
UNIVERSITY OF BAGUIO

MODERATOR



VERLYN RIZZA G. BUL-LONG
YOUTH DEVELOPMENT ASSISTANT II
BSU-GUIDANCE AND COUNSELING UNIT



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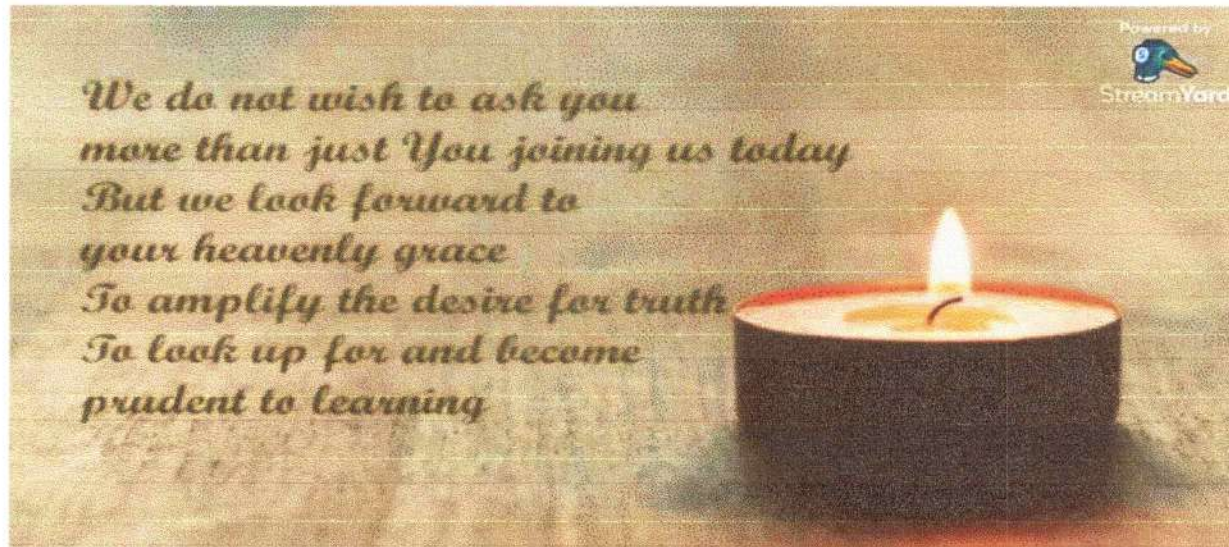


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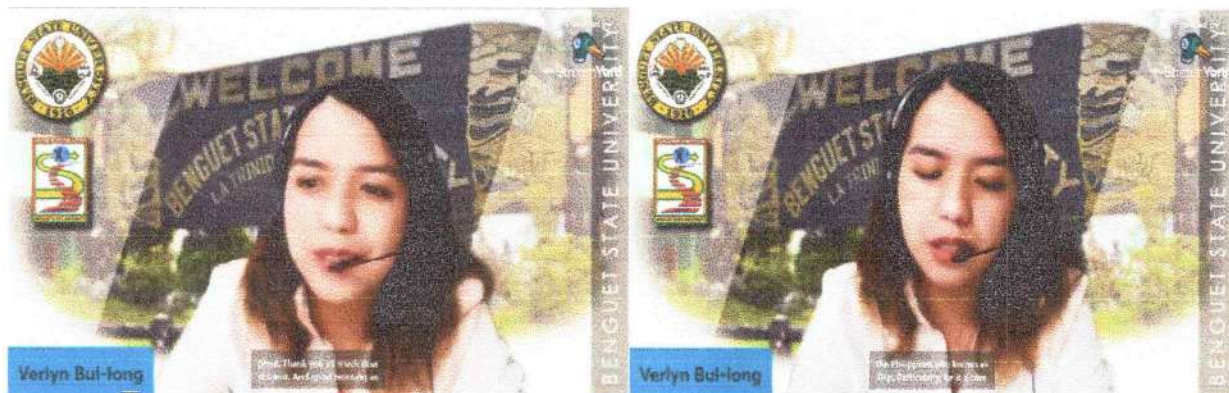
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B. PRAYER BEFORE THE ACTIVITY



C. MODERATOR: VERLYN RIZZA G. BUL-LONG





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D. OPENING REMARKS: SARAH M. PALAW-AY



E. INTRODUCTION OF THE SPEAKER





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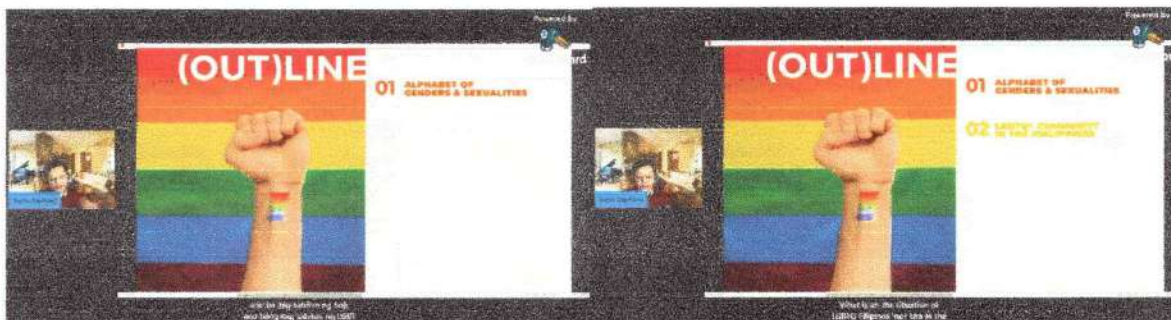
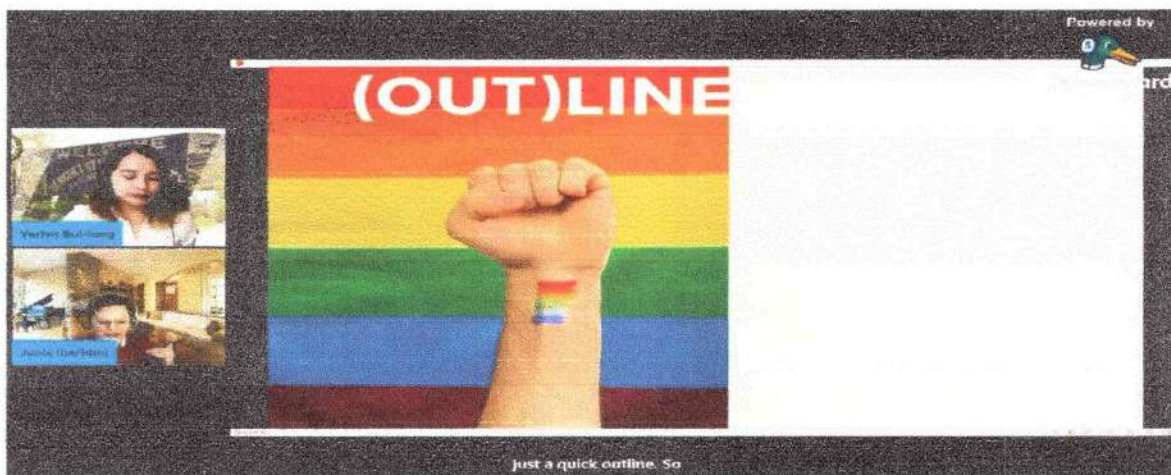
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F. PROGRAM PROPER: JUNIX JERALD I. DELOS SANTOS





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AND ANOTHER QUICKIE...*

4. Who turns you on?

Mostly men,
 boys, guys

Mostly women,
 girls, ladies

SEXUAL ORIENTATION

Sometimes men, sometimes women

WHAT IS LGBT?

TRANS

transgender people are people whose gender identity or expression is different from the sex assigned to them at birth

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CISGENDER

Women and men whose gender identity matches the sex that they were assigned at birth

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WHAT IS LGBT?

LESBIAN

Women like, love, and form romantic relationships with other women

violence against women, ah, so, yung, 1 billion rising, if you



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FROM LGBT TO SOGIE



Being transgender (and cisgender) is about you and your experience of gender—especially your **GENDER IDENTITY (GI)** as a gendered person living in a gendered society.

TANONG



Ano ang SOGIE ni **Bebe Gandanghari**?
 Si Bebe ay

TANONG



Jake Zyrus

Ano ang SOGIE ni **Jake Zyrus**?

Si Jake ay **heterosexual/straight (SO) trans man (GI) masculine (GE)**



STIGMA






From the Philippine Journal of Psychology

STIGMA via the government




Ang Ladlad LGBT Party v. Commission on Elections
 C.R. No. 190582 (April 08, 2010)

STIGMA via religion



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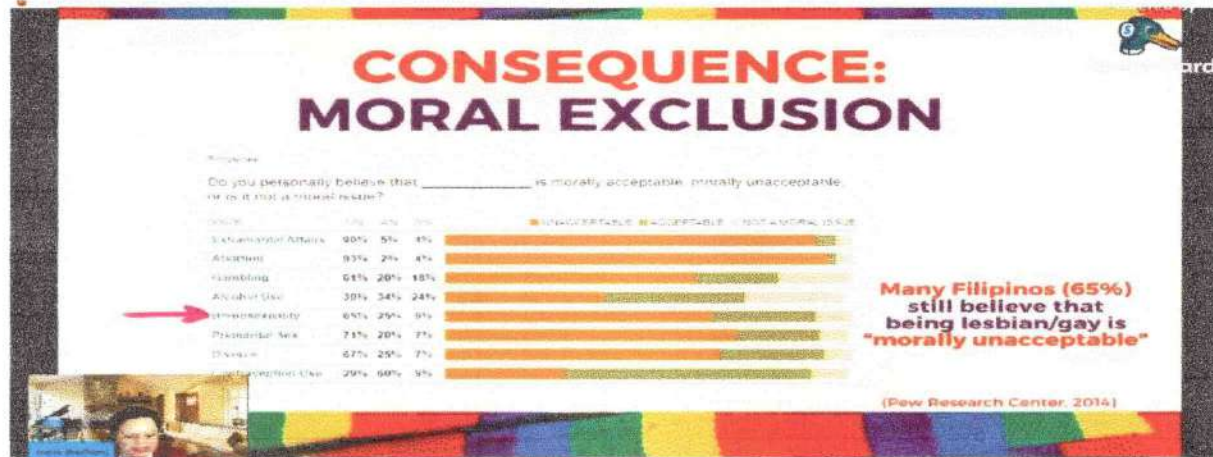
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Mail Online News

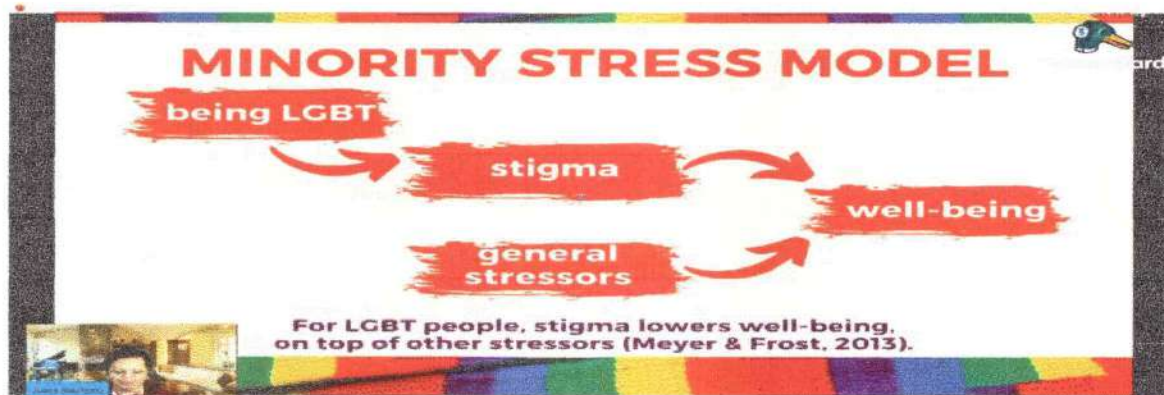
Transgender woman is 'handcuffed like a criminal' after cleaner stopped her from using ladies' toilets at a shopping mall in the Philippines

Police look into 'hate crime' vs trans man as 3 suspects arrested

Maguindanao community shaves women's heads to 'punish' them for being lesbians

LGBTQ+ PSYCHOLOGY

A branch of psychology concerned with the lives and experiences of LGBTQ (lesbian, gay, bisexual, transgender, and queer) people in positive, affirming, non-stigmatizing ways (Clark, Ellis, Peel & Riggs, 2011; Hancock & Greenspan, 2010).



STIGMA → "MINORITY STRESS"

(Hazenbuehler, 2009; Meyer & Frost, 2013)

If Harry Potter taught us anything

It's that no one should live in a closet

- 1. DISCRIMINATION** - being treated unfairly by teachers, being bullied by classmates
- 2. CONCEALMENT** - being closeted, maintaining separate lives
- 3. INTERNALIZED HATE** - feeling ashamed of being LGBT, wanting to change
- 4. FEAR OF REJECTION** - feeling anxious, worrying about negative reaction of peers, friends, parents

Are LGBTQs accepted in the Philippines?



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Are LGBTQs accepted in the Philippines?

Neil Padchonga

yesss sirrr, and as pre-service teachers it's also important to know that we can help too in the future in solving issues (like gender inclusion and etc.) because our philosophies and beliefs are showcased in our classroom behaviors 🇵🇭 pakk, mabuheyyy 🇵🇭

IN "TOLERANT" CONTEXTS

Stigma and general stressors lead to poor well-being.

In tolerant contexts, the absence of LGBTQ affirmative policies still results in a significant link between being LGBTQ and poor mental health outcomes (Hatzenbuehler et al., 2009).

IN LGBTQ-AFFIRMATIVE CONTEXTS

Stigma and general stressors are reduced, leading to better well-being.

Social environments with explicit LGBTQ affirmative policies and LGBTQ supportive programs see fewer mental health disparities between LGBTQ and non-LGBTQs (Hatzenbuehler et al., 2009).

THE CURRENT SITUATION for LGB Filipinos

- Not illegal?
- Right to marry?
- Right to adopt as couples?
- Protected from discrimination?
- Protected from hate crime?

Anti-Discrimination Ordinances in the Philippines

11.3 million Filipinos

13.7% of the population

There are only 19 out of 1,634 cities with anti-discrimination ordinances

6 out of 81 with ordinances against LGBT-related discrimination

NO national law protects LGBTQ people against discrimination in the Philippines.

PRONOUNS AND WHY THEY MATTER

- Pronouns are the words used in place of a proper name (e.g., "she/her," "he/him," and gender-neutral pronouns such as "they/them" and "ze/hir").
- Some people use only one set of pronouns (e.g., she/her/hers only); others use multiple pronoun sets (e.g., she/they or any pronouns), and some use no pronouns at all (e.g., person uses a name instead of pronouns).
- The term "neopronouns" refers to pronouns that aren't "officially recognized" and are typically intended to be gender-neutral, such as "ze/hir/hirs," "ey/em/eir," and "xe/nim/nis."



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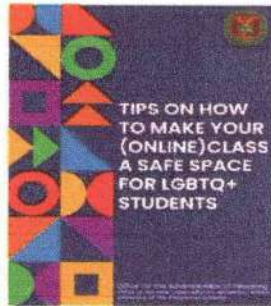
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- The Office for the Advancement of Teaching at the University of the Philippines Diliman created a manual called **Tips on How to Make Your (Online) Class a Safe Space for LGBTQ+ Students**.
- You may download the file through this link: <https://bit.ly/SafeSpacesManual>



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THE EQUAL LOGO

- EQUAL has originally developed this emblem to designate "safe spaces" in the workplace.
- The emblem bears a pink triangle, an internationally recognized symbol of positive gay identity accompanied by a green circle, an international symbol of acceptance.
- Displaying this emblem will let others know you support full participation of all members of the workplace, regardless of sexual orientation, gender identity, characteristics, or expression.

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- The Office for the Advancement of Teaching at the University of the Philippines Diliman created a manual called **Tips on How to Make Your (Online) Class a Safe Space for LGBTQ+ Students**.
- You may download the file through this link: <https://bit.ly/SafeSpacesManual>

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1. BE VISIBLE AS AN ALLY.

- Research shows that just knowing that there is a supportive educator at school can help LGBTQ+ students feel better about being in school.




U.P. Diliman Office for the Advancement of Teaching, 2021

ally. Ah ayan so if you can
what a

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2. SUPPORT STUDENTS WHEN THEY COME OUT TO YOU.


- Coming out and receiving support is beneficial to LGBT+ individuals' mental health, physical health, and overall well-being.

DOs:

- Appreciate the student's courage.
- Assure and respect confidentiality.
- Offer support, but don't assume a student needs help.

U.P. Diliman Office for the Advancement of Teaching, 2021

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3. RESPOND TO ANTI-LGBT LANGUAGE AND BEHAVIOR.

- Educators can make a difference by intervening in anti-LGBT namecalling, bullying, and harassment. Address anti-LGBT namecalling, bullying, and harassment immediately and use it as a teachable moment.

U.P. Diliman Office for the Advancement of Teaching, 2021

can? Address it. Tell it you
address that is



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4. EDUCATE OTHERS.

- Teach students to respect others
- Include positive representations of LGBT people, history and events into your curriculum.
- Engage other school staff about anti-LGBT bias and ways to create safer schools.



5. RECOGNIZE AND RESPECT STUDENTS' LIVED NAMES, PRONOUNS, AND TITLES.

- Using pronouns creates safer and more inclusive spaces for people to be themselves knowing that other people are going to respect their identity, including their gender identity.



6. DISCUSS GROUND RULES AND EXPECTATIONS FROM THE START OF THE CLASS.

- Promote an atmosphere of respect and provide clear policies against stigmatizing speech/behavior.
- Remind students that written communication (i.e., email, chat, or discussion boards) can lack tone clarity and is more likely to be taken out of context or misinterpreted.
- Encouraging students to "think before you click/send."



7. PROVIDE CLEAR, THOROUGH, AND HONEST DISCUSSION ON THE GUIDELINES ON PRIVACY AND CONFIDENTIALITY.

- Make a commitment to treat students' assignments as confidential (but acknowledge limitations).



(LUP Diliman Office for the Advancement of Teaching, 2021)

EQUALITY, EQUITY, AND (SOCIAL) JUSTICE



1. Equality: All get a box to watch over the fence.
2. Equity: One person gets the box to see over the fence.
3. Justice: The person who was previously blind gets the box to see over the fence.

We from the Psychological Association of the Philippines (PAP) are here to support you.

We build an LGBT-inclusive psychology via:

- advocacy
- practice
- research
- education

www.facebook.com/paplgbtpsychologysig/ • lgbt.sig@pap.ph



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GENDER MAINSTREAMING AND DEVELOPMENT FRAMEWORK

The infographic shows the 17 Sustainable Development Goals. Goal 5, 'Gender Equality', is highlighted with a red circle. The text 'SUSTAINABLE DEVELOPMENT GOALS' and '17 GOALS OF TRANSFORMING OUR WORLD' is visible.

Filipino psychologists are allies to LGBT people.

Let's not stop at just talking about being inclusive, let's finally do it.

Isang malaya at mapagpalayang araw, salamat!

G. QUESTION AND ANSWER

Verlyn Bui-long

Junix (he/him)

Verlyn Bui-long

Junix (he/him)

The students gender expression is still limited to those LGBTQIA+ community coz of the rules and regulations of school.. How to address in a nice manner those member of LG members of LGBTQ plus, who cross-dressed in school while dressed in..



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...School while respecting school and the person? Thanks.

Paano mo maibabalik ang "self-esteem at confidence" na nawala sa isang LGBT+ dahil sa diskriminasyon?

How can we teach those people who are biblically thinkers or oppose to LGBTQ to be open minded and to be socially fair and support our LGBTQ members? How can I apply this to the younger ones?

Verlyn Bul-long
 Junix (he/him)



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Selene Mori

What do you call someone who wants to start a family but doesn't know if he wanted a man or a woman as his/her partner? The reason is he/she fears the disadvantages of marrying either both.

Liagao Cyril Cedrick Cabrera

Hello sir I want to ask something but this is related to attitude so sorry in advance. "How can you deal with people who are autistic in behavior such as people who are gays."

What are the things or actions that we might be doing unconsciously that are actually disrespectful to members of LGBTQ+?

yan kasiin natin. Di ba?
 Thinking, mga questions, mga

Harvey Jim Marcos

Fighting for our rights as members of the LGBTQIA+ Community is good. However, paano natin masasabing nag-cross tayo ng line sa paglalaban sa rights natin and ano yung nagsisignify na nagcross na tayo ng line?



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Liagao Cyril Cedrick Cabrera

So apparently sir it's like people who are having often problems and when they speak they may or may not understand in terms of autism. Gay people who just basically listens but doesn't understand the situation they're in.

Are the right and laws that the LGBTQ+ community are reasonable?

community are reasonable? are the rights to us, well hindi ko

How can you properly give respect to the needs of a student of lgbtq+ (for example, using their preferred name Alice than their birthname Alexander) if they are afraid to come out?



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H. AWARDING OF CERTIFICATE

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 LA TRINIDAD, BENGUET 2601

CERTIFICATE OF APPRECIATION

This certificate is awarded to
Junix Ferald I. Delos Santos
 for his invaluable time, effort and expertise as a **Resource Speaker**
 during the webinar on:
"GENDER SPECTRUM: DEVELOPING A CRITICALLY AFFIRMATIVE AND SOCIALLY SUPPORTIVE LEARNING ATMOSPHERE FOR LGBTQ STUDENTS THROUGH AFFIRMING LANGUAGE, ACCEPTING MIND SET AND VALIDATION TECHNIQUES"

Given this 28th Day of October 2022 at
 Benguet State University

Sarah M. Palaw-Ay
SARAH M. PALAW-AY
 Office Head, OSS-SWS

Ramon C. Fiangaan Jr.
RAMON C. FIANGAAN JR.
 Director, Office of Student Services

with us ever since ng nine po,
 hangang na yun 'no alasdo si

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 LA TRINIDAD, BENGUET 2601

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Harvey Jim Marcos

Thank you Sir Junix and BSU-GCU. This webinar is really helpful and empowering. Thank you for accommodating our questions. Thank you for giving us a platform where we can amplify our voices. **MABUHAY PO TAYONG LAHAT!** ❤️❤️❤️❤️❤️❤️

accommodating our questions and
 thank you for giving us a



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I. REACTOR: AGNES KRYZA H. SITO



J. CLOSING REMARKS: ANGELI T. AUSTRIA





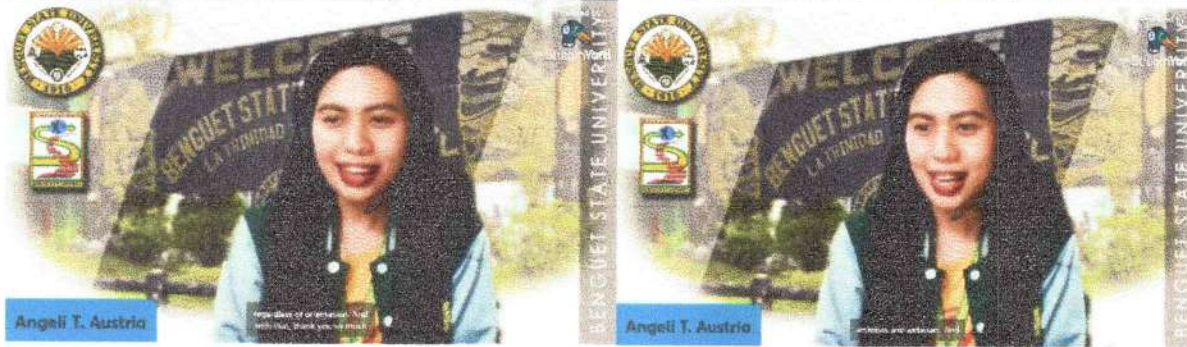
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Angeli T. Austria

Angeli T. Austria



Verlyn Bui-long

that they may feel that they are appreciated and they are

Prepared by:

Reviewed by:

DECIMAE D. GAYASO
Coordinator, Information and
Orientation Services

ANGELI T. AUSTRIA
Unit Head, GCU

Noted by:

SARAH M. PALAW-AY
Division Head, SWS

RAMON C. FIANGAAN JR.
Director, OSS

Suicide Awareness Month Webinar

“Cultivating Helping

Skills: Harnessing Positive

and Health Conversation

Adeptness in Identifying

Mental Health Tip Offs”



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ACCOMPLISHMENT REPORT

TITLE OF THE ACTIVITY: SUICIDE AWARENESS MONTH WEBINAR

WEBINAR TITLE: Cultivating Helping Skills: Harnessing Positive and Healthy Conversation Adeptness in Identifying Mental Health Tip Offs.

PARTICIPANTS: All interested enrolled students (SLS, College, and Graduate School of Benguet State University (La Trinidad campus, Bokod campus, Buguais campus)

DATE OF IMPLEMENTATION: October 14, 2022

PROPOSERS/IMPLEMENTERS: OSS-Student Wellness Services-Guidance and Counseling Unit.

I. NARRATIVE REPORT

A recent survey by iPrice, a major Southeast Asian e-commerce company, found that during the first five months of 2021, google searches for mental health services in the Philippines came in second. The number of people looking for mental health treatments online has climbed by roughly 109% since 2019. As a result, the rise can be linked to the high cost of mental healthcare in the nation, to the inaccessibility of treatments due to poverty, or to taboo in one's culture. Moreover, according to the Training Needs Analysis conducted by the Guidance Counseling Unit of the University from January to June of 2022, the GCU has realized that many of our students and respondents raised their concerns about Mental Health. A number of the respondents have alarming questions on coping, anxiety, depression, stress and awareness. Without question, Tutukk 911 program of the GCU has topped the chart for the upcoming activities which the GCU has paid close attention to.

In addition to the aforementioned causes, the study also revealed that Southeast Asians have already started using DIY stress-reduction techniques or apps that support and facilitate mental healthcare. Even worse, 3.6 million Filipinos are estimated to suffer from at least one type of mental, neurological, or substance use illness, according to World Health Organization research.

To make matters worse, a 2020 study conducted at Far Eastern University found that the stigma surrounding mental health in the Philippines is still extremely high. Furthermore, it has been stated that most Filipinos still use derogatory terms and show indifference when speaking to or about people suffering from mental illness. Furthermore, some Filipinos dismiss them as attention seekers or hopeless, and they are treated with indifference. This attitude dates back to the 16th century and should be abolished (Lazarte, 2020). These may be the reasons why the majority of



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our countrymen prefer DIY mental health care practices instead of seeking professional help.

Unfortunately, most of the time, this method fails, and the person tends to self-treat instead of seeking professional help, which can cause more harm than good. Even after former President Rodrigo Duterte signed the Mental Health Bill in 2018, the National Center for Mental Health reported a 149 percent increase in the average monthly calls for urgent help in the country that they receive, and the Philippine Statistic Authority reported that the rate of suicide cases rose by 57.3 percent from the year 2020 in 2021.

Given these figures, everyone should be educated on the subject so that people suffering from mental illnesses can be treated with dignity, validation, and unconditional positive regard. We may be able to reduce the above-mentioned figures by learning skills that benefit both others and ourselves. In line with this, by honing our helping skills and honing our conversation skills, we may be able to identify Mental Health Tip Offs when speaking with a person, a friend, a family member, or a stranger. By being able to do so, we will be able to provide them with the necessary support and assistance. According to a mental health organization in the United Kingdom, people who have been encouraged by their loved ones to seek mental health treatment from professionals recover from their illness while receiving social support throughout the process.

In observance of the Suicide Prevention Month and the efforts of government and non-government organizations in implementing policies and interventions in the said issue, the Office of Student Services-Student Wellness Division through the Tutukk 911 program of the Guidance and Counseling Unit which aims to deal with crisis situations or concerns of specific populations through a variety of topics. The GCU will lead an interactive discussion via a webinar streamed on the Guidance and Counseling Unit Facebook page. The activity will primarily educate viewers on recognizing and advancing their knowledge on the dos and don'ts in the presence of Mental Health Tip Offs.

II. OBJECTIVES

This activity aims to provide education to the participants about mental health and helping skills. Specially, at the end of the activity, the participants will be able to:

1. Gain valuable knowledge on the basic concepts and facts about Mental Health Tip Offs and Helping Skills.



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2. Recognize the risk factors and protective factors of mental health tip offs.
3. Create a safe space and support system for everyone who is suffering from mental illness and the vulnerable ones through promotion of the GCU online assistance and:
4. Advocate for proper mental health intervention through positive mental health support across institutions (family, school, community, social media).

II. PARTICIPANTS

There is a total of 118 participants who registered for the activity. The participants who signified their interests came from the different colleges in the university and there were also participants who are not from the Benguet State University. Majority of the registrants are females with a total percentage of 83.9%, followed by the males with a total percentage of 9.3%. There were also participants who came from the LGBTQ community with a total percentage of 5.1% while the remaining 1.7% choose not to be identified.

III. EVALUATION OF THE ACTIVITY

EVALUATION COMPONENT		RATING	INTERPRETATION
A. Topic/Content	Relevance/significance	3.96	Very Satisfactory
	Contribution to knowledge	3.94	Very Satisfactory
	Contribution to skills	3.81	Very Satisfactory
	Organization	3.81	Very Satisfactory
AVERAGE		3.88	Very Satisfactory
B. Facilitator/s	Stimulation of participants' interest	3.85	Very Satisfactory
	Mastery of delivery	3.91	Very Satisfactory
	Communication Skills	3.83	Very Satisfactory
	Interaction w/ participants	3.85	Very Satisfactory
AVERAGE		3.86	Very Satisfactory
C. Activity	Appropriateness of activity	3.95	Very Satisfactory
	Time is well-managed	3.91	Very Satisfactory
	Time allotted is enough	3.83	Very Satisfactory
AVERAGE		3.90	Very Satisfactory
OVERALL AVERAGE		3.88	Very Satisfactory

- The evaluation tool used was a 4-point rating scale, with 4 as the highest.
- A total of 75 participants evaluated the webinar.

Majority of the participants who evaluated the activity are from the La Trinidad campus of Benguet State University with a total percentage of 98.7% and the remaining 1.3% come from the University of the Philippines Manila. Also, majority of the participants who evaluated the activity were females with a total of 89.3%. Subsequently, a total percentage of 9.3% came from the males and the remaining 1.3% of the participant identify as LGBTQ+.



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VERBATIM COMMENTS OF THE ACTIVITY

A. WHAT CAN YOU SAY ABOUT THE WEBINAR?

- Helpful
- It was very interesting as they can learn from this seminar
- It was good and educational.
- It is presented well and very engaging.
- informative and helpful
- We need more like this.
- Timely and relevant.
- It is very helpful especially that we just finished our midterm exam. And we need to keep our mental health healthy.
- The webinar held help me to be open and had given me some sort of advices on the things I should be doing
- It is helpful, informative and relevant to the current issues that we are facing right now. IT brings awareness among people especially the young ones.
- It is nice and significant especially to diverse students with different challenges.
- it's helpful
- I would say that the seminar is successful, it really help us not just now but also in the future.
- We've learned a lot and it answers all the questions well and it satisfy us.
- The topic is very significant and the flow of the discussion is organized.
- This is helpful to us because this can help us to be more aware of our mental health. This can remind us that we should always take care of our mental health.
- It was great.
- The seminar is relevant today because it helps us students to be aware of our mental health.
- It is nice, organized and helpful to any one.
- The seminar was very informative and gives a lot of lesson to everyone especially to us students.
- The seminar was well tackled
- it was informative and dynamic
- I can say that it is very helpful for me as a student as i really need help in this part.I have learned alot about it especially on opening an conversation and using the "I" statement.
- It's great since I learned a lot about the things to do and not to do when your sharing your problems or if your the listener
- It is very helpful for us because we gain some knowledge to apply in our life.
- Very informative, thank you:)
- It values the mental health of students and other people knowing that many of us experience emotions that are not easy to express or understand.
- The topic that has been discussed is very relevant which could help us to overcome mental health problem and I learned something which I could apply this in my daily life.
- I learned a lot and enjoyed watchibg.
- It was very Helpful and relevant, especially
- It was great and we did learn a lot from the seminar.
- The webinar is very relevant and helpful.



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- | | | |
|--|---|---|
| <ul style="list-style-type: none"> ▪ The ideas are well presented and are applicable to all students. ▪ Good ▪ It is delivered well
 ▪ the content of the webinar is very satisfyin ▪ Inspiring ▪ It was a good seminar for it talks about our mental health. ▪ I can say that this seminar is to give motivation to the students or to all those who listened to this seminar because poor mental | <p>health can cause us to lose focus on what you are doing and make it difficult to manage our emotions. It is critical to look after our mental health because it improves our overall well-being.</p> <ul style="list-style-type: none"> ▪ It's nice since I learned so many things ▪ The seminar was good, nice and the discussion was clear. ▪ Its very helpful ▪ Thank you for the seminar. | <ul style="list-style-type: none"> ▪ The webinar is very helpfu most especially to students. ▪ It's overwhelming ▪ It's good. ▪ It was educational and fun. ▪ Successful ▪ It is beneficial to us students. ▪ It's helpful ▪ Very helpful ▪ thank you ▪ its an honor to have an seminar about this topic. ▪ its a good topic for all of the non teachng, teaching and students |
|--|---|---|

B. WHAT DO YOU SUGGEST FOR THE IMPROVEMENT OF FUTURE TRAININGS TO BE CONDUCTED?

- | | | |
|--|---|--|
| <ul style="list-style-type: none"> • What do you suggest for the improvement of future seminars to be conducted? • fabulous • Games • None • None. Keep it up po. • none • N/A • None • none • Student interaction and better PowerPoint presentation. • none • maintain being approachable • None • None po • A clearer sound. • Face to face seminars if the | <p>situation will allow us.</p> <ul style="list-style-type: none"> • none • More time. • None • So far none • As of now i don't have any suggestions for this . • I don't have any suggestions for now • I suggest that if we are not experiencing pandemic it is good to be done in face to face. • Nothing, just fix the audio. • none • None • N/A • None • It is nice if it is face to face. | <ul style="list-style-type: none"> • More more more webinar to be conducted • Face-to-face webinar • n/a • I'll suggest that all their topics they will share is related to the audience so they can be excited to listen and learn it. • I don't have any for now • None • None • None • None • I hope to participate in a face to face seminar. • Some Activities to be added |
|--|---|--|



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- | | | |
|---|---|--|
| <ul style="list-style-type: none"> • More motivational speaker • It would be better if it is face to face seminar • None | <ul style="list-style-type: none"> • The organization/office could make a talk show where students could be a live audience. | <ul style="list-style-type: none"> • none • none • for now I think adding more concepts for the future seminars |
|---|---|--|

C. WHAT OTHER TOPICS WOULD YOU LIKE TO BE CONDUCTED IN THE FUTURE?

- | | | |
|--|---|---|
| <ul style="list-style-type: none"> • What other topics would you like to be conducted in the future? • none • Different personalities of people. • None • None. • Mental care (like managing overwhelming emotions and such) • N/A • Regarding Self esteem • In regards with Early Pregnancy (social issue) • how to improve self confidence • anything about health • None po • Financial • Mental Health Awareness - Depression • None • I would like to suggest to have more webinars with regards to Mental Health for us to be reminded | <ul style="list-style-type: none"> • always about its importance. • How to deal with peer pressure • None for now • I don't have any for now • The topic I want to be conducted in the future is all about Stress management Techniques for Students • overthinking issues • Managing Stress and Anxiety • "How to control overthinking" • How to improve confidence • N/A • How to manage feelings and emotions towards a given situation. • n/a • Improving the Healthy Habits of Young Adults • I don't have any for now | <ul style="list-style-type: none"> • "How to Build/Improve Self Esteem or Self Confidence. • None • More on Leadership 😊 • Teenage Pregnancy • None so far • How to become a good listener to an in need friend • Activities • None • Mental Health Retreats • same • about suicidal of students that cannot handle the depression • For me is about climate change |
|--|---|---|



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Republic of the Philippines
 Benguet State University
OFFICE OF STUDENT SERVICES
 La Trinidad, Benguet



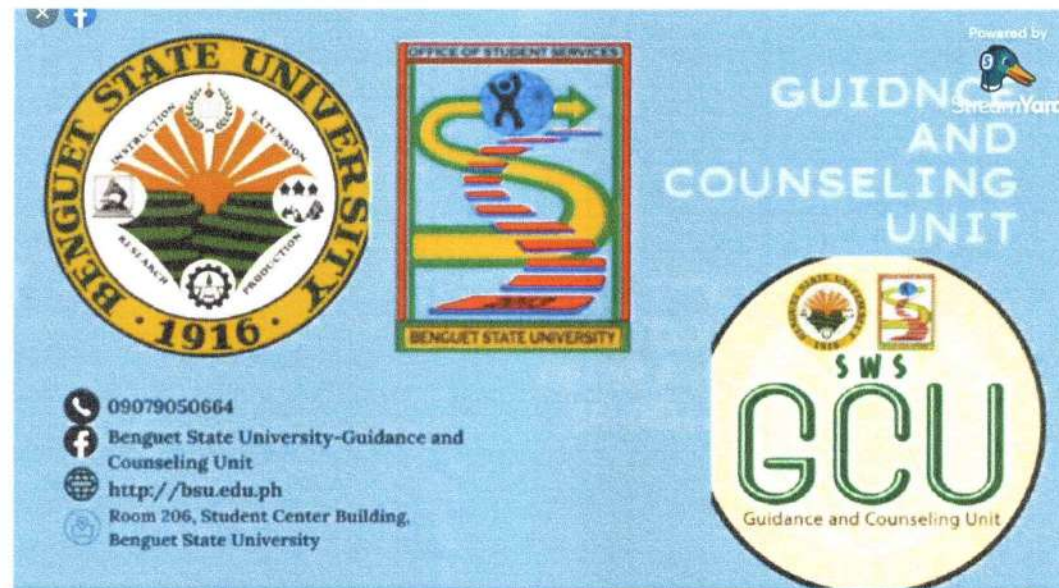
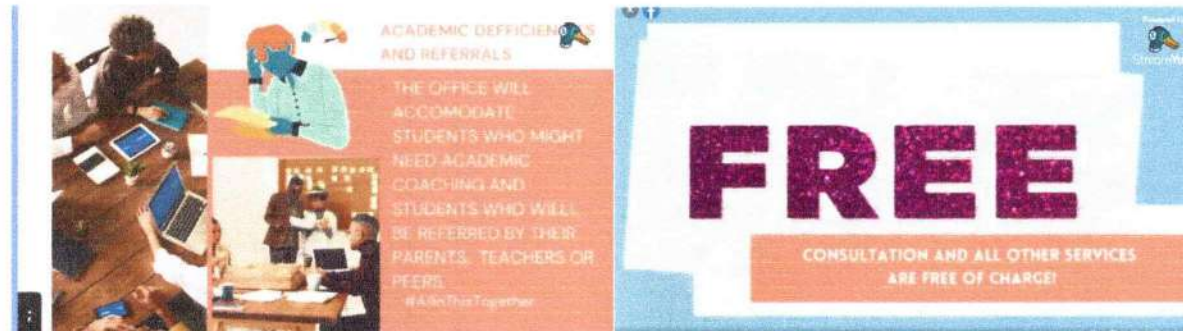
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IV. Photo Documentation

Screenshots of the webinar and views in Facebook





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Cultivating Helping Skills: Harnessing Positive and Healthy Conversation

2.1K People reached 497 Reactions, comments, and shares

1.1K 3-Second Video Views Retention curve

View more video details

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Comments

Most relevant

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11:45 18/10/2022



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Published by StreamYard
October 18 at 9:11 AM

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Debbie

11:43 / 25:50

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 SWS, Office Head

11:46 / 25:50



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Sarah M. Palaw-ay
SWS, Office Head

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The image shows a Facebook Live stream interface on a computer monitor. The stream is titled "Mental Health Webinar Series #1" and is hosted by the Benguet State University Guidance and Counseling Unit. Two participants, Debbie and Francine, are visible in separate video windows. The interface includes a StreamYard logo, a progress bar at 1:00:14 / 2:55:07, and a Windows taskbar at the bottom. The Facebook page shows 2.1K people reached and 497 reactions.



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Facebook video player interface showing a video from Benguet State University - Guidance and Counseling Unit. The video content is a hand-drawn sign on a pink background that reads "Kumusta ang Araw mo?" in blue, yellow, and red marker. The video player includes a progress bar at 1:02:28 / 2:55:07, a "Powered by StreamYard" logo, and a "Freeze" button. The right sidebar shows video statistics: 2.1K people reached, 497 reactions, comments, and shares, and 1.1K 3-Second Video Views.

Facebook video player interface showing a video from Benguet State University - Guidance and Counseling Unit. The video content is a slide with a green background titled "WHERE TO SEEK HELP?". It features the GCU logo, contact information (Phone: 09497891829, Email: oss.director@bsu.edu.ph, Website: <http://www.bsugc.com>), and a graphic of two figures holding hands under a banner that says "GUIDANCE & COUNSELING UNIT". The video player includes a progress bar at 1:02:28 / 2:55:07, a "Powered by StreamYard" logo, and a "Freeze" button. The right sidebar shows video statistics: 2.1K people reached, 497 reactions, comments, and shares, and 1.1K 3-Second Video Views.



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Facebook video player interface showing a video titled "WHERE TO SEEK HELP?". The video content includes a graphic with the text "WHERE TO SEEK HELP?" and "GUIDANCE & COUNSELING UNIT" along with the BSU GCU logo. The video player shows a progress bar at 1:03:32 / 2:55:07. The right sidebar displays video statistics: 1.1K 3-Second video views, 2.1K People reached, and 497 Reactions, comments and shares. The video is part of the "Mental Health Webinar Series #1" titled "Cultivating Helping Skills: Harnessing Positive and Healthy Conversation".

Facebook video player interface showing a video titled "WHERE TO SEEK HELP?". The video content includes a graphic for "CRISIS" with the text "Kumusta ka? Tara, mag layal!" and "WHERE TO SEEK HELP?". It lists contact information for "BGHMC Psychiatry Mental Health Support & Services": 0956-006-9808 and (+74) 442-3809 loc. 423. The video player shows a progress bar at 1:08:06 / 2:55:07. The right sidebar displays video statistics: 1.1K 3-Second video views, 2.1K People reached, and 497 Reactions, comments and shares. The video is part of the "Mental Health Webinar Series #1" titled "Cultivating Helping Skills: Harnessing Positive and Healthy Conversation".



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Health includes our emotional, psychological, and social well-being

Physical Health

Mental Health

1:09:26 / 2:55:07

13:34 18/10/2022

facebook.com/bsu/oc/videos/10446796765442011

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What are emotions?

Emotions are psychological states comprised of thoughts, feelings, physiological changes, expressive behaviors, and inclinations to act.

www.familymeans.org

1:10:52 / 2:55:07

13:35 18/10/2022



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Facebook video player interface showing a video titled "Mental Health Webinar Series #1". The video content features a large illustration with the words "DIFFICULT" and "EMOTIONS" written vertically on either side. The illustration depicts several figures: a person in a suit crying, a person sitting on the ground, a person standing with a sad face, and a large yellow sad face in the center. The video player includes a progress bar at 1:13:32 / 25:07 and a toolbar with various icons.

Facebook video player interface showing a video titled "Mental Health Webinar Series #1". The video content features a silhouette of a person's head and shoulders against a blue background, with a complex, tangled web of lines representing thoughts or emotions. The video player includes a progress bar at 1:15:05 / 25:07 and a toolbar with various icons.



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The screenshot shows a Facebook Live stream interface. The video player is the central focus, displaying a woman in a small window on the left and a large central image of a person's silhouette with tangled hair. The right sidebar shows video details for 'Mental Health Webinar Series #1'.

NOTE:
release expectations that your specific request
will be met

Mental Health Webinar Series #1
Cultivating Helping Skills: Harnessing Positive and Healthy Conversation

1:45 / 35:07

1:45 / 35:07

13:40 18/10/2022



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Communicating your MH needs

Though you are welcome to state your needs, the person may not be able to meet them.

Allow the person you have shared with time to process what you have said, to do their own research, and to come back to your discussion later.

>"I realize what I have asked for may be too much. Let me know when you are ready to talk about this again."

1:31:36 / 2:55:07

18/10/2022

YOU CAN

Liste

Validate what your friend is saying.

"That sounds hard."

1:35:07 / 2:55:07

18/10/2022



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The image shows a Facebook live stream interface. The main content is a video player displaying a presentation slide. The slide has a light green background and features the text "YOU CAN Ask" followed by a question mark icon and "HOW CAN I HELP YOU?". A small cartoon character is visible in the top right corner of the slide. Below the video player, there is a Facebook post overlay from the "Benguet State University - Guidance and Counseling Unit". The post is titled "Mental Health Webinar Series #1" and includes details about the webinar, such as the number of people reached (2.1K) and reactions (497). The video player shows a progress bar at 1:37:47 / 25:507. The browser's address bar shows the URL "facebook.com/bsu.edu.ph/videos/144619676544811".



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The screenshot shows a Facebook live stream interface. The main content is a presentation slide with the following text:

SUMMARY
Communicating your MH needs

S et a clear
P intention,
E xpectations, let go of
A sk some
K specifically
how where/whom to seek help

The slide also features a logo of a bird and a sun. The Facebook interface includes a video player on the left with a small video feed of a woman, and a right-hand sidebar with video details and engagement metrics.

