Let’s Talk Zero: Zero Worries, 100% Confidence…
(A School-to-Work Transition Seminar for Batch 2013)

The Career Services Committee of the Student Wellness Center, in cooperation with Oracare Product Line of Pascual Laboratories, held its School-to-Work Transition Seminar Series for Batch 2012-2013 graduates with the theme “Let’s Talk Zero: Zero Worries, 100% Confidence.”

The series of seminars were conducted on November 27-29 and December 03-04, 2012 at the Severino De Las Alas Hall Auditorium for CBAA, CEAT, CCJE, CSCS, COEd, CLAC and CTHM, respectively. Its objectives were to impart to the participants Lasallian values in the workplace; for them to discover different areas for professional growth in their chosen field and to realize the actual demands of employment by exploring different sectors for professional manpower.

One of the highlights of the activity was the presence of Ms. Teen Earth 2010, Kris Psyche Resus, who gave an interactive session on career and confidence. She gave pointers in entering the professional world especially on job hunting, and in preparing for a job interview. She also demonstrated a mock interview, provided tips in developing a career and in styling one’s corporate fashion.

On the other hand, other resource speakers were Dr. Mary Grace Leongson, Ma. Crisca Manuel, Reimon Gene Therence Doblon, and Dr. Jose Antonio Amistad. The following were some of the reactions of the participants to the said activity: “a comprehensive lecture workshop on how to obtain valuable information about transitional adjustment from school to the world of work, how to discover different areas for professional growth in their chosen field and on how to aid graduating students in meeting the expectations of today’s employers.

Moreover, Dr. Aldrin Calanog, dentist of Ora Care Product Line, discussed how to develop confidence with a Smart Oral Hygiene.

Youth-at-risk dance for self and group

Fifty youth-at-risk participated in the Student Wellness Center Outreach Activity titled, “Dancing Your Worries Away: Dance and Expressive Movement Workshop for the Youth at Risk.” Held at the Pangarap Foundation, Inc. in Paliparan Site last March 5, 2013, the workshop aimed to develop self-awareness, improve self-image and self-concept of the participants. Also, for them to explore their creativity and connect with their emotions; to achieve positive psychological and emotional growth, and to learn appropriate social skills as they experience feeling of relaxation and well-being in the process.

After being given the necessary warm up, the participants were allowed to experience improvising movements and steps in dyads as part of initial self-exploration. They were also introduced to a more structured dance with their chosen partners still as part of the exploration process. They were later led to creating collective movements a succession of group dances that they were asked to do. These group dancing aimed to look into dynamics in the groups and to foster greater camaraderie among them.

Appropriate processing questions were asked to the participants after each of the sub-activities. They were also asked to respond to the over-all integrative questions to close the whole workshop.

The activity was facilitated by Drs. Evangeline C. Ruga and Joy Alvi Arañas with the assistance of counselors Red Ilas, Michelle Garingo, Dr. Maria Lita Arquion, Glessie Cantada, SWC Director Dettie Panganiban and SWC secretary Lucy Sambajon; peer counselors Jason Guervarre and Bryan Bug-os. It was made possible through the coordination of the Lasallian Community Development
CSC Orientation for Transferees AY 2012-2013

The Career Services Committee (CSC) conducted orientation for first semester transferees from different colleges on June 08, 2012 at the Alumni Multi Purpose Hall. A second orientation was held on Nov. 14, 2012 at the POLCA for second semester transferees.

The College of Education (COE) Dean, Dr. Joel Espejido, and associate deans from the different colleges were present during the orientation to explain their respective college’s policies. The attendees also had the chance to ask salient questions from representatives of key offices like the Office of the Registrar, Accounting Office and Student Welfare and Formation Office (SWAFO).

