



GUIDANCE AND PLACEMENT OFFICE NEWSLETTER

THE RES;L;ENCY PROJECT

1st Issue

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RESILIENCY IS THE KEY

To be resilient means to be capable of turning failure into success, challenges into opportunities, and problems into agents of growth. It shows the courage to use a **semicolon** instead of a period, the courage to take a "pause" or "break" on one's life when faced with adversity rather than giving it an end.

This newsletter aims to instill a dose of resiliency to its readers.



WELCOME

Welcome to the first issue of **The Res;l;ency Project**, an online newsletter we have put together in an effort to reach for Emilian students in the most convenient way and to keep the Emilian community updated with the latest activities of the **Guidance and Placement Office** and with the services it offers. This newsletter also features quick tips and strategies to enhance personal growth and the total development of Emilians, and may serve as a platform in showcasing their ideas and opinions through writing.

We look forward to staying connected with you until the next issue!

-Your Counselors

CALENDAR OF EVENTS

October 12	Back-to-Back Seminar on Drug Awareness and Anti-Bullying
October 15	1st Publication of the The Res;l;ency Project
October 26	Adjustment Seminar for Medicine Students

WELCOME MESSAGES



It is noteworthy and heartwarming that the Guidance and placement Office has launched a new undertaking and aptly called it *"The Res;l;ency Project"*. Most of us tend to believe that resiliency is

the middle name of every Filipino, for our grit and determination as we transcend our troubles; emerge stronger and continue to traverse the trajectory of life.

The Guidance and Placement Office, whose aim is to foster students' social, emotional and personal growth as well as help them gain insights, understand interests and capabilities is expanding its role by coordinating student services and providing support for both students, teachers and parents. This is a remarkable and worthwhile endeavor.

It is my fondest wish that through this project our students, who are always fascinated by the paradoxes of human behavior, will be able to achieve the occasional touch of clarity, get to be more resourceful, resilient, a little more contemplative and a lot more compassionate.

-Dr. Jose Paulo E. Campos
President



Congratulations to the brains behind this newsletter *"The Res;l;ency Project"*.

This is very timely for our students who would like to be informed of the services and projects of the Guidance and Placement Office that are geared towards your holistic development. We encourage you to avail of the services they will offer to maximize your potentials and bring out the best in you.

As millennials, I am sure you will love reading the news and updates through your own gadgets and at your own pace. May the articles contribute to your personal attributes and help you hurdle all the obstacles in your own journey.

Welcome to this new site of learnings and enjoy reading.

-Dr. Ellen SN. Salac
Vice President for Academic Affairs

MEET YOUR COUNSELORS



IRISH MICHELLE R. MOVIDO, MA



ADRIAN M. CHAVEZ, MA, RGC



MARANNIEL G. ABARINTOS



RANI JOY S. DELOS SANTOS



RAVEN DM. DILAPDILAP, RPm



ROSE ANN B. FORTIN, RPm

YOU ARE PART OF THE TEAM!

COUNSELOR'S CORNER

I hope you find this newsletter helpful in knowing tips and ideas on how to cope up with student life and one's over all well-being. This project was brought about with the intention of reaching the students at the most possible way and making your stay in college as adjusted as possible. Furthermore, that through this newsletter, the students would be able to know the different services that the Guidance and Placement Office has for them. I hope you will find the articles helpful and empower you to the direction of Resiliency.

-Mr. Adrian M. Chavez, RGC
Guidance Director

Your referrals are important. Help us identify and reach out to students who are **AT RISK**.

- A** - always absent and/or tardy
- T** - too much worrying
- R** - relationship problems (family, friends, classmates)
- I** - inferiority complex and insecurity
- S** - sudden drop in academic performance
- K** - keeping problems to himself/herself.

Remember that our services are available to all students, with or without problems. Feel free to visit our office at EAC Building 7, 2nd Floor, from 8:00am to 5:00pm, during Mondays to Saturdays. You can also reach us through our Facebook page **EAC Guidance and Placement Office**.



A student undergoing a counseling session with Mr. Maranniel Abarintos.

GUIDANCE AND PLACEMENT OFFICE FAQs

1. What is the purpose of Guidance and Placement Office?

The central purpose of the Guidance and Placement Office of Emilio Aguinaldo College Manila is to assist the students in realizing their full potential as a person and to guide them on their personal and social development, academic adjustment, and career decision-making. It aims to equip the students with the skills they need as they hurdle the realities and challenges of life.