This screenshot shows a Facebook live stream with two participants in a video call. The participants are labeled 'Francine' and 'Debbie'. The background of the video call is a room with a piano and a sofa. The Facebook interface is similar to the previous screenshot, showing video player controls at the bottom and engagement metrics on the right.



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Caz De Guzman
 One question po. Who do therapists never get close and why do they not interact after seeing their patient whom they helped?

Pauline Mae G. Osias
 Hello ma'am. How do we help someone who wants and needs professional help but their family is against it?

Mental Health Webinar Series #1
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2.1K People reached
 497 Reactions, comments and shares
 1.1K 3-Second Video Views

13:42 18/10/2022



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Mental Health Webinar Series #1
Cultivating Helping Skills: Harnessing Positive and Healthy Conversation

110 Comments 18 Views

2.1K People reached 497 Reactions, comments, and shares

1.1K 3-Second Video Views Retention curve

View more video details

Love Comment Share

Comments Hide

Most relevant

Benguet State University - Guidance and Counseling Unit

Write a comment...

Press Enter to post

Pauline Mae G. Osias

Hello ma'am. How do we help someone who wants and needs professional help but their family is against it?

2:10:07 / 25:50

11:43 18/10/2022

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110 Comments 18 Views

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1.1K 3-Second Video Views Retention curve

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Comments Hide

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Julianne Mae Hidalgo

Why do they say so that it is not right to advise to your patients?

2:10:24 / 25:50

11:43 18/10/2022



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143 Comments 76 Views

2.1K People reached 497 Reactions, comments, and shares

1.1K 2-Second Video Views Retention curve

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Comments Hide

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2:12:28 / 2:55:07

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143 Comments 76 Views

2.1K People reached 497 Reactions, comments, and shares

1.1K 2-Second Video Views Retention curve

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Love Comment Share

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Most relevant

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Write a comment... Press Enter to post

2:13:40 / 2:55:07



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Diana S. Dabudab

Why do some people feel exhausted when they hear their friends share their problems to them? This makes sharing po kasi difficult to some because they feel like a burden.

Mental Health Webinar Series #1
 Cultivating Helping Skills: Harnessing Positive and Healthy Conversation

2.1K People reached | 497 Reactions, comments, and shares

1.1K 3-Second Video Views | Retention curve

18/10/2022 13:44

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Mila Sanchez Bague

Hello ma'am, is being easily discourage by someone about achieving something/goals is a part of mental health issue? and what if sharing or talking to someone is not effective?

Mental Health Webinar Series #1
 Cultivating Helping Skills: Harnessing Positive and Healthy Conversation

2.1K People reached | 497 Reactions, comments, and shares

1.1K 3-Second Video Views | Retention curve

18/10/2022 13:44



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The image shows a Facebook Live stream interface on the StreamYard platform. The main video area is split into two panels, both showing a woman in a well-lit room with a piano and a fireplace. The left panel shows her speaking, and the right panel shows her wearing a headset. A blue comment box is overlaid on the bottom left of the video, containing the following text:

Mila Sanchez Bargue
 Hello ma'am, is being easily discourage by someone about achieving something/goals is a part of mental health issue? and what if sharing or talking to someone is not effective?

On the right side of the interface, there is a video player for the 'Mental Health Webinar Series #1' video. The video title is 'Cultivating Helping Skills: Harnessing Positive and Healthy Conversation'. It shows 2.1K people reached, 497 reactions, comments, and shares, and 1.1K 3-second video views. The video player includes a progress bar at 2:27:32 / 2:55:07. The StreamYard logo is visible in the top right corner of the video area. The background of the StreamYard interface is dark with a blue accent.



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 12:45 PM • Published by Theorem...
 October 12 at 12:45 PM

Mental Health Webinar Series #1
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145 110 Comments 98 Views
 2.1K People reached 497 Reactions, comments and shares
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 Hashtag Enter tag

2:30:02 / 2:55:07
 13:44 10/10/2022

How will you determine or differentiate if the conversation is healthy or not? Are there some outward factors, like gestures or facial expressions that contribute/affects the conversation?...

...What are the keys or possible signs that I am not in a healthy conversation?



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1:15 Comments 1K Views

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Kris Marie Paayas Cayad-an

Hi po. Ma'am how can you handle anger issues po? Yong to the point na kailangan mamihysical (physical) ka or may binabatong gamit po tsaka atleast ma-lelessen po yong galit or masasatisfy. Heheh. Salamat po 😊

2:37:24 / 2:55:07

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2.1K People reached 497 Reactions, comments and shares

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Harvey Jim Marcos

Ma'am, is it okay to give unsolicited advise sa taong alam mong nangangailangan na ng tulong kahit hindi siya nag-initiate ng conversation?

2:37:08 / 2:55:07

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 CULTIVATING POSITIVE AND HEALTHY CONVERSATION

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Mental Health Webinar Series #1
 Cultivating Helping Skills: Harnessing Positive and Healthy Conversation

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The image displays three sequential screenshots of a Facebook Live broadcast. The broadcast is titled "Mental Health Webinar Series #1" and is organized by the "Benguet State University - Guidance and Counseling Unit". The video content shows a woman in the foreground wearing large headphones, likely participating in a Q&A session. A second participant is visible in a smaller video window to the right. The Facebook interface on the right side of the screenshots shows a viewer count of 2.1K, 497 reactions, and a "Live" button. The StreamYard logo is present in the top right corner of the video player area. The browser's address bar and taskbar are also visible at the bottom of each screenshot.



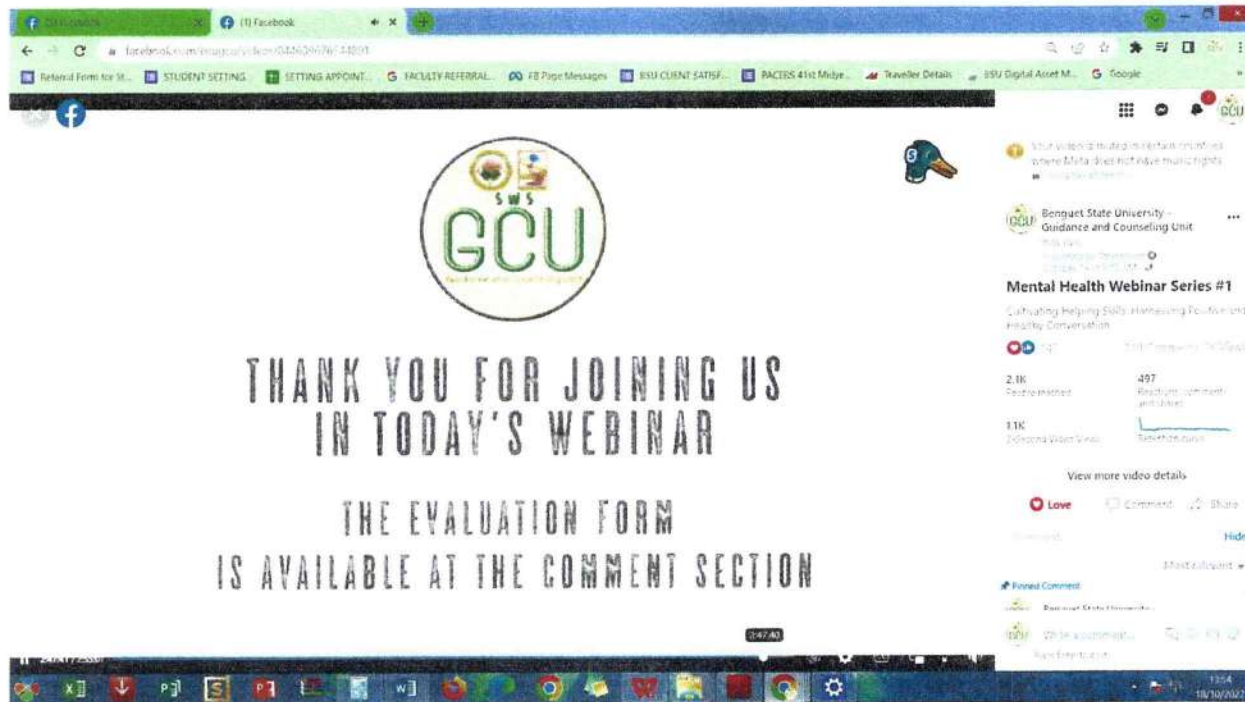
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Unit Head, GCU

Noted:

[Redacted Name]

SARAH M. PALAW-AY
Division Head, SWS

[Redacted Name]

RAMON C. FIANGAAN JR.
Director, OSS

TuTuKK 911

**“Mental Health
101: Taming the
Overthinking
Mind”**



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ACCOMPLISHMENT REPORT TuTuKK: 911

TITLE OF ACTIVITY: Mental health 101: Taming the Overthinking Mind
PARTICIPANTS: All interested students and faculty of Benguet State University
DATE OF IMPLEMENTATION: September 21, 2022, 9:30-11:30AM.
PROPONENTS/IMPLEMENTORS: Office of Student Services-Student Wellness Services-Guidance and Counseling Unit and Information and Coordination Services.
VENUE: Streamyard and Facebook Live through the GCU Page.

I. NARRATIVE REPORT

The Guidance and Counseling Unit together with the world recognize the month of September as the National Suicide Prevention Month. With this, and the month's triennial theme "Creating Hope Through Action" the Office of the Guidance and Counseling Unit in partnership with the Integrated Professional Counselor Association of the Philippines has launched a webinar entitled "Mental Health 101: Taming the Overthinking Mind". The webinar aims to disseminate mental health awareness to everyone as we encounter challenges in our daily lives in general and it also aims to provide a safe and interactive space for students and members of the community to openly discuss issues that are considered to plague the youth as they continue to persevere in their education.

Also, the webinar serves as an Introductory Activity for the series of webinar the Guidance and Counseling Unit has prepared for the celebration of the National Mental Health Month. More so, the unit has invited Professor Kenneth Lloyd M. Camaclang as a resource speaker for the said event, aside from being a professor in the University of Batangas, he is also a Registered Psychologist, Certified Mental Health First Responder, Certified Human Resource Associate, a Mental health Advocate and a Researcher.

The webinar was broadcasted live in the Guidance and Counseling Facebook page via streamyard at exactly 9:15 in the morning. The program started at 9:30 in the morning beginning with the opening remarks from the Student Wellness Division Head Ms. Sarah M. Palaw-ay. After the opening remarks and reminders by the Moderator in the person of Ma'am Verlyn Rizza G, Bul-long, the resource speaker was then introduced. The talk by the resource speaker has then proceeded thereafter, the discussion of Mr. Camaclang has evolved around the topic of overthinking together with the tricks and tips of keeping our mental health calm amidst challenges we encounter daily. He elaborated on the meaning of mental health and explained the negative connotations linked to his word making it a taboo in our society. He encouraged the viewers to disseminate the importance of integrating mental health into our daily conversation simply by asking, "Kumusta ka?" Taking care of our mental health is the next focus of the discussion. In this part, Sir Camaclang explicates several ways how we can take care of our mental health by utilizing whatever is available in our environment. A few of the ways he mentioned were traveling, enjoying nature, taking care of pets, personal care, and many more. After the informative discussion, the question and answer portion followed, the open discussion



has enlightened and discussed some of the things considered as troubling and causes of overthinking from the audiences which the speaker is kind enough to address.

Afterwards, the webinar ended with the awarding of certificate to our esteemed guest as well as words of gratitude from the Guidance and Counseling Unit Head Dr. Angeli T. Austria. The evaluation link was also posted after the live has ended for audience input and comments about the webinar which the office will use as references for its future activities.

II. OBJECTIVES

As presented by the event organizing committee, the main objectives of the webinar are the following:

- 1.) To acquaint the students with the nature and importance of mental health.
- 2.) To identify the factors that threaten a person's mental health as contextualized in the students' environment.
- 3.) To explore and demonstrate individualized ways and strategies of managing anxiety and mental stress, and
- 4.) To provide emphasis on the value of seeking professional help whenever necessary.

III. PARTICIPANTS

Two hundred eighty-nine students registered as participants for the webinar from the different colleges of Benguet State University. Of which, 69.6% of the participants are female, 23.2% come from the males, 3.8% come from the LGBTQ+ group and 3.5% of the participants has opted not to say.

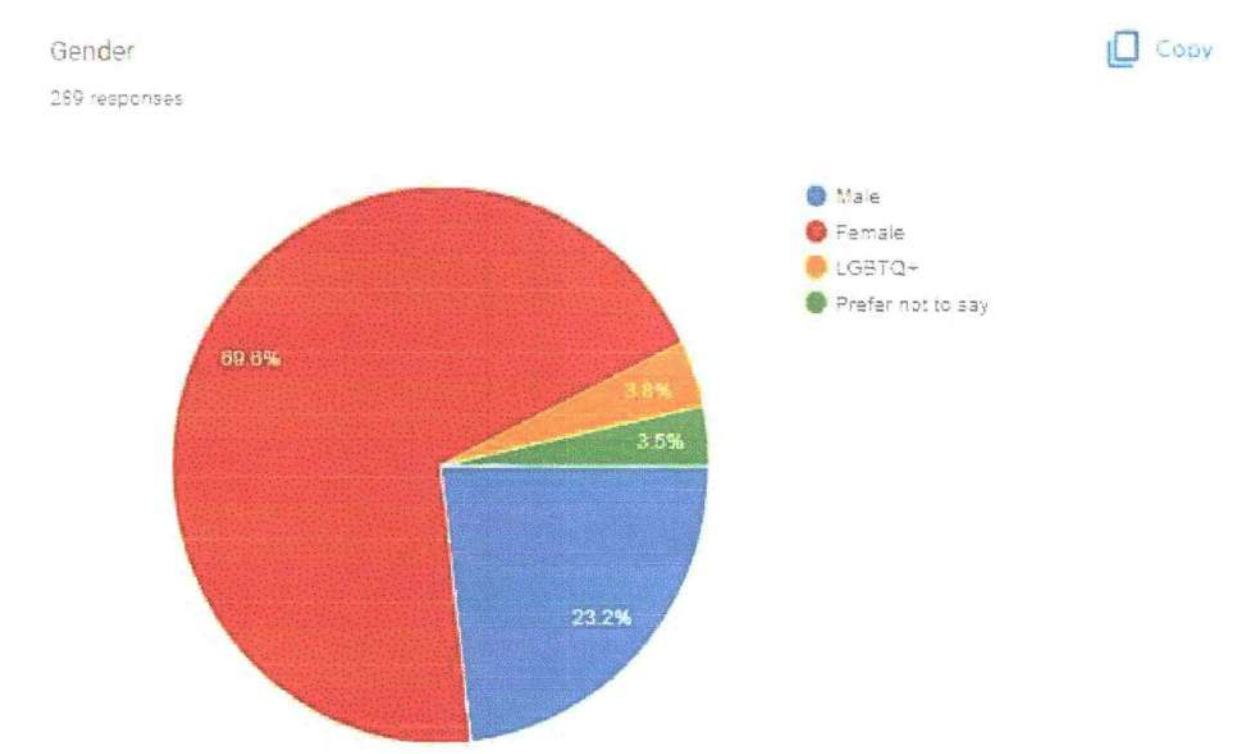


Figure 1. Percentage of Distribution of Participants



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IV. EVALUATION OF THE ACTIVITY

EVALUATION COMPONENT		RATING	INTERPRETATION
A. Topic/Content	Relevance/significance	3.79	Very Satisfactory
	Contribution to knowledge	3.78	Very Satisfactory
	Contribution to skills	3.67	Very Satisfactory
	Organization	3.73	Very Satisfactory
AVERAGE		3.74	Very Satisfactory
B. Facilitator/s	Stimulation of participants' interest	3.67	Very Satisfactory
	Mastery of delivery	3.81	Very Satisfactory
	Communication Skills	3.77	Very Satisfactory
	Interaction w/ participants	3.64	Very Satisfactory
AVERAGE		3.72	Very Satisfactory
C. Activity	Appropriateness of activity	3.81	Very Satisfactory
	Time is well-managed	3.71	Very Satisfactory
	Time allotted is enough	3.69	Very Satisfactory
AVERAGE		3.74	Very Satisfactory
OVERALL AVERAGE		3.67	Very Satisfactory

- The evaluation tool used was a 4-point rating scale, with 4 as the highest.
- A total of 215 evaluated the webinar.

Sex
 215 responses

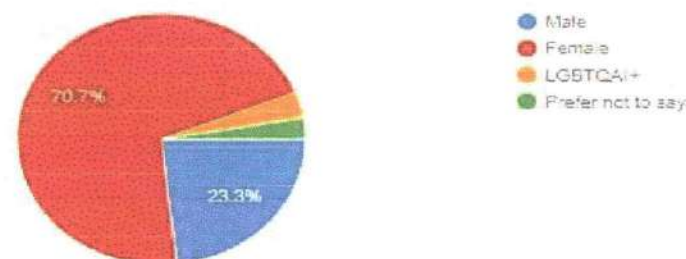


Figure 2. Percentage of Distribution of Participants

School Campus (fill up other for not BSU students)
 215 responses

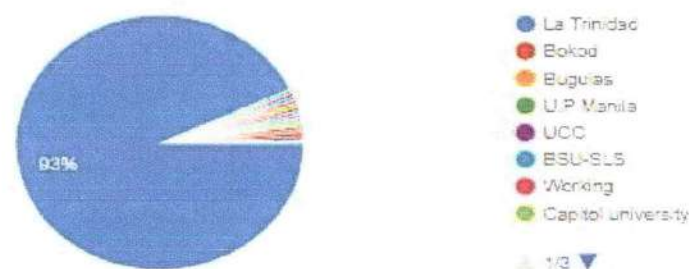


Figure 3. Percentage of Distribution of Participants



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A total of 215 participants evaluated the webinar with the majority being female with 70.75% followed by the males with a total percentage of 23.3%, followed by the LGBTQAI+ with a total percentage of 3.3% and a total of 2.8% prefer not to say. Moreover, majority of the participants come from the different colleges of the Benguet State University La Trinidad Campus with a total percentage of 93% and the other 7% come from other schools and university.

V. VERBATIM COMMENTS AND OTHER SUGGESTIONS OF THE ACTIVITY

A. What can you say about the webinar?

- What can you say about the webinar?
- It was splendid and spectacular
- Helpful
- very relatable and timely
- It's was nice you can learn lot lesson
- It is very helpful.
- It is indeed served it's purpose, my bundles of thoughts has slowly been sorted.
- Fruitful
- it is very Helpful
- Very Good
- It was insightful.
- Very informative
- The webinar is very imformative.
- Strengthening
- Good Job, speaker and facilitators!
- Well done.
- Thank you po
- I can say that it was very insightful.
- Its good and understandable
- It is sharing important things and also providing advise for people
- it is very detailed and informative
- It was a good experience
- The webinar was very clear, precise, and knowledgeable.
- The webinar was so informative but it paid more attention to how to take care of mental health rather than how to tame an overthinking mind.
- Thanks to the speaker Po . Madami Po kaming napuloy na aral.
- Its is informative.
- thank you for this webinar it's very useful and helps for my everyday life
- It is very helpful.
- The webinar was well organized and informative.
- The webinar was very informative and all was very good.
- The webinar is very helpful.
- It is very informative webinar . I learned a lot of way how to overcome and avoid over thinking.
- I don't have anything to say since I'm happy that all my questions in my mind were answered in the webinar.
- It was very helpful.
- The webinar is very helpful especially for these people who has some struggles in their life.
- Timely and relevant to what the students are going through now especially that they're still acclimatizing or shifting from just being at home to a face to face set up in school.
- Full of relevant information towards coping with mental health problem specifically on overthinking.
- The host is very good. We can learn a lot and apply it to ourselves. Thank you very much
- It is very helpful.
- "Thank you so much Sir for the Webinar..
- I have learn the importance of Mental Health and I've got an answer on how I could handle those Family members, friends, classmate



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and co-workers who is facing depression..

- Also I've learn that my mental health is important too .. "
- The topic and discussion was very fruitful and relevant
- The webinar is great and well executed
- it open the hearts of listeners that it is okay to cry and seek help
- "Very good very nice
- Sorry I'm very lutang"
- Informative.
- More please,
- I just want to say thankyou for having/ discussing this topic about mental health(overthinking mind) because it really helps me about my current situation.
- It is very significance and timely.
- It is helpful for people who suffer mental and emotional
- The webinar is very educational and is quite fun.
- I can say that its very helpful and useful to everyone.
- It was very relevant.
- It is great and very significant since mental health is often the ignored health.
- The webinar is very helpful to all specially to me as an student.
- The webinar was a great experience.
- It's nice
- It's nice
- It's nice and I have learned so many things , It also helped me understand about it more
- Its nice since the mental health topic arent really that tackled much
- The webinar about the mental health is delivered effectively and time is well-managed.
- It is good
- It can understand about recent mental healths of other people and students, and can improve peoples mental health as they

struggle with anxiety + depression. It tells to open up to people once comfortable and it's helpful for the students who are struggling with acads, it is perfectly described.

- vey relevant topic specially to us students and teenagers who experienced mental problems
- I am happy that you conducted this webinar because it is helpful to us to be more aware about mental health problems.
- Very helpful
- The webinar is very informative and educates people on how to handle those challenges that comes into our life .
- Its good
- This is very relevant to slot of people especially to youth
- It provides alot of knowledge and advices
- i can say that the webinar is important since it teaches us things about meantal health, which is one popular issue today especially with teens.
- The speaker discussed it properly.
- The webinar is fruitful.
- It was very interesting.
- It is good that they tackle this kinds of things, because it is what we(students) really need. Not only as students but also as persons who struggle with mental health.
- It is good and spiring to every young people
- Excellent
- It's good, i've learned a lot because of Mr. Kenneth. I now know how I will manage my mental disorders.
- My comment about this webinar is it is great because it is informative and helpful to know about what the topic is.
- timely and helpful. Thank you sa speaker, sa mga organizers at sa mga tanong ng mga participants.



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- helpful
- It is very informative and helpful.
- The webinar is very nice especially to us students facing confusion and problems.
- It is very informative because the guest speaker is very knowledgeable about the topic. It is also engaging, relatable and fun.
- Very comforting
- It's absolutely great.
- It was good
- nothing much. it is great
- It's very helpful to everyone, especially to the ones who are struggling in life. The way that they explained what we need to know is very understandable.
- It very helpful to students.
- very timely and engaging.
- Helpful
- It was good and very satisfying.
- Its a very interesting topic especially to all students and who are experiencing mental health.
- Important and adds to knowledge.
- It's comforting to know that people care and to know you're not the only one.
- i can say that it is relevant to the topic.
- It is really helpful to people who have bad mental health
- It was fantastic
- I can say that the webinar is very helpful to the students who joined especially to the students who have their problems about depression and some health problems.
- The webinar is great and helpful
- Good topic
- It has a very nice topic and the speaker leave an insights on how do we help ourselves specially when we will experience mental health problem.
- I learned a lot and the speaker explained it very well.
- It was fun, educational and organized.
- It is a very educating seminar
- It was very helpful to me :) the topic is very interesting as well.
- It is very helpful especially for us students who are suffering mental problems.
- It was very helpful.
- It is educational
- Very educational for us, students.
- Very insightful and reassures students like me to know what to do when suffering mentally.
- it was helpful
- It was really good
- It was an interesting subject
- this was very informative
- The webinar is pleasant and needed for people who aren't very mindful about mental health and helpful to people that views mental health or disorders as weaknesses to acknowledge that mental health is not just a simple thing. It teaches people to get help and feel or learn that they are not 'insane' or any other stereotypes that the society has made about mental health.
- It allows viewers have a more meaningful insight tackling about mental health.
- t provided us an nteresting and informative platform for new students that will help us with our mental health
- It was great and awesome. I learned a lot and was very happy to learn this lesson.
- It was very good to be learning new things as we grow up to know what to do if we or someone is going through hard times.
- Well done
- Its very helpful mostly to us college students
- The webinar is informative, organized and contain information that encourages me to go through my life



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despite of many challenges that I currently facing.

- It is good, the speakers explain well what we should know about mental health
- It actually helped me to develop more thought it is very educative from being able to explain it very clearly
- Its very good
- it is good, it encourage me not to have think too much about problems
- Informative
- I can say that to clearly explained the problems of mental health
- It was great
- It was good
- It was really beneficial. I learned a lot, thanks to sir.
- The webinar was good for people to learn and understand about their mental health as well as other's mental health.
- I learned a lot from the webinar. It is significant for us because times are harder for students during pandemic. Not only was the webinar full of information, it was also filled with fun.
- It was good and informative.
- Its pretty good
- It's relatable.
- It was fun and I learned a lot on how to always look in the bright side furthermore on how to take care of my mental health as well
- none
- It is good and I learn things about mental health.
- Fun
- The webinar is super helpful for students and many other people.
- Informative
- It was very educational.
- Important
- Its well organized and its direct to its point
- "I can say that it is very helpful for everyone specially for those people who are experiencing mental problems
- It helps people to know the importance of learning

mental health and also helps them by giving warning and advance knowledge about mental health and issues.

- It also helps people who are experiencing or us on how we can cope up this problem by giving some advice to express themselves and continue to be more social and connect to people who they trust."
- the webinar is good for students, so i am thankful for the webinar.
- The webinar is very useful wherein I received
- Overall it's a great webinar with a great topic and title "Mental Health 101: Taming the overthinking mind", Each word delivered is well heard and pretty loud said.
- What I can say is I have learned a lot of it
- It's great because it can help people
- It's very educational to all of us especially to people who have experienced mental health issues.
- It was very informational and I think it helped people that is having struggles with their mental health at the moment.
- It is well explained and time-bound.
- It was informative.
- The little knowledge I have and know about mental health increased because of this webinar.
- Informative and helpful.
- Good for mental health
- The webinar is very educational about mental health management.
- Its nice
- I appreciate the seminar because it makes me sense after I knew all about the mental health
- It is helpful for people who is experiencing mental problems
- It was informative
- Good
- It was very understandable and educational



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- It was organized and beings awareness.
- For Activity it was good
- It is good
- Its helpful
- The webinar gave many information to me.
- the webinar is very useful
- For me This webinar helped me because they gave tips on how we can get rid of our overthinking mind.

B. What do you suggest for the improvement of future seminars to be conducted?

- Face to face webinar.
- None as of the moment
- Have a topic which students can relate.
- Preparation
- I have nothing to suggest.
- More webinars
- More interactions like various activities
-
- My suggestions are that they will go through each and every disorder and discuss how to get through each and every one
- N/A
- It was fine as is
- No concerns for now since the webinar was well and organized.
- To always check audio.
- None Po.
- None.
- None
- None
- More interaction with the participants.
- None
- The audio systems.
- None
- None
- None.
- None
- n/a
- Small business
- None
- The webinar is already well prepared. I just hope for more webinar that can help a student like us.
- I expect webinars to be organized
- I think it would be relevant if there are stories that is relevant in which we can realize/reflect on.
- Getting to the point at the start and explaining after explaining the main point
- Wala po.
- Give emphasis or focus on the given title of the activity. I thought that the focu of the session was on overthinking but the session focused more in mental health awareness and activity. Nevertheless, the session is good.
- None
- More on interaction
- None
- none
- write questions that benefit our attendees as much as they do you.
- Share a link for the zoom.
- Hope they do more of the topic
- I don't have any suggestions as of now
- A nicer place for the seminar to be motivated to learn
- The improvement of struggling in school and overthinking about failing school, as students try their best to pass.
- None
- Nothing becuase its good
- I expect webinars to be organized
- None
- No suggestion
- none
- None
- I think, it's on the use of materials, make larger text fonts. Awhile back, I cannot read some important words, it gets blurry since my connection be adjusting the resolution of the video, kaya lumalabo. And try not



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compiling ideas into one slide huhu.

- I think the openness of the website
- I suggest to open the replay line or button so that we can go back and watch it again and so that the others that didn't watched the live can watch it.
- Hope you can invite the speaker again in your future activities.
- more time for the speaker
- None
- None
- None
- I just hope that it can also be held in person.
- None
- "Please make the webinars a bit shorter like one hour is okay.
- Have some fun short activities
- none.
- work shop
- None
- none
- Interactions
- The webinar was great, but I think it would be better if its face-to-face seminar.
- i have no suggestions
- There is nothing that I could suggest
- I have nothing to suggest because I can say that the speaker on the conducted webinar do thier best in discussing the topics/lessons.
- Additional activities for the viewers to participate and enjoy the webinar
- uhm i think the activity for the participants
- Just continue to what they have done and always remember that the flow of the webinar is important for listeners and etc.
- I suggest it to be consistent in what it is right now.
- I suggest that they should give more activities and increase interaction with listeners.
- None for now

- Maybe audio quality? I couldn't exactly hear what Sir Kenneth was saying clearly..
- wala po
- More time for question and answer.
- more allotted time to discuss
- to understand and listen more
- improving the quality of the live/stream
- Better presentation
- I suggest more insights on mental disorders such as BPD, Bipolar Disorder, OCD, Eating Disorders, DID, and others. But, all in all it a very nice webinar.
- N/A
- Use plain language and simple questions to get the most accurate answers.
- No comment
- I would just keep doing things as they are.
- No suggestions
- Nothing, keep it up👍
- Conduct it face to face
- I suggest that use more opportunities to do more things to be able to help yourself because in our generation I want it to change because we rely to much on gadgets
- Make sure you have good internet connection
- we should learn not too have problems,we should learn what is mental health
- The sound quality sometimes gets not understandable or just cuts
- Better internet accesability
- Better topics
- There's nothing to improve, it was informative and helpful.
- none so far
- The webinar was perfectly executed. All the information that we needed were presented well. I don't see anything that needs to be improved.
- None. Please continue these kinds of services to students.
- I dont have anything in mind



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- none
- None for this time
- none
- I'll suggest more better audio.
- Strengthen the WiFi/internet connection
- nothing
- None
- None
- What I would like to suggest for the improvement of future webinars is that, if they can add more knowledge and warnings of more health awareness other than mental health I think more people would be interested in these webinars and I think it would help more people.
- more time
- No comment, Everything is ok and we'll, my only concern is that parts of the webinars have a audio error which the audio sounds glitched but hopefully for future webinars, this error will be completely fixed.
- None
- N/A
- Clear screen po.
- None
- More explanation about health
- Nothing
- None
- N/A
- Nothing,so far
- I dont have any suggestion, the webinar was already good
- None
- check the volume always
- None.
- None
- None
- None
- None
- None
- They should read many of the question that is asked.
- None



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C. What other topics would you suggest for the future?

- How to overcome challenges of mental health.
- None as of now
- Managing stress.
- Financial management
- I would like the topic of students' mental and emotional health to be tackled.
- Physical health
- Study Group
- More about mental health
- Management of aspects in life especially for students
- Physical awareness
- N/A
- People that dont know what to do in life
- None
- Family influence in dealing with unwanted situations.
- Overcoming social anxiety.
- Its About How to manage Overthinking
- How to cope academic stress.
- How to manage stress.
- None
- More about mental health
- None
- None
- More examples or activities on how to cope up stress.
- Any personal development topics
- n/a
- Small business
- Seminar on Learning habits
- How to manage finances
- Importance of oneself
- we will soon conduct a psychoeducation to students and we'll tackle about grief and trauma?
- "The need of students to have themselves a schedule and not forced into one.
- or effects of face-to-face classes vs modular on students and if schools should conduct homeschool programs or modular/hybrid mode of learning."
- About Time manangement
- Dangers of Self-diagnosing, Strengthening Help-seeking behavior, Creating safe spaces, Self-care vs Self-love,
- About LGBTQ+
- Topics that are skills related.
- None
- The other topics that I would like to be conducted in the future is that why is it always okay to not be okay and why do we need to accept the challenges that comes in our life.
- anxiety and obsessive-compulsive disorder, co-occurring disorders, and psychosis and schizophrenia.
- Where to avail services for mental health.
- Managing anger/emotions
- Career
- Related to mental health but relatable
- Anxiety disorder- Like what causes it or what are the things we can do to go through it
- Self-confidence
- Self Harm and Social Anxiety po.
- None
- Any topic that can help motivates and encourage students and everyone to keep on working hard and not to give up.
- I dont know
- I will soon conduct a psychoeducation along with my co-interns for PDL and we will tackle hope
- Probually signs of unstable mental health
- No suggestion
- Health Psychology
- About anxiousness
- None.
- Steps to over come anxiety
- How to approach a professional counselor without being afraid/ashamed.
- The topics I would like to be conducted in the future is about time management and how to socialise.



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- dealing with relationship problems (especially those that our students encounter like family, romantic, peer)
- stress management
- None
- Entrepreneurial mindset
- More topics regarding Depression, Awareness of Suicide and how to avoid it, How to Get Through Family Problems, How to get out in a toxic community
- :)
- It would also be better if how to avoid jealousy can also be discuss.
- Time management
- I am not sure.
- About enhancing self confidence
- Personal meditation
- None.
- about the students thinking about suicide because they can take their depression
- Minding ones mental health.
- I don't know
- im not sure
- Nothing much
- I would like to conduct about the Health and Wellness.
- About financial problems and how to solve and give solution to it
- about Pwd
- Empowering Strategies to Fight Depression
- Socializing
- None so far
- None for now
- Topics about trauma, neurodivergency and how it different affects women & men
- How to strengthen or improve self-confidence or self-esteem.
- Peer pressure
- The struggle of being a LGBTQ+ student.
- topics about how important these things are in life
- all things i want to hear about is already on the webinar
- Psychology
- I would like mental disorders to be discussed
- and what are the symptoms or the 'criteria' of these disorders such as BPD, Bipolar Disorder, and others. I would like to know advices or what to do for people who has these disorders.
- Overcoming Social Anxiety
- "Entrepreneurship. ...
- Online marketing. ...
- Personal development. ...
- Design and architecture. ...
- Presenting and speaking in public. ...
- Career and business growth. ...
- Technology and Innovation.
- Fashion and styling."
- Handling Problems
- For me personally I would like a physical or how to stay fit through exercises
- Bullying
- How to become more productive
- Other topics I want to be conducted is finding more ways to help mental health
- None
- about mental health
- A good topic would be school or academic problems and how students handle them
- Jonas and careers
- None
- The common mental illness at school, and how to overcome it (eg. Anxiety)
- Something about faith and hope
- I would like to learn more about the mental health illnesses such as schizophrenia and personality disorders.
- Suicide Prevention webinars
- I dont have anything in mind
- About overcoming your fear.
- Topics that I would like to be conducted in the future would be on how to manage your emotions as well as anxiety and depression
- more more topic
- I would want to learn the types of mental health.



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- About Depression, Anxiety, and others
- I have nothing that comes to mind yet
- None
- Physical, mental, etc.
- the topic about the cause of bullying.
- Maybe topics about how to cope with school during this Pandemic.
- Nutritional Support
- How to adjust to a sudden change of learning style
- "Signs of a fake friend" because all of us have friends but it is very common for us everywhere especially school to make friends with a fake person without even realizing it.
- More specific topics like healthy coping mechanisms when feeling down or depressed.
- None
- About adolescent health
- Any
- About historical revisionism and martial law
- About the diseases
- About physical health
- Addiction to online games
- bullying
- Tackling Vices such as smoking, drinking, drugs, addictions, and etc.
- None
- None
- More about mental health
- None
- About our health.
- none
- How to take care animals



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D. Where did you hear about the seminar?

Figure below shows that majority of the participants heard or learned about the webinar via online platforms whether from the BSU-GCU page or from chat rooms or chat boxes with a total percentage of 70.7%. Also, a total of 44.2% percent learned about the webinar through announcements and the remaining percentage from different outlets.

215 responses

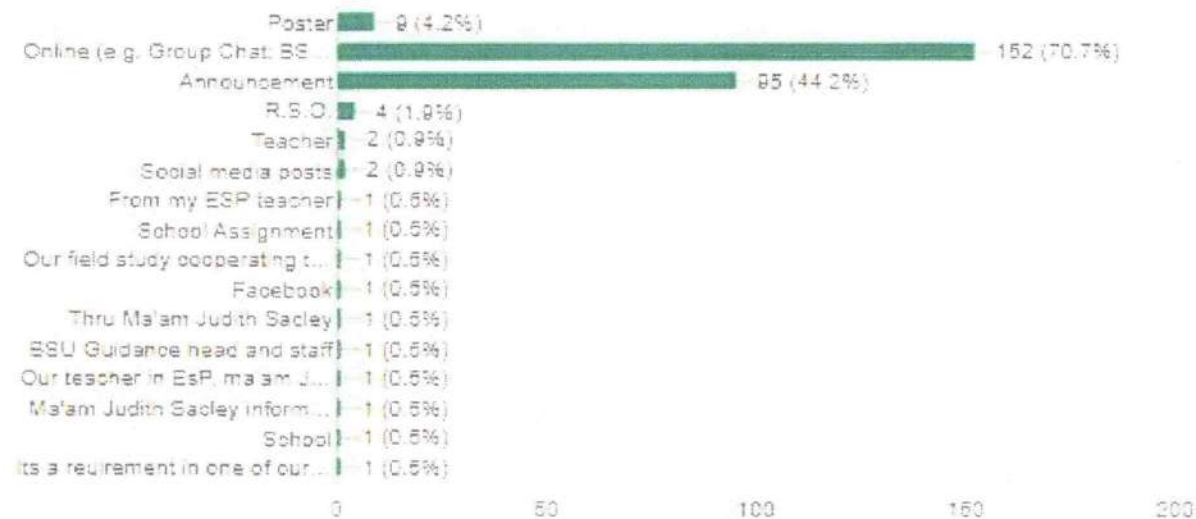


Figure 4. Percentage distribution of where rge participants heard about the webinar (N=215)

- Online (e.g. Group Chat; BSU Page)
- Online (e.g. Group Chat; BSU Page)
- Online (e.g. Group Chat; BSU Page)
- Online (e.g. Group Chat; BSU Page)
- Announcement
- Poster, Online (e.g. Group Chat; BSU Page), Announcement, R.S.O.
- Online (e.g. Group Chat; BSU Page)
- Online (e.g. Group Chat; BSU Page), Announcement
- Online (e.g. Group Chat; BSU Page), Announcement
- Poster, Online (e.g. Group Chat; BSU Page), Announcement, R.S.O.
- Online (e.g. Group Chat; BSU Page)
- Announcement
- Online (e.g. Group Chat; BSU Page)
- Online (e.g. Group Chat; BSU Page)
- Online (e.g. Group Chat; BSU Page)
- Online (e.g. Group Chat; BSU Page), Announcement
- Online (e.g. Group Chat; BSU Page)
- Online (e.g. Group Chat; BSU Page)
- Online (e.g. Group Chat; BSU Page)
- Online (e.g. Group Chat; BSU Page)
- Online (e.g. Group Chat; BSU Page)
- School Assignment



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- | | |
|---|--|
| • Online (e.g. Group Chat; BSU Page) | • Online (e.g. Group Chat; BSU Page) |
| • Online (e.g. Group Chat; BSU Page), Announcement | • Online (e.g. Group Chat; BSU Page), Announcement |
| • Online (e.g. Group Chat; BSU Page) | • Online (e.g. Group Chat; BSU Page) |
| • Online (e.g. Group Chat; BSU Page) | • Online (e.g. Group Chat; BSU Page) |
| • Online (e.g. Group Chat; BSU Page) | • Announcement |
| • Online (e.g. Group Chat; BSU Page) | • Poster |
| • Online (e.g. Group Chat; BSU Page) | • Online (e.g. Group Chat; BSU Page) |
| • Online (e.g. Group Chat; BSU Page) | • Online (e.g. Group Chat; BSU Page), Announcement |
| • Announcement | • Announcement |
| • Online (e.g. Group Chat; BSU Page) | • Announcement |
| • Our field study cooperating teacher, Ma'am Judith Sacley- SLS | • Online (e.g. Group Chat; BSU Page) |
| • Facebook | • Online (e.g. Group Chat; BSU Page), Announcement |
| • Online (e.g. Group Chat; BSU Page) | • Online (e.g. Group Chat; BSU Page) |
| • Online (e.g. Group Chat; BSU Page) | • Online (e.g. Group Chat; BSU Page), Announcement, R.S.O. |
| • Announcement | • Online (e.g. Group Chat; BSU Page) |
| • Online (e.g. Group Chat; BSU Page) | • Online (e.g. Group Chat; BSU Page), Announcement |
| • Social media posts | |
| • Online (e.g. Group Chat; BSU Page) | |
| • Online (e.g. Group Chat; BSU Page) | • Announcement |
| • Online (e.g. Group Chat; BSU Page), Announcement | • Social media posts |
| • Online (e.g. Group Chat; BSU Page) | • Announcement |
| • Online (e.g. Group Chat; BSU Page) | • Announcement |
| • Online (e.g. Group Chat; BSU Page) | • Online (e.g. Group Chat; BSU Page) |
| • Online (e.g. Group Chat; BSU Page), Announcement | • Online (e.g. Group Chat; BSU Page) |
| • Announcement | • Announcement |
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- R evitalize administration
- E ngender partnership
- S erve to sustain intergenerational roles

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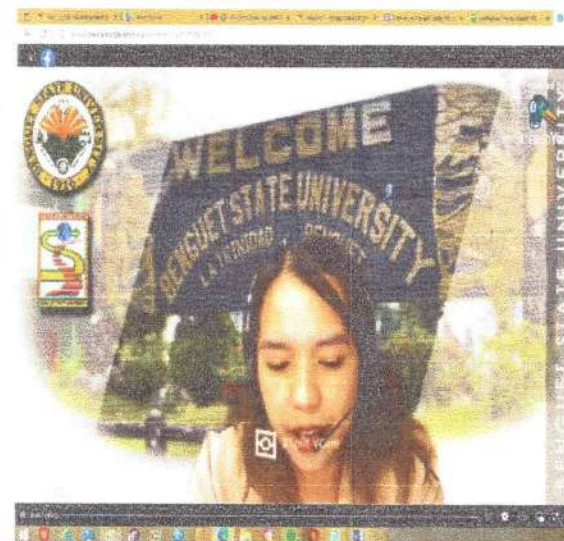
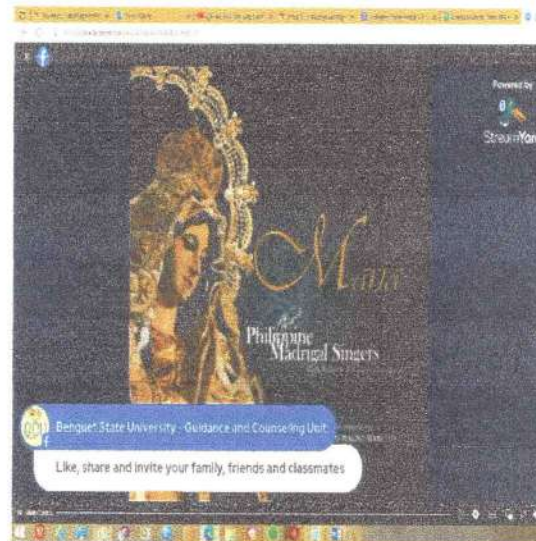
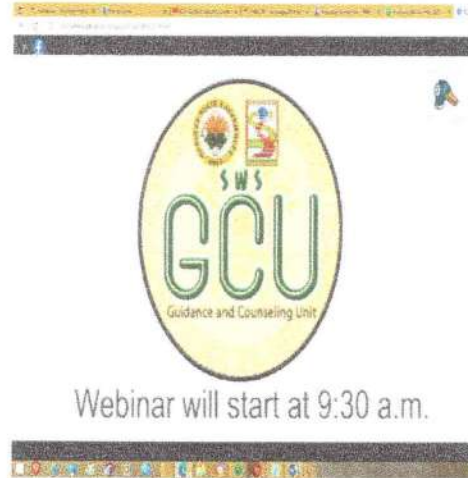
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VI. PHOTO DOCUMENTATION

I. OPENING REMARKS AND INTRODUCTION OF SPEAKER





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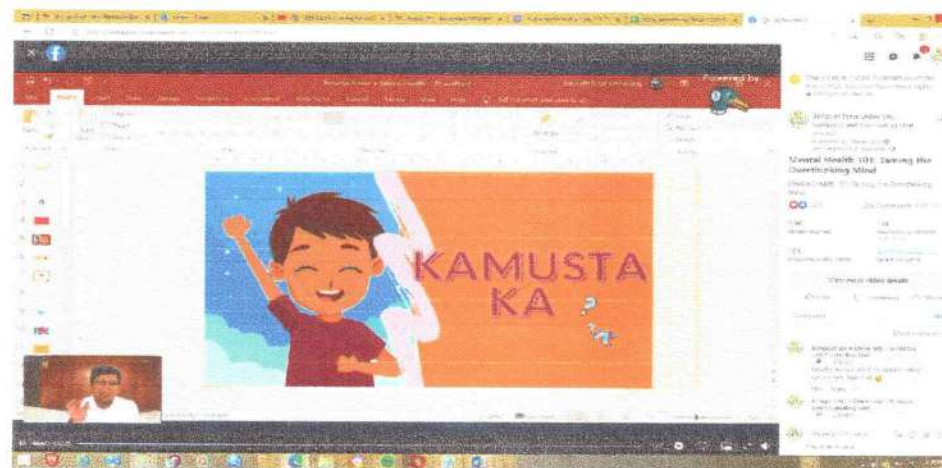
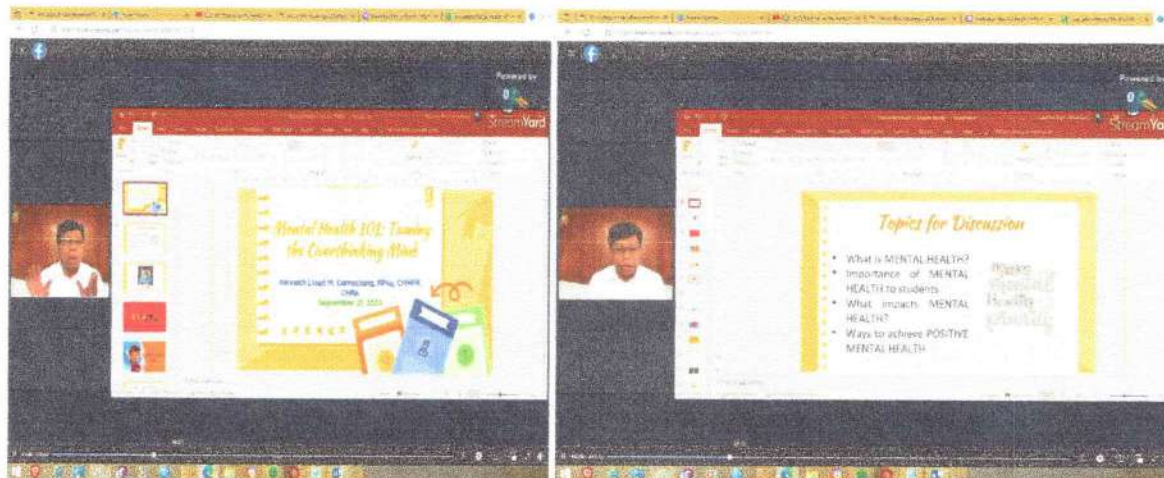
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II. TOPIC DISCUSSION BY THE RESOURCE SPEAKER





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Kamusta ka?