The CSC held the orientation to enlighten the transferees about the school policies especially concerning online pre-registration, enrollment guide, subjects accreditation, offices around the campus, and other information and opportunities that may be relevant to their stay at the DLSU-D. Moreover, participants were oriented on the right kind of habits and attitudes to make the most of their stay in the university. (JG De Guia)

Jump Start Program

The Career Services Committee’s Jumpstart Program kicked off its 2nd year this Academic Year 2012-2013. Guided by the learner-centered framework of Lasallian Education, the program conducted Introductory Learning Activities which included Intensive In-take Interview for Freshmen enrolled in programs with board examinations; goal-setting sessions; and maintaining close-partnership with concerned academic departments. Enabling activity covered self-directed, self-management talks and small-group sessions for those upper-class students retained in said programs. The culminating activity includes Board Exam Coaching and Board Exam Readiness Exercises for the students who will be graduating from the said program in 3-4 year time.

Being a young program, Jumpstart still has a lot of fine-tuning to do especially that this program is being run by five career counselors alongside other CSC-initiated programs namely the School-to-Work Transition Seminars, the Transferees Orientation, Career Information Service, Career Shifting Guidance, Tutorial Program, and Career Intervention Programs.

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What's Up?!
Resiliency as both a duty and a sign of competence of helping professionals

Helping professionals like the Guidance Counselors in the school setting plays a major role in facilitating college life adjustments. As part of a multidisciplinary team in the university, they conceptualize programs and activities intended to make the college life experiences of students worthwhile. DLSU-Dasmariñas Student Wellness Center (SWC), believing in the value of holistic development among students, painstakingly comes up with concrete programs as its share in the mission to form competent, socially conscious, responsible and compassionate citizens for God and country. In particular, its personnel composed of counselors and psychologists adequately design varied preventive strategies and therapeutic interventions to respond to the need of shaping fulfilled Lasallian individuals. A task that cannot be taken for granted, in any way.

During the delivery of the various programs and services, SWC helping professionals experience different challenges like those inherent in conducting take interviews, counseling for anxiety, therapeutic, and career intervention programs. It takes much time for them to design and implement activities, to listen to the individual clients, more so in identifying solutions to problems and issues presented by students.

For one, the school year 2011-2012 proved both challenging and inspiring (and most likely, stressful) to the SWC team. They engaged 542 cases originating from walk-ins, referrals and those sought by the counselors themselves for individual interviews. These groups of students came from different colleges and year levels and most of them presented concerns falling under the relational concern category. More concretely, they have issues with family members and peers. They told different stories, experiences and coping strategies during the sessions that were not just one-shot deals. All these, the SWC personnel tried to respond to the best as they could.

Without the intention to appear complaining, let me share how, in the process of responding to student needs, guidance counselors and psychologists, being mere human beings, could not help but also feel tired, or find themselves in stressful conditions at times. They are also vulnerable to senses of uncertainty especially amidst life changing situations. Yet, being professionals, they can not allow themselves to give in to mediocre service delivery just because they have problems, too. Thus, in order to become more proficient in bringing out the best in Lasallian students, the guidance counselors and psychologists, like the rest of those in the helping profession, need to be resilient. They are expected to have honed their personal and professional competencies and skills to be able to work effectively on their students’ dilemmas—an indication of their own resiliency.

There are different strategies available to helping professionals if only to take care of their personal and their emotional and psychological wellness. Some of these are: (1) keeping themselves active by joining national and international professional organizations; (2) attending seminars/workshop/conventions; (3) making themselves available as resource persons, facilitators, moderators and consultants to any counselors’ professional endeavors; (4) engaging in wellness activities such as jogging, aerobics, dance therapy, yoga sessions, among others; (5) socializing and talking with other colleagues; (6) and doing research work actively. All of these, if done regularly and seriously, could definitely make a guidance counselor or a psychologist a resilient helping professional. And if I may say so, maintaining one’s resiliency is both a

The Impact of Anxiety on Academic Performance

Anxiety is experienced by people from all walks of life as a normal reaction to everyday life and stress. People cannot avoid anxiety as it is any change that they must adjust to. Anxiety can often be so intense or attached to inappropriate events or situations that it becomes maladaptive and problematic for the individual. The argument has become quintessential that increased anxiety impacts performance within many domains of functioning that include mathematical ability, academic tests, working memory tasks, reaction settings that inappropriately social interactions, positive and negative memory tasks, sporting behaviors, neurophysiological tests and musical performance.

