



"Tatak Visayanian: Lig-on Nga Visayanian": The Mental Health and Wellness Initiatives of the University of the Visayas

The "**Tatak Visayanian: Lig-on nga Visayanian**" program of the University of the Visayas through Student Affairs and Services Center advances the SDG 3.3.5 by institutionalizing mental health promotion, resilience-building, and stigma reduction. This initiative commits university resources, student engagement, and psychosocial support systems to strengthen mental well-being within the UV academic community. Anchored on the message #YouAreNotAlone and the advocacy "Don't Just Survive – Thrive," the program promotes early help-seeking behavior, emotional resilience, and inclusive support mechanisms. This ensures that mental health is integrated into student life through awareness activities, access to guidance and counselling services, and safe spaces for dialogue—positioning UV as an active academic institution in advancing preventive mental healthcare, emotional well-being, and community resilience in support of national and global public health priorities.

HEART Component	SDG Pillars Alignment	Goals	Description	Impact Metrics
Health Services	Stewardship	Promote mental health awareness and provide direct, accessible support to empower students to "Thrive."	Guidance & Counseling Services Program: Includes intake/exit interviews, follow-up, and referral system. Reduces stigma and encourages help-seeking.	7,049 students availed of Guidance and Counseling services;
Experiential Learning	Teaching	Embed practical coping skills and critical awareness (resilience, rights, digital balance) into student life and learning.	Mental Health and Wellness Seminars: <i>Rising Strong</i> Harnessing Resilience for Women Empowerment and Leadership <i>Reconnecting With Self</i> and People in the Digital Age Balance fostering strength, resilience, and unity.	429 attendees across major seminars on mental health
Access & Partnership	Stewardship	Institutionalize mental health support by leveraging internal academic and administrative structures to ensure broad, integrated access across all colleges.	Internal Partnership Structure with Senior Leaders, Deans, Program Coordinators, Faculty and entire UV academic community creating an inclusive, supportive environment	Student utilization of Guidance and Counseling services rose by 133%, from 3,028 in 2023 to 7,049 in 2024, highlighting enhanced access to essential mental health resources.
Research	Research	Generate knowledge and understanding of the criticality of mental health and wellness	Three (3) Published Research Studies directly aligned with SDG 3.	Enhanced understanding of student mental health challenges.
Trust & Sustainability	Stewardship	Institutionalize mental health and well-being as an essential part of student life for long-term commitment.	The "Tatak Visayanian: Lig-on Nga Visayanian" program reflects institutional commitment empowering students to overcome mental health challenges and achieve their full potential.	Attended with 360 students from various colleges, this ensures Long-term mental health support and stigma reduction.

The University of the Visayas, through the Student Affairs and Services (SAS) Center, proactively promotes mental health awareness and provides direct, accessible support to empower students to "Thrive" rather than merely cope. The core service is the Guidance & Counseling Services Program, which offers essential interventions including intake/exit interviews, follow-up, and a referral system. This robust structure, reflecting institutional stewardship, actively works to reduce stigma and encourages help-seeking behavior among the student body. The success of this accessibility is evident in the remarkable increase in utilization: 7,049 students availed of Guidance and Counseling services, demonstrating the program's vital role in providing a safe and reliable space for mental health assistance.



University of the Visayas

The program integrates mental health education directly into student life, aligning with the Teaching Pillar by embedding practical coping skills and critical awareness into the student experience. The delivery vehicle is the Mental Health and Wellness Seminars, which include key events such as *Rising Strong: Harnessing Resilience for Women Empowerment and Leadership* and *Reconnecting With Self and People in the Digital Age Balance*. These seminars serve to enhance practical competence, fostering strength, resilience, and unity—the essence of a "Lig-on nga Visayanian." The impact is quantifiable, with 429 attendees across major mental health seminars, confirming the demand for and successful delivery of timely, relevant resilience training.

The success of Tatak Visayanian hinges on the internal institutional Stewardship that ensures widespread access. The program is not a standalone initiative; it is built upon a solid Internal Partnership Structure involving Senior Leaders, Deans, Program Coordinators, and Faculty. This integrated approach leverages the entire UV academic community to serve as frontline promoters and referrers, effectively institutionalizing mental health support across all colleges. This strong alignment has significantly enhanced accessibility, evidenced by the dramatic rise in student service utilization: student utilization of Guidance and Counseling services rose by 133%, from 3,028 in 2023 to 7,049 in 2024, highlighting the enhanced, system-wide availability of essential mental health resources.