Hindi OK OK OK na OK

What is mental health?

"A state of wellbeing in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community."

MENTAL HEALTH IS NOT...

- 1. A sign of weakness
- 2. A sign of insanity
- 3. A sign of abnormality
- 4. A sign of danger to others
- 5. A sign of danger to oneself
- 6. A sign of laziness
- 7. A sign of lack of motivation
- 8. A sign of lack of ability
- 9. A sign of lack of intelligence
- 10. A sign of lack of control
- 11. A sign of lack of responsibility
- 12. A sign of lack of respect
- 13. A sign of lack of dignity
- 14. A sign of lack of honor
- 15. A sign of lack of integrity
- 16. A sign of lack of honesty
- 17. A sign of lack of trustworthiness
- 18. A sign of lack of reliability
- 19. A sign of lack of predictability
- 20. A sign of lack of consistency
- 21. A sign of lack of stability
- 22. A sign of lack of security
- 23. A sign of lack of peace
- 24. A sign of lack of harmony
- 25. A sign of lack of balance
- 26. A sign of lack of order
- 27. A sign of lack of cleanliness
- 28. A sign of lack of neatness
- 29. A sign of lack of tidiness
- 30. A sign of lack of organization
- 31. A sign of lack of discipline
- 32. A sign of lack of self-control
- 33. A sign of lack of self-respect
- 34. A sign of lack of self-love
- 35. A sign of lack of self-esteem
- 36. A sign of lack of self-worth
- 37. A sign of lack of self-confidence
- 38. A sign of lack of self-belief
- 39. A sign of lack of self-trust
- 40. A sign of lack of self-reliance
- 41. A sign of lack of self-dependence
- 42. A sign of lack of self-sufficiency
- 43. A sign of lack of self-fulfillment
- 44. A sign of lack of self-actualization
- 45. A sign of lack of self-achievement
- 46. A sign of lack of self-fulfilling potential
- 47. A sign of lack of self-actualizing potential
- 48. A sign of lack of self-actualizing power
- 49. A sign of lack of self-actualizing ability
- 50. A sign of lack of self-actualizing skill
- 51. A sign of lack of self-actualizing talent
- 52. A sign of lack of self-actualizing gift
- 53. A sign of lack of self-actualizing grace
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- 99. A sign of lack of self-actualizing self-actualizing self-respect
- 100. A sign of lack of self-actualizing self-actualizing self-love

What Impacts Your MENTAL HEALTH?

Academic Stress



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Appreciate nature.

Mental Health 101: Taming the Overthinking Mind

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Turn off smart phones (at least for part of the day)

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Do something for someone else.

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Get some sleep.

Mental Health 101: Taming the Overthinking Mind



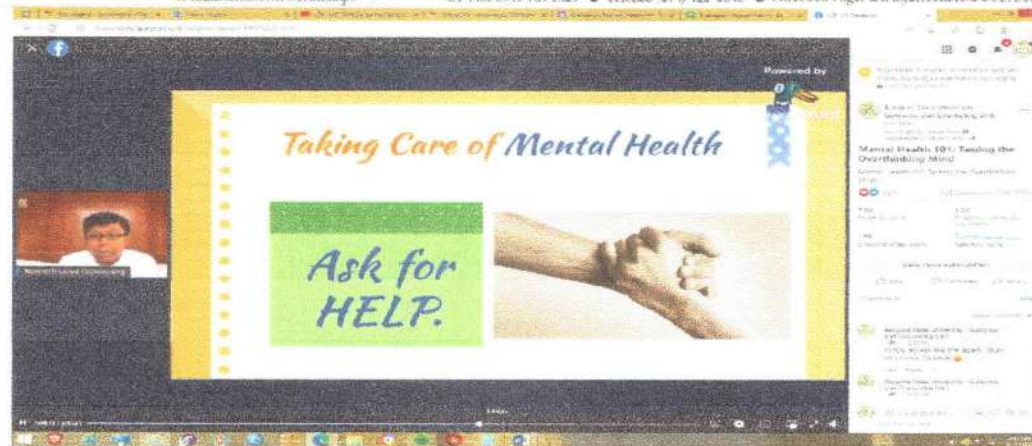
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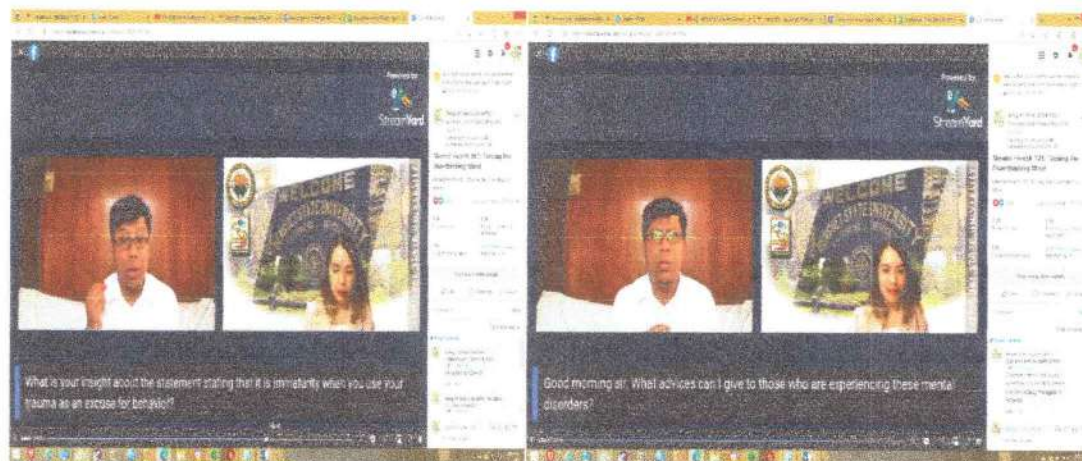
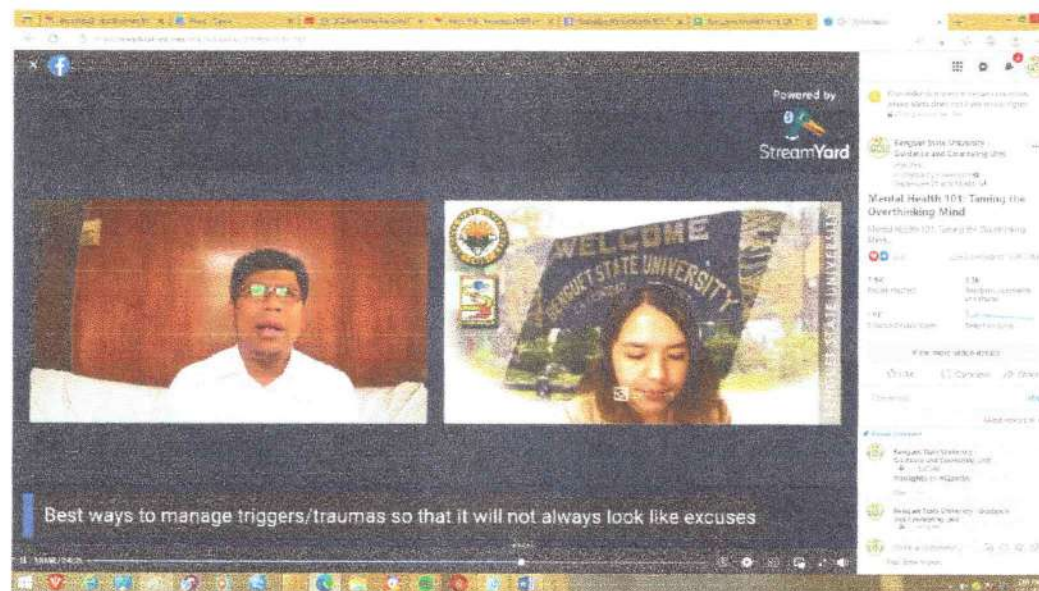
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III. QUESTION AND ANSWER PORTION





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Mental Health 101: Taming the Overthinking Mind
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Sir is it okay when I get advice from someone who had been depressed but got through the depression?

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Mental Health 101: Taming the Overthinking Mind
Mental Health 101: Taming the Overthinking Mind

If a person is so sensitive, does it mean he/she might have a mental problem?

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Is there an advantage of overthinking?

Is it true that invalidating someone's feeling can trigger more their mind?



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IV. AWARDING OF CERTIFICATE AND CLOSING REMARKS



Prepared by:

DECIMAE D. GAYASO
 Coordinator, IOS

Noted:

Reviewed:

ANGELI T. AUSTRIA
 Unit Head, GCU

Approved:

*Laylaydek Sik-a: Celebrating Love that Builds and
Protects*

**“Flagging Red Flags:
Creating Safer Space
for Women”**

ACCOMPLISHMENT REPORT

LAYLAYDEK SIK-A

“CELEBRATING LOVE THAT BUILDS AND PROTECTS”

TITLE: Flagging Red Flags: Creating Safer Space for Women

SPEAKER: Ms. Patricia Anne Gallardo-Marcelo

Participants: All interested enrolled students (SLS, College, and Graduate School) of Benguet State University (La Trinidad campus, Bokod Campus, Buguias campus)

Date of Implementation: March 28, 2022, 9:30 am to 12:00 NN

Proponents/Implementers: OSS-Guidance and Counseling Unit (GCU)

I. INTRODUCTION

The Guidance and Counseling Unit (GCU) responds proactively to the present needs and concerns of the students in order to effectively carry out its function as an academic support arm of the University. Needs assessment results of the students for the past information services of GCU revealed that generally, mental health concerns and relationship struggles have been identified as pressing needs of students in their over-all adjustment to online mode of learning and the prolonged protocols in dealing with the pandemic. The pandemic disrupted the formation and sustenance of social connections and relationships of people. This, in turn, led to social isolation, loneliness, and for a lot of people, depression, anxiety, and other mental health problems (World Happiness Report, 2021).

Even in Benguet State University, the Guidance and Counseling Unit (GCU) personnel, through their counseling and academic coaching with the students including the student parents, have observed that the pandemic has negatively affected the relationships and the academic performance of the students.

In 2010, the American Sociological Association found that numerous studies validate the need for love and belongingness wherein maintaining good social relationships contributes positively to the well-being and mental health of people (American Sociological Association, 2010). In fact, a 2020 study revealed that there is a connection between sense of belonging and happiness and well-being including a decrease in mental health problems such as anxiety, depression, hopelessness, loneliness, social anxiety, and even suicidal thoughts (Verywellmind, 2021). This is proof that developing connections across the stages of human development, is a central part not only of our survival but in maintaining good overall wellbeing and living a meaningful life.

In order to reach out to our students and provide timely and relevant services, the GCU, through its flagship program, Tumulong ken Tumarabay Kenyam Kabsat (TuTuKK) calendared a series of webinars and student activities in observation of Love Month (February) and Women's Month (March) with the theme, "We Make Change Work for Women." Besides awareness about healthy relationships and concerns such as intimate partner violence (IPV) and cyber exploitation, the students who interact in the various sectors of the community will benefit from student activities that leverage the use of both their creativity and the social media platform. Here, they can discuss their concerns about their ability to engage in relationships in meaningful, healthy and productive ways and identify ways by which they can cultivate healthy relationships amidst the pandemic.

II. OBJECTIVES

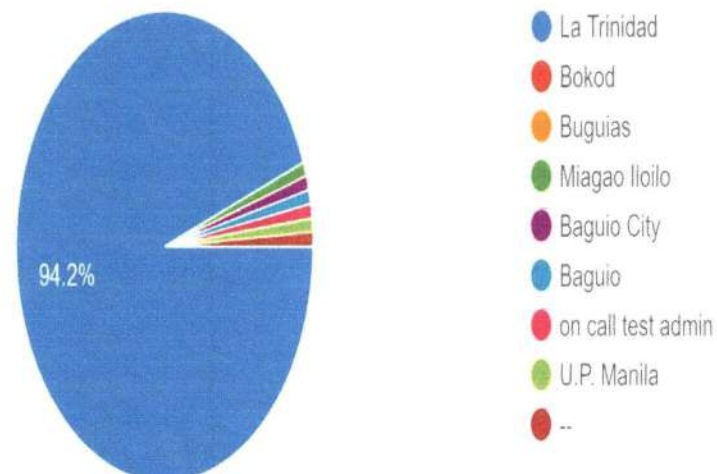
- a) To broaden and enlighten students' awareness on having a healthy relationship.
- b) To broaden knowledge in identifying signs of abuse in courtship, dating, or in relationships.

III. PARTICIPANTS

- All BSU students from the three campuses
- All interested individuals from different schools and organizations in the community.
- There were a total of 24 individuals who registered through the Google form, 32 peak live viewers and 1,600 asynchronous viewers.

School Campus (fill up other for not BSU students)

103 responses



IV. ACTIVITY EVALUATION

EVALUATION COMPONENTS		RATING	INTERPRETATION
A. Topic/content	Relevance	3.91	Very Satisfactory
	Contribution to Knowledge	3.87	Very Satisfactory
	Contribution to Skills	3.81	Very Satisfactory
	Organization	3.82	Very Satisfactory
	Average	3.85	Very Satisfactory
B. Speaker/Facilitator	Stimulation of Participant's Interest	3.82	Very Satisfactory



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	Mastery of the Topic	3.87	Very Satisfactory
	Communication Skills	3.88	Very Satisfactory
	Interaction with the Participants	3.78	Very Satisfactory
	Average	3.83	Very Satisfactory
C. Activity	The activity is appropriate	3.82	Very Satisfactory
	Time is well-managed	3.78	Very Satisfactory
	Time allotted is enough	3.79	Very Satisfactory
	Average	3.79	Very Satisfactory
	OVERALL RATING	3.82	Very Satisfactory

Scale:

- Very Satisfactory - 3.26—4.00
- Satisfactory - 2.51—3.25
- Unsatisfactory - 1.76—2.50
- Very Unsatisfactory - 1.00—1.75

- The evaluation tool used was a 4-point rating scale with 4.00 being the highest and 1.00 being the lowest.
- There was a total of 104 participants who evaluated the activity.

VERBATIM COMMENTS

What can you say about the seminar?

- It is very relatable and reflective.
- Conducted very well.
- It's a bit sensitive in terms of the sharing of sex experience but so far it's inspiring.
- Very informative and inspiring.
- it was a very inspiring talk, it can be a push to those who are struggling to speak
- I believe that it was very significant to every one who listens or watch the webinar, as of how the speaker shares her ideas, history and experiences about the topic, it was very memorable, inspiring and motivating to everyone most specially to women.
- Very helpful... more webinars
- very good
- This webinar was a helpful one because it describe all the possible characteristics of a person who is a red flag. I am able to know my worth and value after the webinar.
- It is very helpful and it is worth it to hear
- It's very interesting and informative
- Great!
- The seminar is insightful. I truly appreciate and admire the courage of the speaker who shared her experiences.
- The topic was relevant for us women and the speaker discussed it well.
- very inspirational and i hope for more webinars like this
- Interesting and motivating



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- Its worth listening. I hope everyone can listen to this kind of webinar.
- the speaker was really brave to share her stories to strangers. kudos to your bravery maam
- A worth-spending time
- It was inspirational
- The seminar was good, inspiring and I have learned a lot from it.
- It is very inspiring
- Excellent
- I can say that this is truly an inspiring one. It is a well-done job by those who organized it. They choose the right person to speak and share her experience in life.
- Very informative
- Great, the speaker and host are really approachable and the message delivered well.
- It was amazing and interesting at the same time
- Thank you and bless you all
- Very good
- Splendid
- It is very helpful.
- The seminar is good
- It was very helpful
- It is relevant and usefull for daily living.
- It is very timely and appropriate because of the current situation..
- Good
- Very informative
- The webinar is very helpful because we can learn a lot.
- The seminar was very helpful to students, specially to us women's.
- This seminar so far good specially for those people who are prone to violence or always engage to king of violence to women.
- I can say about the seminar that I learned a lot that I can use and apply in the future.
- Good
- It is very much informative and inspiring as well
- Informative
- Its really helpful to me and to the others people.
- Good
- Very helpful, good topic most especially to women.
- it is good and it gives knowledge to people who did not know how the pandemic badly change their life.
- very helpful
- The seminar is so inspirational.
- For me I can say is good because it elaborate the difference kind of violence that we must avoid in building our own family.
- Sensitive issue and abusive. (My Anger issues)
- I'm very thankful for it enlightened me about the right of women's.
- The topic is really helpful
- The seminar is informative and it is very interesting.
- It is really an inspirational and encouraging.
- It's very helpful, mind blowing and so much to learn from it.
- Well done
- It was so meaningful and informative regarding the topic. The sharing of the experience really helps in understanding such topics.
- ...Overwhelmingly melancholic. However, I am still happy for ma'am Pat's journey.
- The seminar is important nowadys that violence and abuse of women are rampany.
- The content is very inspiring and give courage to do what is the wright.
- Enlightening

- The seminar went pretty well, and the speaker held my attention throughout the story-telling portion, despite the fact that I was answering my activities on other subjects.
- Inspirational
- It is very inspirational and I have learned a lot about it. Though we encountered some technical difficulties, the seminar was beautifully delivered to us.
- The seminar is really inspiring and an eye opener especially to us young ladies. It gives us courage to stand up and speak up especially to those who are experiencing abuses who chooses to battle silently.
- The seminar is very informative and inspirational especially the story part. I have learned many things about what is this red flag, about the violence and etc. This seminar is very helpful to us student because it makes us aware on our surroundings.
- The seminar is about the real life scenario and the way the speaker deliver her message is good. It is about self importance and advice to a healthy relationship.
- Very informative
- I learned moral lessons.
- Knowledgeable
- The seminar is good and gives knowledge.
- Informational, inspirational
- The seminar gave us a lessons especially to us women.
- It is very helpful and an inspiring experience where we can learn from.
- Very inspiring, informative, and helpful.
- very enlightening
- The seminar is helpful because it gives us awareness and it gives knowlegdes not only to me but also to other students the different abuses we did not know it was considered abuse.
- This seminar is very timely since there are a some women, girls or teenagers who enters a relationship thinking that they are being loved but in reality they are just being manipulated.

What do you suggest for the improvement of future seminars to be conducted?

- So far it's all goods 🌟
- to have more audience, and stable connection
- More webinars to conduct po
- To have both gender be the speaker talking about red flags in a relationship to see the different view point
- Keep iT up♥ it's well done.
- None as of the moment
- Conduct more webinars related from this topic
- Mastery of the topic he/she is going to discuss and having an experience related to it is an advantage
- More of stories about different kinds of violence survivor to empower other people who might also have the same situation.
- Please, conduct more webinars especiallt mental health.
- Just continue this seminars
- Consistency
- More examples
- Technical difficulties
- For me I dont have any suggestion for the reason that the presentation is presented well and the idea or information presented is relevant and clear.
- The communication skills
- I suggest that the seminars should be conducted face to face in the future so that we all participate and understand the topics.
- No comment for now...



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- More seminars that are helpful to everybody.
- To be honest I haven't done a great seminar but it is best if the speaker ask the opinion and must consider the feelings of the audience.
- More activities will be held and more time must be given to the speakers so that they will share more their thoughts about the topic.
- More pictures and videos so that we must further understand what is the main topic all about.
- None. I salute you.
- Focus more on the process of getting up.
- Technical Improvement (Though lahat naman tau meron)
- The technicalities should be improved.
- Be prepared all needs and materials.
- none so far
- brainstorming before the seminar :)
- Maybe have a rerun before the seminar starts to know and solve the technical difficulties and have a strong internet connection if possible.
- Before starting the seminar they should make sure that they are fully ready and be attentive in every situation.
- I would like to suggest something that is similar sa ating webinar, something that matututo ang mga bata at mga topics kung saan mamumulat sila sa realidad.
- Just be comfortable and open about what you say as if you are just talking or chit chatting to a friend it helps for the audience to listen more and be more interested when they feel the speakers is being true to themselves
- skills(communication,listening)
- None
- More like this for us to be more knowledgeable enough especially in today's generation where violence is unstoppable.
- Make sure that the internet connection is stable. The host should have a patience in reading the comments so that the viewers will be encouraged to interact.
- More resource speakers

What other topics would you like to be conducted in the future?

- How to handle perfectionist teachers amidst pandemic.
- ❤️🌟
- knowing lies in me
- None so far.
- the constitution VAW
- About a person/partner who is a Green Flag naman po
- How to love your self as a woman.
- How to maintain social and personal relationship during the pandemic
- None as of the moment
- Making the right decision.
- Parenting
- Paano mo makakalimutan ang bangungot ng mapait na nakaraan/hindi magandang nakaraan
- Mental health
- Early marriage maybe
- About gender roles
- Self awareness
- Empowering Women
- Online Safety against OSEC
- Digital Literacy

- Anything about stress management
- For me I am verry sorry i could not suggest future topic cause i still dont have an idea.
- Students behaviour
- How to reduce stress.
- Being open to HIV cases and people
- The Rights of LGBTQ
- Early teenage pregnancy
- I would like to conduct in the future about the violence again women and children because I can say now that there are many women that are being abused.
- No ideas for now...
- Financial Management
- Leadership Skills for Youths
- I would suggest "does the school support their student who pass any licensure examination who does not have work? how?"
- The freedom of everyone in their gender identity
- AIDS/ HIV
- More motivating experiences.
- Topics that would guide students in making future plans
- Coping with depression and anxiety
- Same sex marriage to be accepted in the Philippines.
- Depression
- Same topics
- "WHy It pays to wait?"
- Other topic would like to be conduct and be remind again to anyone in the future is the self control in having affairs;(how to prevent using condom or other word contraceptives although required but have a self-control in having affairs) the cause and effect, and how to have a healthy life style or live a healthy life.
- none so far
- I wanted to know about the cliché in the Philippines' beauty standards, which promote to plastic surgeries and other beauty treatments, and what can we say about it in context of the Bible, considering that the Philippines is a Christian nation. thank you :)
- I don't actually have specific topic in mind but whatever topic the school or organization wants to discussed, I'm glad to be a part of it.
- "I would like to hear about
- *how to protect ones Mental Health
- What,How, Why is productivity(being productive) important
- Success after hardships (Inspiring Stories)"
- About single mom's out there that has been experiencing hardships.
- more women empowerment to educate men aswell.
- "Bully prevention"
- Mental Health, Self-care, and Wellbeing Webinar
- Topics that are kore likely in todays topic.
- Politics
- Mental health awareness
- The different strategies to cope up with different abuses faced by both men and women.

What is the significance of the topic to you?

- It opens my mind to red flags in a relationship and reminds me more that my body is not an object so I must protect it.
- For my safety as a woman.
- It helps me be more concious about the signs of abuse and manipulations in case I ever be in a relationship.
- It gives me more knowledge about my advocacy.



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- to have courage to stand and speak
- It was very significance in having relationship to anyone, which needs to observe and think deliberately if you really deserved those kinds of relationships.
- It is an eye opener to all to be very careful and stay in a healthy relationship
- very informative
- That I have to value myself. I have to respect myself because some people don't do the same. I have to know if he/she is a red flag and if he is, I should protect and avoid that person.
- Help me to understand that we as a human and to have a good relationship we must respect and know our own value.
- Im a feminist counselor.
- It helps me recognize the different red flags in a relationship
- As a women I like to have a safer space and this webinar will help me.
- I am inspired to be hopeful and brave as a woman.
- It is beneficial to all women who are physically and verbally abused to speak out and it gain ideas on how relationship be handled.
- as a lady, it helps us to be more open in understanding and identifying red flags that we'll avoid in the future when we enter relationships.
- Awareness to the different kind of abuses
- It is important to me in a sense that this topic and experience would serve as a lesson to me. A lesson that would guide and help me in planning the blueprint of my future.
- I realized my worth as a women.
- Red flagging is an issue right now.. so being able to know more about it is a must.
- to make healthy relationships
- The significance of the topic to me was to be enlightened on violence to women and what should we do in this type of situation.
- It is very inspiring and malaking help for me kasi iam a married woman. At magkakaroon ako ng knowledge kung ano mga signs ng naabuse 😊
- Women are so valuable.
- We learned so much about the red flags to look out for us to be more aware of our situations.
- It is important to me as this will be a guide and helpful enough to consider. It is a lesson learned that informs women about domestic violence and negative effects of being abuse by partners. It is also important for me to know how manipulation works in a relationship, we may not know when and how this happened to us if we don't listen to others who experienced this for how many years. Lastly, it is also important to me to know how to handle good relationship and avoid red flags that can affect you and your life.
- Women empowerment
- It is very important for me to understand the things that matters when it comes to violence against women. Those information I've heard was a great advantage for me to observe and be knowledgeable about caring women.
- The significance of the topic is how women must be treated if they're red flags in a not violent way. We should be kind and respectful, try to understand how they feel so we won't be depressed by their drama and actions.
- It is significant us women who are encountering self struggles and self questioning
- By creating a safer space in your own self
- It is very helpful in which I was able to learn all of the red flags that i should be aware of.
- Respect and Understanding the other party to withhold and have stronger relationship.
- Being aware.
- It helps me to become aware of the abuses that is experienced by women. And I learned what to do in abuses.
- We should have a safe place wherein there is no violence and no one can ever hurt us.



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- It helps me to know more about what I should do and not to do as a woman when I am on a relationship.
- It is about the condition of some women during the pandemic where they experience abuse or violence.
- As a woman, the significance of the topic is that they are creating a safer space for women to prove themselves and to not let other people discriminate the worth and "yung kaya" of a woman.
- For personal learning and advocacies
- It gave more knowledge that I can share to other people.
- It was very helpful on how to adjust and adapt in our community as a woman. Also to take cautions
- The significance of the topic is I have learn a lot of information that I not familiar before.
- It is to be more knowledgeable in avoiding abusive or violent relationships...
- To be aware about the issue of women violence and also to know my right as a woman and what should I do in case I will be in that kind of situation.
- Stop abuse and any kind of violence
- The topic is very helpful especially to young people like me.
- It taught me that i can ask for help and that there are legal action si can take to protect myself
- Prioritize your self and always think that you are loved and valued.
- "Domestic Abuse or any Kind of Abuse Victims should speak up about what is happening to them. They should stop keeping silent or hiding their bruises to free themselves from their traps or cages. Be kind to those victims.
- *I should be will always be aware of those red flags in relationships and I should also consider this as an early sign of an unhealthy relationship."
- Protect those within it from feelings of judgment and acts of intolerance and violence.
- 100%
- To create a safer place and/or environment for women
- The significance of the topic for me is we also learned in our school about the domestic violence.
- It is helpful, especially to us millennials.
- This webinar is really helpful for us because it enlighten our minds on the issues that are happening to young people specially during this time of pandemic. There are a lot of hidden serious crimes brought about by this pandemic and it is just right for us to know about all these to be informed and to not be a victim of this 'crimes'.
- Importance of right as a woman
- The significance of the topic for me I can say that the topic help me to be ready and gain ideas or information about the what's happening to my surroundings.
- being safe as a girl
- The significance of the topic to me is it gives me knowledge to stand as a woman. A woman empowered to what is the right respond to such situations. A woman with a brave heart to do what is right.
- It gives a view point on how this pandemic affect the way people live and how it change the way people live.
- respect is more important than love
- It encourages all to be brave and fight for their rights. It gives hope to those people who feel down.
- For me the significant of the topic is it explain about bad and good relationship . It also explain how to fight against violence.
- For me, it is an Eye-opener. A thing to remember and always be careful, to be open to family members. It has many significance and benefits to us women to be knowledgeable enough on things like her experience.
- It helps me to realize that we women's should be loved and not be taken for granted. It helps me to set standard for men whom I'll be with someday.



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- The need of being aware of and avoiding red flags while entering an intimate relationship is critical, especially for us young people.
- To know what's happening to other women this pandemic which base on the video it talks about how they were physically and emotionally abused in their homes or in different places.
- It opens my mind to be strong and fight for my own.
- And I was able to know those kinds of violence in a relationship that we don't notice because we are blinded by love. And that no matter gender we are in relationship with we have to respect each other for it is a sign of true love
- To use my life better.
- It helped me to realize some things from my past and also to make my standards higher.
- It enlighten me more about the red flags on domestic and intimate partner violence and to brave enough to fight for what is our right.
- It is a good lesson and a reminder for many to love themselves first before loving another. This serves also serves as warning for people to keep out of relationships that they are not comfortable in.
- Being brave to face everyone and be brave to fight for your rights.
- It opens my mind about the reality of violence against women and about relationship. This topic is very significant for me because it gives me a wisdom and gives me a tip on how to react to a possible the same situation.
- The significance of the creating safer space for women to me is very important because it gives me a courage, inspiration, and I learn some things like some tips in life and etc.
- Additional knowledge
- Because I am a woman, this is extremely important to me. domestic violence can lead to someone else trauma, injuries, and in the worst case scenario, death. this is a deadly pandemic, and the more a person is exposed to it, the more it can lead to negative health issues.
- Additional Information
- Fight for your rights.
- The topic made me realize a lot of red flags in a relationship and whatever I had learned served as an advice or warning to be able to identify the red flags and avoid it at all cost.
- Well as a student/woman/future wife/ future teacher (if ever) this means so much to me as it gives me more knowledge of how, why and what are the things that can be done to avoid domestic violence and abuse. Especially now that I am still young, it gives me knowledge on how abuse start and its progressive processes once you are in a relationship, this gives me ideas on how to avoid those circumstances to happen.
- The topic that has been discussed is very significant to me as a woman because it makes me aware on everything, and it helps me to determine what to do and what to avoid.
- The topic brings awareness and lesson to me. As a female, pinaalala nito sa akin na dapat bigyang halaga ang ating sarili. Maging aware sa pangyayari loob ng isang relationship.
- The topic has a big significance to me specifically being a young woman growing in this very open society but has a limit knowledge about this topic.
- Awareness about same sex marriage
- Information
- To be more knowledgeable in avoiding or preventing violence among individuals.
- Ma'am Patti thought me to have courage to stand and speak up about what's happening to me or what others doing to me.
- The significance of the topic to me, is that it indicates lessons that inspires me, wake me up to see the reality and a story that changes every thought that I have in my mind. A

life lesson that we can bring where ever we go and it can change people, to be confident, stand for themselves.

- It serves as an eye opener for us people especially for women who maybe in such situations. The topic discussed gives me an awareness and idea that I can apply if I would encounter such situations (hopefully not)
- To be able to know my rights and signs on how to help and protect myself
- Although domestic violence can take many forms in a relationship, it is ultimately a strategy someone will use to dominate or affirm their power over the other party.
- It educates me about the red flags in a relationship and when to get out of of a relationship if ever I experience violence.
- It will be helpful when we encounter those kinds of violence. I'll be able to know if I'm being abused or not and if it's time to stop and save myself.
- The importance of knowing the red flags before entering into a commitment and the importance of being knowledgeable with your rights
- To be aware of before entering relationship.
- It helps me enlightened and gives me clearer understanding on the different abuses faced by both men and women. It help me to be open minded on how these abuses takes place and how to avoid despite the many circumstances around us.
- It opens my mind about how scary sexual abuse is. I have seen stories and videos about sexual abuse in the internet but, I usually skip them because I hated this kind of content, but because I skip any forms information about sexual abuse, I wasn't informed well about sexual abuse, therefore I only know that sexual abuse is bad. So the significance of the webinar to me is that, I was able to gain new knowledge about sexual abuse and how intense it's effects to the victim.

How can you apply this webinar to your life as a student/teacher/parent/employee?

- Sharing it to others or in my future speaking engagements. I will apply it in my future relationship
- I will share my knowledge for my fellow woman.
- I think I will Share it to my mom who also was abused by his husband.
- I can apply the learning that I have gained from this webinar in my life since I am also a student advocate for women in ways that I will be able to tell my friends, family, and associates on how to deal with their circumstances similar to what is shared in the webinar.
- to share to my friends
- As a student, I will apply it not only on myself but I can use it or share it to other people.
- By being very careful and aware
- embrace the right application
- As a student, this webinar is helpful because I have a knowledge now about a person being a red flag. I experienced having a toxic partner and all my life he always tell me that I was stupid. That I was not worth it. His friends do the same. They victim-blame me. But my partner that time was the one who is not treating me well. Now that I'm free from that person, I was able to love myself more and promise not to commit on the same relationship that I had before.
- I can share the knowledge and apply it on my own life.
- Being aware of the issues and concerns which are important to women's safety and wellbeing is important in my work as a counselor.
- I can apply it in a sense that I, myself should also try my best not to be toxic or causes mental abuse to my partner
- By having a desipline to create a safer space
- It seems to me that I can apply this webinar in my life as a student by sharing what I have learned to my peers and to other people.



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- By sharing the ideas or knowledge to others.
- as a lady, it helps us to be more open in understanding and identifying red flags that we'll avoid in the future when we enter relationships.
- Through the shared story of our guest speaker, it teach and guide us to know the signs that you are experiencing domestic violence or abuses.
- I think, knowing the red flags before entering a romantic relationship would be the application of this webinar in my life as a student. In addition, I think I would stay no matter what on my friends side when they experience abuse because that's what I also learned from this webinar.
- Be cautious when entering a relationship
- Not to redflag
- to be as an advocator
- I can apply this webinar in my whole life because Ive got ideas on how should I be treated as a woman when it comes to relationships. I can also use this learnings to my friends if ever they experience violence from their partners.
- By sharing people experiencing abuse
- i can apply this thru teaching.
- I have learned a lot of behaviors in becoming better in taking care of our physical and also our mental health.
- As a student, I will apply this webinar as a life lesson to look at especially about red flags that brings negative effects to women not only about physical but also on the emotional aspect which destroys one's future and life. It will be an inspiration to tell others, guide other fellow women to be vigilant, know their worth and to always choose what is right. Even though you are hurting, even though you have been in an abusive environment, always find the will to let go and treat yourselves right.
- As a student and be a parent someday, I am being equipped with knowledge to be more strong as a women
- I can apply this webinar to my life as a student to help other people who aren't aware about violence. This may also help them to become a better person to enlighten themselves.
- I can apply this webinar by simply listening, taking notes, and keeping a heads up on women's statements even if it irritates you very badly.
- I can apply and share the information I got on our community and share it also to young people
- By sharing to others
- i will also be sharing all of the beneficial insights and ideas I learned to others.
- Spread awareness
- That we can avoid situations like abused by telling to people who are more knowledgeable about this.
- I will use this for myself to be knowledgeable on what I can do to protect myself from abuses. I can also share this to others to raise awareness on what they cand do to any abuses.
- We should know that we are worth it and we don't need anyone who will and can abuse us because physical abuse is never okay when we are in a relationship. I learned that if someone hurt me, I should leave that person.
- I can apply this in my life by having a healthy relationship.
- As a woman, we should know our valuw specially the one discussed where if we are being abused example by out partners we should leave and don not take the risk . We should be respected and not to be abuse.
- I can apply this webinar by empowering other people most especially women who sometimes suffer from violence and other issues. I will share the knowledge that I learned frim the webinar to other and be a strong woman to prove our worth to other.
- Work, Personal Advocacies, personal growth
- Can use the webinar 's infos for the future webinars



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- I can use it as a guide in my everyday living, an eyeopener also
- I could apply what I have learn trough sharing it to other who still not being inform or who still dont know it.
- As a student, I know that there are some people or student who are suffering from this situation, so I could help them by being open minded, a friend they can lean on and a friend who will help them to go out from that relationship. (Fsmily or any intimate relationship..)
- As usual to defend myself in that case and to act or help when a woman a got suffered with it.
- By guiding students to make right decisions
- I can apply the webinar in my life as a student to improve my own life.
- i can help someone and know when to spot red flags to avoid them.
- I will apply the knowledge I learned by keeping it in mind all those stories that ma'am Patti shared.
- "I should promote awareness of those red flags and anti-violence through social media and also to my friends, family or relatives.
- I should also help or consider volunteering in this kind of organisations."
- Always promote the protection of all students from violence, bullying and harassment, the sale or use of illegal substances on school grounds, and other emergencies especially women's.
- Be close to God so that you will not do wrong to the Law
- I can apply this webinar to my life as a student by protecting myself when I am being bullied by others and when I will experience domestic violence.
- Follow the things they discuss
- As a student, i beleive that i can apply this webinar through empowering self-love and respect to each and everyone of us because prioritizing ourself more than anything can also be a great great help for us to stop any unwanted happenings in our lives.
- Through sharing to my students and to other people as well.
- By doing into actions not in words, and as a student I can be more efficient and responsible to my actions
- Be Positive
- I can apply this by defending and standing what is right and true. To be brave enough to face situations. To defend the weak in the right act and respond.
- It help me think of something that can help me improve the way how I will teach in the future and how I can help my community by giving them advice about birth control.
- It will serve as may basis in making decision
- Student
- As a student, I will also share or use the story of Ma'am Patty to inspire other women especially for those I know who is experiencing abuses. I will share to them what I have learned here to encourage them fight for theirselves.
- I can apply this webinar to my life as a student it enlightened my mind about what are the good attitude that we must do if we enter in one relationship and what are the bad things that we must avoid so that we can avoid violence. We also use these webinar as a platform if we will enter in one relationship.
- I can apply this webinar to my life to create safety, share her experience to others and to have safety precautions regarding men who are manipulative, abhsive and evil-minded.
- I will apply the learnings from these webinar as a reminder to myself that we can stand on our own and should not be manipulated like a robot. I will do my best to help women's who are experiencing red flags for them not to be controlled by the people they think they're love ones .
- Hearing the story as a student helped me realize how important it is to enjoy life while we are young. It is preferable to wait for the right time and to be well-informed in order to avoid future abuses, particularly when entering into an intimate relationship. It also



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taught me to think twice before making decisions because our choices have a significant impact on our life in the future.

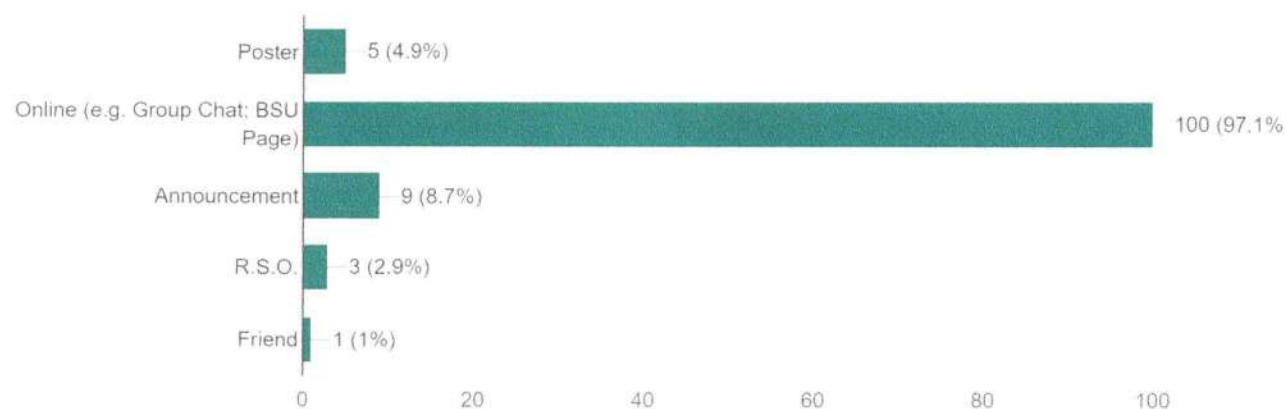
- This webinar will help me to be aware of the events in my surroundings and to be able to cope with those possible situations like it.
- We should respect everyone as how we wanted to be respected. Respect has no gender.
- Sex education is a must. No to boyfriend until the right time will come.
- After watching the webinar I should make my standards higher and use this to inspire/motivate everyone.
- As a women, I can use what I learn in the webinar as a guide and I will not fall into the trap of being victim of domestic and intimate partner violence.
- As a student, I will perhaps never forget about it and constantly follow the reminders and observe such signs which will help me keep out of toxic relationships. As a teacher, ma'am Pat's story will be a great story to share to my students for them to also be reminded of such incidents.
- Be wise and courageous enough
- I will love my self first before entering into a relationship so that I can easily let go a relationship when it is needed. I will educate my future students about violence and abuse so that in early age, they will learn to respect each other and their limitations when they decide to enter in a relationship in the future. I will motivate them to enter in a relationship in God's perfect time.
- I can apply this webinar to my life as a student is first become inspiration in my life and studying then try my best to do what is the wright things to do and become light and salt to others too or other word be a good leader to next generation or other people.
- By observing and applying some knowledge I acquired.
- Though I have not personally experienced domestic violence, as a student and a human being, I can empathize with the children and women who have been abused. If there are circumstances in which this topic or webinar is relevant, I can share Ms. Patty's testimony or inform others about the DVW and DVC cases.
- Applying it whenever necessary.
- As a student I will fight for my rights and will not be emotionally and physically damage in any challenges in life.
- As a student, I can apply the things I've learned in the webinar for my future relationships to come. By bearing in mind about what I've learned, I can surely say that I will not let those bad things to happen to me as I will immediately get out of that toxic relationship. Also, I can share this webinar to my family and friends so that they will also be educated regarding the red flags so they may be able to be away from danger and pain.
- Well as a student or at a young age, It is important for us to know how to determine red flags in any relationship because along the way, we may meet someone who are also manipulator and abuser (physically, mentally, verbally, emotionally) This webinar become an eye opener for us and serve as a reminder and inspiration for us to know and set our self and priorities first.
- As a student I will apply this by inspiring others to speak up especially those who experience domestic violence and also by choosing a right person/ group of people that benefits me.
- Through sharing the lesson to my younger siblings, mas mahalaga na simulan ang pag share ng awareness sa loob ng aking family at bilang isang guro pwede ko ding maibahagi ito sa mga parents ng mga bata.
- This webinar can be an eye opening to me as a women in total to look properly for the red flags and avoid it as early as possible. That it is not always about love, love cannot always be on top because love aint enough to protect ourselves from harm.
- I gain lesson from the webinar that I can apply in my life as a student.
- Awareness



- I can apply this in my everyday life wherein I can use to help my self, friend, classmates or someone who need my help to avoid violence.
- Make it as an inspiration. Make that experiences of someone to motivate, and encourage you.
- As a Student, I will apply the lessons that I learned from this day for the near future. To be aware of the red flags, that is going to happen inside of a relationship to get out as soon as possible.
- By not letting anyone rule over me and by always fighting for my rights and freedom as a human being. I will also share the knowledge that I've gain so that other people will also be aware.
- By speaking up and helping others also to speak up
- If you are in a relationship with someone and you feel that he is abusing you, then try to get out of that relationship, because the more you will stay, the more you will be abused.
- I can apply what I have learned in the webinar by not engaging into a violent relationship and not being a perpetrator of violence
- As a student I can share the lessons learned in this webinar so as to let them know how to act against violence.
- I will share the information i learned to my friends and hello spread awareness on VAWC
- Personal life and spread awareness
- As a student this webinar is a great help to me because if i face different abuses in the future it will help me to avoid it and be free. Participating in these webinars inspired me to help also those people who suffered from it.
- As a student, I can apply this webinar to my life by being careful to choose the people I let in on my life.

Where did you hear about the seminar/training? Check the appropriate box.