2. What are the services offered by the Guidance and Placement Office?

COUNSELING

The dynamic personal interaction between a counselor and counselee/s, where the counselor employs methods, approaches or techniques to enhance the counselee's intrapersonal and interpersonal development and competencies. This encourages the counselee/s to satisfactory adjustments or acceptable resolutions of problems he/she encounters.

PSYCHOLOGICAL TESTING

This refers to the administration, scoring and interpretation of psychological tests of students to assess their behavioral tendencies and capabilities. Psychological tests are also used as a tool in counseling sessions.

ROUTINE INTERVIEW

Information about educational and familial background, psychological test results, and academic performance of students are updated through annual interviews designed to monitor their progress.

ENRICHMENT PROGRAMS

A variety of seminar-workshops and group dynamics is conducted to address the common issues of students.

CAREER AND PLACEMENT PROGRAMS

This enables the students to gain a better perspective about their chosen course and career, to clarify their work values, and to formulate an action plan to achieve their career goals.

3. Who can avail the Guidance Services?

Any student who is enrolled in EAC may avail our services.

4. If I avail the services of the Guidance and Placement Office, would other people know about it?

The counselors take utmost care with your personal information, thus, every counseling session is strictly confidential. However, there are limits to this confidentiality. Counselors are mandated by law to report to authorized people, such as the Senior Guidance Counselor as well as your parents, about your case if there is imminent harm to oneself or another person, if any form of abuse is present and experienced by the client, and/or a valid court order.

5. How do I make an appointment?

Feel free to visit our office at EAC Building 7, 2nd Floor, from 8:00am to 5:00pm, during Mondays to Saturdays. You can also reach us through our Facebook page [EAC Guidance and Placement Office](#).

6. How can I make a referral?

If you are a faculty member, a family member, or a friend, and you wish to refer an Emilian, you may visit the Guidance and Placement Office and fill-out a referral form. Kindly submit the referral form personally to the Guidance and Placement Office to maintain the confidentiality of its content.



Administration of Psychological Tests to EAC students.

MASTERING THE ART OF RESILIENCY

By ADRIAN M. CHAVEZ, RGC

"If you can't change it, change the way you think about it."

Failure at first can be devastating, yet downfalls are not absolute. They are needed in success. They are needed in our path to achievement. It is time for people to acknowledge that failing is inevitable. Successful people develop the skill of resilience because of it.

Resilience is the ability that lets one find a way to triumph over misfortunes. It deals with the skill to cope with whatever life throws at you. Some people can be knocked down by life and return as a stronger person. Resilient people do not let misfortune define them. They see failures as temporary. Psychologists identified positive attitude, optimism, emotion regulation and the ability to see failure as a form of helpful feedback.

It's possible to strengthen your inner self and your belief in yourself, to define yourself as capable and competent. Below are 5 tips to boost resilience:

- Find Meaning in Adversity. Every pain contains a lesson. Find a lesson that makes you feel better and align with it.
- Build a Community of Support. Equally important, decide that the support you're currently getting is good enough. Be grateful for it.
- Be Hopeful. Hope, like hopelessness, is actually a choice. We all periodically feel hopeless. Resilient people know who they are ~ and they do not define themselves by their momentary emotions. Choose hope.
- Focus on Gratitude. Keep a gratitude journal, or better yet, start a Gratitude Blog with a small group of friends. It takes 'training' to see the glass as half full. Begin your training right now. What one thing are you grateful for today? The blog that you're reading for free?
- Accept & Anticipate Change. It's part of life, folks. And as humans, we do not heart change. Take this principal a step further and also accept and anticipate pain, rejection, misfortune and loss. If your goal is to cope effectively instead of avoiding such experiences, you'll indeed have built up the very important trait of resilience.