The term “test anxiety” as a scientific construct, is a set of phenomenological, physiological, and behavioral responses about possible negative consequences or failure in an examination or similar evaluative situation (Lang, 1968). Test-anxious students are characterized by a particularly low response threshold for anxiety in evaluative situations, tending to view evaluative situations, in general, and test situations, in particular, as personally threatening. As a result, they tend to react with threat perceptions, reduced feelings of self-efficacy, self-derogatory cognitions, anticipatory failure attributions, and more intense emotional reactions and arousal at the very first hint of failure.

Moreover, individuals who experienced test anxiety from the cognitive perspective are worriers who lack self-confidence. They may be preoccupied with negative thoughts, doubts, and worries about test anxiety and intellectual competency and are more likely to overemphasize the potential negative results and feel helpless when they are in testing situations. From the effective perspective, test anxiety causes some individuals to experience physiological reactions such as increased heart rate, feeling nauseated, frequent urination, increased sweating, dry mouth, and muscle spasms. These reactions may be present before, during, and even after the test is completed. In conjunction with the physiological reactions, emotions such as worry, fear or failure, and panic may be present. When they are not able to control their emotions, they may experience higher levels of stress, thereby making it more difficult for them to concentrate. Test-anxious individuals also express anxiety behaviorally by procrastinating and having inefficient study and test-taking skills. These individuals have more difficult time interpreting information and organizing it into larger patterns of meaning. It is in this reference that the writer decided to find a valuable tool in reducing test anxiety and enhancing Accounting achievement. MSDP, a multi-modal intervention employed Psychoeducation which teaches participants' the effects of test anxiety (TA), monitor its severity and handle it effectively. Relaxation-helps in eliminating TA through deep breathing exercises, muscle relaxation, and guided imagery; Cognitive Restructuring - helps restructure the negative experience and process the event in a different, healthier way; Systematic Desensitization-teaches participants to relax in their target situation by pairing anxious behavior with relaxation exercise; and Reinforcement- requires the participants to be ready with a plan to manage symptoms through planning and right attitude.

Results of the investigation are provocative in that they suggest testing anxiety has a substantial negative impact on the academic performance of these students. Although the finding generally is consistent with prior studies that have highlighted the negative effect of anxiety on test performance, several important empirical advances were achieved in conducting this investigation. First, test gains correlated positively to anxiety reduction benefits and an increase in academic achievement. Results suggested that MSDP does improve academic performance and it helps stabilized blood pressure and pulse rate for struggling students with high, moderate and low test anxiety. MSDP is recommended as a diagnostic indicator in applying pedagogical, administrative and psychological remedial strategies for test-anxious students.

Note: This article is a synopsis of the writer’s research study conducted as part of her dissertation requirement in

R. Dr. Arquion elucidates on her MSDP to participating students (L) Its adverse effects. The cognitive-behavioral approach was mostly fitting to the students’ needs because its cognitive component would help the students change their thinking patterns that keep them from overcoming their fears. Likewise, the behavioral component sought to change the students’ reactions to anxiety provoking situations.

Moreover, this study investigated the effectiveness of Modified Systematic Desensitization Program (MSDP) in reducing test anxiety and enhancing Accounting achievement. MSDP, a multi-modal intervention employed Psychoeducation which teaches participants' the effects of test anxiety (TA), monitor its severity and handle it effectively. Relaxation-helps in eliminating TA through deep breathing exercises, muscle relaxation, and guided imagery; Cognitive Restructuring - helps restructure the negative experience and process the event in a different, healthier way; Systematic Desensitization-teaches participants to relax in their target situation by pairing anxious behavior with relaxation exercise; and Reinforcement- requires the participants to be ready with a plan to manage symptoms through planning and right attitude.

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Out of the Cubes
FROSH KA BA? SAKTO!