103 responses





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 La Trinidad, Benguet



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Summary of Evaluation

LAYLAYDEK SIK-A

“CELEBRATING LOVE THAT BUILDS AND PROTECTS”

TITLE: Flagging Red Flags: Creating Safer Space for Women

SPEAKER: Ms. Patricia Anne Gallardo-Marcelo

Participants: All interested enrolled students (SLS, College, and Graduate School) of Benguet State University (La Trinidad campus, Bokod campus, Buguias campus)

Date of Implementation: March 28, 2022, 9:30 am to 12:00 NN

Proponents/Implementers: OSS-Guidance and Counseling Unit (GCU)

EVALUATION COMPONENTS		RATING	INTERPRETATION
A. Topic/content	Relevance	3.91	Very Satisfactory
	Contribution to Knowledge	3.87	Very Satisfactory
	Contribution to Skills	3.81	Very Satisfactory
	Organization	3.82	Very Satisfactory
	Average	3.85	Very Satisfactory
B. Speaker/Facilitator	Stimulation of Participant's Interest	3.82	Very Satisfactory
	Mastery of the Topic	3.87	Very Satisfactory
	Communication Skills	3.88	Very Satisfactory
	Interaction with the Participants	3.78	Very Satisfactory
	Average	3.83	Very Satisfactory
C. Activity	The activity is appropriate	3.82	Very Satisfactory
	Time is well-managed	3.78	Very Satisfactory
	Time allotted is enough	3.79	Very Satisfactory
	Average	3.79	Very Satisfactory
	OVERALL RATING	3.82	Very Satisfactory

SAMPLES OF EVALUATION

LAYLAYDEK SIK-A

“CELEBRATING LOVE THAT BUILDS AND PROTECTS”

TITLE: Flagging Red Flags: Creating Safer Space for Women

SPEAKER: Ms. Patricia Anne Gallardo-Marcelo

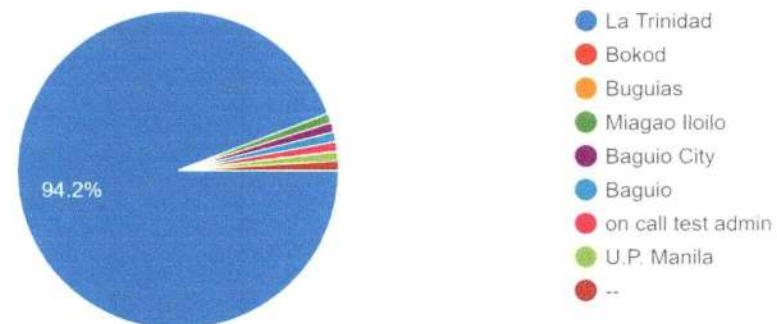
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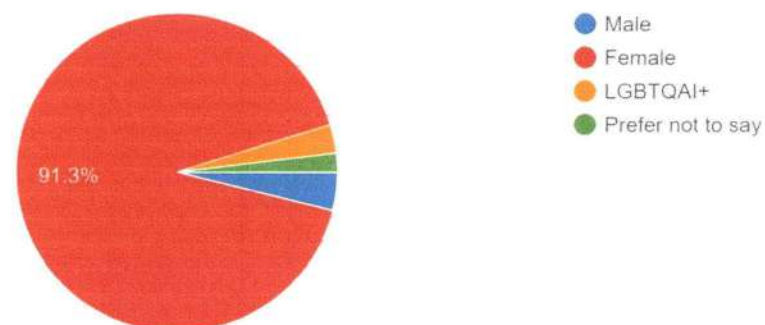
School Campus (fill up other for not BSU students)

103 responses



Sex

103 responses





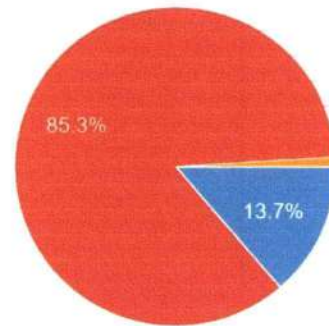
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Are you a student parent?

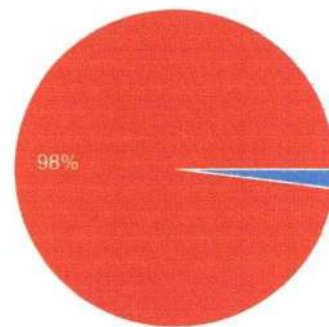
102 responses



● Yes
● No
● Prefer not to say

Are you a person with disability?

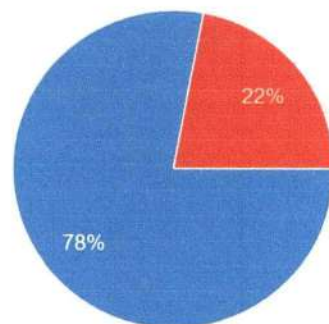
102 responses



● Yes
● No
● Prefer not to say

Are you a member of any indigenous group?

100 responses



● Yes
● No



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ATTENDANCE

LAYLAYDEK SIK-A

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TITLE: Flagging Red Flags: Creating Safer Space for Women

SPEAKER: Ms. Patricia Anne Gallardo-Marcelo

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PHOTO DOCUMENTATION

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THE REALITIES OF THE COVID PANDEMIC
FROM JANUARY 9, 2020 TO MARCH 25, 2022 (2 yrs 75 days)
CONFIRMED CASES:
476,374,234
DEATHS:
6,108,976
VACCINE DOSES ADMINISTERED
AS OF MARCH 18, 2022:
10,925,055,390
WORLD HEALTH ORGANIZATION: MARCH 25, 2022



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THE REALITIES OF
DOMESTIC and INTIMATE PARTNER VIOLENCE

GENDER-BASED VIOLENCE

- Domestic Violence
- Rape
- Sexual Harassment
- Online Violence
- Harmful Practices
- Sexual Exploitation
- Misogyny
- Elderly Abuse/Neglect

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1

ONE IN THREE (33%)
IS THE NUMBER OF WOMEN WHO WILL EXPERIENCE INTIMATE PARTNER VIOLENCE WORLDWIDE

4

TWO IN FIVE (40%)
IS THE NUMBER OF GAY MEN WHO ARE LIKELY TO EXPERIENCE DOMESTIC VIOLENCE

2

ONE IN FOUR (25%)
IS THE NUMBER OF WOMEN IN THE U.S. WHO WILL EXPERIENCE INTIMATE PARTNER VIOLENCE

5

ONE IN TWO (50%)
IS THE NUMBER OF LESBIANS WHO ARE LIKELY TO EXPERIENCE DOMESTIC VIOLENCE

3

ONE IN NINE (11%)
IS THE NUMBER OF MEN IN THE U.S. WHO WILL EXPERIENCE INTIMATE PARTNER VIOLENCE

6

10,000,000
IS THE NUMBER OF CHILDREN WORLDWIDE EXPOSED TO DOMESTIC VIOLENCE

7

TEENAGE GIRLS EXPERIENCING RELATIONSHIP VIOLENCE ARE **THREE TIMES MORE LIKELY** TO BECOME UNWANTINGLY PREGNANT



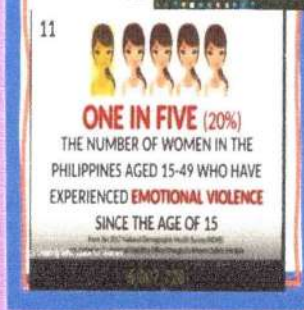
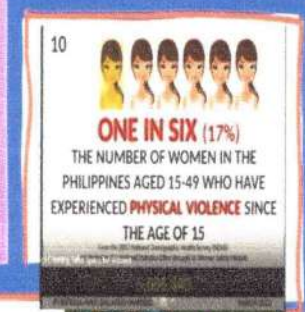
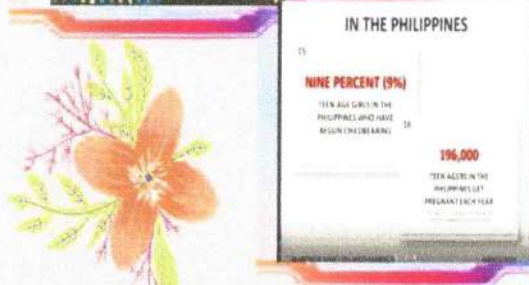
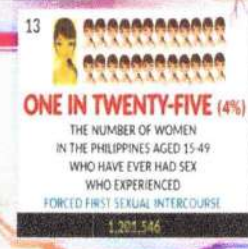
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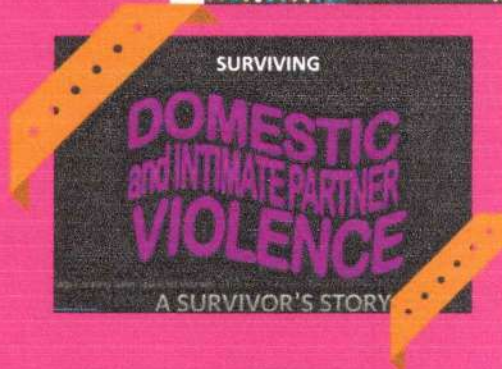
IN BAGUIO CITY

9,452
THE PROBABLE NUMBER OF WOMEN
IN BAGUIO CITY,
AGED 15-49,
WHO HAVE EXPERIENCED
SEXUAL VIOLENCE
SINCE THE AGE OF 15

NEWS REPORTS RAPE CASES	WCPD REPORT RAPE CASES
JAN TO DEC 2011: 11	JAN TO DEC 2015: 98
JAN TO DEC 2014: 23	

BAGUIO

BCPO REPORT ACTS OF LASCIVIOUSNESS/ SAFE SPACES ACT/RAPE JAN TO DEC 2019: 18 JAN TO JUN 2020: 3	2020 WCPD REPORT RAPE CASES JAN TO DEC 2019: 230 JAN TO JUN 2020: 33	2020 CSWDO REPORT RAPE CASES MAR TO APR 2020: 5
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72 MILLION INDUCED ABORTIONS TAKE PLACE
WORLDWIDE EVERY YEAR

85% OF ALL UNINTENDED PREGNANCIES END IN
INDUCED ABORTION

45% OF ALL INDUCED ABORTIONS ARE UNSAFE

UNSAFE ABORTION IS A LEADING CAUSE OF
MATERNAL DEATH

PHYSICAL:
PAINFUL
HEAVY
BLEEDING
OR MORE
ACTS OF
VIOLENCE
REPEATED
TRAUMA OR
OTHER
PHYSICAL
CONSEQUENCES
ON BODY
HARM



THE PRESENCE OF A GUN IN A
DOMESTIC VIOLENCE SITUATION
INCREASES THE RISK
OF MURDER BY 50%

VERBAL ABUSE IS AS DAMAGING AS PHYSICAL ABUSE.
THE ABUSER USES WORDS TO CONTROL, INHIBIT, DOMINATE,
HUMILIATE, MANIPULATE, SHAME, THREATEN, HUMiliate OR INCREASE
THE REQUIREMENT OF ABUSE.

You should not feel ashamed or guilty if you
are being physically abused. You should feel
unsafe, scared, and worried. If you are here
to help you, you should not feel ashamed or
guilty. You should feel safe and happy.
You should feel loved and supported.
You should feel like you are not alone.
You should feel like you are not afraid.
You should feel like you are not in danger.
You should feel like you are not being
controlled or manipulated.
You should feel like you are not being
shamed or humiliated.
You should feel like you are not being
threatened or intimidated.
You should feel like you are not being
controlled or manipulated.

VICTIM-BLAMING

Victim-blaming occurs when victims of crime, trauma, or wrongful acts are held responsible for the things that were done to them. This diverts the attention away from the perpetrators where it belongs.




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Prepared by:


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Flourishing the Minds; Caring for Others

“Crossing the Line:

On Substance Abuse

and Mental Health”

ACCOMPLISHMENT REPORT

THEME: LOVE BEYOND BORDERS: Deconstructing the Concept of Love Through the Lens of Students (Student Activities, February 2022)

TITLE: Love Language and Mental Health

Participants: All interested enrolled students (SLS, College, and Graduate School) of Benguet State University (La Trinidad campus, Bokod campus, Buguias campus)

Title of Activity: Love Beyond Borders: Student Activities for Love Month

Date of Implementation: February 28, 2022 (9:30 AM-12:00NN)

Proponents/Implementers: OSS-Guidance and Counseling Unit (GCU)

I. INTRODUCTION

The Guidance and Counseling Unit (GCU) responds proactively to the present needs and concerns of the students in order to effectively carry out its function as an academic support arm of the University. Needs assessment results of the students for the past information services of GCU revealed that generally, mental health concerns and relationship struggles have been identified as pressing needs of students in their over-all adjustment to online mode of learning and the prolonged protocols in dealing with the pandemic. The pandemic disrupted the formation and sustenance of social connections and relationships of people. This, in turn, led to social isolation, loneliness, and for a lot of people, depression, anxiety, and other mental health problems (World Happiness Report, 2021).

Even in Benguet State University, the Guidance and Counseling Unit (GCU) personnel, through their counseling and academic coaching with the students including the student parents, have observed that the pandemic has negatively affected the relationships and the academic performance of the students.

In 2010, the American Sociological Association found that numerous studies validate the need for love and belongingness wherein maintaining good social relationships contributes positively to the well-being and mental health of people (American Sociological Association, 2010). In fact, a 2020 study revealed that there is a connection between sense of belonging and happiness and well-being including a decrease in mental health problems such as anxiety, depression, hopelessness, loneliness, social anxiety, and even suicidal thoughts (Verywellmind, 2021). This is proof that developing connections across the stages of human development, is a central part not only of our survival but in maintaining good overall wellbeing and living a meaningful life.

In order to reach out to our students and provide timely and relevant services, the GCU, through its flagship program, Tumulong ken Tumarabay Kenyam Kabsat (TuTuKK) calendared a series of webinars and student activities in observation of Love Month (February) and Women's Month (March) with the theme, "We Make Change Work for Women." Besides awareness about healthy relationships and concerns such as intimate partner violence (IPV) and cyber exploitation, the students who interact in the various sectors of the community will benefit from student activities that leverage the use of both their creativity and the social media platform. Here, they can discuss their concerns about their ability to engage in relationships in meaningful, healthy and productive ways and identify ways by which they can cultivate healthy relationships amidst the pandemic.

II. OBJECTIVES

- To provide students with an opportunity to express their thoughts and feelings about relationships.
- To broaden students' awareness about the need for maintaining healthy relationships in the time of pandemic.
- To stimulate engagement among students in a creative avenue.

III. PARTICIPANTS

- All BSU students from the three campuses
- All interested individuals from different schools and organizations in the community.
- There were a total of 24 individuals who registered through the Google form, 32 peak live viewers and 1,600 asynchronous viewers.



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IV. ACTIVITY EVALUATION

EVALUATION COMPONENTS		RATING	INTERPRETATION
A. Topic/content	Relevance	3.86	Very Satisfactory
	Contribution to Knowledge	3.91	Very Satisfactory
	Contribution to Skills	3.91	Very Satisfactory
	Organization	3.88	Very Satisfactory
	Average	3.89	Very Satisfactory
B. Speaker/Facilitator	Stimulation of Participant's Interest	3.88	Very Satisfactory
	Mastery of the Topic	4.00	Very Satisfactory
	Communication Skills	3.94	Very Satisfactory
	Interaction with the Participants	3.91	Very Satisfactory
	Average	3.93	Very Satisfactory
C. Activity	The activity is appropriate	3.94	Very Satisfactory
	Time is well-managed	3.91	Very Satisfactory
	Time allotted is enough	3.97	Very Satisfactory
	Average	3.94	Very Satisfactory
	OVERALL RATING	3.92	Very Satisfactory

Scale:

Very Satisfactory - 3.26—4.00
Satisfactory - 2.51—3.25
Unsatisfactory - 1.76—2.50
Very Unsatisfactory - 1.00—1.75

- The evaluation tool used was a 4-point rating scale with 4.00 being the highest and 1.00 being the lowest.
- There were a total of 32 participants who evaluated the activity.

V. VERBATIM COMMENTS AND OTHER SUGGESTIONS FOR FUTURE ACTIVITIES

A. What can you say about the activity?

- The seminar is very nice.
- Informative
- The seminar is very helpful especially to us, young people in this generations.
- The seminar is fun and insightful
- Thank you GCU for organizing this.
- The seminar is interesting. This is vital on the mental health of every viewers
- None
- Good
- Very nice; the presentation is created in a way where it is easy to digest the delivered information.
- Fantastic!



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- I can say that the seminar is really a good thing to put in mind. The speaker did explain the topic well in detail and in a way viewer's can understand well. The speaker let us know the ways we can do to know what love languages are family, friends, and people who cares for us and how to apply it to them. It is a long, interesting and a memorable seminar for me.
- Nice
- It is good.
- Very informative and interesting...Again, for both men and women, quality time was the most popular love language.
- Good
- It's great.
- The webinar is very thoughtful and helpful.
- It's good to talk about like this, especially to the adulthood
- It's a good an have a sense topic for all students and teachers
- Great Job and very informative

B. WHAT DO YOU SUGGEST FOR THE IMPROVEMENT OF OUR FUTURE SEMINARS?

- None
- I think, more on improvement in getting the attention and interests of the listeners through an active discussions and ways of how to deliver the message of the topic.
- None as of this moment.
- More participants
- None so far
- None
- None for know
- Nothing
- None ,it okey for me.
- Include videos
- For me there's nothing to improve, just keep up the good work
- nothing to improve

D. What is the significance of the topic to you?

- The significance of this topic is to express the love language to your family, friends, and other people you're mutual with and what ways you could do to support them.
- It is very important to know more about mental health to know how to take care of myself more.
- The significance of the topic to me is I was able to learn the different ways to show our love to anyone who is around us.
- Help me to defined if what is the term "love" in different ways or situation
- All of the topics that were mentioned in the webinar session.
- The topic is significant to me in a way that I understood clearly the love languages.
- Love is expressed and reciprocated in a variety of ways, it needs recognition and appreciation.
- Very powerful and inspiring
- The importance of self-love.
- It helps me have greater awareness about my love language.

- Love life: decision making and getting to know partners or suitors.
- It helps me to foster my relationship with my love ones.
- It significantly contributes to my knowledge on assessing one's and other's love language.
- As an individual who experience things about love just like everyone else, this is an important issue in order to gain more knowledge.
- It is very important to me as a student who temporarily lives alone since it does not only talk about love but also mental health.
- I was just actually really interested and as a Psychology intern, part of our qouta is to participate in psychology-related webinars. Nonetheless, the topic was significantly insightful and I have learned a lot.
- I Have learned a lot of importance of undertanding Affection. It is great to care about others but dont forget to care about our selves too.
- Knowing your love language gives you the communication to explain what's most important to meet your emotional needs and also the insight to figure out what's important to your family, friends or partner so you can best meet their emotional needs that can make their mental health better.
- It adds up to my sense of responsibility in terms of expressing love
- It can more build or develop my selflove and knowledge about type of LL and others
- People whose love language is quality time feels much loved, cherished, and prioritised when they spend meaningful time with their loved ones. It is the love language that centres on togetherness.
- All
- Clears me about the Love Language.
- To be mindful of the different love languages and apply the new tips to my love ones
- 100% significant.
- Importance of balance between love and mental mealth towards maintaining a healthy relationship
- It helps and taught me how love can be seen.
- I can relate in the topic
- It helps me to gain more knowledge
- The webinar is very helpful to me lalo na kapag nagkaroon ako ng magulong relationship in the future 😊.
- It helps me to understand what really love is terms of maintaining good mental health with the use of various love language

E. HOW CAN YOU APPLY YOUR LEARNING FROM THIS WEBINAR TO YOUR LIFE AS A STUDENT/TEACHER/PARENT/EMPLOYEE?

- I can apply this webinar in my life by embracing for what's coming such as problems from your friends. Figure out a way on how you could resolve the issues they're facing and be supportive to those who needs it if other people won't recognize it.
- To know how to act around people because it will determine your relationship with them
- As a student I will apply this webinar to my life by realizing all the things that I have done in my past, that I should correct it and do it in a good way. To love more and less hatred.
- To control and develop myself
- I can apply this in the future through giving advice to my fellow youths, and someone who are in need of getting advice.



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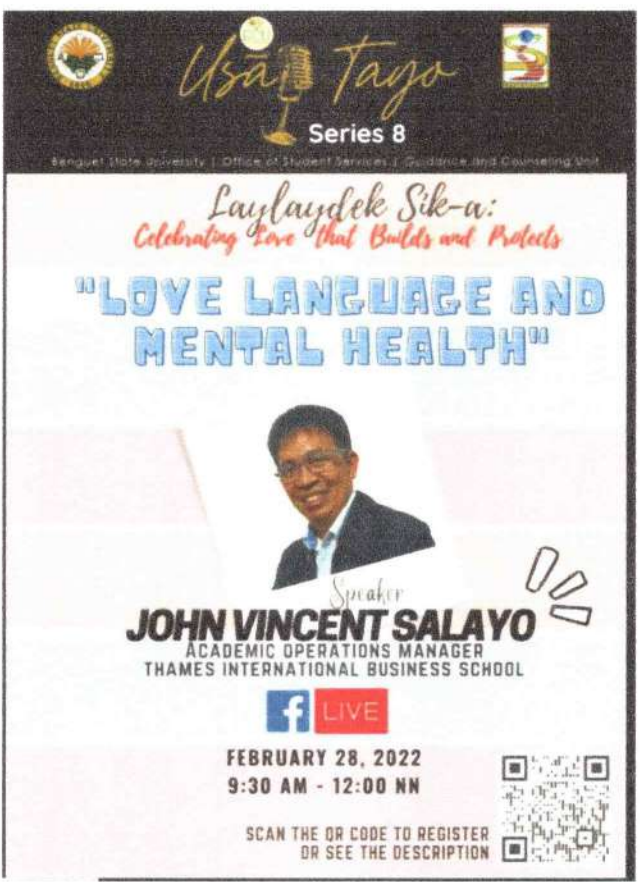
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- I will apply this webinar in my life as a student by loving myself and understanding my feelings.
- To be more sensitive to the diversity of love expressions.
- Practice and observe the learnings from the webinar
- I will apply it in my daily life as a parent.
- I can apply this by knowing how can I still show my love to my peers even though they hurt me or they annoyed me.
- I will use those learnings and tips for decision making.
- The gained knowledge will be applied through sharing, especially with my classmates having difficulty maintaining good relationship with people.
- Apply this in dealing with everyday tasks.
- As a student, gaining such knowledge will make me more showy on showing my love towards others.
- I will incorporate additional self love habits to my daily routine.
- By outwardly acting it out but with genuineness.
- As a student, it is important to take care of our mental health. We are still learning about what love is. But as we go on, we gain more knowledge on how to better act better.
- I can apply this webinar to my life as a student in the way that I can use it to know the love languages of my family, friends and those people around me. Also by understanding and acting upon my family, friends, or other's love language I will expressing my love in a way that they understand best, and that leads to happy and healthy relationship with them.
- I'll be able to understand and relate more to people being in such situation
- To practice itself first before others
- Share the knowledge i gained to others
- Love your self
- Share with my friends
- For self-awareness.
- Current and future relationships
- I will apply it not only with my family but to all of the people that I may encounter today or in the present
- I can share this with my friends and families
- I can share this by talking it with my families and friends
- As a student I can apply what I learned to maintain my mental health kapag nasa isang relationship ako.
- I can apply this in real life situation by filtering every action being done, conducting seminar in our organization regarding the information I learned today and also by helping people in giving advice and applying to myself also.

VI. PHOTO DOCUMENTATION





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PHYSICAL TOUCH

Between work colleagues

- Handshakes
- Elbow bumps
- Tap on the shoulder/back

TEST TO KNOW YOUR LOVE LANGUAGE

<https://www.5lovelanguages.com/quizzes/love-language>



Hera Am-amlan Sabio • 1:03:38
 Acts of Service. Physical Touch

Love Reply Hide

Jema Bantiao Del-amen Banglig • 1:31:49
 Quality time for myself is singing with my cousins or watching

Love Reply Hide

Liagao Cyril Cedrick Cabrera • 2:34:37
 Will always look forward to it!
 Thanks for having me all the time as well as BSU's participant

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ACCOMPLISHMENT REPORT

Flourishing the Mind; Caring for Others

TOPIC: CROSSING THE LINE: ON SUBSTANCE ABUSE AND MENTAL HEALTH AMONG YOUNG PEOPLE

Speaker: Janelyne E. Tuyan

PARTICIPANTS: All interested enrolled students (SLS, College, and Graduate School) of Benguet State University, (La Trinidad campus, Bokod campus, Buguias campus)

DATE OF IMPLEMENTATION: November 26, 2021

PROPONENTS/IMPLEMENTERS: OSS-Student Wellness Services-Guidance and Counseling Unit

I. NARRATIVE REPORT

For the longest time, substance abuse has been a serious concern in the country. It affects not only adult individuals but alarmingly, adolescents and young adults as well.

According to the world report of United Nations Office on Drugs and Crime (2018), a survey conducted in 2016 revealed that 4 in every 10 people worldwide who are using drugs are younger than 25 years old. It was also noted that peak levels of drug use are seen among individuals aged 18-25.

In the country, almost 50% of drug abuse cases reportedly start from 15 to 19 years old. Having access to some medications at home and to illegal drugs lead adolescents to try drugs. As a matter of fact, 50% of teens experiment with drugs because of easy access to substances (Makatimed.net.ph, 2019)

However, it is important to look beyond the narratives of experimentation, curiosity, and peer pressure as the underlying causes of substance abuse among the youth in the country. Because the issue on drugs should be viewed using the lens of psychology. And more specifically, it should be seen not only as an antisocial behaviour but as a public health issue, a mental health concern.

Research also suggests that people who suffer from substance use disorders (SUDs), are also diagnosed with mental disorders and vice versa. Adolescents with SUDs also have high-rates of co-occurring mental illness. Such connection between substance use disorders and mental illness can be caused and influenced by environmental factors such as stress and traumatic experiences. With these being said, we can infer that negative environmental conditions can aggravate a person's mental health problems leading to substance use and vice versa (Drugabuse.gov, 2020).

Because of these challenges, the government and non-government sectors are looking for ways in curbing the rate of substance abuse in the country through raising awareness on drug abuse and prevention and school-

based and community-based initiatives. In fact, the Psychological Association of the Philippines (PAP), has realized the need to implement psychological intervention in community-based drug rehabilitation programs through its Katatagan Kontra Droga sa Komunidad.

Thus, in support of the abovementioned efforts in the fight against drug abuse and in line with the observance of Drug Abuse Prevention and Control Month this November, the Office of Students Services-Student Wellness Services through the Guidance and Counseling Unit, spearheaded a discussion on drug education titled "CROSSING THE LINE: On Substance Abuse and Mental Health among Young People. The said webinar was primarily aimed at providing education on drug abuse and mental health anchored on to the theme for this year's observance of Drug Abuse Prevention and Control Month—Share Facts on Drugs, Save Lives.

Ms. Janelyne Tuyan, the resource person, is a registered nurse and licensed professional teacher. She is a freelance motivational speaker who gives talks on women empowerment, mental health, personal development, and among others. She is a national lecturer for RGO- a review center for board licensure examination for psychologists and psychometricians.

Ma'am Tuyan started the discussion with an ice breaker by asking the participants about their perception when they hear the word "drugs". Some of the common answers of the participants were addiction, abuse, marijuana.

She proceeded by giving the basic concepts such as drugs, substance use and abuse, substance dependence, and addiction, and the Comprehensive Dangerous Drugs Act of 2002.

Moreover, she discussed the general classifications of substances and the specific names of substances/drugs under each classification.

After giving the basic concepts, Ms. Tuyan discussed the risk factors of substance such as low self-esteem, peer pressure, dysfunctional family, and the physio-psychological factors to substance abuse.

She also stressed on the impacts of drugs on the physical, social, mental, and psychological aspects of the person.

The connection of substance use and mental health was also tackled. It was mentioned how the youth end up using drugs because of a mental health problem or how a specific mental health condition, reinforced by underlying environmental conditions contribute to substance use.

Ms. Tuyan also highlighted the protective factors against substance abuse such as family support, social support, policies, and community-based interventions in order to effectively address substance abuse in the country.

Additionally, the moderators shared their thoughts on how important it is to look at substance abuse in the lens of mental health and public health.

The webinar ended with a short open forum and sharing of insights from the speaker, moderators, and the participants about how everyone can take part in fighting against substance use among the youth and on how to target the root causes of substance abuse.

II. OBJECTIVES

This activity aims to provide education to the participants the connection between drug abuse and mental health. Specially, at the end of the activity, the participants will be able to:

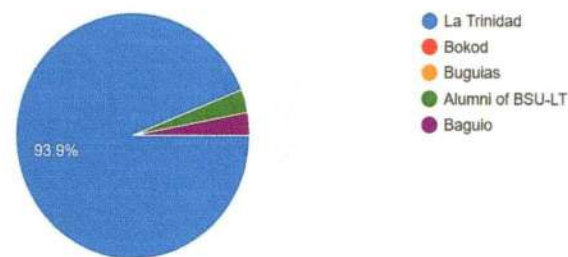
1. Gain valuable knowledge on the basic concepts/facts about substance abuse and mental health;
2. Recognize the risk factors and protective factors to substance abuse and mental health problems;
3. Create a safe space and support system for the victims of substance abuse and the vulnerable ones through promotion of the GCU online assistance; and
4. Advocate for the prevention of substance abuse through positive mental health support across institutions (family, school, community, social media).

III. PARTICIPANTS

- All BSU students from the three campuses
- All interested individuals
- There were a total of 70 individuals who registered through the google form.
- The FB Live reached 1.6k people, had 594 views, and a total of 292 reactions, comments, and shares.

School Campus (fill up other for not BSU students)

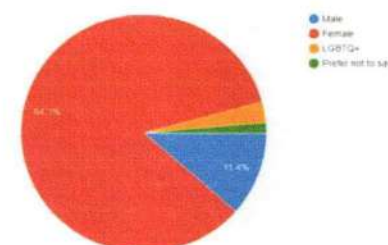
33 responses



Distribution of registrants in terms of school origin

Gender

70 responses





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IV. ACTIVITY EVALUATION

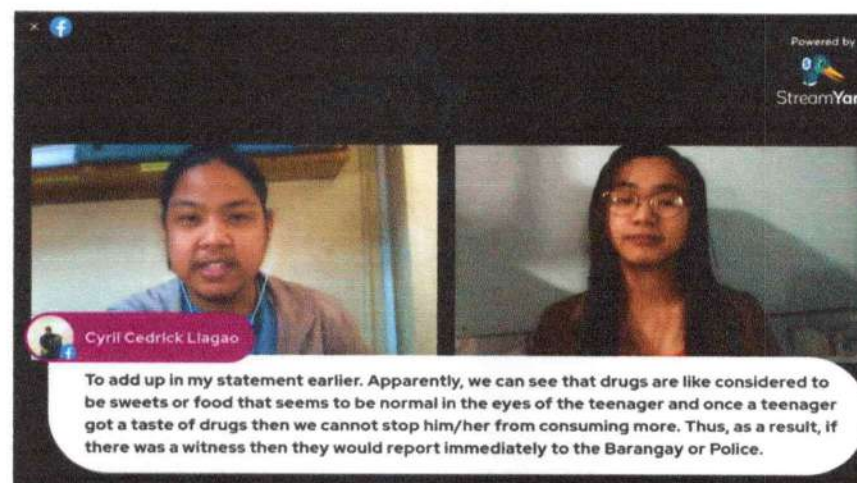
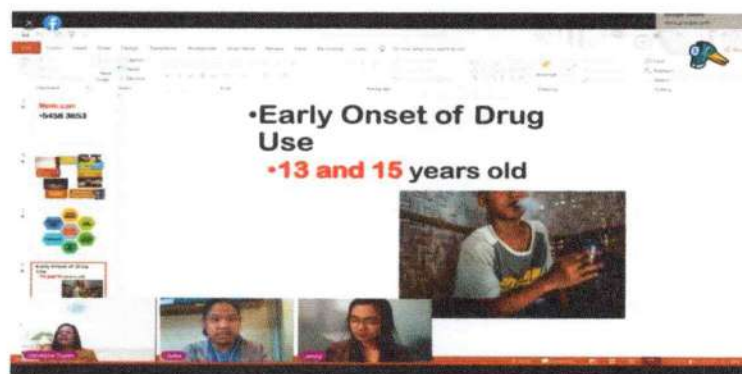
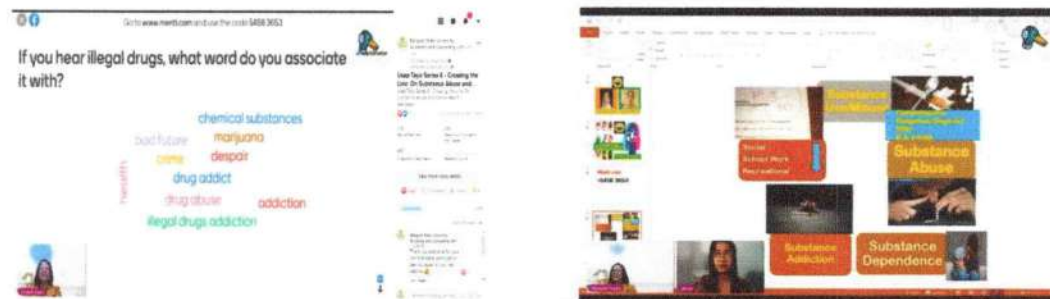
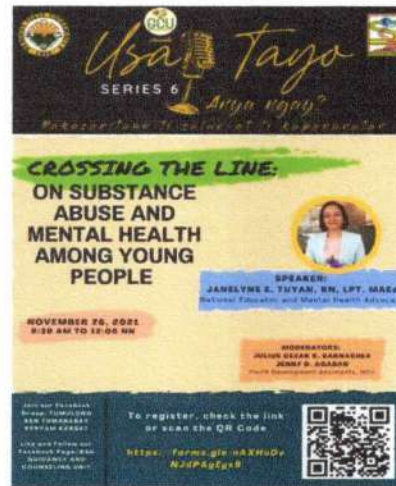
EVALUATION COMPONENTS		RATING	INTERPRETATION
A. Topic/content	Relevance	3.91	Very Satisfactory
	Contribution to Knowledge	3.82	Very Satisfactory
	Contribution to Skills	3.85	Very Satisfactory
	Organization	3.91	Very Satisfactory
	Average	3.87	Very Satisfactory
B. Speaker/Facilitator	Stimulation of Participant's Interest	3.91	Very Satisfactory
	Mastery of the Topic	3.97	Very Satisfactory
	Communication Skills	3.88	Very Satisfactory
	Interaction with the Participants	3.94	Very Satisfactory
	Average	3.93	Very Satisfactory
C. Activity	The activity is appropriate	3.94	Very Satisfactory
	Time is well-managed	3.85	Very Satisfactory
	Time allotted is enough	3.91	Very Satisfactory
	Average	3.90	Very Satisfactory
	OVERALL RATING	3.90	Very Satisfactory

Scale:

Very Satisfactory - 3.26—4.00
 Satisfactory - 2.51—3.25
 Unsatisfactory - 1.76—2.50
 Very Unsatisfactory - 1.00—1.75

- The evaluation tool used was a 4-point rating scale with 4.00 being the highest and 1.00 being the lowest.
- There were a total of 33 participants who evaluated the activity.

V. PHOTO DOCUMENTATION



CROSSING THE LINE: On Substance Abuse and Mental Health among Young People



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Prefrontal Cortex
 Amygdala

Comparison Subject 1 Month After Cocaine Use 4 Weeks After Cocaine Use

Basal Ganglia
 Prefrontal Cortex
 Extended Amygdala

•Brain Development
 •25 years old

•Teenagers
 •Surge
 •Hormone production

SPG
 STRONG PARENTAL GUIDANCE

Distress

Physical

Strain/Tension

Emotional

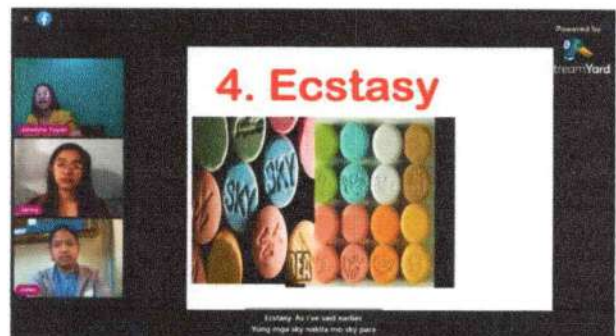
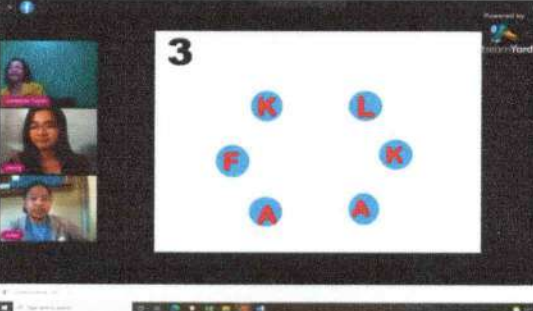
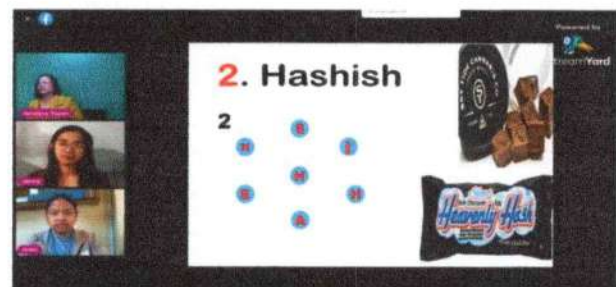
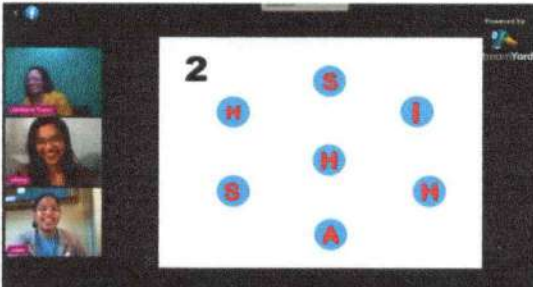
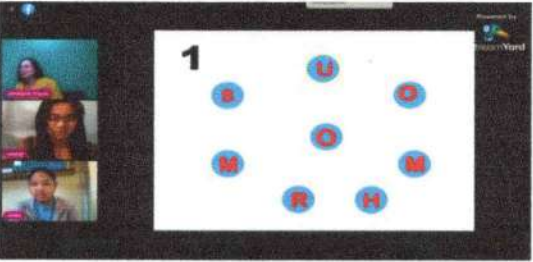
DRUG USE

ATYAKULAT
 MATARAP
 TUMAL



Activity

- Please arrange the jumbled letters into words.
- Identify the pictures.
- Kindly write your answers in the comment section.





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5

5. Rohypnol

- Flunitrazepam
- Cocktail Drug

6.

6. Mescaline (Peyote)

7.

7. Belladonna and Trumpet Lily

Party Drugs

Social Influence

- SUD
- Learned behavior

Peer Pressure

- Individual to potentially harmful situations.



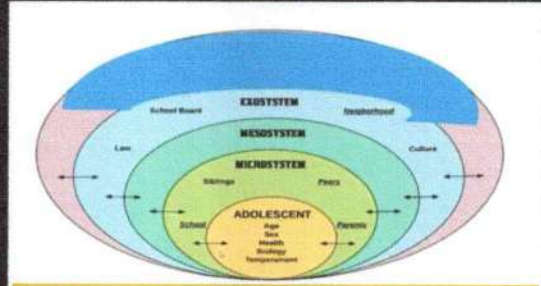
Dysfunctional/Discordant Family



Impact

- Sexual behavior
 - Teenage Pregnancy
 - HIV
- School dropout
- Loss of life
- Injuries
 - Hepatitis
- Criminality
- Violence

- Mental
 - Suicide Risks
 - Anxiety
 - Depression

Eliza M. Trucos, 2020. A review of psychosocial factors linked to adolescent substance use. *Pharmacology Biochemistry and Behavior*, Volume 196. <https://doi.org/10.1016/j.pbb.2020.172969>

Protective Factors

- Family members feel
 - Frustrated
 - Hopeless
 - Low Grades
 - Your friends using drugs
 - Drop-out
- Monitoring
- Engagement



School Connectedness

- School policies
- Reinforcing positive behavior
- Home school collaboration


DRUG ABUSE RESISTANCE EDUCATION



Provide Social Support

Help!





By Tyrone DeLeon L. and the Engage Foundation. (2019). Family Support as Moderator of the Relation between Coping Skills and Substance Use Dependence among Filipinos who use drugs. *Journal of Health, Behavior, and Society*, 16(1), 1-10. <https://doi.org/10.4236/jhs.2019.161001>

Undeniably, drug users were stereotyped to be threats in the community that's why, maybe at times they will really feel hopeless. And so, our words matter. Maybe our simple acts (like listening to them or talking with them) would have a greater impact in their lives. Thank you ma'am for this informative talk. :)

Greater Impact in their lives, Thank you ma'am for this.

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 GUIDANCE AND COUNSELING UNIT

CERTIFICATE OF APPRECIATION

is granted to

JANELYN E. TUYAN, RN LPT, MAEd

for her valuable time, effort and expertise as RESOURCE SPEAKER, during
 USAP TEXO Series 8 with the title: *Changing the Line: On Substance Abuse and Mental Health among Young People*
 held on Wednesday, 24th November 2022 at Benguet State University.
 Issued this 28th Day of November, 2022 at Benguet State University.

Russell S. Golindo, PhD
 Director, Office of Student Services

V. VERBATIM COMMENTS AND OTHER SUGGESTIONS FOR FUTURE ACTIVITIES

A. WHAT CAN YOU SAY ABOUT THE ACTIVITY?

- Well done
- It's very informative.
- It's really an important matter for every person to hear and watch.
- Very Good
- It was very informative and at the same time, entertaining because of the interaction between the speakers and the audience.
- It is very helpful for everyone especially to those who are struggling due to the negative effects of this pandemic.
- Amazing! Totally ang ganda ng way of pagpresent ng topic and pagask ng questions related and masaya din kasi active din yung speakers and audience.
- The seminar/webinar is very informative and people need more of this kind of events in order for us to be educated and informed of serious issues that's happening in the world, both international and local.
- Speakers did a great job
- The flow of interaction is good and organize.
- It was well organized and the speakers/host are well prepared.
- Very informative
- It gives full information.
- The webinar is a great help to remind students to choose the positive solutions in overcoming challenges. Depsite of uncertainties, the webinar is helpful to reach out students to always say "no to illegal drugs".
- Very informative and conservative as well.
- The seminar was absolutely fantastic. It was well detailed and it would also help students like me understand the effects of drugs even though it's just a tiny bit.
- It is timely to the november observance on drug prevention
- Its good.
- It is beneficial specially to us youth
- Good
- Thank you. It's a very nice seminar that you presented the connection of substance use in mental health issues
- Good flow and a lot of information is shared.
- The seminar is a blast. I have learned new ideas
- Excellent
- Time is allotted is enough and the speaker is organized.

B. WHAT DO YOU SUGGEST FOR THE IMPROVEMENT OF OUR FUTURE SEMINARS?

- Sakto lang..wala naman. Continue
- None so far
- More activities to gain more interest.
- there's no need ti improved because I saw that speaker and organization did a good job.
- The use of sounds effect maybe on the presentation medyo masakit po kasi sa tenga lalo if super lakas po.
- The seminar is quality enough but maybe I would suggest putting some more activity where everyone will make excited and energetic.



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- The volume of voice of the speaker
- I dont have any suggestions
- More sample videos.
- More people to participate in the seminar
- More on pictures😊

C. WHAT TOPICS WOULD YOU LIKE TO SUGGEST FOR FUTURE SEMINARS?

- How to Motivate Helpless students
- I think I want them to conduct seminar about adulating
- Job Opportunity
- Coping mechanism on other timely addictions, like mobile games/computer games.
- Managing and caring for the self.
- about technologies addicted
- About being proud of body image. Since it is also the main reason why other teenagers are engaging into drug abuse because of their belief that it will help them lose weight as mentioned earlier on the seminar which is false.
- Any topic naman po is interested especially if may knowledge ang speaker sa topic
- Topics that will help boost my self-esteem maybe? 😊😊😊
- advantage and disadvantage of computer and smartphone
- As of now, i still dont have any topics which can be conducted in the future.
- Spirituality in connection to health and wellbeing.
- Career paths
- Just like these and it's precautionary measures

D. HOW CAN YOU APPLY YOUR LEARNING FROM THIS WEBINAR TO YOUR LIFE AS A STUDENT/TEACHER/PARENT/EMPLOYEE?

- Dont use drug
- Share and inform others too
- I will share the knowledge I have learned to my peers.
- As a student, Im going to share the informations and knowledge that I have learned from this webinar.
- By properly Implementing what I have learned, for example is proper way of helping those people who are under the influence of substance abuse
- I can apply it through becoming aware of drugs.
- I can apply this webinar to my life as a student by becoming aware of drugs.
- To apply the knowledge that I gain on the discussion by not taking or avoid the use of drugs.
- By sharing na lang po sa mga impacts sa atin as individual
- As a student, I will use what I've learned to be careful not to fall to use of illegal drugs. Also, I will use the lessons I've learned here to do the right thing in helping someone who is struggling in the use of illegal drugs.
- I can apply it by encouraging others to not criticize drug users instantly instead provide them the support that they need.
- As a student, I can apply what I've learned in this webinar in a lifetime like in dealing with depression and anxiety for me not to engage with substance abuse.
- As a student, this will help me never to use drugs because of deeper negative effects that was shared in this webinar. I can also share information to y colleagues or other people.