Sterling, D (2011, February 4) 5 tips to increase resilience. Retrieved September 18, 2018, from www.psychologytoday.com.us

GENUINE STRENGTH

By BELLA DONNA P. BLANCO, RPh

The true strength
Of being resilient
In a world full of deviant
requires valiant efforts

It may be tough and rough
But resilience is like,
Falling down the road seven times
And getting up in eight

It's learning to love yourself
Despite the hate and weight
That you find in this world hence
putting down your own shoulders
It's a hope of flame
That burns deep down
In your heart and it encourages

you to survive
And keeps your soul to revive

You have the persistence
To value your existence
Even if the crowd is in
darkness
Still, your heart will be alight
You will conquer the world
Defeat those demons
That tries to poison you
Deep down within your roots

And you can grow a garden of your
self
Flowers and fruits everywhere
Loud and proud of

who you are
You and your resilience
makes you even more
beautiful, as ever
No matter how many battles
you will face and fight
You will never be slayed
And you will claim the triumph

You will rise up, once again
And Soar on wings like an eagle
You will run and not grow weary
You will walk and not be faint

*Be strong,
Keep standing*

*I have never seen a storm,
That last forever.*

EFFECTIVE STUDY HABITS

By TRISTAN STAFFORD R. ROSS

It's ten pm in the evening and you're still scrolling through Facebook on your phone whilst the stack of chapter summaries which you have prepared for your quiz tomorrow remains unread. As you entertain that voice in the back of your mind that's nagging you to review, you begin to read your course materials and get increasingly overwhelmed by the amount of content you need to study. You then find yourself asking the question: "Why didn't I just do this earlier?"

Although a common dilemma among students the world over, cramming is not a sound strategy when it comes to a set of study habits. Here we welcome the terms massed practice, and its' more strategic and effective sibling, distributed practice. So what are these two terms? Simply put, massed practice is in many ways a synonym of cramming, and involves learning a large volume of information in a short amount of time. Distributed practice however, is a direct counterpart of this and it involves a more spaced-out method, where you study in intervals over time. Instead of studying course material in a single evening for an exam in the next day, one would study a large volume of course material an hour per day over a fixed amount of time. In a study by Bloom

and Shuell (2013) it was discovered that students who relied on distributed practice instead of massed practice did substantially better (35%) on memorizing and learning French vocabulary than students who relied on massed practice, further evidencing the advantages of distributed practice over its' counterpart. So why does this actually work? According to researchers Chamundeswari and Kumari (2015) one of the reasons that there is a correlation between achievement motivation, study habits, and student performance is due to the fact that much a student's academic motivation is also related to their study habits. The better one's study habits are, the more they will be motivated towards academic achievement.

So, if this is the case, then how do we foster better study habits? One of the many ways is to engage one's self in a better day to day schedule which involves distributed learning. Let's say a student can start by reviewing for thirty minutes a day and once that student gets more used to the change in schedule, move on to an hour a day of study. Additionally, it would be best to put away any gadgets that may serve as a distraction whilst studying, or make use of a smartphone app which sets

the phone on a timer and prevents one from easily accessing their phone. Self-control is definitely of the essence here if one wants to see marked improvement in their study skills, as well as practice of the said study habits. Interestingly enough, it has also been discussed that reflective thinking, as well as open discussion of course related materials, and course-related writing activities which aims to enhance mastery of the subject are some of the many facets which are included in Activated Instruction, which is an alternative method of teaching which focuses on learning-by-writing experiences. (Lonka and Ahola, 1995). This may be an in-classroom related factor which can influence how a student actually studies, impacting the effectiveness of their study habits.

In conclusion, although there may be some actions to be taken by classroom instructors in order to foster more effective studying strategies, whether or not a student will study is still up to them. Motivation is fostered by good study skills and good study skills are embedded into a student by constant and deliberate practice as well as dedication.

CAREER AND PLACEMENT SERVICES

By MARANNIEL G. ABARINTOS

Choosing a career can place a lot of pressure on young people and all at a time when they are trying to study. A good strategy to reduce the stress of choosing a career pathway is to focus on the "process" of selecting a career rather than your actual choice. In other words, put your energy into researching your options. There are thousands of career options out

there as well as practical steps to take to figure out what you might be suited for.

Research shows that majority of the graduates will have three to five careers during their working life so there is no need to worry about making a wrong choice that you have to live with forever. A young person's first choice will rarely be their last.

Being a good fit for a job is not just about academic or technical ability. You also need to have the right personality type, learning preferences and enjoy the type of environment that goes with the job.

Explore more about your potentials, visit the Guidance and Placement Office and talk to your counselor.