Mental health professionals observe WORLD (SUPRE) Suicide Prevention

The Natasha Gouldborn Foundation (NGF), through the International Association of Suicide Prevention (IASP) and the Philippine Psychiatric Association (PPA) spearheaded the observance of World Suicide Prevention (SUPRE) Day at De La Salle Lipa with the theme “Suicide Prevention Across the Globe: Strengthening Protective Factors and Instilling Hope” last September 10, 2012.

To enhance knowledge and skills in dealing with suicide cases on campus, the Student Wellness Center (SWC) counselors, Dr. Ma. Lita Arquion, Dr. Anne Margaret Martin, Dr. Jenneth De Guia, Cynthia Camarce, Siegfried Gamueda, Emmylou Gamueda, Marianne Cudiamat and Michelle Garingo joined the said activity. The event highlighted the lecture-forum on “Bullying and depression among secondary school students” facilitated by Dr. Jerry Jurisprudencia, practicing psychologist and faculty from Miriam College and Ateneo De Manila University and Medical City’s Dr. Jannel Cleto and Dr. Ronaldo Elepano who discussed on “Love and Relationship.” It also showed a documentary video of Ms. Cheche Lazaro about surviving family members of suicide cases, while it had TJ Mamote giving testimonial questions and answers on the topic. Meanwhile, Natasha Gouldborn Foundation (NGF) President Jean Gouldborn also inspired the audience by sharing her personal insights from her own experiences as a mother to a daughter who succumbed to depression and suicide.

The activity was facilitated by guidance counselors of De La Salle-Lipa and was actively participated in by secondary school students from various schools of Batangas. Likewise, the event ended with Lipa City Mayor Meynard Sabilis-DepEd Sec. Br. Armin Luistro, other local government officials.

The program was conducted to acquaint the incoming freshmen with basic university information such as policies, guidelines, services, administrators and school personnel. This program also aimed to provide them a venue for their initial interaction with fellow Lasallian students and to facilitate initial understanding of the essence of Lasallian education.

This year’s orientation program was uniquely designed to accommodate freshman students and their parents/guardians in one setting. First part of the program centered on the institutional orientation showing welcoming messages from university’s top administrators. It also included basic reminders and guidelines from key offices like the Office of the Registrar, Accounting Office and the Student Welfare and Formation Office (SWAFFO) and short presentations of the different OSS units including the SWC. POLCA also presented its ongoing programs for its member parents. Meanwhile, second part of the program was the Collegiate Orientation which was attended by 15 young aspirants for Lasallian brotherhood and was closed with remarks by 15 young aspirants for Lasallian brotherhood...
Counselors attend AKO PARA SA BATA Conference 2012

Once again the Student Wellness Center (SWC) sent four counselors to the AKO PARA SA BATA: Manila Conference held last December 5-6, 2012 at the SMX Convention Center. Counselors Dr. Joy-Alvi R. Arañas, Dr. Marites E. Burgos, Ms. Cynthia Camarce and Ms. Glesie A. Cantada attended the two-day event with the theme “Starling Bad Behaviors, Enabling Adults to Respond Positively to Children.”

The conference aimed to help participants understand the context of children’s behavior and to apply appropriate strategies to deal with difficult behavior; and to learn positive discipline thus, avoiding maltreatment of children and preventing escalation of negative and maladaptive behaviors. Simultaneous symposia were held and among the topics attended by the counselors were “Behavioral Manifestations of Emotional and Trauma,” “Moral Discernment v. Moral Behavior,” “Positive parenting in Unique Circumstances,” and “How Young Love, Consent and the Law.”

Martin gives career talk

This school year, Dr. Ann Margaret T. Martin, RGC gave career talks to varied audiences in Cavite. On July 28, 2012, she spoke on “Career Coaching” with the parents of Elizabeth Seton School-South in Imus, Cavite. On August 16, she spoke on “Career Planning Strategies Amidst the K-12 Reform,” before the guidance counselors of DSLU’s Feeder High Schools. The said seminar was a joint project of the Department of Administrations Office and the Student Wellness Center. Lastly, she gave a talk on “How to have a successful college life,” with the High School seniors of the Rogationist College in Silang, Cavite on November 15, 2012.