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- through social media and personal sharing some ideas to close relative, friends, and family.
- As a student and also as a future teacher, it would help me if ever, to approach my students who are engaging in these substance abuses.
- I will not let my problems drag me down. No matter how difficult the circumstances are, I will never, ever give up, I will seek help from God and from my loved ones. I will keep in touch with my family and friends.
- Being aware and not to try to be engage with those sorts of illegal drugs. As a parent i will try my best to give all the support/ guidance needed by my son in order for him not to be engaged soon on those illegal drugs and he will not feel that something or somewhat is missing or sa tingin niya hindi siya makakapagopen up saakin.
- As a student, I can apply this webinar in a way that I can be open and be knowledgeable of what can this chemical substances do to my physical, mental and spiritual health, thus avoiding any unnecessary and inhumane activity.
- I will use my voice to share my learning from this topic
- As a student I can apply this in my life by not taking any illegal drugs/ substance and taking good care of my mental health.
- As a student, it helped me or give me informations where i can use to be able cope up with my problems and others.
- I plan to apply it to my son in the future.
- I can use the knowledge that I gained on this webinar to encourage people not to use drugs and how to avoid it.
- As a student, the learnings I gained can be a guide for me not to be engaged in any illegal drugs. Thus, despite of struggles drugs are not the solution to escape from problems and life's reality.
- This webinar can plays a role in shaping a normative culture of safety, moderation, and informed decision making.
- As a student, I can help apply this through informing also to my younger sisters as well as the younger generation in our community.
- I can apply this webinar by knowing the effects of drugs and how it could hit our lives if we use it. So I must be careful when it comes to drugs because not only it will affect the way I act but it will also affect my future since drugs can also makes us fail into our studies and get low grades.
- Seek help or reach out to people not on substances.
- It will serve as a reminder, as a student when I face difficulties and find substance as a reliever, I will be more concerned about my decisions
- To help in drug awareness and resistance education to young folks
- Daily interactions and behaviour.
- I can share it also to the other youths.
- As a student I will share it to anyone

E. WHAT IS THE SIGNIFICANCE OF THE TOPIC TO YOU?

- Many
- Very informative
- It is helpful for me not to try intake illegal drugs.
- This is important that serves as an awareness to us student.
- Learned new knowledge about Substance abuse
- The significance of the topic is that it gives me enough knowledge on the types, effects and impacts of drugs to every people.
- The significance of the topic to me is it gives me enough about causes and effects of drugs.
- To be aware about the cause and effect of drugs.
- I can use it to share to my siblings.. sila kasi yung mejo nakainvolved sa mga ganito
- This webinars topic help me to help someone who is struggling with illegal drug abuse in a right way.

CROSSING THE LINE: On Substance Abuse and Mental Health among Young People



- It helps me to further understand why users abuse drugs and what are the other more examples of dangerous drugs.
- The topic really possess a great significance for me to be able to gain more knowledge about drugs and caring for psychological state of a person.
- This is important for me because now a days, due to stress or depression, there is a possibility that using drugs might cross our minds, I may not have plans to do so, maybe I know or I will encounter some, then maybe I can advice or stop them using the knowledge I gained.
- It gives me more knowledge about abuse and mental health
- It was very important since it involves a worldwide problem which is drug abuse and I should be informed about the different kinds of drugs in order for me to avoid those.
- It will help me to distinguish these new substances and I would be able to offer help to those who are suffering from anxiety or depression.
- Awareness
- The significance of the topic for me is it will give me awareness of what are the kinds of illegal drugs and how to avoid being a victim and also a suspect of drug addiction.
- to learn more and to gain knowledge
- For me, the significance of the topic is that it really helps students be aware of their mental health and not taking illegal substances.
- The topic helped me a lot and ive learned something new which I can use for future activities.
- It is very important to have good guidance, especially for the young today.
- About the cause and effect of drugs. This topic makes me aware of it.
- The topic is enlightened me not to be engaged in any illegal drugs.
- This webinar about substance abuse prevention and drug education will guide me towards safe and healthy living.
- Enriching my mental knowledge about substance abuse.
- The significance of this topic is how to deal with drug addiction and how we teenagers could resist in using it by using the methods that was presented by the speaker herself, as she mentioned different types of drugs that people often uses most of the time in different places.
- The importance of choosing the people to be in your circle and having the right information can help you or save you from substance abuse.
- It helped me understand drug prevention, why it has to be addressed in the fist place
- Drug and substance use and abuse is very common among the clients I work with
- A reminder of not taking drugs as a solution for life constraints.
- It helps me ease my mind.
- It gives me more knowledge about it

Prepared by:

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Youth Development Assistant II

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Director, OSS

Flourishing the Minds; Caring for Others

“Let’s Talk About Suicide: A Virtual

Talk Show; Self-care: Giving What’s

Best of You, Not What’s Left of You;

Promoting Mental Health Across

Settings; Social Media Decorum and E-

learning; Life Hacks to Creating More

Time”

ACCOMPLISHMENT REPORT

Theme: Flourishing the Mind; Caring for Others

TOPICS: Let's Talk About Suicide: A Virtual Talk Show; Self-care: Giving What's Best of You, Not What's Left of You; Promoting Mental Health Across Settings, Social Media Decorum and E-learning; Life Hacks to Creating More Time

Speakers: Dr. Beatriz Inumpa, Agnes Kryza Sito, Jojet Lamberto Mondares, Hylene Tayaban, Fay Ann Farangan, Angeli Austria

PARTICIPANTS: All interested students (SLS, College, and Graduate School) of Benguet State University, (La Trinidad campus, Bokod campus, Buguias campus)

DATE OF IMPLEMENTATION: September-November 2021

PROPONENTS/IMPLEMENTERS: OSS-Student Wellness Services-Guidance & Counseling Unit

I. NARRATIVE REPORT

Almost two years since the onset of COVID-19 pandemic, the Philippines still seems to be on the losing end in its fight to curb the burgeoning effects of this public health crisis. With hopes of containing the transmission of the virus, shifting community quarantine classifications are being implemented but have done a little in improving our situation.

From the latest news reports, the total number of COVID-19 cases in the country have already reached the two million mark. What makes this even more alarming is the presence of new COVID variants such as alpha, beta, and delta.

The worsening COVID-19 situation in the country has indeed taken a great toll in our lives in terms of economy, education, and even our mental health.

According to Business World Online (2021), there was an increase in the number of unemployed and underemployed Filipinos in June. There were 3.76 million unemployed individuals and 6.40 million underemployed individuals. Having no job and seeking for one has been linked to mental health concerns such as stress, reduced self-esteem, less satisfaction with one's life, and other psychological problems (American Psychological Association, 2020; The Health Foundation, 2021).

Moreover, mental health of students is not spared from the worsening impacts of the COVID-19 pandemic. From the survey among students conducted by Active Minds (2020), 80% of college students said that the pandemic has negatively impacted their mental health causing stress and anxiety, sadness, and isolation. From the same survey, 85% of the respondents reported that they experienced difficulty staying focused on their schooling because of the distractions at home. Such lack of concentration proves that this set-up of online learning poses a threat on students' mental health. The same survey also revealed that students need social connection. Students also hope for schools to be more lenient, flexible, and accommodating.

Meanwhile, from the academic guidance/advising and counseling conducted by the Guidance and Counseling Unit (GCU) to the students who have incurred academic deficiencies, it was found that the students are experiencing stress due to the weight of their academic loads, issues with internet connection, loss of motivation, and other struggles with online learning set-up. Such realities are proofs that our students are experiencing some mental health concerns.

Moreover, prolonged psychological problems may cause students to commit suicide. Based on the article of Philippine Star (2021), as the pandemic began last year, it was noted that there is a 57% increase in the country's suicide rate in 2020 compared to the reported suicide rate in 2019. Recent local reports in Benguet also show numerous cases of suicide among teenagers particularly in Baguio and La Trinidad areas (Manila Times, 2021; Northern Dispatch, 2021). It is timely that the *Suicide Prevention Month*, as declared by the National Center for Mental Health, is celebrated every month of September. Thus, the GCU wants to conduct series of activities for the students for them to be involved in preventing suicide among students who are experiencing academic and personal struggles.

To further strengthen its mental health advocacy through various programs and regular services, the GCU will conduct activities that are designed to promote mental health among students. The activities to be implemented are in line with the celebration of the *World Mental Health Month* in October.

The abovementioned challenges brought about by the COVID-19 pandemic, has prompted the OSS-SWS-GCU to strengthen its efforts in delivering information services that are relevant and timely to the needs of the students. And as an academic support to the university, it is the strong mandate of the office to prioritize the welfare of the students through its mental health advocacy.

The GCU was able to conduct series of webinars primarily focused on mental health and online-learning set-up.

The first webinar conducted focused on the basic concepts of suicide, statistics, and signs and symptoms. Dr. Inumpa, the resource person of the online forum, also stressed the signs and symptoms of suicide, the protective factors, and the role of community in suicide prevention.

In the second webinar, *Mental Health across Settings*, Ms. Sito put an emphasis on the crucial role of family especially the parents, in terms of providing social and emotional supports to the children. She also mentioned that family, as primary caregivers, should be able to create safe spaces and security where children would feel supported and are free to express themselves and be helped in resolving conflicts. Ms. Lad-ey-Neyney talked about how mental health programs can be integrated in the workplace. Ms. Austria discussed how the students can take care of their mental health and how the faculty, the guidance office, and the school administration can collaborate to create mental health programs for the students. Mr. Mondares emphasized the importance of raising awareness on the relationship between and among mental health and social issues; on making mental health services in the local level more accessible; and on tapping and on improving community resources in addressing mental health problems.

The third webinar, Self-care: Giving what's Best of You, Not what's Left of You, Ms. Sito said that giving oneself time for rest is part of our self-care practices. Doing self-care should be a priority in order to have a sound mental health. Ms. Sito also emphasized that not all self-care tips are applicable to everyone because self-care is subjective. Thus, we need to do a self-care practice that suits us really well.

During the fourth webinar on Social Media Decorum and E-learning, Ms. Farangan, talked about the importance of etiquette on the online world especially when engaging with netizens. Ms. Farangan also reminded the participants to be cautious of the things they share in this time of rampant misinformation and disinformation. Meanwhile, Ms. Tayaban shared some tips on how to increase concentration on their studies in this online learning set-up. She also provided tips on effective study habits.

Lastly, in the webinar on Time Management, Ms. Austria gave some tips on how procrastination happens and how students can combat it. She also discussed how the POMODORO technique leads to productivity in terms of studying especially in an online learning/modular set-up.

II. OBJECTIVES

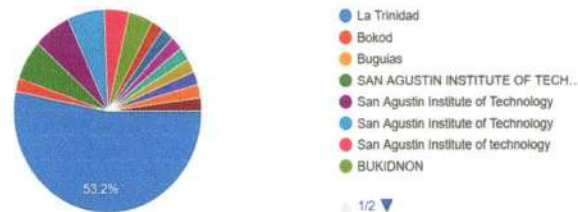
At the end of the activity, the students must be able to:

1. Recognize the relevance and significance of mental health in the midst of pandemic through the series of mental health talks;
2. Illustrate/demonstrate the importance of caring for oneself and others through activities such as: spoken poetry, infographic making, song composition, and t-shirt designing;
3. Advocate for mental health in school, community, and social media in their own simple ways; and
4. Develop a social support system through the promotion of GCU online assistance.

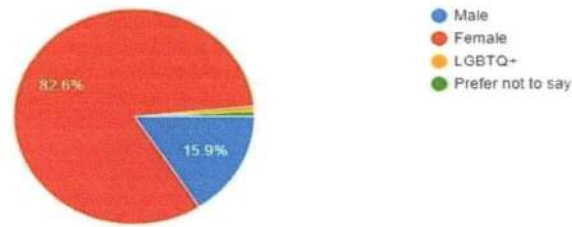
III. PARTICIPANTS

a. Let's Talk about Suicide: A Virtual Talk Show

There were a total of 132 individuals who registered through the google form where 53.2% come from BSU-La Trinidad Campus. In terms of gender, 82.6% are females and 15.9% are males. There also participants who are from the LGBTQIA= community.



Percentage distribution of participant relative to school origin



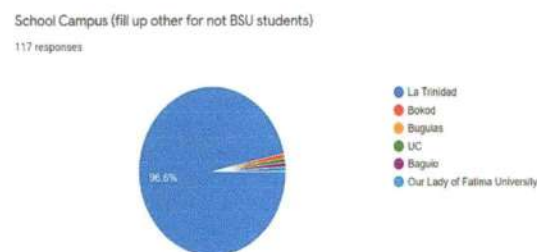
Distribution of participants relative to gender



The Facebook Live streaming has gained a total of 1.4k views, 3.1k reach, And More Than 100 reactions.

b. Promoting Mental Health Across Settings

There were a total of 117 individuals who registered for the webinar through the Google form. Out of total number of registrants, BSU-La Trinidad Campus got the highest number of registrants with 96.6 percent.



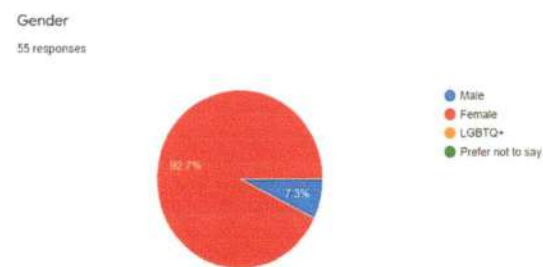
Distribution of participants relative to school origin



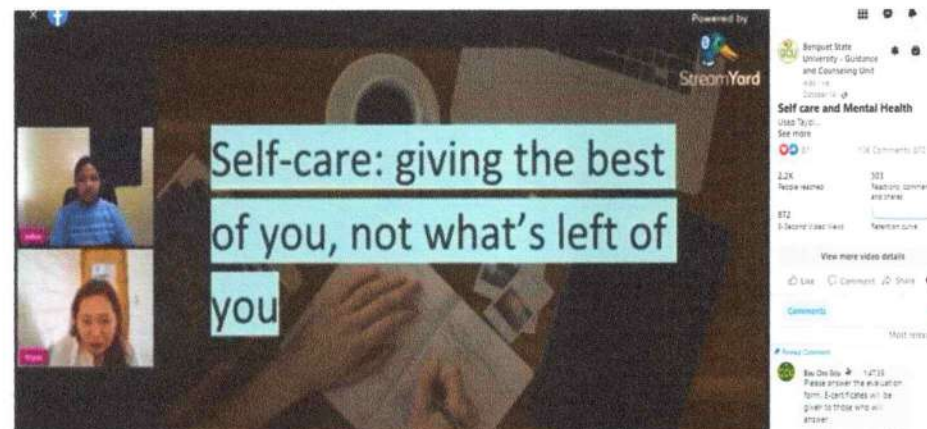
The Facebook Live streaming has gained a total of 2.4k views, 4.1k reach, and a total of 921 reactions, comments, and shares

c. Self-Care: Giving What's Best Of You, Not What's Left of You

There were a total of 55 individuals who registered through the google form. Out of the 55 registrants, 92.7% are females and 7.3% are males.



Distribution of participants relative to gender

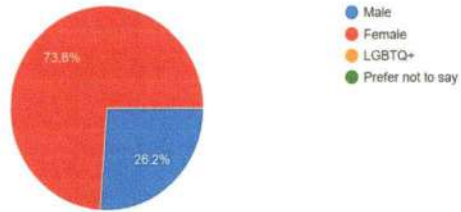


The Facebook Live Streaming has reached 2.2k people, received 81 reactions, 106 comments, and 872 views in total

d. The New Normal of Education: Social Media Decorum And E-Learning

There were a total of 65 individuals who registered through the google form. Out of the 65, 73.8 are females and 26.2% are males.

Gender
65 responses



Distribution of registrants relative to sex

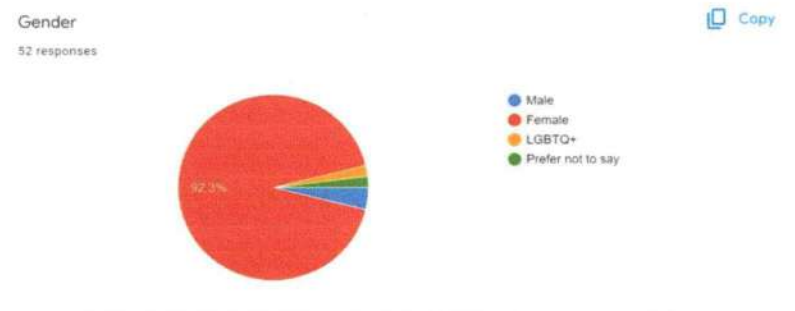


The Facebook Live Streaming has gained 1.6k views, 130 reactions, 119 comments, and 9698 views in total

e. Stretch Pa More: Hacks to Creating More Time



The Facebook Live Streaming reached 1.4k people, garnered 694 views, 284 total reactions, comments, and shares



Distribution of participants relative to gender

IV. SUMMARY OF EVALUATION

a. LET'S TALK ABOUT SUICIDE: A VIRTUAL TALK SHOW

EVALUATION COMPONENTS		RATING	INTERPRETATION
A. Topic/content	Relevance	3.91	Very Satisfactory
	Contribution to Knowledge	3.89	Very Satisfactory
	Contribution to Skills	3.87	Very Satisfactory
	Organization	3.83	Very Satisfactory
	Average	3.88	Very Satisfactory
B. Speaker/Facilitator	Stimulation of Participant's Interest	3.85	Very Satisfactory
	Mastery of the Topic	3.87	Very Satisfactory
	Communication Skills	3.81	Very Satisfactory
	Interaction with the Participants	3.74	Very Satisfactory
	Average	3.82	Very Satisfactory
	The activity is appropriate	3.85	Very Satisfactory

C. Activity	Time is well-managed	3.87	Very Satisfactory
	Time allotted is enough	3.81	Very Satisfactory
	Average	3.84	Very Satisfactory
	OVERALL RATING	3.85	Very Satisfactory

b. PROMOTING MENTAL HEALTH ACROSS SETTINGS

EVALUATION COMPONENTS		RATING	INTERPRETATION
A. Topic/content	Relevance	3.80	Very Satisfactory
	Contribution to Knowledge	3.74	Very Satisfactory
	Contribution to Skills	3.60	Very Satisfactory
	Organization	3.62	Very Satisfactory
	Average	3.69	Very Satisfactory
B. Speaker/Facilitator	Stimulation of Participant's Interest	3.58	Very Satisfactory
	Mastery of the Topic	3.74	Very Satisfactory
	Communication Skills	3.70	Very Satisfactory
	Interaction with the Participants	3.63	Very Satisfactory
	Average	3.66	Very Satisfactory
C. Activity	The activity is appropriate	3.76	Very Satisfactory
	Time is well-managed	3.43	Very Satisfactory
	Time allotted is enough	3.52	Very Satisfactory
	Average	3.57	Very Satisfactory



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	OVERALL RATING	3.64	Very Satisfactory
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c. SELF-CARE: GIVING WHAT'S BEST OF YOU, NOT WHAT'S LEFT OF YOU

EVALUATION COMPONENTS		RATING	INTERPRETATION
A. Topic/content	Relevance	3.95	Very Satisfactory
	Contribution to Knowledge	3.95	Very Satisfactory
	Contribution to Skills	3.90	Very Satisfactory
	Organization	3.90	Very Satisfactory
	Average	3.93	Very Satisfactory
B. Speaker/Facilitator	Stimulation of Participant's Interest	3.86	Very Satisfactory
	Mastery of the Topic	3.95	Very Satisfactory
	Communication Skills	3.95	Very Satisfactory
	Interaction with the Participants	3.81	Very Satisfactory
	Average	3.89	Very Satisfactory
C. Activity	The activity is appropriate	3.95	Very Satisfactory
	Time is well-managed	3.95	Very Satisfactory
	Time allotted is enough	4.00	Very Satisfactory
	Average	3.97	Very Satisfactory
	OVERALL RATING	3.93	Very Satisfactory

d. THE NEW NORMAL OF EDUCATION: SOCIAL MEDIA DECORUM AND E-LEARNING

EVALUATION COMPONENTS		RATING	INTERPRETATION
A. Topic/content	Relevance	3.76	Very Satisfactory
	Contribution to Knowledge	3.76	Very Satisfactory
	Contribution to Skills	3.71	Very Satisfactory
	Organization	3.71	Very Satisfactory
	Average	3.74	Very Satisfactory
B. Speaker/Facilitator	Stimulation of Participant's Interest	3.71	Very Satisfactory
	Mastery of the Topic	3.81	Very Satisfactory
	Communication Skills	3.76	Very Satisfactory
	Interaction with the Participants	3.76	Very Satisfactory
	Average	3.76	Very Satisfactory
C. Activity	The activity is appropriate	3.67	Very Satisfactory
	Time is well-managed	3.57	Very Satisfactory
	Time allotted is enough	3.52	Very Satisfactory
	Average	3.59	Very Satisfactory
	OVERALL RATING	3.70	Very Satisfactory

e. STRETCH PA MORE: LIFE HACKS TO CREATING MORE TIME

EVALUATION COMPONENTS		RATING	INTERPRETATION
	Relevance	4.00	Very Satisfactory



Challenge innovation
 Advance technology and facilities
 Revitalize administration
 Engender partnership
 Serve to sustain intergenerational roles
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 Benguet State University
OFFICE OF STUDENT SERVICES
 La Trinidad, Benguet



GUIDANCE AND COUNSELING UNIT
 STUDENT WELLNESS SERVICES

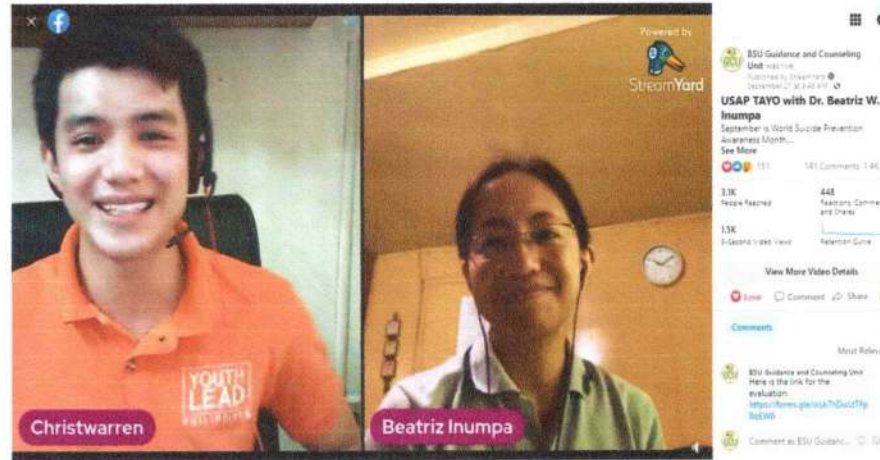
BSU VISION: BSU as an international University engendering graduates to walk the intergenerational highways
 BSU MISSION: BSU cares to challenge innovation, advance technology and facilities, revitalize administration, engender partnership, and serve to sustain intergenerational roles

CP No. 0949 789 1829 • Telefax: (074) 422-2643 • Facebook Page: www.facebook.com/BSU-OSS-LTR

A. Topic/content	Contribution to Knowledge	3.95	Very Satisfactory
	Contribution to Skills	3.95	Very Satisfactory
	Organization	3.90	Very Satisfactory
	Average	3.95	Very Satisfactory
B. Speaker/Facilitator	Stimulation of Participant's Interest	3.90	Very Satisfactory
	Mastery of the Topic	3.95	Very Satisfactory
	Communication Skills	3.90	Very Satisfactory
	Interaction with the Participants	3.90	Very Satisfactory
	Average	3.91	Very Satisfactory
C. Activity	The activity is appropriate	4.00	Very Satisfactory
	Time is well-managed	3.85	Very Satisfactory
	Time allotted is enough	4.00	Very Satisfactory
	Average	3.95	Very Satisfactory
	OVERALL RATING	3.94	Very Satisfactory

V. PHOTO DOCUMENTATION

a. LET'S TALK ABOUT SUICIDE: A VIRTUAL TALKSHOW




All Smiles. Christwarren, former Supreme Student Government (SSG) President, introduces the guest speaker, Dr. Beatriz Inumpa, Resident Psychiatrist at Baguio General Hospital



Dr. Inumpa discusses physical injury/self-harm, family history, mental health concerns, and life events as risk factors of suicide.





 **Jethrine Ann Tomas Pasian**
Maraming salamat po Doc Beatriz and for the moderators, Sir Julius and Sir [Christwarren](#), and sa ating reactor Maam Jeneveive. Congrats at naging successful po ang naging unang talakayan tungkol sa pagtalima ng kamalayan sa pag-iwas sa suicide. Marami po kaming natutunan sa inyong Virtual Talk Show :) 🙏🥰

2w Love Reply 2

 **BSU Guidance and Counseling Unit**
[Jethrine Ann](#) we're happy to know that you learned a lot from our talk show! Thank you for joining! 😊

2w Like Reply 1

 **Bellen Amisola**
Good morning Dr, Beatriz, 15 yrs old po apo ko boy Sept ,2 nag lba na behavior dna makausap at laging tulala ligo ng ligo ayaw magpakita nagsasara ng pinto mahina uminom ng tubig walang gana kumain sa Gabi hugas ng hugas ng paa at kamay Minsan nasagot pag tinatanong ng nanay kapilling sya ng mother nia ako ang Lola Minsan tawa ng tawa d makadumi thanks po!

 **Aice Dayasen**
What kind of advice po ba ang dapat namin sabihin sa taong paulit ulit po na sinasaktan yung sarili niya, like po naglaslas and ilang beses na din po ksi naadmit. Thank You po

2w Like Reply 1 🙏

FB Live participants post their reactions, insights, and questions on the comments section after the talk show proper.

b. PROMOTING MENTAL HEALTH ACROSS SETTINGS


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Promoting Mental Health in the Family 28 21:42:57

Promoting Mental Health Across Settings: Family, School...

Promoting Mental Health in the School Setting




ANGELI T. AUSTRIA
OFFICE OF STUDENT SERVICES

Promoting Mental Health in the School

Promoting Mental Health Across Settings: Family, School...

NEEDS OF SCHOOL-BASED POPULATION FOR CHILDREN AND ADOLESCENTS


- SENSE OF SELF
- POSITIVE LIFE SKILLS AND COPING
- PERSONAL INDEPENDENCE SOCIAL INTERACTION



Promoting Mental Health Across Settings: Family, School...

NEEDS OF SCHOOL-BASED POPULATION FOR COLLEGE STUDENTS


- ACHIEVING COMPETENCE IN SOCIAL AND ACADEMIC LIFE
- DECLARING A MAJOR SENSE OF CAREER DIRECTION
- DEVELOPING A SENSE IDENTITY AND PURPOSE



Promoting Mental Health Across Settings: Family, School...

STRATEGIES TO PROMOTE MENTAL HEALTH AND WELLNESS FOR SCHOOL-BASED POPULATION


1 Use of a system of recognition and appreciation of efforts, talents, and accomplishments can facilitate development of self-esteem.



Source: World Health Organization (2009). Lifestyle Manual: Promoting Mental Health.

STRATEGIES TO PROMOTE MENTAL HEALTH AND WELLNESS FOR SCHOOL-BASED POPULATION

2 Regular parent-teacher meetings facilitate good partnership.



Source: World Health Organization (2009). Lifestyle Manual: Promoting Mental Health.

STRATEGIES TO PROMOTE MENTAL HEALTH AND WELLNESS FOR SCHOOL-BASED POPULATION

3 Inviting parents to school events such as foundation days, sports tournaments and recognition days in which the parents will be able to witness their children's performance in school.



Source: World Health Organization (2009). Lifestyle Manual: Promoting Mental Health.

STRATEGIES TO PROMOTE MENTAL HEALTH AND WELLNESS FOR SCHOOL-BASED POPULATION


4 Provision of sports and recreational facilities, such as gyms, basketball/volleyball courts, track field/oval and the like encourage them to spend their free/ spare time constructively.



Source: World Health Organization (2009). Lifestyle Manual: Promoting Mental Health.

STRATEGIES TO PROMOTE MENTAL HEALTH AND WELLNESS FOR SCHOOL-BASED POPULATION

5 Organizations such as dance troupes, choirs and glee clubs become more important to adolescents not only because they enjoy doing these activities but also it caters to their need to belong.



Source: World Health Organization (2009). Lifestyle Manual: Promoting Mental Health.

STRATEGIES TO PROMOTE MENTAL HEALTH AND WELLNESS FOR SCHOOL-BASED POPULATION

6 Sports tournaments become more competitive in high school. Coaches and advisers can take the opportunity to heighten team building.



Source: World Health Organization (2009). Lifestyle Manual: Promoting Mental Health.

STRATEGIES TO PROMOTE MENTAL HEALTH AND WELLNESS FOR SCHOOL-BASED POPULATION

7 Educational field trips, such as Lakbay-Aral, provide exposure to nature, broaden their perspective of environments and systems outside their own.




Source: World Health Organization (2009). Lifestyle Manual: Promoting Mental Health.

STRATEGIES TO PROMOTE MENTAL HEALTH AND WELLNESS FOR SCHOOL-BASED POPULATION

8


- Social interactive activities such as J5, prom, acquaintance parties provide the need to exercise social graces and etiquette.
- It builds camaraderie, confidence, belongingness, and therefore builds positive mental health.



Source: World Health Organization (2009). Lifestyle Manual: Promoting Mental Health.

STRATEGIES TO PROMOTE MENTAL HEALTH AND WELLNESS FOR SCHOOL-BASED POPULATION

9 Career fairs provide the opportunity to explore possible career options which eventually will give the opportunity to match skills to the desired job.





GUIDANCE AND COUNSELING UNIT
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- Revitalize administration
- Engender partnership
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What is mental health?

"A state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community"



Source: World Health Organization

TAKE NOTE THAT...

Since students spend at least one third of their day in schools, class advisers and guidance counselors play great roles in mental health promotion. They should serve as role models and work with the parents and guardians for the development of the students.

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Promoting Mental Health Across Settings: Family, School...

APPROACHES THAT CAN BE UTILIZED BY COUNSELORS AND CLASS ADVISERS

- Guidance counselors can provide **psychosocial information material** for parents and teachers (e.g. developmental needs of children and parenting)
- Information services on the following topics can be coordinated in the school (e.g. **changes during puberty, body image issues, substance abuse, and responsible sexuality**)
- Classroom advisers can be made aware of the **signs of abuse and suicide among the students**
- Suspected cases (abuse, potential suicide, depression) can be given **individualized intervention and / or family counseling**



Source: World Health Organization (2009). Lifestyle Manual: Promoting Mental Health

SCHOOL MENTAL HEALTH ASSIST



Collaborate with teachers, peers, and also services outside psychiatrists and social workers in order to provide the best possible treatment for the case at hand (e.g. cases of abuse or mental illness)
Referral, Case Consultations, Evaluation, and Documentation

Individual and group counseling services, debriefing, psychological first aid, parent conferences

Virtual Mental Health Programs
Life Skills Training
Psychosocial Support Activities
Information/Capacity-building programs
Need Assessments and Surveys

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PROMOTING MENTAL HEALTH in the WORKPLACE

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Mental Health is Wellbeing

FIGURE 1 THE WELL-BEING MODEL (ROBERTS ET AL. 2011, P.153)

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COVID-19 & MENTAL HEALTH

Mental health symptoms since COVID-19 outbreak

Symptom	Percentage
Increased anxiety or worry	33.0%
Increased problems in sleeping	32.0%
Worry about	25.0%
Low confidence in self	14.0%
Increased loneliness	10.0%
Increased anger	10.0%
Increased feelings of guilt	10.0%

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Flourishing in stressful times: tips for self-care using Martin Seligman's PERMA model

EdPsychInsight

Letter	Meaning	Tip
P	Positive Emotions	What makes you happy?
E	Engagement	What "flow" activities make you lose track of time?
R	Relationships	Who helps you in your toughest times?
M	Meaning	What activities or causes do you care about?
A	Accomplishment	What are your goals? How can they be achieved?

Flourishing consists of:

P Positive Emotions
 E Engagement
 R Relationships
 K Kindness
 A Autonomy
 V Vitality

Not only do happy people endure pain better and take more health and safety precautions when threatened, but positive emotions undo negative emotions.

Ang utak ay hindi basurahan para pag-ipunan ng gait, pagkamuhi at selos.

Itu ay alaliden ng kayamanan gaya ng karamngan ng masasayang alaala.

POSITIVE EMOTION

YOU GO INTO FLOW WHEN YOUR HIGHEST STRENGTHS ARE DEPLOYED TO MEET THE HIGHEST CHALLENGES THAT COME YOUR WAY.

MARTIN SELIGMAN

ENGAGEMENT

Doing a kindness produces the single most reliable momentary increase in well-being of any exercise we have tested.

“Every man has virtues in himself which he seldom uses.”

Martin Seligman

RELATIONSHIPS

SOMETIMES GOD WILL PUT A GOLIATH IN YOUR LIFE FOR YOU TO FIND THE DAVID WITHIN YOU.

Like the lotus flower that is born out of mud, we must honor the darkest parts of ourselves and the most painful of our life's experiences, because they are what allow us to birth our most beautiful self.

When you can't control your experiences, you can control your interpretations.

MEANING

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Every good achievement no matter how big or small, is worth being happy about.

Like a lotus flower, we too have the ability to rise from the mud, bloom out of the darkness, and shine into the world.

Authentic happiness derives from raising the bar for yourself, not using yourself against others.

ACHIEVEMENTS

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Your mental health is a priority. Your happiness is an essential. Your self-care is a necessity.

Exercise TO BE FIT NOT SKIMMY

Eat TO NOURISH YOUR BODY

Ignore You

VITALITY

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BUILDING BLOCKS OF THE GOOD LIFE

- P**ositive Emotions: EXPERIENCE POSITIVE EMOTIONS SUCH AS HAPPINESS, SATISFACTION, BELIEF, HOPE, RESILIENCE, & COURAGE VIA OUR DAILY ROUTINE
- E**ngagement: MAKING INTERESTS & PASTHOES THAT DEEPLY CAPTIVATE US, RESULTING IN THE REGULAR EXPERIENCE OF FLOW & POSITIVE GROWTH
- R**elationships: EXPERIENCING AFFECTION, FRIENDSHIP, AND LOVE (IN BOTH DIRECTIONS) WITH OTHER (HUMAN) BEINGS IN DIFFERENT CONTEXTS (FAMILY, LEISURE, WORK)
- M**eaning: BELIEVING IN & PURSUING PURPOSES/SUBJECTS THAT TRANSCEND OURSELVES & OUR LIFESTYLES (BE IT IN THE SECULAR OR SPIRITUAL DOMAINS)
- A**chievement: EXPERIENCING A SENSE OF ACCOMPLISHMENT (BEING A SUCCESS STORY) ON A REGULAR BASIS, BE IT IN THE OCCUPATIONAL DOMAIN OR IN OUR PRIVATE LIVES
- V**itality: TAKING GOOD CARE OF OUR BODIES & MINDS, FOR EXAMPLE VIA REGULAR PHYSICAL EXERCISE, A HEALTHY DIET, ENOUGH SLEEP, & MINDFULNESS PRACTICE

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Healing takes time, and asking for help is a courageous step.

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Mental health is not a destination, but a process. It's about how you drive, not where you're going.

When "I" is replaced by "We", even illness becomes wellness.

HealthPlace.com

Powered by StreamYard

PERMA ACTION PLAN

Adapted from PERMA: A Model of Well-Being by Martin Seligman

PERMA	How to Measure It	How to Increase It
P ositive Emotions	Frequency of positive emotions	Engage in activities that bring you joy and pleasure
E ngagement	Flow state	Engage in activities that challenge you and require your full attention
R elationships	Quality of relationships	Invest time and energy in building strong, supportive relationships
M eaning	Sense of purpose	Engage in activities that give you a sense of purpose and meaning
A chievement	Sense of accomplishment	Set and pursue goals that challenge you and give you a sense of accomplishment
V itality	Physical health	Engage in regular physical activity, eat a healthy diet, and get enough sleep

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Promoting Mental Health Across Settings: Family, School...

The Department of Health and Human Services is working with the family, school, workplace, and... for more.

4.2K

1.7K

View more video details

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Community Mental Health: Working together for everyone's mental health



JOIET LAMBERTO R. MONDARES, RPsy, RPsM
 School Psychologist, Kings College of the Philippines
 Director, Psychstart Psychological Academic and Art Services


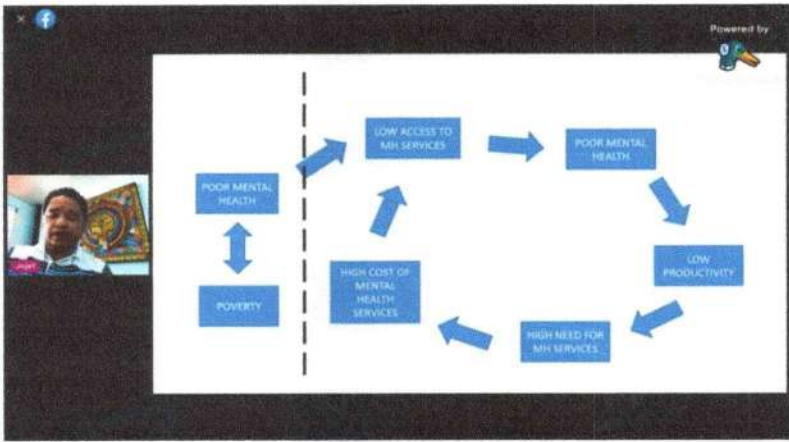
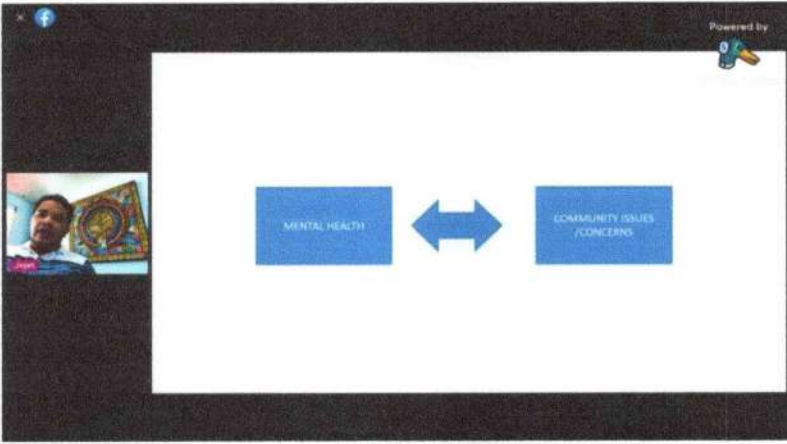



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Community Mental Health (CMH)

- Community Mental Health (CMH) is population-based approach to promote mental health and prevent mental disorders by:
 - addressing population needs in ways that are accessible and acceptable
 - building on the goals and strengths of people who experience mental illnesses
 - promoting a wide network of supports, services, and resources of adequate capacity
 - emphasizing services that are both evidence-based and recovery-oriented

(Thornicroft et al., Oxford textbook of community mental health)







MENTAL HEALTH ACT


- Types of clients
 - Persons with good mental health
 - Persons at risk of mental health condition
 - Persons suffering form a mental health condition

PREVENTION & INTERVENTION INITIATIVES




COMMUNITY MENTAL HEALTH INITIATIVES

- Raise awareness on the connection between mental health and community or social issues
- Address social issues (home and societal)
- Promote resilience
- Build community resiliency resources
- Address negative social attitudes
- Build and collaborate with members of the community mental health network
- Make mental health services available locally



Community Resources

- Interest based communities (Arts and skills)
- Support Grps. (Keep Going Baguio, Anxiety and Depression, AA and other religious grps)
- Advocacy groups (Keep Going Baguio)
- Government Agencies (DSWD, MSWD, DOH, TESDA, etc.)
- Clinics that provides free interventions and support (Psychstart, AM Peralta Psychological Services, PMHA, BGH Psychiatric Department, DOH, DSWD WISUPPORT)



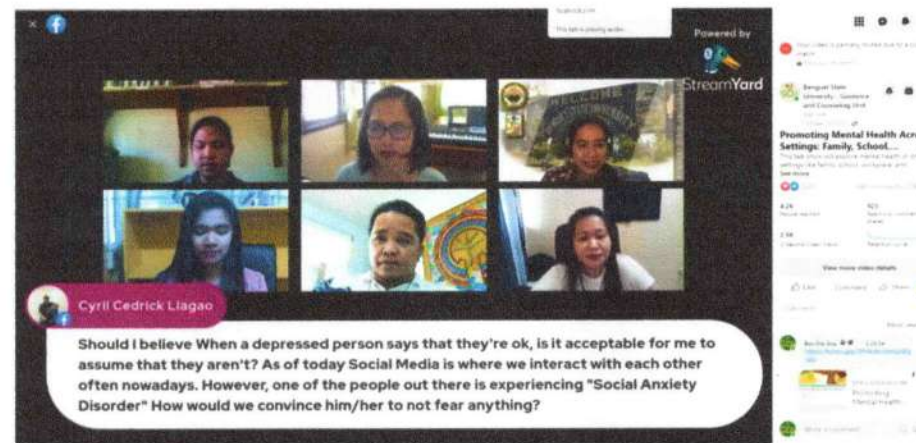





Jojet

Jenny

Julius



c. SELF-CARE: Giving what's Best of You, Not What's Left of You

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Have YOU told YOU lately that YOU love YOU?

Benque State University - Guidance and Counseling Unit

Self care and Mental Health

12x Views 352 Likes 10 Comments

Be Do Do 14:23
Please answer the evaluation form. Evaluators will be given to those who will answer.

<https://forms.gle/8d8d8d8d8d8d8d8d>

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Julius Kryza

Benque State University - Guidance and Counseling Unit

Self care and Mental Health

12x Views 352 Likes 10 Comments

Be Do Do 14:23
Please answer the evaluation form. Evaluators will be given to those who will answer.

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SET ASIDE TIME FOR SELF-CARE

2025-03-16c

What do I do for self-care?

- Get plenty of sleep
- Enjoy sunshine
- Cook
- Write or draw (think out loud)
- Talk to myself
- Cuddle cats
- Walk or bike (esp. in a park)
- Tidy
- Read
- Read about people whose lives are more complicated
- Garden
- Get a hug
- Talk to select people

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Mental Health Self Care Wheel

PHYSICAL
Regular medical care
Eat healthy
Regular sleep
Exercise
Get a massage
Enjoy physical intimacy like hugs & holding hands

EMOTIONAL
Take your full lunch break
Take mental health holidays
Learn to say NO
Use your vacation time
Set boundaries

PROFESSIONAL
Plan & set goals
Spend time with family
Learn a new skill
Read & binge
Make time for friends
Reflect on who you are & what makes you special

PSYCHOLOGICAL
Take time for self reflection
Therapy or counseling
Meditation
Keep a journal
Be creative
Join a support group

RELATIONAL
Explore a hobby
Cuddle with your pet
Community engagement
Practice self love
Cry
Laugh

TRADITIONAL
Practice forgiveness
Spend time in nature
Connect with a spiritual community
Sing or dance
Yoga
Volunteer for a cause

Alice Dayasen

Thankful po na nagising ako and ligtas mga family and friends ko deposite the weather

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Self-care: giving the best of you, not what's left of you

Powered by StreamYard

Max Bing
 Dr. Cornelio Banaga had a wonderful sharing yesterday during the opening of PMAA Inc.'s Celebration of the Mental Health Month. What he shared:

The Reality: Students have suffered the most "brunt" of the pandemic, with higher percentage who suffered or are still suffering from mental health issues. Furthermore, the education sector reports success in the achievement of its goals from the last academic (pandemic) year.

The Question Raised: Success... BUT, at what cost?
 My reflection on Dr. Banaga's sharing:

When individuals/colleagues claim to have indeed achieved outcomes/goals in paper, but have done so at the expense of the mental health of fellow learners, is it even worth it?
 If humanity is truly evolved, consideration for mental health should have already been a given, with or without the law. There is nothing wrong with achieving goals, we just need to take care of the "how" in process of reaching these goals.

Covid-19 is real and so is the mental health crisis at these times. We, the mental health workers, are few, compared to the rising demand for mental health services during this pandemic.

Let us take care of each other's mental health. Each has the right to assert for one's mental health.

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Self-Care CHECKLIST

Monitoring your physical and mental health helps you build resilience and manage stress. Use this tool as a reminder to take care of the physical and mental health issues it could also have.