THE
RES;L;ENCY
PROJECT

Prof. Annabelle M. Guzman
Senior Adviser

Mr. Adrian M. Chavez, RGC
Advisory Board

Ms. Raven DM. Dilapdilap, Rpm
Advisory Board

Ms. Rose Ann B. Fortin, Rpm
Advisory Board

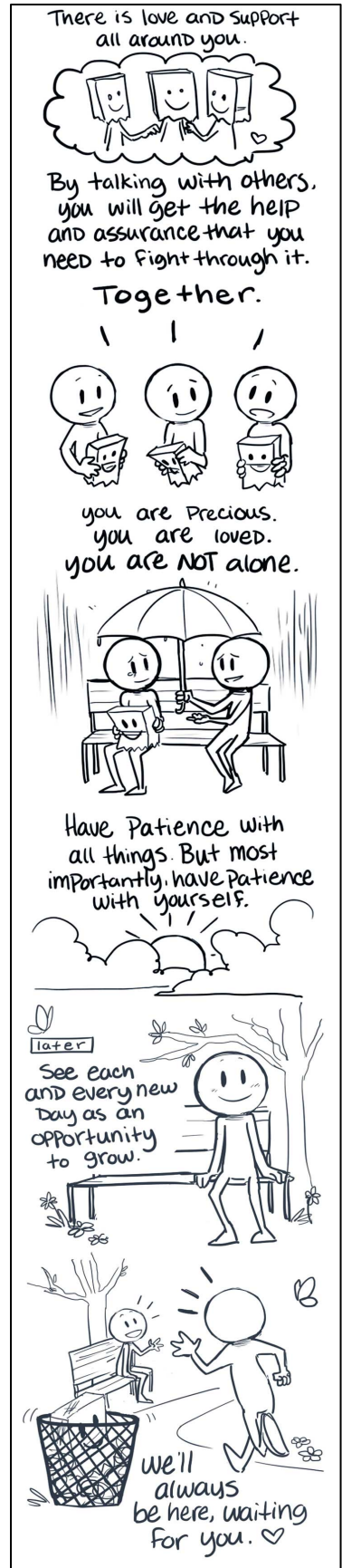
Mr. Maranniel G. Abarintos
Contributor

Mr. Tristan Stafford R. Ross
Contributor

Ms. Bella Donna P. Blanco, Rpm
Contributor

The Truth About Depression

by Colleen Butters



Mental Health Resources

SUPPORT GROUPS

Anxiety and Depression Support Philippines	–	fb.com/groups/ADSphil or fb.com/ADSpag
Mental Health support by Kylie Versoza	–	fb.com/groups/MHSupportGroupbyKylie
Schizophrenia and Bipolar Philippines	–	fb.com/SchizophreniaAndBipolarSupportPhilippines/
Social Anxiety Support Philippines	–	fb.com/pageSASP
Boxless Society (by Sining Kamalig)	–	fb.com/SiningKamaligArtGallery'
Buhay Community	–	fb.com/buhayph
Psychoeduc8 Philippines	–	fb.com/groups/psychoeduc8

HOTLINES

Hopeline	–	(02) 804 4673 or 0917-558-467 or 2919 for Globe & TM
Lifeline Rescue	–	(02) 839 2520 to 30
Crisis Line	–	(02) 839 7603 or 0917-800-1123 or 0922-893-8944
Living Free Foundation	–	0917-322-7807
Boxless Society (by Sining Kamalig)	–	fb.com/SiningKamaligArtGallery
Buhay Community	–	fb.com/buhayph
Psychoeduc8 Philippines	–	fb.com/groups/psychoeduc8

CLINICS WITH FREE CONSULTATION

UST GRADUATE SCHOOL PSYCHOTRAUMA CLINIC	-	(02) 406-1611 local 4012
España Blvd., Sampaloc, Manila		ustgsptc@yahoo.com
ATENEO CENTER FOR FAMILY	-	(02) 426-4289 up to 92
MINISTRIES FOUNDATION (CEFAM)		
Katipunan Ave., Quezon City (donation basis)		
AMANG RODRIGUEZ MEMORIAL MEDICAL CENTER	-	(02) 941-6289
Sumulong Highway, Sto. Niño Marikina		
PHILIPPINE GENERAL HOSPITAL	-	(02) 554-8400 loc. 2436 or 2440
Taft Ave., Ermita Brgy. 670 Zone 72, Manila		(02) 554-88470, (02) 526-0150

CHECK-UPS UNDER 500PHP

National Center for Mental Health	-	(02) 531-9001 or 0949-143-6425
QC General Hospital	-	(02) 426-1314
UERM Department of Psychiatry	-	(02) 715 0861 local 362
Center for Family Ministries	-	(02) 426 4289