Ruga talks on counseling and supporting LGBT students

Dr. Evangeline Ruga, member of the Student Wellness Center (SWC) Counseling and Psychotherapy Committee shared her expertise during a seminar on “Counseling and Supporting lesbian, gay, bisexueal, and transgender (LGBT) students,” with teachers, counselors, and administrators of Department of Education (DepEd) Manila. Held last Dec. 1, 2012 at Araullo High School in UN Ave., Manila, the seminar was part of the Psychological Association of the Philippines’ (PAP) Mission Week, a special continuing project conceptualized on the occasion of PAP’s 50th Anniversary.

The seminar aimed to equip participants with current knowledge on positive approaches to diversity and student development, especially for LGBT students, and fundamental skills in providing a safe, respectful, and affirming school environment for all. Ruga specifically talked about common issues facing LGBT youth on campus, gave practical tips in making schools respectful of diversity, and stressed on basic strategies to make counseling services more LGBT-affirmative.

Peñamante speaks before parents and young Leaders

Mrs. Pura Peñamante was the resource person for parent seminar in two schools at Paliparan III in Dasmarinas City and at Cavite State University-Imus Campus.

She tackled “The Challenging Role of Parents Today in the Formation and Development of the Young Generation” at Scuola Sorelle Faïol in Pintong Gabat on September 8, 2012, during the school’s Second Parent’s Meeting while on October 23, 2012 at Palparan National High School in Paliparan Site 2, she discussed Responsible Parenthood for Students’ Development.

While in Cavite State University-Imus Campus Mrs. Peñamante was also the resource person in the leadership seminar for officers and members of the Cavite Young Leaders for Entrepreneurship (CYLE) last December 8, 2012. The seminar was initiated by Mr. Sarge Millen H. Pilphil, adviser and Mr. Kevin Ruel M. Olives, CYLE President.

Counselors attend Karunungan Festival

Two Counselors from De La Salle University Dasmariñas, Mr. Elmer Jimenez and Ms. Pura Peñamante attended the 6th KARUNUNGAN Festival last September 21-22, 2012 organized by UNESCO National Commission for the Philippines Social and Human Sciences Committee at Marble Hall, National Museum Manila.

The activity highlighted different lectures/presentations intended to enhance the awareness on the richness of our local history. It also served as a good source of information for the integration of local history in the teaching of various basic education subjects. Among the topics discussed were the Local History in the Context of National History, Local Historical Landscape: Enriching Social Studies in Buhel, Local History of the Visayas Islands, Ang Kasaysayan sa Pagtuturo ng Masa (main topic: Dr. Anna T. Medalla, Member of UNESCO’s Historical Education and Culture Committee), and Ang Kasaysayan sa Pagtuturo ng Didakwasyon.

Meanwhile, the said event was held in partnership with the National Museum and the METROBANK Foundation, Inc.

Jimenez joins UNESCO’s WHEN

The National Association of UNESCO Clubs in the Philippines (NAUPC), Inc., in partnership with UNESCO National Commission of the Philippines spearheaded the a seminar-series titled UNESCO Club World Heritage Education and Encounter (WHEN) in Iloilo, Ilocos, and Palawan with the theme “Youth, Social Media and Natural & Cultural Heritage Preservation”.

The seminar-workshop series was held last October 11-13, 2012 in Iloilo, October 18-20, 2012 for Ilocos, and October 25-27, 2012 for Palawan and was geared towards promoting national and community-based collaboration across all sectors and levels to improve heritage preservation using social media.

SQC Counselor at the CDAP 35th Convention

Career Services Committee counselor, Dr. Ann Margaret T. Martin, RGC, was the school’s sole participant to the 35th National Convention/Workshop of the Career Development Association of the Philippines (CDAP) at the CSB Hotel Manila from November 21-23, 2012. Themed, “Re-engineering Career Development: A Response to Recent Thrusts,” the convention was formally opened with a keynote speech from Atty. Albert F. Ileto, Chair Emeritus of Kabayan Foundation. Atty. Lacsone invited the audience to “revisit” the Philippines sans cynicism and pessimism underscoring the 12 wonderful things about the Filipino and our Motherland. He then proceeded to challenge the career counselors to take an active part in the total development of Filipinos.