	M	T	W	Th	F	Sa	Su
Basic							
get good night's rest							
wash face 7 break teeth							
eat a meal							
drink water							
exercise							
Physical							
get check up							
move your body							
notice your breath							
take a nap							
take a bubble bath							
listen to music							
do your hobby							
Mental/Emotional							
meditation							
talk to a friend							
get daily goals							
give thanks							
forgive yourself							

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THE MENTAL HEALTH CONTINUUM

HEALTHY	REACTING	INJURED	ILL
<ul style="list-style-type: none"> Normal mood fluctuations Take things in stride Normal sleep patterns Physically and socially active Good self-confidence Consistent performance Engaged in studies 	<ul style="list-style-type: none"> Irritable, impatience Non-responsive behavior Increased worrying Difficulty relaxing Irregular sleeping Low mood energy Preoccupation, forgetfulness Decreased social activity Preoccupied by academic demands 	<ul style="list-style-type: none"> Fragrant anger, anxiety Exaggerated reactions, hyperactivity, neuroticism, hyperactivity Significant weight loss Significant loss of interest in activities, withdrawal, performance Impaired judgment, memory, and concentration 	<ul style="list-style-type: none"> Angry outbursts Excessive worry Paranoia, depressed mood Thoughts of suicide, self-harm Constant fatigue and feeling overwhelmed Significant weight loss Not getting out of bed Significant difficulty with academic performance

SELF CARE AND SOCIAL SUPPORT | PROFESSIONAL CARE

Source: University of Saskatchewan Student Counselling Services



Mariette L. Tiw-ac
 Thank you very much for the motivational and informative talk/ sharing po. 🙏🙏
 God bless... 🙏
 1w Like Reply

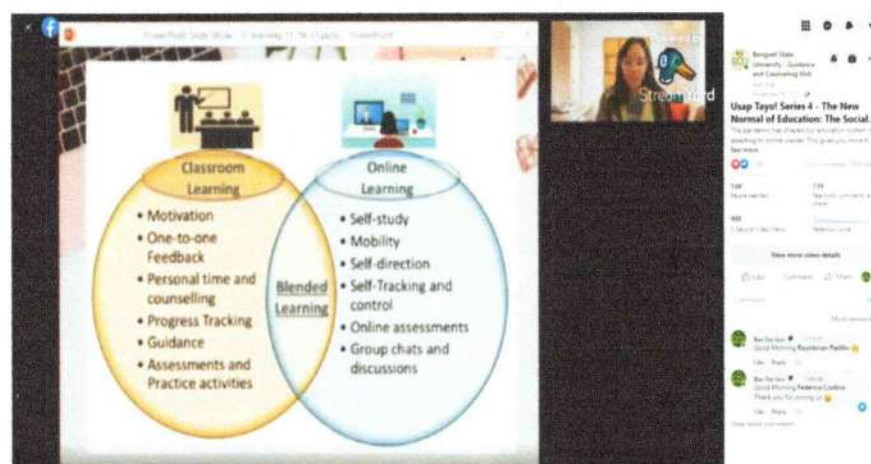
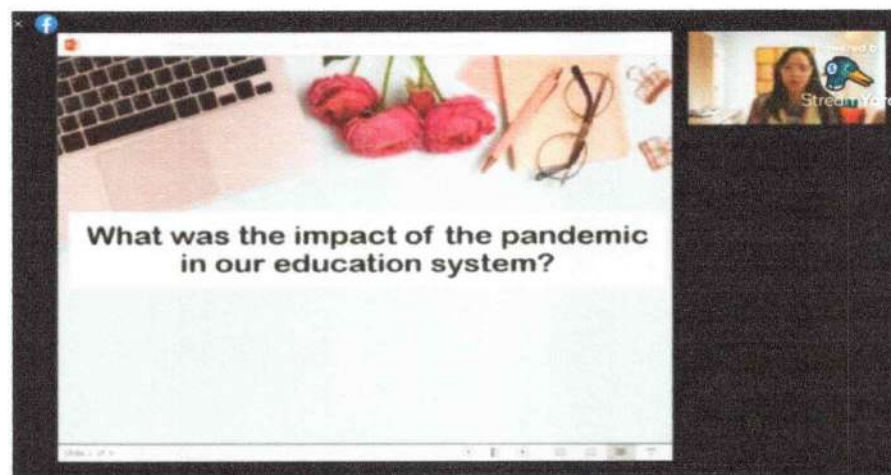
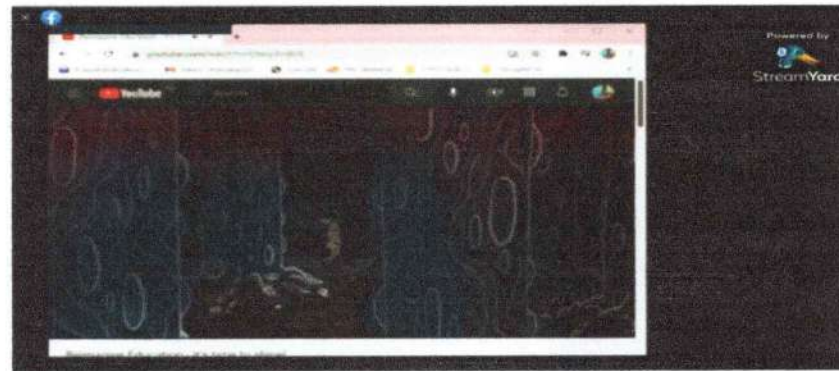
Cyay Aly
 Well said Madam, even if we know these, we need to be constantly reminded. Thanks for reminding us to remind ourselves to promote mental health.

Jo-ann Cherweg
 Good Morning. May I ask a question. Lately I am getting more and more easily irritated that I always get angry every now and then. And I also noticed that I always lose my patience over small matters. Is this some signs of stress or any mental issues? Any specific ways to overcome this? 🙏🙏

Earl Harris Wagsi
 Good morning GCU, regarding my Affective domain or motivation to learn/study, I think this is bothering my thinking right now while studying at home. Can you help me think of ways to shake off these thoughts of mine?
 1w Like Reply



d. THE NEW NORMAL OF EDUCATION: Social Media Decorum and E-Learning



Challenges of Online Learning

- Self-regulation
- Technological sufficiency and complexity
- Student isolation
- Learning resource
- Learning environment

Utopia Toyot Series 4 - The New Normal of Education: The Social...

The pandemic has shaped an education system that is different from before. The education system...

Like Comment Share



StreamYard

Practical Tips for Flexible E-Learning

- Get organized
- Maintain a routine
- Engage in learning
- Keep connected
- Get support!

StreamYard

Self-Compassion Practices in the Time of Pandemic

- Self-compassion break
- Prioritize ME-time!
- Soothing Touch
- Savoring & Gratitude
- Say "I love you" to yourself

StreamYard





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Bangor State University - Guidance and Counseling Unit

Usap Tayo! Series 4 - The New Normal of Education: The Social...

The pandemic has shaped our education system into adapting to online classes. This gives you more to See more

1.7K 739 300 2 (shared video links)

179 Comments, 329 Views

View more video details

Like Comment Share

Comments

Most relevant

Bea De Guo 1:11:57 Good Morning @Angeleno Pabillo

Like Reply

Bea De Guo 1:00:04 Good Morning Federico Castro Thanks you for joining us

Like Reply

View more comments

Write a comment

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You are leading your Teachers Too!

* Introduce your name, your Course/Grade & Section and the subject with your teacher.
 1. Be Considerate
 2. Ask Specific Questions
 3. Keep Your Email Communications Professional
 4. Be Proactive
 5. Be Honest
 6. Respect Your Teacher's Decisions

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"NEW NORMAL OF EDUCATION: THE SOCIAL MEDIA DECORUM AND E-LEARNING"

THE DO'S AND DON'TS OF ONLINE COMMUNICATION

Powered by StreamYard

BEFORE YOU THINK

t - IS IT TRUTH?
 H - IS IT HELPFUL?
 I - IS IT INDISPENSIBLE?
 N - IS IT NECESSARY?
 K - IS IT KIND?

SMART

S - Be Safe
 M - Don't Meet Up
 A - Accepting Emails can be Dangerous
 R - Behave!
 T - Tell Someone!

ONLINE ETIQUETTE

Powered by StreamYard

Fay Ann

e. STRETCH PA MORE: Hacks to Create More Time

STRETCH PA MORE: Life Hacks to Create More Time

Angeli T. Austria
Head, Guidance and Counseling Unit
Benguet State University

Why do students procrastinate?

- Physical or Mental Exhaustion
- Failing to Set Priorities
- Not Having Clear Goals
- Personality Traits
- Being Bad at Estimating Time

Effects of poor time management

Planning Fallacy (Baron & Bryne, 2004)

The Time Management Matrix

	URGENT	NOT URGENT
IMPORTANT	Do it now	Schedule
NOT IMPORTANT	Delegate	Eliminate

Habitgrowth.com

	Urgent	Not Urgent
Important	<p>"Crises"</p> <ul style="list-style-type: none"> Pressing Problems Firefighting Re-working Rush Deadlines <p>Common Time Allocation: 50%</p>	<p>"Productivity"</p> <ul style="list-style-type: none"> Preparation Planning Prevention Relationship Building Personal Development <p>Common Time Allocation: 20%</p>
Not Important	<p>"Distraction"</p> <ul style="list-style-type: none"> Phone Calls Emails Meetings Business Meetings Walk-ins <p>Common Time Allocation: 20%</p>	<p>"Waste"</p> <ul style="list-style-type: none"> Socializing/Trivia Some Phone Calls/Emails TV/Entertainment Wasting Time <p>Common Time Allocation: 10%</p>

1. KEEP A DAILY TO-DO LIST

- Number tasks in the order in which you plan to handle them.
- Indicate tasks that you have to spend more time on.
- Check off completed tasks.
- Carry over unfinished tasks to tomorrow's list.

2. SCHEDULE YOUR MOST IMPORTANT TASKS FIRST

- Prioritize more important tasks and tasks that require a lot of time and effort.
- If you do so, it would become easier to find time for the less important ones.

3. SYNCHRONIZE YOUR CALENDARS

- Don't risk missing an appointment because the task is in a different calendar.
- If you have a calendar in your computer and in another handheld device (cellphone), try to synchronize them.

4. MINIMIZE INTERRUPTIONS

- Block off a portion of your time each day where you are not to be interrupted unless it is absolutely necessary.
- If possible, turn off your phone and other electronic pop-ups (VM, Twitter, etc.) during this time.



- Challenge innovation
- Advance technology and facilities
- Revitalize administration
- Engender partnership
- Serve to sustain intergenerational roles

E-mail: bsu@bsu.edu.ph



GUIDANCE AND COUNSELING UNIT
STUDENT WELLNESS SERVICES

BSU VISION: BSU as an international University engendering graduates to walk the intergenerational highways
BSU MISSION: BSU cares to challenge-innovation, advance technology and facilities, revitalize administration, engender partnership, and serve to sustain intergenerational roles

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5. PRACTICE POMODORO TECHNIQUE

What is POMODORO technique?
A method for staying focused and mentally fresh

WHAT IS THE POMODORO TECHNIQUE?

A method for staying focused and mentally fresh

- STEP 1: Work for 25 minutes
- STEP 2: Take a 5-minute break
- STEP 3: After the third Pomodoro, take a longer break (15-30 minutes)
- STEP 4: Repeat the cycle
- STEP 5: After the fourth Pomodoro, take a longer break (30-60 minutes)

6. SET SMART GOALS

- Set goals over which you have a large degree of control.
- SMART Goals = Specific, Measurable, Attainable, Realistic, and Time-bound Goals.



7. KEEP A TIME LOG

- Do this to find out where your time is going.
- Is a bulk of your time used to do unimportant stuff? Who or what interrupts you most of the time? How many times were you interrupted?



8. SCHEDULE LESS

If you plan to do a lot of stuff in one day, the tendency is, you would not enjoy yourself doing all those stuff and, in the end, you would just get frustrated because it would be impossible for you to finish all the task you scheduled.



9. KNOW YOUR BEST WORKING TIME



- Know the time of the day when you are at your best.
- Schedule the most challenging work for the time of day when you are most energetic and alert.

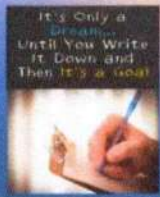
10. DO THE MOST UNPLEASANT TASK FIRST

- Try to do the most difficult or the tasks that you don't like as soon as possible.
- Once these tasks are out of the way, you will feel more energized to work through the less-challenging activities.



11. THINK ON PAPER

- When you have a problem, write it down, describe how it is disturbing you, and list down as many solutions as you can.
- If you have an idea, write it down so you wouldn't forget about it.



12. ALLOW TIME FOR THE UNEXPECTED

- Always leave a portion of your day unscheduled.
- If you feel that you can be in a place within 15 minutes, try to be there in 25. If you have an appointment within an hour, leave room for an hour and 20.



13. APPLY THE 80/20 RULE OF THUMB

- Are approximately 2 out of 10 items in your list the most important?
- Might a certain job be as good as done after you give attention to just the most important aspects of it?



14. ORGANIZE YOUR WORK AREA

- The number 1 time waster is disorganization.
- Separate the folders, as well as for forms, inner-office memoranda, personal documentation and the like.



15. TAKE TIME OFF TO RECHARGE

- Learn your limit, learn when to stop working.
- Returning to work with a refreshed mind and body might prove to be more productive than doing overtime.




16. DON'T BE A PERFECTIONIST

- Know when you've done the best you can in a task.
- Learn how to stop and to move on to the next activity.



17. BE FLEXIBLE


- All of these are just suggestions, not full-proof solutions to your problems or hard-and-fast rules.
- Experiment, find out what works, and customize ideas to your circumstances and needs.



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Reflection Time

What time management hacks did you learn today which will be useful for you in your personal and academic life?



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Farrah Mae Murphy Bankey

When you feel like giving up always think in the brighter side to continue fighting to accomplish your goal. Never look down on hour self just because of the other peoples words. Instead keep on doing and striving hard for your self and those who supports you all through the way

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Angeli

Member of the Profession
BENQUET STATE UNIVERSITY
 OFFICE OF STUDENT SERVICES
 GUIDANCE AND COUNSELING UNIT

CERTIFICATE OF APPRECIATION

is presented to
ANGELI T. AUSTRIA

For her invaluable time, effort and expertise as the **RESOURCE SPEAKER** during the **USAP TAYO Series 5 STRETCH PA MORE: Life Hack to Create More Time** held on November 29, 2021 via Facebook live.

Given this 10th day of November, 2021 at Benquet State University

Russell G. Dolendo
RUSSELL G. DOLENDO, PhD
 Director, Office of Student Services

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V. VERBATIM COMMENTS AND SUGGESTIONS

1. LET'S TALK ABOUT SUICIDE: A VIRUTAL TALKSHOW

A. What can you say about the activity?

- It was very informative webinar
- Very impressive webinar
- It was very impormative.
- It was educational, very insightful, and relevant.
- None..job well done
- Good presentation
- This webinar is very impressive and very helpful to all of us.
- It is very impormative and helpful to every one
- It is very well organized and give more information to avoid suicidal thoughts
- Helpful😊
- It's great.
- It's great! we have learned a lot.
- It is so good and I learn a lot about the topics
- Very understandable webinar
- The contents of the seminar are much valuable.
- It is very satisfactory
- It is very helpful, and the way they conduct the seminar is so organized and fun.
- The seminar is very helpful and knowlegable about the suicide prevention awareness.
- Informative and interesting
- informative
- This webinar are great for everyone to know about suicide. It can make me aware for me self and able to handle my self
- Good
- This webinar makes us knowledgeable about suicide prevention.
- Great, the speaker did her best to answer participant questions and she answer questions in specific way that leads me as learner to understand more about suicide.
- Overall, the seminar/webinar is beneficial to all as it covers not only the student's mental health but as in observance to the World Suicide Prevention Awareness Month. Virtual Applause 🙌🙌
- The webinar is full of ideas. It is very interesting and helpful especially today's pandemic that many people are depressed and suffering from anxiety.
- Good and very organized
- Very educational and empowering people.
- Non
- It is very informative, and the over all performance ar excellent.
- This seminar is very helpful especially now that a lot of people especially the youth are not allowed to go out and do the things they used to do like go to school and meet friends, classmates and teachers, so a lot of young people today is thinking of taking their own life.
- I've learned a lot
- IT IS GOOD AND EVERYTHING EXPLAINED
- For me, I found that this seminar is really helpful and well organized. It is one of the informative and helpful seminar that I attented. The speaker gave a detailed lecture about the topic. That's why, a big thanks to the speaker and to BSU Guidance Counseling Unit staffs in organizing the webinar.
- The seminar is such a big help for us students because it gives us more information about suicide. It is also detailed and the explanations are clear.
- It is a timely dissemination
- What I could say is that, the speaker was very detailed about the discussion
- It is timely since everyone are feeling unproductive, hopeless and other negative thoughts are in todays situation so it can help us to think of the positive side. Most especially that our greatest enemy is our own thoughts but through the seminar we can find hope and tips on how to deal with it.

B. What do you suggest for the improvement of future seminars to be conducted?

- Nothing to improve because it was conducted successfully.
- None
- None
- Direct to the point questions by the members of webinar
- More prizes😊
- More time in answering the question.
- n/a
- What I say is, hope we have enough stable connection
- As much as possible, technical problems must be avoided in order to have a smooth and nice discussion.
- more extended time
- None
- Explain more further about the topic.
- None
- I suggest this webinar are good presentation. But we can avoid any technical issue during webinar.
- Good
- For me this webinar conducted is almost perfect 🙌
- none
- I hope, there are more talks/virtual talks about it because Mental Health is broad that we are not able to determine or explain it in 2 hours, but the team did an excellent job. KUDOS!
- None
- explain more the topic.
- I hope that they can use PowerPoint presentations or diagrams for people who easily got bored when they are just listening
- NONE
- For the improvement of future seminars to be conducted, I suggest that the speakers or who will be conducting seminars will add some humor about the topic and the volume of the speakers or facilitators.
- Loudness of voice, adding some humors

C. What other topics would you like to be conducted in the future?

- Related to a social work
- VAWC
- About psychotherapy
- Future plans
- How to take care of our mental health in these days that we are facing this new normal.
- About mental health
- More Mental health
- NOMOPHOBIA (No-Mobile-Phone-Phobia)
- Mental health
- How to Prevent Child abuse
- All about disorders
- Anything related to mental health.
- More on mental health awareness
- Anything that is interesting and helpful.
- Depression and Anxiety
- Depression and Stress management
- About CICL case
- About depression
- About mental disorder
 - How to cope up with online learning considering the barriers
 - Personally, the topics I would like for the team to conduct in the future are about how to deal with the situation/s where you witnessed suicidal attempts and/or completed suicide and how your mental state will be, and what if the parents

does not believe in mental health issues, how can we address the message of these to them? Because not all parents/relatives accepts their child/family members or sometimes, they are hesitant to believe that they have mental health issues and also, the society today is judgemental whereas, their child might be or will be labeled as "baliw" or crazy person who should go to mental health institutions. The thinking or mental capacity of persons who should think that having a Mental Disorder is not to be labeled as lunatics that should go to MH institutions. A talk about these kind of topics are great to be an eye opener to someone who is narrow minded or separating blindly from these Mental issues. I don't know if I explained well my points but yes, we need more of these talks. Thank You and Congratulations! 🙌🙌🙌🙌❤️😊

- Anything that is helpful😊
- THE EFFECT OF ACADAMIC STRESS IN THE MIST OF PANDEMIC
- The different genders existing and how to be familiar with them as well as to assess ones selves.
- I hope that there will be more topics about mental health
- About Health and Wellness Topics and Leadership.
- Mental health topics
- That would be about Time Management. Because we all know students nowadays aren't very wise with managing their time when it comes to school activities.
- How to deal difficulties in life. (Tips/behaviour/others)

D. What is the significance of the topic to you?

- It is all about suicide
- It was so nice and so manythings i have learn about the topic.
- It will help me identify the red flags of peoe who suffers from depression and to extend help to aid it.
- Helps me wide my understanding about suicide awareness
- Must able to share with others your problem to avoid suicide cases.
- Is to know what suicide really is and to know the things that we can do to prevent people from committing suicide.
- For the safety and awareness of all people
- How to avoid suicidal thoughts
- Through i was able to understand more on how to address my suicidal thoughts through dinstinct coping mechanisms
- It helps me remove my suicidal thought.
- I help me understand the idea of suicide also, It gave me tips on how to conquer suicide thinking/attempts.
- .
- The significant is we can't handle our depression in our own way.
- It is very important because I am a social worker student
- I can relate to today's topic because i also need further information to answers all my questions why i am being like this or like that and also in dealing to it and preventing it to happened.
- It gives more knowledge on how to handle suicidal thoughts
- Improve Awareness and Prevention
- The significance of this topic, suicide prevention awareness, it helps me understand more about suicide and acknowledge it as a serious matter. I can help my close friends, family, acquaintances, etc. to seek and prevent suicide to happen. Many are committing suicide due to sadness, helpless, hopeless and others that I/we can help them by making them fell that there are people who still cares for them.
- As BS Social Work Student it is important to me to be a better social work soon.
- This topic is very important for me because it allows me to understand why people are thinking about suicide. It also allows me to identify the signs that indicates that a person might be depressed already or thinking about suicide. It allows me to be able to think about ways to help them as much as I can.
- how to handle depression.
- About prevention of suicide.

- To increase awareness and prevention of suicide.
- The significance of the topic to me, this topic is very helpful to us to how we prevent our friends, specially our family when we observe that they are suffering from depression. This webinar can help us to help other people.
- This topic has a significant role on every individuals to think that lives matter. Especially in this time of pandemic that depression, anxieties and more strikes. We should take them seriously and find ways to prevent it from suicidal thoughts.
- The significance of the topic to me is that it is beneficial in the sense that I can incorporate what I have learned to myself as I am a victim of a Major Depressive Disorder and up to now that I have still unstable mental distress. Also, for me to help others who are in need, who seeks attention and who cries for help. Moreover, we got to know more about suicide and other MDDs and how to deal about it.
- It helped me realized that suicide is not the best solution for every problem. Instead, we must strengthen our faith.
- It is very informative especially today's situation.
- Before the pandemic, I have already experienced lots of challenges academically, mentally and physically. It became worse when the pandemic started. Anent this, I felt helpless and hopeless. I could not trust others so I did not share what I have in mind. At that time, I started to ignore others and began to isolate myself. However, with the help of my family and some friends, I tried to accept the challenge and finally, I have overcome. With today's topic, I wanted to hear tips on how to cope specifically with the problems we encounter in life. After the discussion, I felt relieved knowing that I am not hopeless, that I should look into the hope within me.
- It helped me to be enlighten during toughest times.
- A lot
- It tackles about on how we can prevent and be aware of suicide in our community.
- The significance of the topic for me is it talks not just about the importance of life but also it helped the participants learn on how to deal with different types of personality of people.
- The significance of the topic to me is that it is beneficial that I am to learn to be more aware regarding suicide prevention as young as now. Though I sometimes struggle with my thoughts, I haven't had thoughts of committing suicide. The awareness I gain at this age regarding this topic would allow me to understand others better and how they're dealing with what they're going through. So if someone opens up to me, I would know what to do.
- It gives me more awareness about suicide
- **HAVING YOUR MENTAL HEALTH HEALTHY IS VERY IMPORTANT IN OUR DAILY LIVES.**
- the signifciant of the topic for me is to give awareness to everyone about suicidal.
- It gives us more information about suicide wherein committing suicide is one of the biggest sin we will committ and be aware on that suicide issues.
- I am counselor as well.
- It give awareness for me, and also it help me to understand my friend or a family member experiencing stress or depression that leads suicide.
- The topic emphasizes the importance of mental health and holistic health.
- Early detection of suicidal thoughts
- The significance of this topic is to know how we could understand the effect of suicide when it comes to behavioral problems
- It reminds of how we must value life. Our life and also to value others lives. Most importantly, on how we should deal right if someone shared things like this.

E. How can you apply this webinar to your life as a student/teacher/parent/employee?

- It wil help to my future
- As a student it will apply me to be aware
- As a student i will apply it in school
- I can apply this in helping people who are willing to open up and even in a simple way, I now know some dos and don'ts through this webinar.
- Teach other youths on what I've learned
- By adopting those important things in my self.
- I can apply this as a student by remembering those things that doc was mentioned in her discussion. Yes, it is true that students must be calm and maybe not every situation we take it a joke, but it serves as a replacement for what we felt in a certain situation so we can enjoy and do that certain things better.

- To apply in our life to be prevented from bad doing
- As a student be positive enough and avoid overthinking and Pray always
- Encourage someone whos struggling with mental issues that asking help is helping ourselves
- It can help me in many ways, like talking to my friend or family. Communication is very important we need to communicate with them to lessen our stress.
- As a future teacher in the making the webinar help me to reflect that I should be more patient and considerate because not all of us are in the same page. It helps me understand those people who committed suicide and it made realize that I should also lend a hand to those who are needy of help emotionally and mentally. Listening to them is the best thing that I can do.
- As a student I need to fucos on my own life be happy as always and don't think negative thoughts in your life to avoid depression and etc.
- To be become a social worker someday. I apply this to my client to teach them, what I learn from this webinar
- The information discussed in the webinar is much valuable as these can help me as a student and as a young adult in dealing to my emotional problems in regards to academic pressure, family problems, not suitable learning environment and other contributors.
- help others to gain more knowledge about mental health
- As a student i encounter many students and friends thinking about suicidal, i can help them by listening, avoid trying to solve just listen, and keep them talking (Be a support) Be validate and show openness.
- As a student, I can apply this lesson to help a needing classmate, I may not be the best adviser but I know I am a good listener to a person wanting to be heard.
- To be aware what are the feelings of everyone.
- I can apply the knowledge I acquired from this webinar in my life and other people by educating others about the signs that someone is suicidal. I can also apply this through understanding, comforting, and helping them the best I can.
- when facing difficulties in life like depression.
- As a students I can aware of this webinar. It's because this event are given me an idea to handle and encourage me to be strong.
- As students in the school community are committed to making suicide prevention a priority and aempowered to take the correct actions we can help other youth before they engage in behavior with irreversible consequences.
- As a social work student i can apply this webinar to my client in the future.
- In this modern generation, we are facing a lot of struggles and hardships in life. I may apply this webinar to my life as student to not give up in any situations. Now, I can have the right knowledge to assess myself and seek support to people that cares to me the most.
- Let us say, as a student or an alumna of BSU, to apply what I have learned in this webinar in my life is that I got to know my capabilities in handling situations of people who asks help from me and I will be able to understand his/her situation more, specially my peers. Also, to try, even "try" to apply it to myself as I go along with my life.
- I can apply this webinar to my life as student by becoming a model to my co-students. Fighting in my studies. Never give up.
 - By sharing it to other people
- I can be a great help to others who are troubled through doing simple things that would lighten their feelings, and of course, to myself.
- as a student, i can apply this kind of webinar prevent and avoid suicidal thoughts.
- Continue spreading that suicide is not an answer as well as to empower other people.
- A lot
- As a student, we can help other people.
- I can apply the topic by always being a good listener and also by being a better person on understanding other people on different aspects of their life.
- As a student, atleast if someone (classmate) opens up to me about their problems and such, I would know how to react, what to do and what not to do. It would also be a

benefit in the future if I coincidentally become a teacher or a parent, that I would teach my kids the same knowledge I gain now.

- It gives me ideas on how to deal with suicide, I have friends who are going through with it so it is helpful.
- AS A STUDENT, STRESS IS VERY COMMON IN OUR COMMUNITY, BEING SOCIALIZED WITH OTHER PEOPLE IS VERY IMPORTANT BECAUSE IT IS YOUR WAY TO EASE THE PAIN THAT YOU ARE CARRYING. PREVENTING SUICIDE AWARENESS IS NEEDED IN THIS TIME OF PANDEMIC.
- As a student, I can apply this webinar (about the topic) in my life through sharing to others the lessons/insights that I have learned to give them an information or to be aware about the topic.
- I can apply this webinar as student by using this webinar in the future use like getting other informations that discussed in this webinar to teach the youth and share what I have learned from this webinar.
- See the signs, say something, and give help as appropriate
- Being a student it will help me by sharing also to my friends or family the importance of being aware of this case because this is serious and not a joke.
- Daily activities.
- By making preventive measures
- I can apply this webinar by simply jotting down notes of how we could try to prevent ourselves from executing this sort of action
- By sharing information. Live with the information too. And be attentive to others sharing.

2. PROMOTING MENTAL HEALTH ACROSS SETTINGS

A. What can you say about the activity?

- It's prepared and rich in knowledge
- It is very timely especially this time of pandemic.
- Medyo sa Qanswering of questions
- It is very informative and helpful
- Good and Very helpful to me as a student who experience stress due to various activities given by our teachers.
- The seminar is really great and wonderful, for its knowledge, awareness and ideas
- Excellent
- Compared to the past seminars, It is good that a lot of speakers were invited to share their knowledge and insights.
- Good.
- It is organize and very interesting.
- It was very good and very useful especially in our situation right now.
- It was personally helpful to many different circumstances and it was engaging.
- The seminar was manage very well and speakers are well prepared.
- What I can say in the seminar is that, everybody did a great job in explaining about mental health issues on different sides. (Family, Yourself, Friends) It made me and probably the people out there understand what we have to do for us to overcome those conflicts.
- It was helpful.
- Well said and well balance in communicating and answering the questions of the audience.
- It was nice because it talked about various topics we all have issues with.
- The seminar is highly informative.
- Awesome and helpful
- Fantastic.
- Thank you for this!
- The seminar was very educational and helpful to all the participants.
- the seminar is very helpful
- Excellent!



- Relevant and meaningful
- it is very helpful because the seminar lessen the problems from our lives, learning how to manage our mental disorder and to help someone with problems too
- Very informative
- An excellent topic, especially this pandemic, in which many individuals are suffering from mental health issues.
- The forum was very useful to all people especially during these pandemic
- It was good but I suggest not making it as long
- It is informational and valuable especially to students and other people who are prone or currently experiencing depression.
- It is very helpful to a lot of people out there who are going through difficulties in the current moment and situations.
- Informative
- I learned a lot
- It's very nice.
- The seminar is very informative and insightful.
- Good
- What I can say about the seminar is that, it is very informative.
- The seminar is well planned and it is commendable as I gained quite a lot of insights regarding the topic.
- The seminar is done very well. The speakers' ways of delivering their message can really grab the attention of viewers.
- Such a great idea to share
- The seminar is inspirational and brings positive mental health awareness to students like me.
- It's nice, it gives me an open mind
- very good
- I'm looking forward for this kind of seminar or discussion, very helpful and informative.
- Very helpful in this time of pandemic
- Very good
- I like it especially it is comprising of knowledgeable individuals presenting significant informations and I love to watch more of this in the future .
- Very good
- It was good and informative
- Very understandable and organized well. I learned a lot from these seminar.
- I can say that the seminar was helpful most especially now that a lot of students like me who are experiencing anxiety or depression.
- The seminar had a good topic which is about mental health. I admire how it also emphasizes the different aspects of status in life.
- Very knowledgeable and helpful
- Very helpful and informative
- It was understandable and clear
- It's wisely planned and implemented. Kudos to all the working team.
- It was decent and full of interesting information.
- Very good.
- Thank you and I hope that others will continue doing these types of webinar.
- It's great because it may help my fellow students on their mental state
- Informative
- it was good since their a lot of knowledge we have gain from the topic.
- Its good it's useful tome
- I say about the seminar there are many information/topic that we get it
- It is full of information that I can apply to my own life.

- Topic are explained well.
- The seminar is very helpful and knowledgable.
- It's very well presented.
- It's good.
- I can say that it is really helpful to each and everyone. Especially in this time of pandemic
- It raises awareness for taking care of our mental health and how it relates to our lives.
- Its good and very helpful especially at this time of pandemic .
- It is very helpful.
- The seminar was done properly since it was given enough time. The speakers and facilitators also did well in explaining the topics discussed.
- The seminar helps us to be more open minded in our lives. Giving everyone respect.
- Medyo mahaba po although helpful naman po
- The topics were very good
- Very helpful and informative thank you for organizing and a very special thanks to the great speaker!
- The seminar was fun and entertaining. It has given helpful advises and it was very informative.
- Good & effective.
- Its very helpful especially for me who have been stressed out.
- The seminar's topic was good.
- Very informative and I really appreciate it.
- The flow of the seminar is well organized. It is explained well and understandable. It also a motivational and have a meaningful message.
- the seminar is good because i learned about Mental health in school, workplace, family and community mental health.
- the seminar is good and very informative
- Job well done
- It was very insightful and informative about mental health.
- We can learn a lot from the webinar about promoting our mental health.
- It is nice because I have many topics that I learned.
- The seminar is truly helpful to us audience for it really encompasses topics or concepts that are relatable when it comes to mental health.

B. What do you suggest for the improvement of our future seminars?

- More topics regarding mental health ..probably more specific to address common issues to students
- Probably, the internet connections of the Resource Speakers.
- Summarize the seminar
- Please set the time well. We were kind of puzzled when the seminar started an hour earlier than the said schedule.
- Just be ready and test the audio and have a stable internet.
- It's already good as it is.
- I have nothing at the moment
- Minimize the time in itroducing the speaker.
- should not change the starting time of the program.
- I would suggest adding ice breakers or other ways to maintain the interest of the audience.
- Don't change the announced time hehe.
- make the time shorter.
- Proactive activities
- Avoid covering too many topics and instead focus on one main theme.
- None so far. Thank you for opening the webinar to guests. Keep it up.
- I would want it to be not as long because it takes my time
- I suggest that the time allotted for the webinar is reduced.
- Follow according to plan.

- I don't have anything to suggest.
- Time management should be appropriate and the speakers should be confident and attentive to how the audience act.
- I suggest giving more examples and scenarios for the audience (especially the younger ones) to relate and be more interested.
- I'll suggest for the future seminars to be conducted is be happy when talking to people and let your viewers comfortable with you.
- None the webinar is good so far just some technical problems
- There's none, I am very thankful that I was given an opportunity to listen and to learn a lot your organization.
- I think its just the transition of the speakers and the presentation.
- More interaction to the audience
- Nothing really
- Sometimes the word was choppy so it must be the connection.
- Time management should be taken into consideration.
- More questions to answer
- Time management
- Stable sounds
- More information about the topic
- more time
- Need some speakers.
- I can't suggest anything since I haven't had a bad experience.
- Maybe sa next po medyo short lang po mga 1hr since marami rin pong activities ang students 😊
- More time
- Don't give too many experimental details unless the method is the main point of the talk.
- the seminar was just fine , I think it needs more time to know the audiences questions about the topic, to know what are they curios about.
- I can't give any suggestion for now
- just be prepared
- More organized

C. What topics would you like to suggest for future seminars?

- Issues on distant learning
- What are the physical exercise that will help improve your mental health.
- Psychological aid
- More on mental health
- Bullying, Modular and online learning
- Coping Mechanisms
- Mental health awareness on behavior patterns.
- How Social Media attracts Teenagers 24/7
- When to say you are mentally stress.
- How to balance priorities and responsibilities.
- There isn't really any topics that I am interested in understanding but maybe soon I will find one.
- How to deal with procrastination
- Bullying (cyber) for the High School students
- Relationship of Healthy Body to Mental Health
- Personal development
- Mobile games addiction and proper social MEDIA USE
- Physical health in relation to diet and fitness
- About the planned face-to-face classes next year

- Teenage pregnancy or education about sex.
- How anxiety and depression affects an individual and coping up to it
- Other topics I would likely enjoy and learn from are those relating to finding "inner peace".
- Motivations
- About young adults discerning themselves in the LGBTQ+ community
- how to manage time for modules and other things
- How to stay resilient in this time of pandemic
- Anything that will help student
- About physical care
- I would like to hear something on the new courses that BSU will be having next semester or year if there is.
- Another explanation about mental health.
- Time management or education during the pandemic
- Suicide prevention and awareness among youth
- Coping with Schooling stress
- Maybe related to this pandemic we are facing
- Wise Financial Management.
- Tips on time and stress management most especially this time of pandemic.
- Guidance to career path
- N/A
- Some issues that a student face from School
- try not to cover too many idea, stick instead to major theme and also focus on what the audience need to know subject and everything you could tell them.
- Dealing with identity crisis and adolescent crisis
Pros and cons of living alone during college
- Effects of social media
- significance of studying
- How can mental illness will be stop
- About LGBTQ members
- MENTAL HEALTH AWARENESS
- Anything that can help us with our future decisions and goals.
- more on stress management
- How to deal with teachers who do not update consistently.
- Online learning effects on mental health
- How to Treat and Prevent Mental Disorders
- -about how to manage time effectively answering learning pockets and taking a break (playing, watching, etc.).
- -about education issues (hard activities, complicated).
- I can't really tell now
- Anything that make sense
- Any inspirational messages for everyone.
- About Indigenous People
- Steps or actions need to do when engaging to person who is truly affected with anxiety, depression or suicidal thoughts.

D. What is the significance of the topic to you?

- It help ed me a lot to cope with my mental state.
- To make better decisions suggested by the panels to people who have issues on mental health
- The importance of this topic to me is it gives me a bigger understanding about our mental health.
- The importance of proper counselling to depressed persons.

- It is very important because I think I am experiencing stress that I already notice some changes on my personality, that is why I want to learn some knowledge on how to manage mental issues.
- More on seeking right advise to right personnel
- It very significant because it helps me to understand more myself on what shall i do to handle or cope up on what i am going thru
- The significance of the topic to me is it brings awareness about mental health that if some of our friends feeling depressed we should not convince them to ignore it but instead be with them as possible.
- To improve mental awareness and health
- To be aware of our mental health
- This topics helps me reflect on myself and on my actions.
- More knowledge about the topic
- it is very significance in terms of giving ideas about mental health that I can apply in my real life.
- I got to learn how to manage my own emotions and how can I help someone when I feel like there is something wrong pr they have a problem but won't tell.
- None
- It is very important and helpful to me as a student and other students,workers,and such. It was also very knowledgeable.
- The significance of this topic for me is that it will help me supervise myself if ever I have some problems and it will help me coordinate with my co students and co workers in the future. Also with this topic, I can now understand other better even though is not that much.
- The significance of the topic is to resolve all those problems and mental health issues in any means necessary for us. Friends, Family, classmates. We have to take care of our health and not stress ourselves too much because it will give a negative image towards my family and friends. We have to be much more aware of our emotions as well with the people we're with. We also have to take note of what we could do to avoid and to resolve those issues that are being presented.
- It helps me to understand what is mental health.
- To inform each people of serious case and to give mental awareness.
- It is significant to me since this is relevant nowadays. I was able to learn the strategies in promoting my mental health in different environments.
- It isn't too significant for me because I personally am not really experiencing the problems which were tackled in the webinar.
- The topic is significant to me because it helped me understand what my mental state is right now and I learned a lot of things.
- Mental health is important that we've to put attention or action to it.
- As a student in this current state, mental health is a crucial factor for me to continue my life journey. For the past few months, I barely do things the way I should be and this topic helps me raise the awareness of my mental health.
- This is great help for us to develop programs for our students.
- To me, the most important aspect of this topic is that it aids me in dealing with my health difficulties, particularly those related to mental health. As a student who suffers from anxiety and depression, I am in desperate need of counsel and assistance in order to overcome the difficulties I am now experiencing.
- Being aware of my mental health is very important and necessary in my life
- mental health matters. it is important to ask for help if in need.
- Help me to understand in dealing with the students, parents, BSU-SLS stakeholders especially with the current situation
It may also an avenue to identify the students with special needs
- Helps me value my Mental Health
- it is to help me with my mental problems and to learn how to cope with it
- It improve the quality of life and it reduce illness

- It helps me to understand and be aware more about mental health. Mental health matters <<3
- as a mental health professional, this adds to my knowledge as well.
- The significance of the topic to me is the speakers who explained everything and spoke for hours just to help.
- Mental health discussion in the family and in school settings.
- The significance of the topic for me is that it is acknowledging that people continue to bring awareness to mental health issues and how to cope with them.
- You must care your mental health
- Important
- The significance of the topic to me as a student is that I am able to know how to be aware about mental health, what are the symptoms and how to avoid mental problems.
- Promoting a mental health.
- The topic is very significant to me especially that I am in the situation where I experience mental concerns or stress because of the current situation. The talk gives me an idea how to handle different kind of situations and some community support groups whom I can approach anytime.
- Important for maintaining good mental health.
- The significance of the topic to me is that, it is nice since some people actually do care about mental health.
- It helps a lot in reminding myself how to take care of my mental health and helps me reflect and cope up with everything that goes on with my life.
- Helped me decide what to do
- The discussion about mental health is relevant to me because the pandemic affected me and a lot of people I know mentally and emotionally.
- I am taking Community Health and Health Promotion is one competence we need to develop
- This topic and the lessons I've learned helped me understand the things I'm going through
- The significance of the topic for me is it helps me to know what to do whenever I am not mentally stable.
- It's all about promoting mental health across settings.
- The topic is very significant to me especially to students and youth because mental health is a big issue that should be cared of. This topic brings motivation and awareness to maintain and value our mental health .
- The discussion of the topic helped me to understand the importance of knowing the positive and negative impacts of a healthy and an unhealthy mental health in an individual person. It also gave me ideas on how to promote mental health in different settings such as in our home, schools, workplace, and in our community.
- mental health importance
- The lessons I've learned from this topic will serve as a guide for me to overcome the weight of the pandemic while being mentally stable
- It reminds us the listeners to value our mental health, to regularly assess ourselves and what we feel or think is valid and should be accepted.
- This topic is very helpful because mental health issues are rampant nowadays
- It's very important, cause I learned how to take care of my mental health.
- For me as a student it is very significant especially now with what is happening with this COVID-19 pandemic which affects all the things that we usually do and stopping the things that we should be doing and this all can affect the way we think already or our mental health so I really appreciate that BSU is conducting this kind of webinar.
- For me it is very important because I learn a lot. The topic also is very interesting because you will be aware how important our mental health is.
- It's important for me because it helps others who may have mental health issues, it promotes it and prevents people from being ashamed or saddened by their mental issues.
- The significance of the topic to me is, help me determine how we handle stress, relate to others and make a better choices.
- The significance of the topic to me is it provides a timely reminder that mental health is essential and that those living with mental health issues are deserving of care, understanding, compassion, and pathways to hope, healing, recovery, and fulfillment.



- The significance of the topic is to bring awareness to people how important it is to take care of your own mental health as well as to help other people. It also emphasized some guidelines on how to cope up with it.
- Related to my personal life
- The topic is significant especially to those who are going through mental health problems. Its significance is that it helps or it gives advice to the people who are having a mental health problems on how to alleviate, cope or treat their sickness or disorders.
- It's very helpful in my mental issues coping mechanism
- The topic discusses, in my opinion, prevalent issues of today's generation.
- To improve my mental health
- It has taught me that mental health can be taken care of even amidst a frustrating situation.
- It revolves around mental health which I'd like to know more about.
- It gives me more knowledge and understanding.
- The topic that we tackled is very important. The fact that if not all then most of us are experiencing these barrier makes it sensitive and amazing because some people are trying to move and do something about it.
- N/A
- It made me realize that the things I do triggers my mental health and so I will do better and avoid these things and activities.
- It helps me to understand about mental health. I have learn a lot in how to manage depression inside a community or family.
- Its very useful to me
- about the promoting mental health
- How to take Care of our Mind and Body.
- Very Significant
- It helps me cope up with the difficulties brought by this pandemic to my mental health.
- It helps me to understand about mental health. I have learn a lot in how to manage depression inside the community of in family.
- The significance of the topic to me is that it is a reminder that mental health is very important. It is a seminar that adds my knowledge in mental health, also to know on how can I help a friend or family experiencing mental health issues.
- It helps us maintain a good mental state and it helps us cope with our problems.
- The topic helped me understand that prioritizing mental health is a must.
- The topic helps me to understand mental health
- It's really helpful
- The topic tackles about promoting mental health and I found it is very helpful for everyone because it helps us understand and know about our mental health.
- The significance of the topic to me is spreading awarenesses about mental health issues and how should we handle it.
- The significance is to help me in helping my classmates.
- The topic is a great help to me because there are times where I feel down and confused, and the discussions that were made should also be known to other people.
- Mental health is very important in single person, in a relationship, family, community etc. This should be sensitive to everyone and not taken for granted
- The significance of the topic is that it is helpful during these times
- It really gave me insights and more knowledge on mental health. I really needed this in this time of the pandemic because I didn't realize mental health was that important in my life.
- It gave me more knowledge about the situation and gave me informations on how I can help my self or othe people who have this kind of problem.
- It enhanced my understanding of mental illness.
- it helps determine how we handle stress, relate to others, and make choices.

- To me, our mental health is greatly important to discuss especially during this pandemic. Discussing this topic is something that will help me be strong and be stable.
- Helps me improve my thinking, speaking & behavior.
- It is important for me to be aware of my own situation so that I know how I should take action to it and not to do anything that should worsen it. Reconnecting with people whom I'm comfortable to speak up is one way for me to promote my own mental health.
- I find the topic quite significant as it allows some people to understand the importance of being aware of general mental health.
- "Without mental health there can be no true physical health" a famous quotation that let me realize the importance of our mental health. We must really need to take care of our mental health as it affects our emotional, psychological and our social well-being. Strong spiritual relationship with God is one of the keys for us to overcome the problems that we have.
- Mental health is important at every stage of life, from childhood and adolescence through adulthood. It can boost self-confidence and self-esteem, help build a sense of purpose, and foster connection with others. People engaged in learning report feeling better about themselves and a greater ability to cope with stress, as well as feeling more self confidence, hope and purpose.
- The topic is important because it helps myself and others to show our confidence, talents, skills and abilities.
- This seminar helps me a lot about mental health. It opens my mind about mental health, gives a possible way to at least cope up with the mental health issue, if ever I feel strange mood swings.
- Its important for me and for the development of my mental health to live and cope in daily life effectively
- The significance of the topic for me is that I am able to learn more about mental health.
- The topic is important when it comes to addressing mental health. It gave me information that I can use for my own mental health, along with other people's mental health.
- I am unsure
- It reminds me to be aware of my mental health.
- It allows me to open my eyes on the situations where I must value my health.
- It gives us knowledge and awareness on one's mental health.
- Helps me being a mother student.
- It gives me understanding and awareness about mental health, which is one of the greatest factor on achieving individual wellness.