Highlights of the convention were the orientation on the Department of Education (DepEd)’s K-12 Curriculum by Undersecretary of Programs & Projects, Dr. yolanda S. Quijano; the Industry Perspective on Careers in the Philippines by Ms. Ana Maria S. Bongaito, Board of Director of the Personnel Management Association of the Philippines and Executive Director of the Business Process Association of the Philippines; and Counselor Wellness by Dr. Alfonso T. Lagaya, MD., Vice President of the Philippine Academy of Acupuncture.

Dr. Martin participated in the workshops on Developmental Career Guidance Program for Higher Education run by Prof. Coronaz D. Huvalla, RGC of St. Scholastica’s College Manila on the second day of the convention; and Creative Test Interpretation run by Dr. Carlo Magno of De La Salle University-Manila on its third day. Her participation was made possible through the support of the Paliparan National High School Center and the College of Education Graduate Studies where she teaches Career Counseling.
In celebration of the Lasallian Festival, the Psych-Educational Committee of the Student Wellness Center, in cooperation with the Council of Student Organizations and assisted by the Visual and Performing Arts Production Unit, presented the first ever “LABiDaBDaB (Lab Ayon sa Binata, Dalaga, Bata, Damatans, at Bahaghari.)”

Presented on Valentine’s Day, the project gathered selected people to creatively define, express, and share what does love mean to them. It had two parts, the Creative Presentation and Expression and the Fliptop Battle.

The Creative Presentation and Expression showcased original and published works read by invited guests. First off was Michael Niño Ramirez, staff from Museo De La Salle, who represented “Binata” or single men. Reading the poem “Pag-ibig” by Jose Corazon De Jesus, he set the right mood by showing that, indeed, love has its many forms. He was followed by Laila Monera Pornel, a Community Development alumna who represented “Dalaga” or single women. She read her poem, “Thank You, Salamat” inspired by another poem of the same title. Sharing her own journey on love, she gave the audience a glimpse of the highs and lows of young love.

Next to present her creative piece was Jezryl Chrisie Cudiamat. Introduced as a future Lasallian, she is a daughter of proud Lasallian parents. Representing “Bata” or children, she read her original poem on love. With her innocent thoughts on love, she was truly endearing.

To showcase what love means to “Damatans” or older people, clip from the animated film “Up” was shown. The four minute clip showed how the couple Carl and Ellie met, got married and grew old together. But Ellie became ill and left Carl alone which made him pursue their dream adventure when they were young.

To cap off the first part of the project, Jeffrey Lubang, a faculty from the Social Sciences Department, represented “Bahaghari” or members of the lesbians, gays, bisexual and transgendered (LGBT) community. Having lived a very colorful life, he shared that his personal experiences on love and life, brought him not only moments of elation but also tribulation and made him realize what makes him truly happy. Now he is happy with his wife and family. He then concluded his sharing by reading a published work from the book “Ladlad”.

The second activity was “The Fliptop Battle,” the modern form of “Balagtasan” which showcased the players’ wit through the cleverest punch lines they can muster expressed in rap-style. With the topic, “Sino ang mas masarap magmahal, ang mga babae o ang mga lalaki?”, the two teams representing CCJE and CEA’T gave their funniest and wittiest punch lines that were both challenging and entertaining. The audience were already on their feet as the team from CCJE, composed of two young ladies, won the first-ever Fliptop Battle in DLSU-D and received the cash prize of Php2,000.00. Apart from being remarkable battle warriors, they also have generous hearts. After encouraging the audience to consider unleashing their talents through Fliptop, they also shared their cash prize to the two gentlemen from CEA’T, making the entire event, beyond doubt, memorable.

Indeed, February 14 was truly special. Even if it is not considered as an official holiday, that did not stop the Student Wellness Center to celebrate love as defined and expressed by people of different ages, sexual orientation identities, shapes, and sizes!