E. How can you apply your learning from this webinar to your life as a student/teacher/parent/employee?

- As a student I could apply what I have learned by sharing it to my fellow students whether they experience it or not since they also have to be informed for everyone to understood and assess their mental health.
- As a student, to improve and to be aware my mental capacities
- As a students, the topic in this webinar will be used as my guidance if their is a tough problem that I am encountering.
- I will apply it to the people around me who needs mental support.
- As a student, of course I will apply this to myself first in order for me to overcome the stress I am currently experiencing and if ever I encounter some who experience the same, I might help them too by sharing what knowledge I gained.
- To adapt healthy coping skills
- Firstly i will apply what i have learned unto myself first t overcome my stressors also with my friends
- Allow myself to miditate, engage myself to activities that help me let out myself and through practising self-care.
- It can be a good help for me, my family and friends, I can use this to help other people
- I learn a lot in this webinar and I was able to avoid things that affect my mental health
- I will be more mindful of my actions and the words I say.



- Be more mindful about my health as a student
- As a student, this mental health can be applied through giving me insights on how to manage my mental health in terms of coping with stress.
- Promote it whether on school, work or in household
- By applying the methods taught for preserving my own sanity.
- I can apply this to guide me through current and future instances.
- I can apply this through living out a healthy mindset and remembering all the suggestions given by the speakers.
- I can apply this webinar as a student by simply considering the acts that I'm executing and the way I interact towards other people. I shouldn't be harsh or anything when I try to solve at least 3-4 problems a day. Instead, I should be encouraging them to be stronger and give them wise advice so they could be relieved with the situation they're in and won't have technical difficulties in dealing with it.
- It helps me not to be stressed and frustrated in school works.
- By being actively aware on how to limit the self whenever we are in troubles or challenges.
- As a student, with the learnings that I had learned I will be able to promote my own mental health and be a productive individual.
- I can use the advice in my lifestyle to help my mental state become more balanced in order to prevent any mental issues from growing and causing problems in my life.
- I will apply what I have learned in my daily life
- As a student, I will remember the topic so that when I or someone I know experiences that I can apply what I learned. I will also share what I learned to my fellow students who did not attend the webinar.
- Sharing is caring.
- I am a student and this webinar helped me to cope with my current situation. I can perform activities that help me to achieve a healthy living whether physical activities or recreational such as singing, painting or anything that I do to make me happy and productive. Self-discipline is also one of the elements that I need to practice.
- I learned a lot in this forum. We will try to apply our learnings in developing programs that address the needs of our students.
- I'll put what I learned from the webinar to use by promoting and participating in more mental health related activities and seminars. I'll also attempt to be more positive, and I'll encourage some of the people I know to do the same, so we can at least avoid and overcome having mental health problems. With the new knowledge I've gained, I'll be able to deal with the issues I'm having as a result of sadness and anxiety.
- As a student, when I will be needing help from someone because of mental health problems I won't be afraid to approach or open up to someone I can ask help from like the counselor of the school
- I can apply it as a student by asking help from my parents and teachers and friends.
- Adjustment/ more patience in dealing with the students, parents or clients. May help in identifying the students with special needs in order for me to "refer", if needed
- I can apply this in my studies through prioritizing what matters most as well as time management and to be positive all the time.
- To prevent myself, my family, the community having problems with their life and to lessen their stress from work and school activities
- As a student, I am able to value my health.
- I will apply it by practicing what I have learned from the webinar.
- To be able to know other possible means to be of help to our students and my future clients as well.
- I will apply this webinar by remembering some topics like we should be happy about every achievement no matter how small.
- Early prevention of depression.
- I can apply it by doing the actions they shared on how to manage any mental health issues.
- I can apply this webinar to my life by taking good care of my mental health

- Through the simplest things like in my daily life
- I can apply this webinar to my life as a student because I am now aware what are the mental health. Then I am able also to share to others what are those ideas and information I've heard from the speakers and their different topics, that they discussed.
- Learn and share.
- I would utilize and apply the ideas or informations that I have learned in this webinar. If not to myself, I can apply it to my friends whom I think that needs this. This webinar helps me to strengthen my mind despite the struggles I am experiencing right now.
- Be positive for my whole life
- I can apply what I learned in the webinar in my life as a student for me to learn on how to cope and deal with my problems.
- It helps me realize a lot of things and taught me that we can't help everyone but we can help someone which makes me want to be someone who can be there for someone in need of me. Moreover, the webinar gave a lot of insights that are valuable and can be used in the future especially when I'm faced with conflicts that seems impossible to get through alone.
- Finding ways to lessen stress
- I can use the things I learned in this webinar as a guide for myself and also to help others.(example- always keeping in mind the acronym PERMAV)
- Self care and professional care are both pathways to MH promotion
- It made me realize what i need to do if ever I encounter difficulties
- I can apply this by applying the lessons that I learn in my daily life.
- As a student, i will apply through when being stress and overthinking i think it is the best way to apply it.
- I will apply this in my daily life as a student by valuing my mental health daily in my studies,and as a teacher i will share my knowledge about it to my students,and as parent i will share it to my children and as an employee i will apply it to my colleagues in work.
- As a student, I can apply this webinar to my everyday life by promoting a healthy mental health to myself and others. I will share the things that I have learned in this webinar to the people that are close to me that is going through something.
- I can make sure my friends and family have a good mental health
- showing the live video to some relatives and friends who is having mental issues or stressed
- As a student, I can apply this webinar by taking the lessons I've learned from it to the heart and exercising activities that can help stabilize my mind and soul.
- As a student and an employee at the same time, it motivates me, reminds me when to pause and continue with life. It also reminds me that a person that is mentally healthy can be someone who's productive, so am I.
- As a student i can share to my family, friends and community the information about the importance of mental health that i learned in this webinar.
- I apply this by take caring my mental health which I avoid stress and depress.
- As a student it helps me better understand what and how we deal with mental health and encourages me to be a better citizen by having a good mental health that thinks for the betterment of our community and contribute to its progress.
- I can apply this as a student for me to protect my mental health. The webinar gave me knowledge how to be more healthy.
- By using the information to help myself and others.
- I will be keep those knowledge and apply those learning that I learned to myself like for example when I feel those stress and I can't handle it then I must do the tips and knowledge that I learned. I might also share those knowledge that I learned to my friend because I know that sometimes she felt those stress too.
- I can apply this webinar to my life as a student by promoting mental health awareness in the school by providing outlets to relieve anxiety and stress and many more.
- As a student, I can apply this webinar as a guideline for me to at least lessen the effects burden I feel in my responsibilities in school that apparently affects my mental health.
- Sharing to others what i've learned
- I can apply the knowledge that I obtained in this webinar by using it to inform or help other who are having problems with their mental health.



- I think I can apply this to be stronger and braver to face certain things beyond my control and learn to offer help to other rather than be the one who always seeks for help
- Information given in the webinar can be used for self-help, or to help fellow students in need.
- I can know some tips how to have a positive and better health physically and mentally
- As a student, I will take time to monitor how am I even we have a lot of modules. I will makes sure I am taking care of my mental health by having a break if needed.
- Perhaps in small ways, and in the way I think.
- Share with my family, friends or schoolmates the lessons I heard as well make it as one of my inspiration or encouragement to achieve my dreams.
- As a student, I am also experiencing some of these problems and the webinar helped me to open my eyes that I am not alone and others are ready to listen to me.
- Their topic promotes mental health and those topics can help me relieve my stress
- Being a high school student is really difficult, also now that due to impacts of the pandemic, it is really hard to cope with learning. And so I would apply what I learned in this webinar, which is to stay mentally, emotionally, and physically, so I could cope with the problems and difficulties that I am facing especially the difficulties in my life as a student.
- As a student i would apply it, through facing this trials that we encounter.
- We can promote mental health
- as a student
- I can apply these in my everyday life. To remain Focus and Calm.
- Help others have good mental health
- As a student, I can apply this webinar to my life by being concious or aware on how my mental health is doing every once in a while.
- As a student I would apply it what I learn in this webinar.
- I can apply this webinar in my life as a student by promoting mental health awareness. Helping a family/friend/classmates/etc. through listening to them and give some advice.
- I'd use it to be a better student.
- I'll try to be a part of the environment that can make people comfortable and safe.
- By using every knowledge i learned in this webinar in my everyday life
- Always take care my health
- It makes me want to take care of my mental health more, as a student, because mental stability is important
- As a student I can apply this webinar in my life by sharing it to my family and friends.
- I can apply thid webinar to my life as a student by convincing my classmates if they have problems
- As a student, having knowledge about mental health, and how to cope with daily struggles is a must for me to take care of myself.
- as a student giving respect and not adding to someone's stress is a good thing. not talking about others lives
- Be happy
- As a student, I will help educate and bring more awareness about this topic. I will also focus more on my mental health.
- I can apply this webinar to my life as a student by helping my friends or family with their mental health problems.
- I can use the information I obtained from the webinar in every situation
- I will make myself busy by doing something i am interest in.
- As a student, I have realized many things while listening to the webinar such as it is important to always take good care of my mental health. My mental health have been becoming worse during this pandemic and the webinar have taught me ways to cope and solve my problems kems. In my life I can also use what I have learned to improve myself more and be stronger.
- To become a responsible student.

- As a student parent, I can apply this by sharing what I have learned and applying it by listening to others' problem then giving advice, and anything that I know it can help them.
- By following its advices whenever the right opportunity or situation comes.
- It will be a reminder for me that life is hard but don't make it harder.
- I will apply this webinar as a student by motivating myself to do things such as self care. Nowadays, depression hits me also stressful but now I should treat and take care of my mental health.
- It helps me to make more friends, it helps me to show my talents and skills, to build my confidence, to know and show my abilities, to have opportunities to know people and more to avoid anxiety, stress, severe distress, depression, suicidal thoughts.
- I can apply it when ever I am on the possible risk for having any emotional issues. I can help other people who suffers from any mental health issues
- I will share this to my frienda and family, and adapt the learnings that has been discussed and try to apply in my daily life
- I can apply this webinar as a student by making use of what I learned to me and to my friends and families.
- It can apply it to my own mental health, especially during this pandemic. For example, I can use the discussed mental health coping mechanisms whenever I need them.
- I am unsure
- This webinar is a great help for me as a student because it helps me take care of my mental health.
- I will apply this webinar to my life as a student to achieve a healthy life. It will serve as my asset to be fit.
- It gives us tips on how to cope up with different mental health problems.
- I can apply it by perform it wisely.
- I can apply this webinar by giving assistance or support to the ones dealing with challenges or struggles in relation to mental health, may it be to my classmates or to any family member.

3. SELF-CARE: GIVING WHAT'S BEST OF YOU, NOT WHAT'S LEFT OF YOU

A. What can you say about the activity?

- Very timely
- The webinar is very helpful especially today that there are many cases of problems especially to students.
- Very informative♥
- Thank you so much for this informative and helpful webinar.
- Hindi po siya ganun kaboring, the vibe is good and maganda din po yung hinihingi niyo po yung opinion nung viewers.
- Ma'am Kits was passionate and energetic in delivering her talk. Thank you so much Ma'am and to the organizers :)
- Very Informative
- ♥
- it is very helpful especially that every individual is going through some difficult situation
- The webinar is informative and is creatively presented.
- Its indeed helpful and an eye-opener.
- Keep it up!
- It was a very good avenue to reach-out the public and the subject of discussion is very timely.
- Just continue your good advocacy by doing webinars, it would really benefit us.
- It was a very informative, inspiring and such motivating way that help me change my point of view.
- It helps me a lot, more learnings
- Relevant with the topic and any given situation of an individual.
- the seminar was very informative

B. What do you suggest for the improvement of future seminars to be conducted?

- I suggest that others should encourage more students to watch for them to learn more.
- ♥

- None
- ♥
- i suggest that we may also use zoom so that participant can directly talk to the speaker
- None so far. Everything went well.
- None for now
- N/A
- Be more interactive with the audience and sometimes avoid having too much seriousness.
- Same topic
- None

C. What other topics would you like to be conducted in the future?

- suicide, effective parenting
- ♥
- None
- ♥
- more on mental health or some topics that may help us overcome the hardships we are experiencing during this pandemic
- My recommendation would be 'How Introverts Could Turn as Leaders'
- N/A
- N/A
- How to Care your Mental Health in your Workplace?
- Maybe about sexual harrasment and rape issues too someday.
- About suicide
- children in conflict with the law

D. What is the significance of the topic to you?

- Taking care of myself well
- Self-Care is not selfish
- Helpful in Tracing helpful things for my self
- reminded to take good care of the self and the mental health
- Self care as an intentional activity and ethical imperative for MH professionals.
- Self care improvement, and additional knowledge
- To look after oneself in order to look after those around you
- SELF CARE
- It advised me to take care of myself despite what is going on around me. It gave me ideas on how self-care planning.
- Helpful in my personal well being
- the significance of the topic to me is it brings me a wider knowledge to give more importance and love unto myself. I learn that saying no is not a bad thing to do. We should give more love to ourselves.
- The significance of the topic is it reminds me to slow down sometimes and be mindful of everything I do, if it is aligned with my purpose so that I won't easily feel restless especially in doing the school activities.
- It taught me that setting boundaries doesn't mean I'm selfish for that's what I thought. Also saying no and not always a yes. I thank you for that. Its a great topic indeed and the lessons were so relevant and it hits. Its an eye-opener and a reminder to cherish life and to care for ourselves first. In that way, we can take care of others.
- very helpful in Applying self love
- It provides lessons in life that were very useful on my end especially as a student and this pandemic.
- Giving importance to mental health.

- The significance of the topic to me is really helpful whereas I am still planning what to do and I am still setting my goals even though I already graduated from the institution I came from. It gives me a lot of realizations and serves as an eye opener on the things I want to explore more.
- It made me change my point of view on how I can both manage my mental health as I take care of myself.
- The significance of the topic to me is you're not alone, live healthy and avoid stress
- Self care is essential that leads to good mental health.
- the seminar gives me an information that helps myself to improve and enhance my

E. How can you apply this webinar to your life as a student/teacher/parent/employee?

- Taking care of myself to be able to take care of others
- As a student the webinar helps myself to give more time and importance for me to grow and develop fully. As a parent this helps me to learn and helps me on how to handle my child.
- I will be able to validate most essential things and limit negativities as well as help inspire and encourage others.
- monitor the mental health and sharing to others how to take good care of the self
- MH care as a collaboration between MH providers
- Live Healthy
- Commit to take care of self
- It would be a great lesson for me to strive harder in life.
- As a student this webinar is helpful to me as a student because in this pandemic I have more responsibilities that I need to do and this webinar reminded me to also take time for myself.
- do better for self improvement
- I can apply this by giving more time to myself and giving advice to our friends when they are going through some hardships.. giving a break is a form of self love
- I will apply it by acknowledging my emotions and letting go of the things I cannot control. Thus, protecting my mental condition by not exposing myself too much to social media.
- I will apply it in my everyday life where in I should get enough sleep, read devotionals, get in touch with others, respect others choice and decisions, recognize my weaknesses, to love and forgive myself because often times I blame myself (which isn't supposed to be).
- Through caring the self and putting ourselves in the shoes of other. Always maintain mental health and will not be destroyed by negativity.
- The pointers shared by the speaker help me boost my self-care and that I could also share it to my fellow students, friends and family.
- Daily activities
- As a citizen, I apply what I've learned in my life by protecting my mental health and at the same time, sharing and caring for others or for the people around me. Thus, if they learned about self caring from us eventually, they will also apply and share it to others.
- As a student it is important for me to manage my mental health while taking care of my self holistically because through it I am able to avoid the risk of having anxiety and pressure. It also me productive and learned to say NO and avoid saying YES to everything. I realized that there is no harm on saying NO sometime, so starting from now, I will do it.
- By engage in activities that provide meaning
- take good care of my self so I can function well as a student, and a parent.
- well, as a student i will apply my knowledge that i get from this seminar in a good way to help others.

4. THE NEW NORMAL OF EDUCATION: SOCIAL MEDIA DECORUM AND ONLINE LEARNING

A. What can you say about the activity?



- Timely
- it id very informative
- Good. Just make the video clearer.
- It is very informative.
- the seminar is very helpful especially to us students to know how to manage our time well
- It's good, the topic is also good for because many students and teacher can relate and know how to value what they learned and heard about.
- Overall, the seminar was good, well organize, and very helpful to anybody.
- The webinar is a great help to inform and educate students having struggles in online learning. In addition it is also helpful in the maintenance of individual's presentable image on social media platforms.
- Nice. Relevant.
- It is good and can learn something.
- Very relevant.
- Good job because they share a lot of information and keep it up the good work for sharing ideas and knowledge to youths and adults.
- It was good and i learned a lot.
- The seminar is great.
- The seminar went well as I expected, well-organized, not boring. The topic is so interesting and informative.
- Excellent! And more power
- All I can say about the seminar that it was straightforward.
- It is very informative, timely and is an eye opener to every social media users and influencers.
- The seminar is very informative especially during this time
- It was well done and well explained by the speakers of the BSU Counseling Unit. They were informative about the topic they're discussing.
- It is very helpful especially to us, students in coping up with these online learning.
- It was educating especially with e learning we needed to learn about the behaviors we need to adopt
- Nice and very engaging.
- Informative, well organized
- It's ok

B. What do you suggest the improvement of future seminars to be conducted?

- Spaeakers should speak with conviction..monotonous minsan
- stable internet connection
- I can suggest that just talk about the main or briefly meaning of their topic, so that the webinar would not take too long.
- Maybe to include an interaction activity where the participants can also participate and not just by listening.
- I don't have any suggestions. I just want to express my gratitude for conducting this kind of webinar.
- Just improve their given activities for the participants
- As of now i dont have any suggestions because it was well prepared..
- For the improvement of future seminars to be conducted, I suggest that the future speakers should have to be sure that in using PowerPoint presentation, the font size, font color, and theme used is clear and concise. Not more colorful, it is not good in the eyes.
- None

- I loved the energy of each person in the seminar but I would suggest that they speak slowly and clearly.
- The seminar was well delivered.
- It's a bit blurry but overall it's fine

C. What other topics would you like to be conducted in the future?

- It would include teachers sana..not only students..
- nothing in mind
- webinar related to Indigenous People
- Possibility of Face to Face
- Maybe about social media and e-learning
- About the students who thinking about suicidal because of bully
- The pros and cons of new normal education
- N/A The topics that I wanted to be conducted was already done so far.
- Test coaching
- about the time management of the students while working on their activities or assigned assignment.
- Discrimination
- The topic that I would like to be conducted for the future is personal development.
- How to stay confident in doing a public speaking performance or a demo online?
- Stress Management for students/employees
- How to know if the sources of a data or application are reliable or not .
- More topics on E-learning or how to improve teaching in E-learning
- People having difficulty identifying who they are

D. What is the significance of the activity to you?

- For coping and adjustment to e-learning
- Distance learning is very challenging but we can do it through time-management.
- Being a student who are studying online, this topic is very important for me to learn and seek advice on how to manage this situation and how to handle some issues related to this webinar.
- The topics discussed help me to know some of the ways in overcoming challenges in this e-learning and to be careful with my actions in the online platform.
- It helps me manage my time & widens understanding about E-learning.
- The topic of today's webinar are much needed and informative for us,students, who are trying to cope up with our way of learning online.
- The significant of this topic is it allows us reflect on ourselves how are we going through this difficult times of pandemic. Also it gives us more knowledge...
- Having the new platform to teach and learn which is the online if at first it's hard because both the teachers and students are adjusting to this however today both parties are being able to do it. No matter what kind of platform we are going to use if you really want to learn then there's nothing that will stop you.
- The significance of the topic for me is to gain some knowledge and to know the importance of what I have heard and learned about the topic.
- After joining the webinar and listen to the speakers, I was enlighten and taught about the new normal education. It's significant to me is that I was able to widen my knowledge in



using social media and e-learning. I now know what to do and not to do. Also the fact that I was able to help by those information on my daily living.

- Indeed sometimes due to presence of technology. People has the freedom to express themselves on online platforms. Thus, the webinar is a reminder to me to be cautious and be aware on what I am posting.
- Social media is very important as a tool in the new normal education but we have to regulate it's use do that we can utilize it best and proper for learning, relationship, mental health, and more.

- It is a backchannel to connect learning.
- One significance of the topic that I learned would be the impact of digitization in terms of learning especially now that pandemic is still present. That as a personnel and a masteral student, being educated through online is a normal concept of our lives right now.

- To know the importance of this topic in our daily living.
- I was able to know and how important to manage my time especially in these time of pandemic and new normal way of education

- We use online learning and interactions intensively in the Open University.

- The significance of the topic to me is that it helps me to cope up with the e-learning.
- The significance of the topic to me to engage more in social media in a manner way. I can apply this topic to be more effective in engaging in social media. It gives me more a further information the proper behavior that I can adopt while in online clasroom and social media.

- It really reminds me and gives me a knowledge about being an active social media user
- it helped me understand the do's and don'ts in engaging in social media and the different effective ways that we can employ in our learning.
- It serves as a reminder for me to always be careful of what I post online and to always be thoughtful because every social media users has their own feelings.
- The significance about today's talk show is all about the ways of how we could make our online class stabilized without endangering ourselves through in real life situation and in social media. We have to be aware of the messages or links that are being given to us. If someone you're not mutual with does that don't accept anything coming from them.

- expands my knowledge
- The significance of this topic to me is to become an effective facilitator/educator in the future in mentoring the learners using the online learning when such this pandemic will occur.

- Give yourself a break from time to time

- It helped me on how to use technology and the informations on it in the proper ways.

- Gain knowledge about social media decorum and e-learning
- Safety when it comes to online stuff

E. How can you apply this activity to you your life as a student/teacher/parent/employee?

- For adjusting
- by balancing my time.
- As a student, of course I will apply it first to myself by performing the strategies or tips given by our speakers in this webinar, and if proven effective, I might as well share it to my friends and classmates.

- As a student, I will do the things I've learned in this webinar, for in this way, I will not forget what I have learned.
- I will use what I have learned in the webinar in doing my academics such as time management & prioritizing.
- Managing our time as a student and time to help in home.
 - Especially us students even though we are not directly having face to face we still should have some respect to our teachers. We must apply some etiquette. We must be cautious of our actions
 - As a student I can apply the tips in flexible learning for me to finish all the task given to me.
 - I can apply this by sharing to my fellow classmates, friends, family and through social media.
 - As a student I can be able to apply the knowledge I gain by simply following the rules and doing what is good not only for myself but also for others. I will remember what I have learned and apply it to my daily life.
 - As a student the learnings that I gained can be applied by reaching out to my teachers about lessons and academic concerns maintaining respect and courtesy.
- Use it in the workplace.
- I can apply this by simply applying what the speakers discuss.
- This webinar learnings that I have acquired would help me in understanding the status of education at present and that I would easily adapt to the challenges and changes that it would bring me.
- For sharing through message, social media and using my voice as a spoke person.
- As a student, I will apply this webinar by following the tips on how to manage my time and learning activities at school.
- More conscientious use of digital platforms in learning and self-presentation
- As a student, I can use this in my e-learning. I know what should I do in front of the cam when the teacher/classmate is speaking.
- I can apply this webinar in my life as a student in sharing more the information and my knowledge about the webinar.
Nowadays, e-learning is the mode of learning we are using. I can apply all the lessons, the knowledge shared by the speakers in using social media/platforms especially that e-learning is the mode of learning we are using.
- As a student I will apply what I learned every time I enter the social media world. Also as a student that our learning or classes is through online, I will try my best to remind myself always on the lessons I learned from our speakers on this topic.
- I can apply this webinar as a student by comprehending and dealing with my conduct and my responses to sentiments and things occurring around me.
- I will apply what I've learned by following the given netiquettes whenever I attend webinars and whenever we have google meet.
- It is a way to disseminate important information to colleges/offices.
- I can apply this webinar as a student while face to face classes aren't yet held by learning the consequences of my action if I did something inappropriate. I need to apply this by simply not taking risks through dangerous websites. We also need to be attentive when there are synchronous classes held, for us to be informed regarding the activity that was given to us or the module itself.
- disseminating the information
- I will apply this webinar as a student by having motivations to take actions on what will be circumstances that will happen that will disturb my learning.
- As a student and parent, I will apply it first on myself. I will follow what are said in the webinar to increase everyone's knowledge on the proper ways on using and applying the etiquettes while using the online platform.
- Teachers, instructional designers, educational institutions, companies, and even organizations have started to heavily rely on the use of social media in learning, to share practices, promote information and educational material, share opinions, views and comments, embodying them in training programs and individual courses. There are many advantages of using social media in learning but I am reminded that be



careful on what you are upload and sharing, think twice before you upload or make a comment on something because there is always a risk or effect on whatever you do.

- I can apply it in my life when I use websites in the Internet

5. STRETCH PA MORE: LIFE HACKS TO CREATING MORE TIME

A. What can you say about the activity?

- The seminar is very timely and is useful for us who joined the seminar.
- It's engaging and informative.
- Excellent & we can relate.
- It is very helpful especially to us students.
- The seminar is very interesting
- Helpful and motivating
- It is very helpful. It is a good thing that there some activities like this for us to self reflect and to know more about ourselves how productive we are . Giving time with ourselves also is a very big help on our health especially that we are dealing with our mental
- it was a lesson that needs to be learne
- The Seminar was great and I was thankful that I got a shout out! Seminars like this makes me so active as well. This also includes for the upcoming ones as well.
- Very reflective
- It helps me to take my time wisely.
- It's quite good and interesting and the fact that it helps a lot not just students but also those multi role.
- It's good that they choose time management as their topic because many students now a days don not know how to value their time.
- Very good for choosing the time management as the topic for today because it can help many students about managing their time, especially now a days that their are so many activities.
- Very relevant.
- Very informative and interesting

B. What are your suggestions for the improvement of future activities?

- Interactive games.
- None, just keep it up.
- 😊
- None, because the seminar is better and interesting.
- have more participants
- none.. Maybe topics pa na makakarelata talaga ang students like today.
- uhm I think giving more tips every topic of their webinar
- Theres nothing to improve because, it did well
- none so far.

C. What other topics would you like to suggest for future webinars?

- Stress management or the levels of stress
- How to be more confident in interacting with the teachers especially in presenting concerns/queries?
- How to Adjust again to New Normal: After 2 years of online class to Face to Face again.
-
- 😊
- Coping up in this pandemic
- old time and new time

- No idea.. siguru ung mga hindi na gasgas na topic pero para kasing ncover niyo na po lahat. hehe. thanks
- about importance of fulfilling activities from school
- About the study environment of the students
- None so far.

D. What is the significance of the activity to you?

- We shouldn't do just anything in our time we should spend every time worth it for us to grow into a better person and for us to achieve our goals without any regrets.
- This enlightens me on how i can properly address my time management as a student, as a daughter who takes care of my grand mother while also helping my family with our business.
- The significance of the topic is it helps me be more aware of my time and be more driven to do my tasks amid difficult and uncontrollable situations.
- I am a student who has a lot of things to do, both household chores and academic activities. That is why I want to learn some tips on time management aside from the strategies I am applying to myself.
- Stress Management & Time management as student.
- The webinar helps in enabling me to achieve greater achievements in less time, resulting in more time freedom.
- It helps me have a deep realization in terms of how I manage my time in my daily life especially in terms of my studies.
- The significance of the topic to me is that I am able to understand and give consideration to myself.
- It reminds me to use my time wisely for we can't turn back time. It motivates me also to do the 17 lifehacks shared by ma'am. It would be easy but I should try, not only try but to do it. I really need to help myself.
- Very significant to us student because it helps us in our time management between our house chores responsibilities, studies, and other personal responsibility.
- understanding oneself, actions affects the whole of you
- The significance of the topic is all about life hacks in managing our time. With all these methods given then there we can manage our time in whatever way we can even if something gets in our way of doing/planning. This topic also helped us ask questions that could help the speaker as well and to everyone on how they manage their time in their own way.
- Personality traits as one of the greatest contributor of how student manage their time
- It allows me to be more efficient by being in control of how I will spend my time properly.
- This can increase my productivity and my knowledge about how can I handle my time.
- Telling the importance of the time management
- To know more about valuing time management
- The topic helped me to be reminded on the ways on how I can manage my self wisely by respecting the time.
- Significant.
- It is significant for me to be more cautious about managing my time.

E. How can you apply this activity to you your life as a student/teacher/parent/employee?

- As a 3rd yr student finishing every task before a given time will give me satisfaction and I won't have any head ache from my requirements that are not yet done
- As a student it enlightens me in how i should balance my time to be able to accomplish all tasks that i have in every day life.
- I can apply it by doing my to-do list and having a constant routine that will help me sane in staying productive.
- As a student. I wanted to try the tips the speaker shared, If one strategy works well with me, I will make it a practice so that I can manage my time well.



- As a student, I will follow those tips not to be stressed as well as to manage my time wisely.
- IT helped me improve my concentration, increase productivity, less stress, and more time to spend with the important ones.
- I would apply it revising my schedule and making it more time conscious so that I would be productive even more
- As a student, I can apply this in my studies, to do my best but never expect perfection.
- To do the 17 lifehacks in my daily activities. To have to-do list, not to procrastinate also (I hope so) and not to be perfectionist
- I can apply this by putting into actions some of the hacks that ive learned today. I am doing some but it helps me to perform better
- as a student i can use it as my study guide
- I can apply this webinar to my life by knowing what life hack we can do and how long would it last. Time is short so we have to schedule are tasks in the right time where we could finish it. It would be a waste if we manage our time poorly by entertaining ourselves more than to finish tasks that are handed to us.
- Student- do the most complex task first
 Parent-always choose our priority like being a mom to my son.. and of course, neglecting happiness that will just lead me to procrastinate with my time to family, module and work.
- By helping me to manage my time properly in balancing the task at home and school.
- By putting it into action
- I can share it through social media.
- Im going to share using my voice or post my insight through social media
- I would apply my learnings in this webinar as an employee by applying strategic management skills in order to finish my job and tasks appropriately.
- Practice in the workplace
- As an employee, the hacks that were presented will help me manange my time more and will be able to finish my work on time.

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Flourishing the Minds; Caring for Others

***“Harnessing Inner
Strength and Mental
Toughness”***

ACCOMPLISHMENT REPORT

Flourishing the Mind; Caring for Others

Theme: BSU as a pavilion, C.A.R.E.S.: Cherishing the past, Accentuating the future, Revitalizing the present thru Excellent services for Sustainability.

TOPIC: Harnessing Inner Strength and Mental Toughness

Speaker: Mr. Elmerando Mores

PARTICIPANTS: All interested enrolled students (SLS, College, and Graduate School) of Benguet State University, (La Trinidad campus, Bokod campus, Buguias campus)

DATE OF IMPLEMENTATION: October 4, 2021

PROPOSERS/IMPLEMENTERS: OSS-Student Wellness Services-Guidance & Counseling Unit

I. INTRODUCTION

Almost two years since the onset of COVID-19 pandemic, the Philippines still seems to be on the losing end in its fight to curb the burgeoning effects of this public health crisis. With hopes of containing the transmission of the virus, shifting community quarantine classifications are being implemented but have done a little in improving our situation.

From the latest news reports, the total number of COVID-19 cases in the country have already reached the two million mark. What makes this even more alarming is the presence of new COVID variants such as alpha, beta, and delta—which is said to have the fastest transmission rate from the rest of the identified variants.

The worsening COVID-19 situation in the country has indeed taken a great toll in our lives in terms of economy, education, and even our mental health.

According to Business World Online (2021), there was an increase in the number of unemployed and underemployed Filipinos in June. There were 3.76 million unemployed individuals and 6.40 million underemployed individuals. Having no job and seeking for one has been linked to mental health concerns such as stress, reduced self-esteem, less satisfaction with one's life, and other psychological problems (American Psychological Association, 2020; The Health Foundation, 2021).

Moreover, mental health of students is not spared from the worsening impacts of the COVID-19 pandemic. From the survey among students conducted by Active Minds (2020), 80% of college students said that the pandemic has negatively impacted their mental health causing stress and anxiety, sadness, and isolation. From the same survey, 85% of the respondents reported that they experienced difficulty staying focused on their schooling because of the distractions at home. Such lack of concentration proves that this set-up of online learning poses a threat on students' mental health. The same survey also revealed that students need social connection. Students are also hoping for schools to be more lenient, flexible and accommodating.

Meanwhile, from the academic guidance/advising and counseling conducted by the Guidance and Counseling Unit (GCU) to the students who have incurred academic deficiencies, it was found that the students are experiencing stress due to the weight of their academic loads, issues with internet connection, loss of motivation, and other struggles with online learning set-up. Such realities are proofs that our students are experiencing some mental health concerns.

Moreover, prolonged psychological problems may cause students to commit suicide. Based on the article of Philippine Star (2021), as the pandemic began last year, it was noted that there is a 57% increase in the country's suicide rate in 2020 compared to the reported suicide rate in 2019. Recent local reports in Benguet also show numerous cases of suicide among teenagers particularly in Baguio and La Trinidad areas (Manila Times, 2021; Northern

Dispatch, 2021). It is timely that the *Suicide Prevention Month*, as declared by the National Center for Mental Health, is celebrated every month of September. Thus, the GCU wants to conduct series of activities for the students for them to be involved in preventing suicide among students who are experiencing academic and personal struggles.

To further strengthen its mental health advocacy through various programs and regular services, the GCU will conduct activities that are designed to promote mental health among students. The activities to be implemented are in line with the celebration of the *World Mental Health Month* in October.

With the abovementioned challenges brought about by the COVID-19 pandemic, the OSS-SWS through the Guidance and Counseling Unit, understands the need to continue strengthening its efforts to deliver services that are relevant and timely to the needs of the students. And as an academic support to the university, it is the strong mandate of the office to prioritize the welfare of the students through its mental health advocacy. Thus, the GCU proposes this set of mental health activities in its action plan.

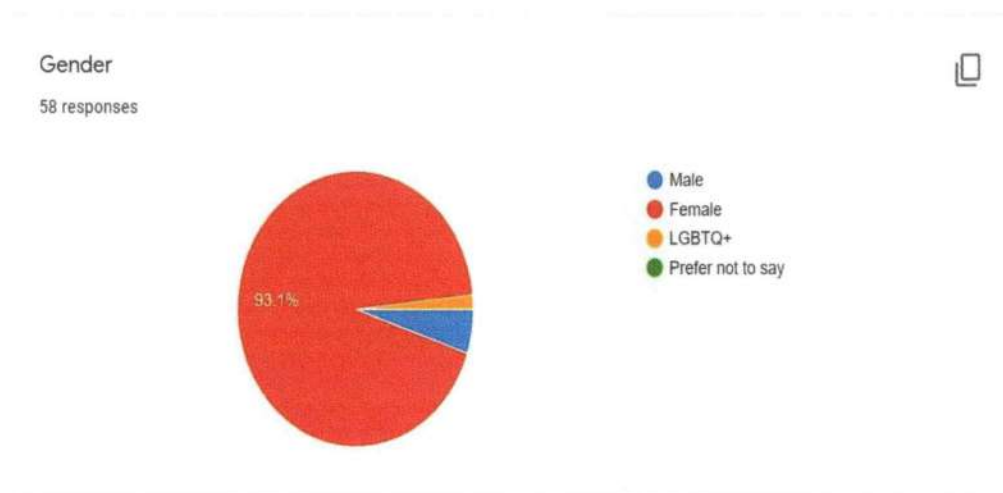
II. OBJECTIVES

At the end of the activity, the students must be able to:

1. Recognize the relevance and significance of mental health in the midst of pandemic through the series of mental health talks;
2. Illustrate/demonstrate the importance of caring for oneself and others through activities such as: spoken poetry, infographic making, song composition, and t-shirt designing;
3. Advocate for mental health in school, community, and social media in their own simple ways; and
4. Develop social support system through the promotion of GCU online assistance.

III. PARTICIPANTS

- All BSU students from the three campuses
- All interested individuals
- There were a total of 58 individuals who registered through the google form
- There were 682 views via FB Live





Challenge innovation
 Advance technology and facilities
 Revitalize administration
 Engender partnership
 Serve to sustain intergenerational roles
 E-mail: oss.director@bsu.edu.ph

Republic of the Philippines
 Benguet State University
OFFICE OF STUDENT SERVICES
 La Trinidad, Benguet



GUIDANCE AND COUNSELING UNIT
 STUDENT WELLNESS SERVICES

BSU VISION: BSU as an international University engendering graduates to walk the intergenerational highways
 BSU MISSION: BSU cares to challenge innovation, advance technology and facilities, revitalize administration, engender partnership, and serve to sustain intergenerational roles

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IV. ACTIVITY EVALUATION

EVALUATION COMPONENTS		RATING	INTERPRETATION
A. Topic/content	Relevance	3.87	Very Satisfactory
	Contribution to Knowledge	3.82	Very Satisfactory
	Contribution to Skills	3.79	Very Satisfactory
	Organization	3.76	Very Satisfactory
	Average	3.81	Very Satisfactory
B. Speaker/Facilitator	Stimulation of Participant's Interest	3.79	Very Satisfactory
	Mastery of the Topic	3.87	Very Satisfactory
	Communication Skills	3.74	Very Satisfactory
	Interaction with the Participants	3.74	Very Satisfactory
	Average	3.79	Very Satisfactory
C. Activity	The activity is appropriate	3.92	Very Satisfactory
	Time is well-managed	3.84	Very Satisfactory
	Time allotted is enough	3.76	Very Satisfactory
	Average	3.84	Very Satisfactory
	OVERALL RATING	3.81	Very Satisfactory

Scale:

Very Satisfactory - 3.26—4.00

Satisfactory - 2.51—3.25

Unsatisfactory - 1.76—2.50

Very Unsatisfactory - 1.00—1.75

- The evaluation tool used was a 4-point rating scale with 4.00 being the highest and 1.00 being the lowest.
- There was a total of 38 participants who evaluated the activity.

V. VERBATIM COMMENTS AND OTHER SUGGESTIONS FOR FUTURE ACTIVITIES

A. WHAT CAN YOU SAY ABOUT THE ACITIVTY?

- Very informative webinar
- Interesting and informative
- This is very impressive webinar
- Effective.
- Very informative.
- Knowledgeable
- It was so informative
- Its very informative
- very informative and helpful specially to students.
- UNDERSTANDABLE
- It's good and very organized
- The seminar was conducted successfully and it is very informative.
- The webinar contents are really important for us to know and it is relevant to what we are facing right now at this time of pandemic.
- It's a good webinar
- Very Helpful
- Good
- T'was a very powerful and informative presentation/seminar po. More to go 🙌👍😊
- The seminar was significant and essential for all of us.
- This webinar is great for me to be knowledgeable and learn a lot about inner strength.
- It is very engaging and informative
- The seminar helped us answer the possible questions given in order to take down what we needed to do for us to prevent ourselves from having an unstable health.
- Thank you very much.
- Great
- it is very helpful and very informative
- Thanks po.
- Very helpful especially to those people who is suffering from mental illness like me.
- It was motivational and can be used to help other people to have ideas and knowledge about the subject matter.
- N/A
- It is good because its gives knowledge and motivates me especially the quotes.
- NA
- The seminar helps me so much to understand more about the topic. also it helps me on what I should supposed to do to the people who are having a hard time.
- Nice
- Moderators were commendable. Thank you for offering it to others.

B. WHAT DO YOU SUGGEST FOR THE IMPROVEMENT OF FUTURE SEMINARS TO BE CONDUCTED?

- The internet connection of the speaker
- Non
- more interactive webinars but not a quiz-like series

- HOPE WE HAVE ENOUGH NET CONNECTION
- nothing
- Maybe i can suggest is about the problem of the speaker in his internet connection.
- better communication skill and exact voice volume enough for us to hear and understand.
- Next time, it is good if the speaker can have a good internet connection.
- (*good internet connection)
- I have no other suggestions because I find the seminar successful.
- I hope in the next webinar it interesting topics to be conducted.
- So far..no more
- I have no suggestions at the moment
- None as of now.
- None so far the seminar is well-managed.
- No comment.
- Request participants to turn off their mic to avoid noises and distraction to the speakers and moderators.
- there should be more participants especially students.

C. WHAT OTHER TOPICS WOULD YOU LIKE TO BE CONDUCTED IN THE FUTURE?

- Risk reduction
- Indigenous People's Rights
- Human trafficking
- Related in social work studies
- Non
- BULLYING
- how to prevent stress in the misdt of pandemic
- Emotional wellbeing
- Same
- About bullying
- Healthy sleep patterns
- Other topics I would like to be conducted in the future is all about the use of social media, wherein students spend most of the time chatting and posting and not having time management.
- Mental Health
- No comment.
- technique in effective learning
- Any topic on mental health

D. WHAT IS THE SIGNIFICANCE OF THE TOPIC TO YOU?

- Importance of mental health in ensuring holistic health.
- If you have a problem please make time to relax
- It is important to me as a social work student for me to gain more knowledge about the field I will be choosing in the future.
- The significance of the topic about mental health
- It is helpful during this stressful times.
- Be an actor not a reactor.
- To be aware what is the kind of situation it is and how to handle.



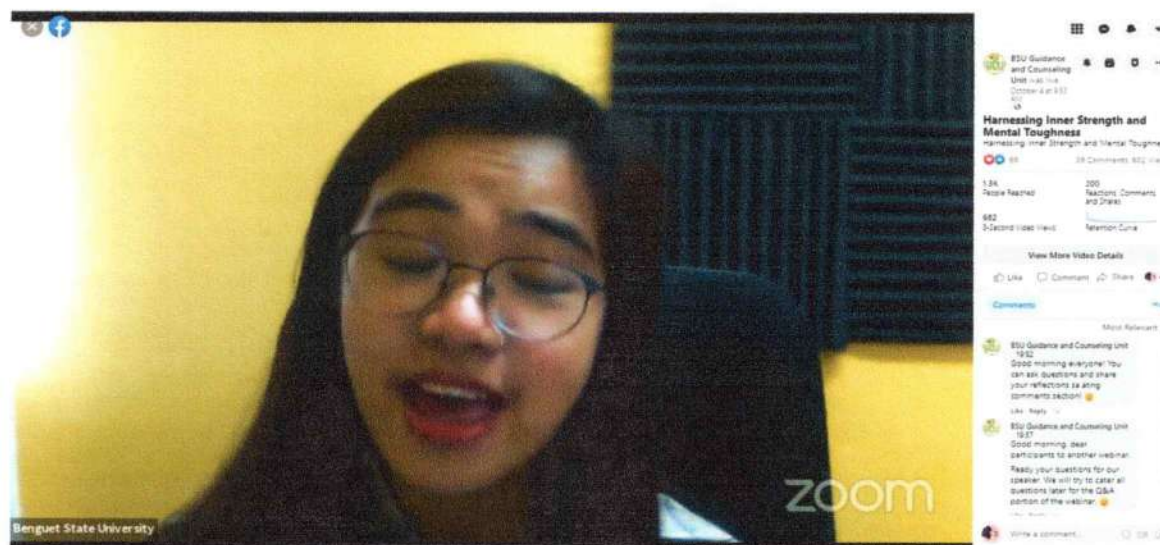
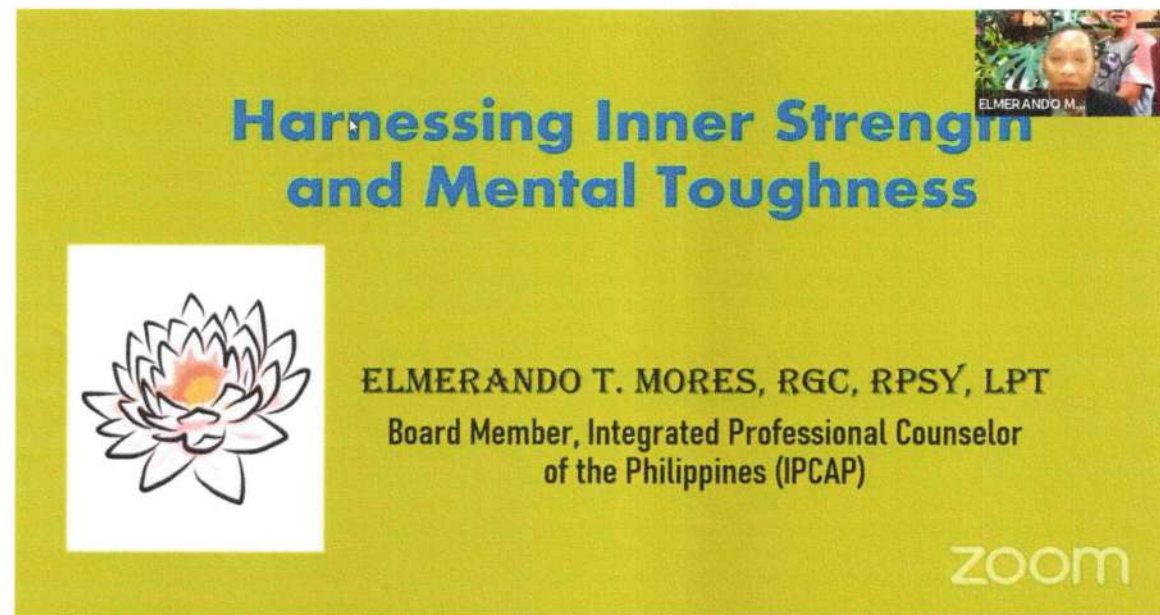
- A lot
- It will help me to understand in every person who experience downs, depressed.
- As a student, experiencing stress is not a new to us, and I am currently experiencing it, that is why I want to listen to some advice or tips on how to overcome such situation.
- Very significant because I am a social worker practitioner.
- A lot significance was discuss also in the mental health problems and suicides.
- The significance of the topic to me is it gives me peace of mind and gives me a lesson on what to do if ever there's a challenges ahead of me.
- The significant topic as for me is the strengthening the mind regardless of the problems you are facing with.
- Is to acknowledge our negative emotions as it is a part of healing. Also, the importance of seeking help that this is not a sign of cowardice. We need to talk to our friends, family, and through prayer we can talk to our heavenly father.
- To know that despite of the struggles that we encounter we can still bloom like the lotus flower
- It is mental health month and this is good for receiving updates
- Harness the immense power of our mind in day to day situations.
- It helped me recognize/acknowledge my emotions and it also gave tips on how will I manage my emotions effectively.
- The topic was really significant especially now that we face one of the toughest times in our life, this pandemic. We experience many difficulties wherein self-doubts, frustrations, weaknesses grows within us. That's why this topic is really a big help for us to breathe and understand that despite of everything, let's help ourselves and never give up.
- About inner strength and mental health toughness
- I was able to adapt deeper understanding in terms of recognizing struggles as well as how to help in a psychological manner
- It is to make sure our mental health is stable and free from any unstable emotions. It also talks about how we could keep our composure in taking care of our body.
- You are not WEAK if your asking help to others.
- Actually, the webinar has numerous significance to me as learner to gain knowledge and information about harnessing my inner strengths. This centers on how I could take care of myself that leads me to have quality of life and more.
- it has a very big impact to me as a student especially that we are going through something else in todays situation. it helps and gives insight to me as an individual how to handle when we are facing something difficult. How to handle our emotions and how to overcome it.
- It gives me an idea on how to handle things.
- It helps me to understand the importance of strengthening our spirits.
- The webinar about Harnessing Inner Strength and Mental Toughness is significance to me in a way that it helps me to be aware and have knowledge on how to cope with some mental problems.
- Harnessing the mental health to become a strength
- The topic is good because I learned a lot from it. It gives me idea how to combat the feelings I have this pandemic.
- Excellent well commend
- The significance of the topic to me is that it helps me be aware of my mental health. Wherein, I should not only be taking care of my body but also my mental health
- Mental health / mental illness is very important to everyone and needed to give a full attention. It is not a joke to be laughing about. Everyone needs to be informed about this. Having a time to go out to find peace of mind.
- Compassion
- It useful in my everyday life.

E. HOW CAN YOU APPLY THIS WEBINAR TO YOUR LIFE AS A STUDENT/TEACHER/PARENT/EMPLOYEE?

- Daily activities and interactions.
- It help me to become a good student
- Some of my actions will base on what I've learned in this webinar.
- Yes, it will apply in my life to be aware
- Learn to apply them.
- Always acknowledge negative emotions. Life is full of challenges.
- I apply this topic in my the field soon.
- I can use the knowledge i gain in my field of expertise
- I will apply it through sharing my learnings about this webinar to share my ow thought and understanding
- I can apply this from my daily life, specially that I'm overthinking much this days, I will apply it on myself and I can share it too with my friends or classmates who are struggling andd having stress on their activities.
- TU USE IT IN THE PROPER MANNER
- i can apply this webinar as a student to maintain the inner strength to achieve my goals.
- I can apply this webinar as a student in my studies it helps a lot for me as a student i gain some knowledge.
- By imparting some of the knowledge i have learned from the webinar and by applying the knowledge i have gathered by letting myself available if anyone needs someone to talk to.
- I can apply this in terms of my emotional management as this aspect is really my weakest part.
- If ever i will encounter some of the negative emotions I will directly ask help to others(counselors) as the speaker suggest its better to share since we cant cope this up on our own.
- Opportunity for getting updates and insights
- I apply this webinar to my life as a student by learn real strategies that will help me harness my inner strength and unleash my true power as an entrepreneur.
- -Try to look at the positive sides of everything.
 -Acknowledge my negative emotions
 -Don't let my emotions control me
- As a student, having a healthy mental health is challenging. Sometimes, it seems hard to understand even our own self and sometimes, our enemy is our own self. It's very hard especially when you don't have anyone but yourself. Being able to listen the speaker's lessons was a great help for us to slowly help ourselves in every battle we have.
- Being a student i can aware any symptoms of mental healthy. I can able to handle my self on how to be independent and overcome my problems.
- I will apply it firstly to myself because i needed it the most and may apply it others who will seek help from me
- I will apply it by remembering what we should do if ever we encounter someone who has bad mental health/condition.
- By sharing the informative discussion to others.
- As learner and all the learning that I acquired in this webinar, I will apply it to my education by having the determination to do good in my studies, to control my own actions and more resulting into giving myself peace and better living.
- I can apply this when my friend, some close relatives, to someone special or to those people who in need my help through helping them by listening
- Being able to develop a healthy lifestyles.
- Building your inner strength is key to your success.
- As a student, I will apply what I have learned from the webinar regarding the tips and advices given as I finish my studies. I will also share awareness to my friends, family, and other people.

- To going and maintain being strong
- I can apply the lessons I learned in this webinar in my daily life as a basis for me to manage my overthinking skills.
- Teacher
- As a students, I could apply this webinar in my life by making sure that I don't stress myself too much, put pressure on myself, and to keep a positive mindset.
- I can apply this webinar to my life as a student by helping my co students/ classmates/ school mates who needed someone to talk to, I can be their pillow to cry on if they are having a hard time. I can just listen to what they are going to say.
- Improving my learning
- Apply the strategies learned.

V. PHOTO DOCUMENTATION





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BSU Guidance and Counseling Unit
 October 2 at 9:33 AM

Harnessing Inner Strength and Mental Toughness
 Harnessing Inner Strength and Mental Toughness
 66 36 Comments 682 Views

1.3K People Reached 200 Reactions, Comments and Shares
 682 3-Second Video Views Retention Curve

View More Video Details
 Like Comment Share

Comments
 Hide
 Most Relevant

BSU Guidance and Counseling Unit 19:32
 Good morning everyone! You can ask questions and share your reflections as along comments section!
 Like Reply

BSU Guidance and Counseling Unit
 Write a comment...

Z

ABC's Theory of Rational Emotive Behavior
 by Albert Ellis

A – Activating Event: an event that happens in the environment
B – Beliefs: the belief you have about the event that happened
C – Consequence: the emotional response to your belief

I hate when you make me look like an idiot

<https://www.picfun.me/images/4f5d8ab3a513d238c600005d/idiot-brain>

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 Write a comment...

Processing

1. How will you describe your feeling after reading the story of Mark Wellman?
2. What specific lesson can you learn from the story?

BSU Guidance and Counseling Unit
 October 2 at 9:33 AM

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*I Love Me; “Discovering and Learning the Art of Self-
Help”*

*“Decluttering My Excess
Baggage: Achieving A Sense of
Inner Harmony in the Midst of
Pandemic”*



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ACCOMPLISHMENT REPORT

I Love Me

"Discovering and Learning the Art of Self-Help"

TOPIC: Decluttering My Excess Baggage: Achieving a Sense of Inner Harmony in the Midst of Pandemic

SPEAKER: Dr. Sheila Marie "Shake" G. Hocson

PARTICIPANTS: All BSU students (*La Trinidad, Bokod, Buguias campuses*) and All Interested Individuals

DATE OF IMPLEMENTATION: March 12, 2021

PROONENTRS/IMPLEMENTORS/FACILITATORS: Guidance and Counseling Unit Personnel

VENUE: Online (Zoom & GCU FB page)

I. INTRODUCTION

As an academic support arm of the University, the Guidance and Counseling Unit, through the Office of Student Services, function to fill-in one of the University goals that is to serve intergenerational role by revitalizing the spiritual, physical, economical, cultural, intellectual, emotional, and social (S.P.E.C.I.E.S.) well-being of the students. This convergence serves to provide student-centered and needs-responsive programs not only satisfying institutional goals but more so for the development of well-functioning individuals who are expected to traverse the intergenerational pathways.

Needs assessment results of the students for the past information services of the Guidance and Counseling Unit center on the need of the students to help themselves. The results are expected and describe valid experiences of the students because the present scenario has turned a great 180-degree adjustment in the physical, emotional, academic, and career dimensions of student adjustment. As a matter of fact, the online conduct of classes has magnified other concerns which probably were not much given attention to during the pre-pandemic times. Verbalized concerns include difficulty in interaction with teachers and classmates in the online platform, challenge in comprehending the subject matter, thirst for face-to-face discussion, decreased motivation, and overblown family obligation. In the same manner, interviews from students who were referred due to academic deficiencies echoed almost similar concerns from

the consolidated report from students' evaluations, the lack of accessibility to resources in the school coupled with difficulty in connecting.

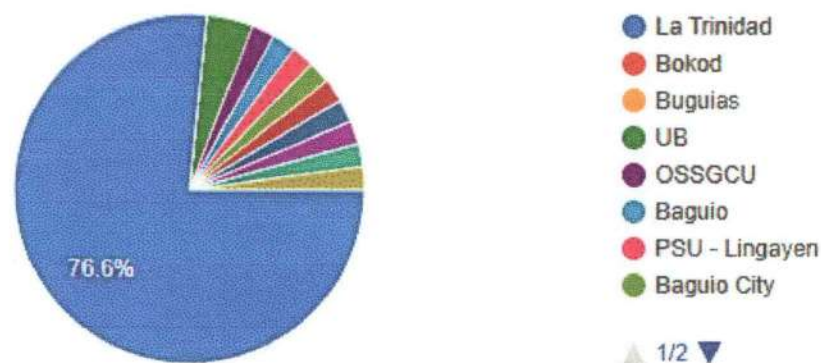
In support of the CHED Memorandum on the Guidelines on the Implementation of Flexible Learning, the Guidance and Counseling Unit provides alternative mode of helping students in this herculean task of bridging the demands of the times and the enriching the skills of the learners. Thus, learning continuity plans have been laid-out to keep in place the flexibility of student services in responding to student needs. The Guidance and Counseling Unit has in its calendar of activities the life skills training and wellness activities that are essential for students' survival skills. This school year these program are still in place, however the mode of implementation will be digital. February is the time when life skills on relationship are conducted and the Office culminates this activity through the observation of the National Children's and Women's Month in the month of March. It is relevant and timely that these are part of the formation of students because they are social beings in the community.

II. OBJECTIVES

1. Provide students' skills in developing confidence, purpose, and motivation;
2. Capacitate communication skills in interacting with teachers particularly as an aid in the conduct of online class; and
3. Recognize strategies in managing intrusive thoughts and emotions.

III. PARTICIPANTS

- ✚ All BSU students (*La Trinidad, Bokod, Buguias campuses*)
- ✚ All interested individuals





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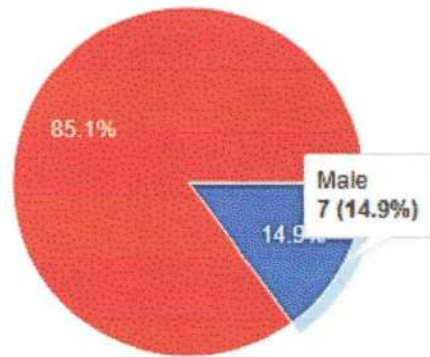
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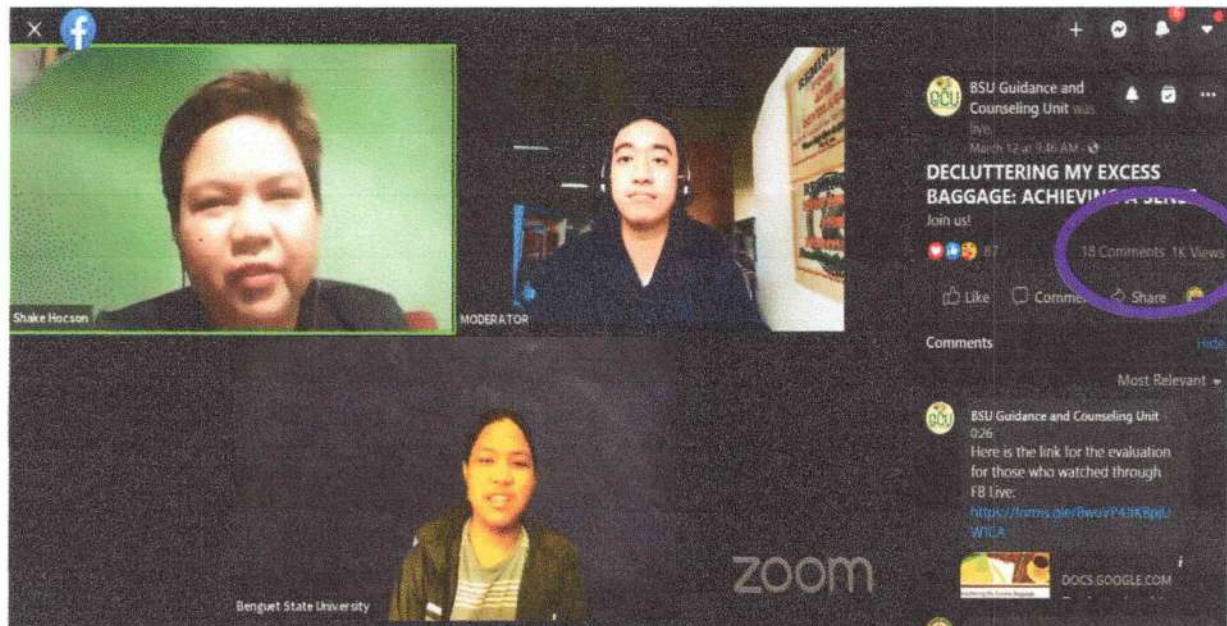
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- Male
- Female
- LGBTQAI+
- Prefer not to say

Participants who registered through the google form.





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IV. EVALUATION OF THE ACTIVITY

EVALUATION COMPONENTS		RATING	INTERPRETATION
A. Topic / Content	Relevance/ Significance	3.91	Very Satisfactory
	Contribution to Knowledge	3.85	Very Satisfactory
	Contribution to Skills	3.87	Very Satisfactory
	Organization	3.74	Very Satisfactory
	AVERAGE	3.84	Very Satisfactory
B. Speaker/s or Facilitator/s	Stimulation of Participant's Interest	3.74	Very Satisfactory
	Mastery of Topic	3.87	Very Satisfactory
	Communication Skills	3.85	Very Satisfactory
	Interaction with Participants	3.72	Very Satisfactory
	AVERAGE	3.78	Very Satisfactory
C. Activity	Appropriateness of Activity	3.89	Very Satisfactory
	Time is Well-managed	3.83	Very Satisfactory
	Time allotted is enough	3.83	Very Satisfactory
	AVERAGE	3.85	Very Satisfactory
OVERALL RATING		3.82	Very Satisfactory

Scale:	Very Satisfactory	-	3.26 – 4.00
	Satisfactory	-	2.51 – 3.25
	Unsatisfactory	-	1.76 – 2.50
	Very Unsatisfactory	-	1.00 – 1.75

✚ The evaluation tool used was a 4-point rating scale, with 4.00 as the highest.

✚ There was a total of 47 students who evaluated the activity.



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VERBATIM COMMENTS AND OTHER SUGGESTIONS OF THE ACTIVITY

A. WHAT CAN YOU SAY ABOUT THE TRAINING EVENT?

- ✓ It was very helpful
- ✓ It was amazing. Excellent speaker
- ✓ Very informative
- ✓ It is excellent po. And as for me, personally, it was a quick relieving escape.
- ✓ It was a great seminar for us students most especially in this pandemic where most students have a hard time focusing.
- ✓ It is nice, understanding and managed
- ✓ Excellent
- ✓ more!!! congrats to GCU!
- ✓ the topic is very timely
- ✓ It's timely.
- ✓ This webinar is actually great not only for us students but also for employees to be guided on what to do especially in this time of pandemic.
- ✓ Very Helpful
- ✓ The seminar is very timely
- ✓ Thank you so much very informative
- ✓ I did learn a lot as I was able to relate much with the topic.
- ✓ SATISFYING
- ✓ The seminar is informative and the speaker speaks in a manner that those that are not in the field of psychology would understand.
- ✓ its great. very informative
- ✓ The seminar was very informative and extremely helpful and I want to tell you how much I thoroughly enjoyed and benefited from your presentations. Though there were some technical glitches and poor audio quality, the webinar went smoothly.
- ✓ it is a good thing that mental health and healthy wellbeing are being paid so much attention nowadays, a big thanks to our BSU Guidance and Counseling Unit and to our mental health advocates for being so passionate in doing their job and expertise to share knowledge and experiences to spread awareness and prevention in addressing mental issues.
- ✓ Very informative
- ✓ It's great! More please. :)
- ✓ very substantial and it adds to our ideas even more
- ✓ Very informative topic.
- ✓ Very helpful and informative to all
- ✓ Informative and Well- Explained Topic



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- ✓ The seminar is very informative and enjoyable. I would love to join again po.
- ✓ It is very relevant to the times
- ✓ Helpful
- ✓ The seminar is helpful and motivational.
- ✓ The seminar is timely and relevant.
- ✓ Well understand.

B. WHAT DO YOU SUGGEST FOR THE IMPROVEMENT OF FUTURE SEMINARS TO BE CONDUCTED?

- ✓ Internet Connection
- ✓ strong internet connection
- ✓ Organizers should have back-up accounts (re: speaker looking for the hosts and no one was there)
- ✓ No comment po.
- ✓ I suggest to improve words used and a much clearer audio.
- ✓ I suggest that it needs more Activities to make it more fun.
- ✓ N/A
- ✓ more interesting topics that are open to all
- ✓ none
- ✓ None so far
- ✓ Louder voice
- ✓ NONE
- ✓ There was a long dead air, I wish that connections would not be lost in the near future.
- ✓ more interaction with participants
- ✓ First of all, the hosts of the webinar shall always or rather at least beforehand, be prepared and make sure to have good internet connection to at least minimize the technical errors. Second, if possible there shall at least 2 or 3 more person moderating the program to avoid long dead airs in calling out the hosts.
- ✓ None so far.
- ✓ none so far
- ✓ Keep all ready 😊
- ✓ More examples of real life-based experiences
- ✓ I kindly suggest to insert the general outline of the topics to be shown before the discussion starts for a follow-through effect and easy review. In addition, more time if possible po. Thank you very much. =)
- ✓ If ever it will be done online, internet connection is a must. Also, we (participants) lacked interactions with the speaker.
- ✓ Nothing. The seminar is good.
- ✓ None.



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C. WHAT OTHER TOPICS WOULD YOU LIKE TO BE CONDUCTED IN THE FUTURE?

- ✓ More of Mental Health Care Bear
- ✓ How to handle severe anxiety.
- ✓ The topics I would like to be conducted in the future would be how to avoid distractions and how to have more self-confidence.
- ✓ Physical Health Management
- ✓ MANAGING TIME FOR ONLINE CLASS
- ✓ positive mindset
- ✓ None
- ✓ About time management among students
- ✓ Time Management skills
- ✓ Self Care or Caring for the Carers
- ✓ advocates on no to body shaming
- ✓ Similar topics like this
- ✓ How to release stress and depression
- ✓ ABOUT NUTRITION AMIDST THE TIME OF PANDEMIC
- ✓ tips to psychological recovery from the impacts of covid
- ✓ Addressing more about mental health issues and concerns of the students and more webinars for the Benguet State University students.
- ✓ family relationships(open and healthy relationship), handling work and studies
- ✓ About Health & Nutrition during pandemic
- ✓ Handling LGBTQ students with regards to their difficulty to feel accepted in the community
- ✓ Mental health issues
- ✓ Suicide Prevention
- ✓ Time management
- ✓ Ways to prevent and cope up with different mental health disorders.
- ✓ Additional information about mental health is fine.
- ✓ About prevention of teenage pregnancy and alcoholic abuse.
- ✓ How students manage Grieving this pandemic.
- ✓ Maybe webinar that is connected to my program and major

D. WHAT IS THE SIGNIFICANCE OF THE TOPIC TO YOU?

- ✓ Coping strategies
- ✓ It made me reflect on myself
- ✓ It helped me declutter my baggage
- ✓ It gives me more idea on how i can manage my inner harmony
- ✓ Learning to let go of our excess baggage which may affect how I think/ perceive things.



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- ✓ What you focus on, expands. When you focus on negativity, your over-all performance would presumably be affected negatively. While when you focus on positivity, it would most likely turn into excellent productivity.
- ✓ I had Learned how to declutter excess baggage in my life
- ✓ It is about the management of mental health
- ✓ it gives more tips in developing a sense of harmony amidst pandemic
- ✓ Self-care in general. Given that we are also mental health practitioners, it is very helpful for us to attend webinars such as this to keep grounded and reminded of how to take care of the self then others. Especially as we are currently living in the new normal, it is best to know the new ways/techniques to declutter excess baggage.
- ✓ The webinar made me realize that despite the challenges brought about by the pandemic, there are still good things that would happen its only on the way we look at it.
- ✓ It gave me a clear perspective on how I can move forward from my life endeavors.
- ✓ learning methods to achieve inner harmony to become fully functional individual in the midst of pandemic
- ✓ It is really helpful to me as an individual and to my profession.
- ✓ As time goes by, we cannot deny the fact that we are slow in coping up with the situation especially in this time of pandemic. Its significant is to nourish our strengths, be aware on everything that you do as well as be positive on this chaotic situations.
- ✓ it helps me to know how to manage the excess baggages that brought by the pandemic
- ✓ It taught me to face the things that pulls my weight instead of sweeping it under the rug
- ✓ It is very helpful and timely with the current times we are in.
- ✓ Decluttering My Excess Baggage: Achieving a Sense of Inner Harmony in the Midst of Pandemic. Staying positive and living healthy what matters this time of pandemic is that we make our self happy and safe
- ✓ For wellness
- ✓ It helps me release and find ways as to how I can overcome stress and depression brought about by this new normal. Hence, good mental health.
- ✓ As all information was discussed properly, all of it were significant to me.
- ✓ I've got some issues as well about handling my excess baggage during the start of the pandemic but I'm glad I'm resolving it slowly. This topic contributed more knowledge on how to handle my excess baggage.
- ✓ additional knowledge to cope with stress
- ✓ The importance of honing my strengths in various aspects; to value peace within self & with others
- ✓ This topic gave me a wider perspective/ knowledge in day-to-day living.

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- ✓ Since, the online class was a very dramatic transition for the students like me. It was quite a load of work and took time in adjusting things. The topic of decluttering excess baggage was helpful especially for students who are mentally drained and are prone to oversharing in social media as reflection of social media dependency. The webinar highlighted how to positively drift yourself from the negative and toxic things in social life and in real life.
- ✓ It is very significant in having or maintaining a good wellbeing in this time of hardships brought by many circumstances and challenges in life. Having positive thoughts, grasping positive emotions and able to see the positive side of a bad experiences in life is really helpful in the process of coping mechanisms to declutter excess baggage's, disappointments, and emotional imbalance in life.
- ✓ Gives me idea on how to overcome challenges during pandemic
- ✓ The pandemic has dragged on for quite some time already and I feel that many of us have difficulty coping with our everyday realities. It is good to be reminded to 'pack light' as we navigate life because sometimes, we get entangled and so engrossed in our internal struggles that things become unnecessarily heavy.
- ✓ it enhances my ideas, very useful in dealing with our students
- ✓ Be mindful of your environment.
- ✓ Enjoying Life with Balance and Patience
- ✓ you can apply it if you may encounter those kind of situation
- ✓ Self Love Enrichment and Improvement
- ✓ The significance of the topic for me is that it touched all the different branches of the composition of life especially how to take care of our mental health and strengths. There is reassurance that we have proven ways and solutions to solve whatever problems we are facing right now and what we will be facing in the future.
- ✓ The topic dwells on something that everyone is experiencing, albeit in different intensities, nowadays
- ✓ To have additional knowledge in the focus context
- ✓ For me, It signifies the importance of how to manage stress and anxieties, especially in this time of pandemic.
- ✓ It motivates me in my studies. Instead of giving up in this time of pandemic, I must strengthen my faith and hope to achieve my dreams for a better future.
- ✓ It's moderately significant. Though I'm thankfully able to fairly adjust to the current circumstances, I still need help in certain aspects. Furthermore, I also need other voices and/or informative advice to help with maintaining harmony.



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Engender partnership
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Benguet State University
OFFICE OF STUDENT SERVICES
La Trinidad, Benguet



GUIDANCE AND COUNSELING UNIT
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- ✓ The significance of this topic to me is it helps me to move in from things and to continue journeying my life. These helps to keep going and don't be stuck on things that would lead my life into negative things.
- ✓ It gives me more information on how can I manage my every day stress this new normal.
- ✓ Very significant
- ✓ It helps me to have and build a peace of mind in this midst of Pandemic.

E. HOW CAN YOU APPLY THIS WEBINAR TO YOUR LIFE AS A STUDENT/TEACHER/PARENT/EMPLOYEE?

- ✓ Move forward despite the difficulties
- ✓ I will improve my strengths
- ✓ I will try my best to listen to other people
- ✓ sharing what I've learned
- ✓ Through imbibing in my life all the information I have learned and passing this to my clients.
- ✓ I can apply it to my life as a person and as a student by taking into mind the ideas and concepts and applying it to how I could cope with my anxieties and panic attacks.
- ✓ I would be Applying it to my daily life
- ✓ I can apply this webinar as a student to help me focus more and be more calm throughout this online class.
- ✓ By sharing my thoughts and by following the things that have been taught
- ✓ It will be applied in our everyday life
- ✓ As a mental health practitioner in the school and in our church, I can apply the things I have learned from Dr. Hocson is to know your boundaries and know your potential. That there are 3 aspects we need to consider. The mind, body, and spirit. Thus is very relatable to the Psyche world and in in our church since these three [should] work hand in hand to be healthy in all aspects.
- ✓ Applying the message learned from the webinar thru motivation.
- ✓ Through this, I hope to be a better daughter, student, student-leader, community-member, and a Christian.
- ✓ discovering and honing the inner strengths
- ✓ Always remember that I don't live in the past and that I have to keep moving forward no matter what.
- ✓ As student, this webinar has a significant role on moving on with chaotic situations. I have to adjust for the better. The environment that I surrounded in and the situation have something to do with my behavior. That's why I should focus and have numerous aspects to be grateful for.
- ✓ I can apply this by



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- ✓ As a student, I face a lot of struggles and uncertainties that contributes to my negative thoughts. And in return, this negativity can influence how I feel, think, and act, and can have some less than desirable effects on my psychological state. So, I should remodel how I face the problem, I should be calm in facing difficulties and take a break when needed.
- ✓ By my point of view or perception in life.
- ✓ I can apply this to my life by maintaining my inner peace despite of the pandemic. Thank you so much
- ✓ Recalibrating my thoughts if I find my situation too exhausting
- ✓ I can apply all the lessons I learned from this webinar in mu schooling through controlling my mindset, my emotions and letting go of the things that I need to let go.
- ✓ I'll apply my new knowledge I'm dealing with my day to day activities.
- ✓ As a student, we face different kinds of stress everyday from schools, peers, family and such but knowing how to handle this and not to dwell on it is a great help in handling this stressors.
- ✓ practical applications of self-care plan and tips
- ✓ Through practicing gratitude for having such strength
- ✓ This webinar aids me in providing continuous and improved student services.
- ✓ As a student, the lessons serves as a shield and additional stepping stone to improving myself in achieving to be mentally healthy person.
- ✓ As a student it is really a matter of putting into practice every knowledge, information we learned and will continue to learn because learning is never stop. Ensure that I am at the right path towards my goal and purpose in life and to keep in touch into reality to face my weaknesses, insecurities by cherishing my gifts, self-love and empowering my strengths to overcome problems and challenges.
- ✓ Using it as a motivation to overcome problems/challenges
- ✓ I think many of our clients' concerns are compounded by the things that they could not control on top of the usual internal struggles that they already face. It is good to use these to remind them that there is hope - I like the emphasis on character strengths, positive coping resources and even faith.
- ✓ in general, this would guide me to become more efficient and productive individual
- ✓ Share what I have learn to others especially those who need help.
- ✓ Widening our understanding and perceptions
- ✓ you can apply it if you may encounter those kind of situation
- ✓ As a student, I'll be able to manage those stressors in studying
- ✓ I can apply the things I've learned in this webinar to my life as a returning student to bring harmony, order, action and to prepare for the upcoming battles I have to face. I can also apply this to cultivate the psychological

 **I LOVE ME:** "Discovering and Learning the Art of Self-Help"



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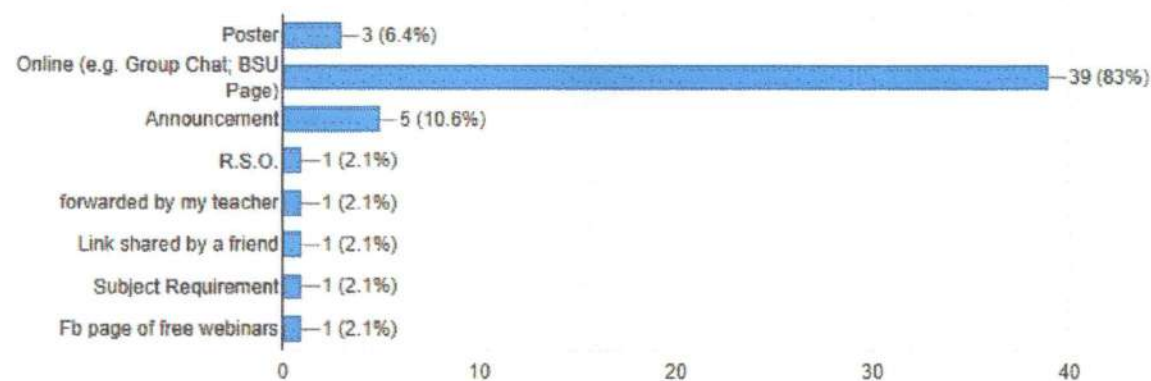
well-being of my family and myself as someone suffering from mental health disorder.

- ✓ The teachings can help me better manage my relations with the important people in my life
- ✓ As a student, this is a great help in a way that at least, it strengthens and encourage me that no matter what, mental health should be take care of especially of today's situation.
- ✓ As a student, I can apply what I heard from this webinar when I, myself, suffers from those kind of stress or I can also share what I heard from this when someone is losing hope in their daily living.
- ✓ I can apply this webinar to my life as a student by being an open-minded person and being positive thinker.
- ✓ I can use some of the information given by the speaker in a larger scale, thus taking a smaller example and using it as a baseline for some decisions I make in my life as a student.
- ✓ I can apply this webinar in my life as a student through not making things more complicated but just move on and start again and continue fighting the challenges of my life as a student. Fighting stress, the modules and many more.
- ✓ I learn to let go of the things I do not need to give more space for things I truly need just like in my work place or at home.
- ✓ I can apply it on an everyday basis
- ✓ Having a peace of mind as a student is really helpful for me to focus on my acads and to maintain my way to my goals.

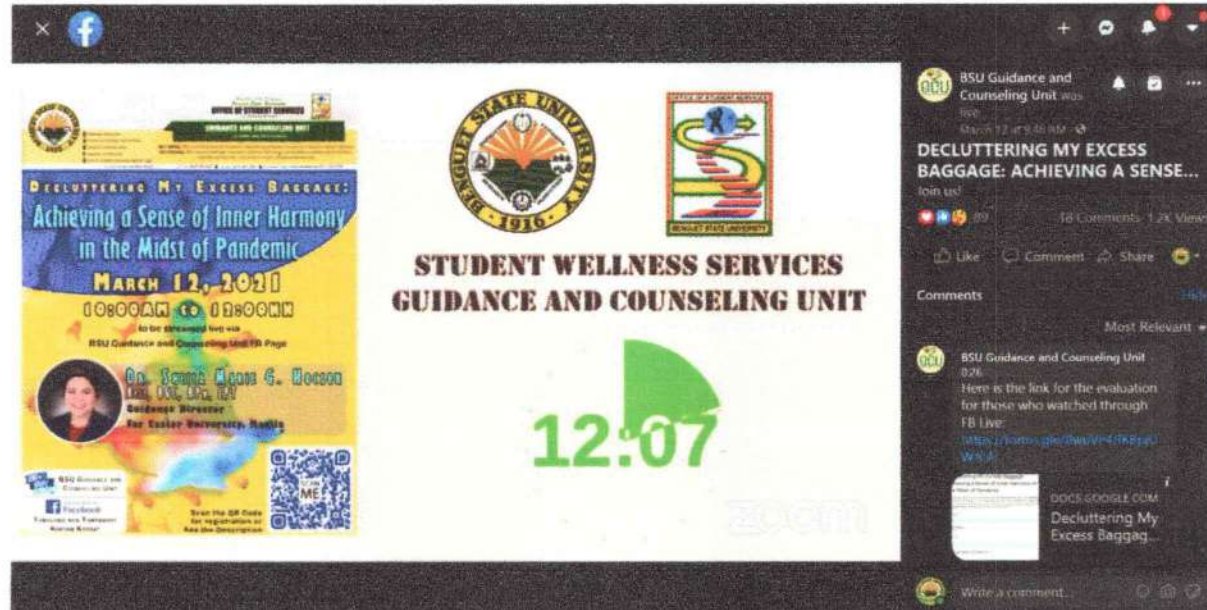
F. Where did you hear about the seminar/training?

Where did you hear about the seminar/training? Check the appropriate box.

47 responses



V. PHOTO DOCUMENTATION



Mr. Jeffered Jet K. Agnad, introduced the Resource Speaker for the webinar entitled Decluttering My Excess Baggage: Achieving a Sense of Inner Harmony in the Midst of Pandemic





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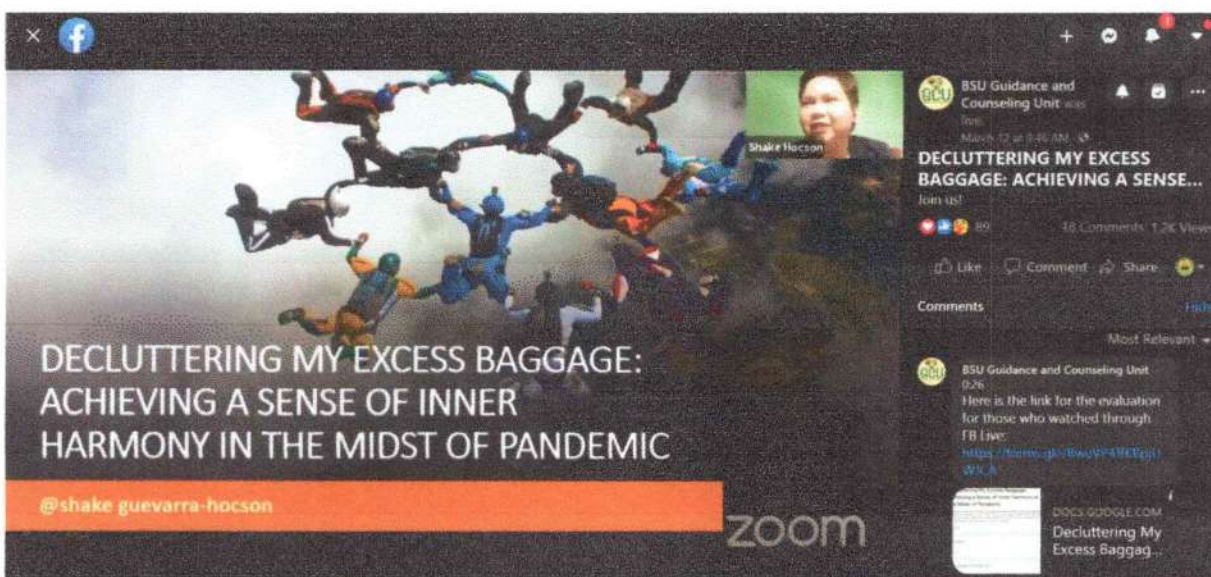
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Dr. Sheila Marie "Shake" Guevarra-Hocson, Director of Guidance and Counseling Center, Far Easter University, Manila on the topic Decluttering My Excess Baggage: Achieving a Sense of Inner Harmony in the Midst of Pandemic





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THE 24 CHARACTER STRENGTHS
 #OthorPeopleMatter

Appreciation of Beauty & Excellence	Forgiveness	Kindness	Perseverance
Gracery	Gratitude	Leadership	Prudence
Conscientious Purpose	Hope/ Optimism	Love	Self-Control
Creativity	Humility/ Modesty	Love of Learning	Social Intelligence
Curbancy	Humor	Open-Mindedness	Teamwork/ Citizenship
Fabrics	Integrity	Perseverance	Self-Confidence

Psychological WellBeing

Central concept: Psychological WellBeing

Surrounding concepts:

- Purpose
- Autonomy
- Safe
- Flow
- Self-efficacy
- Resilience
- Secure
- Meaning
- Self-esteem
- Pleasure
- Flow
- Empowerment
- Optimism
- Gratitude
- Resilience
- Control

The Abundance in Life Wheel

Central concept: Your Core Values

Surrounding concepts:

- God & Spiritual
- Physical Environment
- Relationship & Family
- Finances
- Giving Back
- Personal Development
- Health & Wellness
- Education
- Marriage & Intimacy
- Community
- Work & Career
- Identity
- Quality of Life
- Values
- Life Satisfaction
- Life Purpose
- Life Meaning
- Life Joy
- Life Hope
- Life Faith
- Life Love
- Life Peace
- Life Harmony
- Life Balance
- Life Well-being
- Life Flourishing
- Life Thriving
- Life Abundance



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THE PARTICIPANTS during the webinar entitled **Decluttering My Excess Baggage: Achieving a Sense of Inner Harmony in the Midst of Pandemic**



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***Brochure on How to Care for One's
Mental Health***

"Talina-ay ti Panunot"

M- entenaren ti balanse nga panagbiyag
(Maintain a balanced lifestyle)

E- etakder ti positibo nga kapanunutan
(Exercise positive thinking)

N- aimbag nga aramid ti iparikna ti pada nga tao
(be Nice and kind to other people)

T- alina-ay ti kapanunutan ti itandudo
(Take time to promote mental health)

A- gkamang kenni Apo Diyos
(Always connect with the Creator)

L- ipatem ti sakit ti nakem
(Learn to forgive others)

H- aanka nga agusar ti maiparit nga agas
(Harness the strength to stay away from illegal drugs)

E- pateg ti bagi ken sabali nga tao
(Empathize with other people but learn to love yourself first)

A- aywanam ti salun-at mo
(Always take care of yourself)

L- aglagipem ti parabor nga naawat mo
(Love and count your blessings)

T- umulong iti panaka-iwarawagawag ti pangaywan iti kinatalina-ay ti panunot
(Take initiative in sharing the ways on how to care for our mental health)

H- aan nga ibain ti panagdawat iti tulong
(Have the courage to seek help from others)

REFERENCES:

www.mentalhealth.gov/basics/what-is-mental-health

Adapted from the National Mental Health Association/National Council for Community Behavioral Healthcare

<https://chicagohealthonline.com/conversation-about-mental-health/>

<https://www.canva.com>



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TALINA-AY TI PANUNOT

This brochure is available at the reception area of the Office of Student Services - Guidance and Counseling Unit, where clients can get a copy to read while waiting for his or her turn for counseling OR s/he may also bring home a free copy.

.....
If you have mental health concerns,
come and see us
.....

VISIT US AT:

Office of the Student Services
Student Wellness Services
Guidance and Counseling Unit
Room 206, 2nd floor, Student Center Bldg
Km 6 La Trinidad
Telefax: 422-2043

MENTAL HEALTH AWARENESS

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What is Mental Health?



RA 11036 defines mental health a state of well-being in which the individual realizes one's own abilities and potentials, copes adequately with the normal stresses of life, displays resilience in the face of extreme life events, works productively and fruitfully, and is able to make a positive distribution to the community.

Early Warning Signs of Mental Health Problem



Eating or sleeping too much or too little



Having low or no energy



Pulling away from people and usual activities



Nothing matters



Having unexplained aches and pains



Smoking, drinking, or using drugs more than usual



Hopeless



Mood changes

Yelling or fighting with family and friends a little



Having persistent thoughts and memories you can't get out of your head



Hearing voices or believing things that are not true



Thinking of harming yourself or others



Inability to perform daily tasks like taking care of your kids or getting to work or school

10%

Ten Things You Can Do for Your Mental Health

1. Value yourself: Treat yourself with kindness and respect, and avoid self-criticism. Make time for your hobbies and favorite projects, or broaden your horizons. Do a daily crossword puzzle, plant a garden, take dance lessons, learn to play an instrument or become fluent in another language.



2. Take care of your body: Taking care of yourself physically can improve your mental health. Eat nutritious meals, avoid cigarettes, drink plenty of water, exercise, which helps decrease depression and anxiety and improve moods, get enough sleep. Researchers believe that lack of sleep contributes to a high rate of depression in college students.

3. Surround yourself with good people: People with strong family or social connections are generally healthier than those who lack a support network. Make plans with supportive family members and friends, or seek out activities where you can meet new people, such as a club, class or support group.



4. Give yourself: Volunteer your time and energy to help someone else. You'll feel good about doing something tangible to help someone in need — and it's a great way to meet new people.

5. Learn how to deal with stress: Like it or not, stress is a part of life. Practice good coping skills: Try Tai Chi, exercise, take a nature walk, play with your pet or try journal writing as a stress reducer. Also, remember to smile and see the humor in life. Research shows that laughter can boost your immune system, ease pain, relax your body and reduce stress.



6. Quiet your mind: Try meditating, and/or prayer. Relaxation exercises and prayer can improve your state of mind and outlook on life. In fact, research shows that meditation may help you feel calm and enhance the effects of therapy.



7. Set realistic goals: Decide what you want to achieve academically, professionally and personally, and write down the steps you need to realize your goals. Aim high, but be realistic and don't over-schedule. You'll enjoy a tremendous sense of accomplishment and self-worth as you progress toward your goal.

8. Break up the monotony: Although our routines make us more efficient and enhance our feelings of security and safety, a little change of pace can perk up a tedious schedule. Alter your jogging route, plan a road-trip, take a walk in a different park, hang some new pictures or try a new restaurant.



9. Avoid alcohol and other drugs: Keep alcohol use to a minimum and avoid other drugs. Sometimes people use alcohol and other drugs to "self-medicate" but in reality, alcohol and other drugs only aggravate problems.



10. Get help when you need it: Seeking help is a sign of strength — not a weakness. And it is important to remember that treatment is effective. People who get appropriate care can recover from mental illness and addiction and lead full, rewarding lives.



*IEC Campaign through Online
Platforms and Provision of Free
Counseling to Students*

MENTAL HEALTH SUPPORT TO STUDENTS

The University's Guidance and Counseling Unit Facebook group was the main mode of reaching out to students during the pandemic. Links on how to set online counseling appointment, webinars, as well as other information and education services related to mental health are posted in this social media account, which has 10,000 followers



The screenshot displays the Facebook profile of the Benguet State University - Guidance and Counseling Unit. The profile picture is a circular logo with 'SWS GCU' and 'Guidance and Counseling Unit'. The cover photo is a large graphic with the GCU logo, contact details, and a handwritten-style message: 'sy. 2022-2023 Mental health Matters'. The contact information includes a phone number (09079050664), the Facebook page name, the website (http://bsu.edu.ph), and the physical address (Room 206, Student Center Building, Benguet State University). The profile shows 7.8K likes and 10K followers. The 'Featured' section displays recent posts, including one from October 21 at 9:44 AM and another from October 6.

https://www.facebook.com/bsugcu/?show_switched_toast=0&show_invite_to_follow=0&show_switched_tooltip=0&show_podcast_settings=0&show_community_transition=0&show_community_review_changes=0&show_community_rollback=0&show_follower_visibility_disclosure=0

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Open now
Not yet rated (1 Review)

HOW TO SET AN APPOINTMENT FOR COACHING, COUNSELING AND REFERRAL
[HTTPS://FORMS.GLE/ETCRDYWNR72JUMFYA](https://forms.gle/ETCRDYWNR72JUMFYA)

CLICK THE LINK OR SCAN THE QR CODE

Guidance Counseling Unit, Office of Student Services
GCU

PHOTOS

- HOW TO SET UP AN APPOINTMENT FOR COACHING, COUNSELING AND REFERRAL
- EVALUATION FORM
- Reminder: when called by the unit on your phone, every an umbrella and blanket!
- "YOU'RE FREE TO BE DIFFERENT."
- GENDER SPECTRUM: DEVELOPERS & CRITICALLY AFFIRMATIVE AND SOCIALLY SUPPORTIVE ATMOSPHERE FOR LIGHTS
- GET POWER: The World's Greatest...
Dr. Richard T. Pineda
- RESOURCES
- TIPS & TRICKS FOR THE LIVING BURN-OUT
- EVALUATION FORM

Benguet State University - Guidance and Counseling Unit
August 23

23°C Cloudy
12:32 pm
07/11/2022