While the program primarily generates internal data, the commitment is reinforced by the University's broader research agenda, exemplified by Three (3) Published Research Studies directly aligned with SDG 3. These studies provide the empirical and theoretical context for the enhanced understanding of student mental health challenges and the relevance of mental health support mechanisms contributing to evidence-based practice.

The launch of Tatak Visayanian represents a major University-initiated launch attended by 360 students, signaling a foundational and long-term commitment under the Stewardship Pillar. By institutionalizing mental health and well-being as an essential part of student life, the University fosters trust and ensures sustainability. The goal is to continuously empower students to overcome mental health challenges and achieve their full potential. This sustained commitment establishes UV as a reliable source of support, promoting the long-term continuity of comprehensive mental health support and actively working toward stigma reduction among the Visayanian community.

Collectively, these components demonstrate the University of the Visayas' commitment to advancing student well-being through a systemic, integrated, and research-informed approach that makes mental health support accessible, normalized, and central to the "Lig-on nga Visayanian" student identity.

Evidence	Links
Summary List of Guidance Services Availment	Attached
Activity Reports/Photos	Attached



**SUMMARY OF GUIDANCE RELATED SERVICES
YEAR 2024**

Service Category	1st SEM 2023-2024	1st SEM 2024-2025	Change
Orientation & Information Services	7	29	+22
Testing Service	2,261	3,668	+1,407
Intake Interview	2,583	3,552	+969
Counseling Services	13	3,377	+3,364
Referral Service	6	7	+1
Follow-Up Service	1	8	+7
Exit Interview	422	105	-317

TATAK VISAYANIAN LIG-ON NGA VISAYANIAN



GRAND LAUNCHING

October 11, 2024
Inday Teresing Auditorium

I. ACTIVITY

Name of Activity: Tatak Visayanian: Lig-On nga Visayanian Grand Launching

Date : October 11, 2024

Time : 8:00 am – 9:30 am

I. RATIONALE

The "Tatak Visayanian: Lig-on nga Visayanian Grand Launching" is a mental health program initiated by the University of the Visayanian, aiming to promote mental health awareness and well-being within the university community. In response to the increasing need for mental health support, this program emphasizes the importance of mental resilience and seeks to create an inclusive, supportive environment for all students.

The event's theme, "Lig-on nga Visayanian," translates to "Strong Visayanian," symbolizing strength, resilience, and unity. The program aims to foster an atmosphere where students can openly talk about mental health, access resources, and support each other. It is anchored in the powerful message of the hashtag **#YouAreNotAlone**, encouraging individuals to seek help without fear or shame.

The program will also feature the empowering quote **"Don't Just Survive – Thrive"** as a reminder that mental health is not just about coping but thriving in all aspects of life. This initiative, organized by the Student Affairs and Services (SAS), strives to reduce stigma surrounding mental health and promote well-being as an essential part of student life. It aims to provide resources, open conversations, and practical support systems that empower students to overcome mental health challenges and achieve their full potential.

II. OBJECTIVES

1. **Promote Mental Health Awareness:** Raise awareness about mental health issues and provide information on resources available for support within the university community.
2. **Encourage Open Conversations:** Create a safe space for students to discuss mental health openly, reducing stigma and fostering a culture of support and understanding.
3. **Empower Student Resilience:** Inspire students to focus on thriving, not just surviving, by promoting mental well-being, coping strategies, and emotional resilience.

III. PROPONENTS

The Student Affairs and Services Center of the University of the Visayanian is the main proponent of the "Tatak Visayanian: Lig-on nga Visayanian Grand Launching." They committed to supporting students' holistic development by addressing not only their academic needs but also their emotional and psychological well-being. Through this mental health program, SAS aims to raise awareness, reduce stigma, and foster an inclusive environment where students can access support and resources. The initiative aligns with SAS's mission to empower students to thrive by promoting mental resilience, encouraging open conversations about mental health, and creating a campus culture where every student feels supported and valued.

V. RECIPIENT/ BENEFICIARIES

A. Students from all Colleges.

The Student Affairs and Services Center invited a minimum of 50 participants each department and employees to attend the event.

Participating colleges were the following:

College of Engineering Technology, and Architecture

College of Education

College of Criminal Justice Education

College of Arts and Sciences

College of Allied Health Sciences

College of Business Administration

College of Maritime Education

VI. METHODS/ STRATEGIES

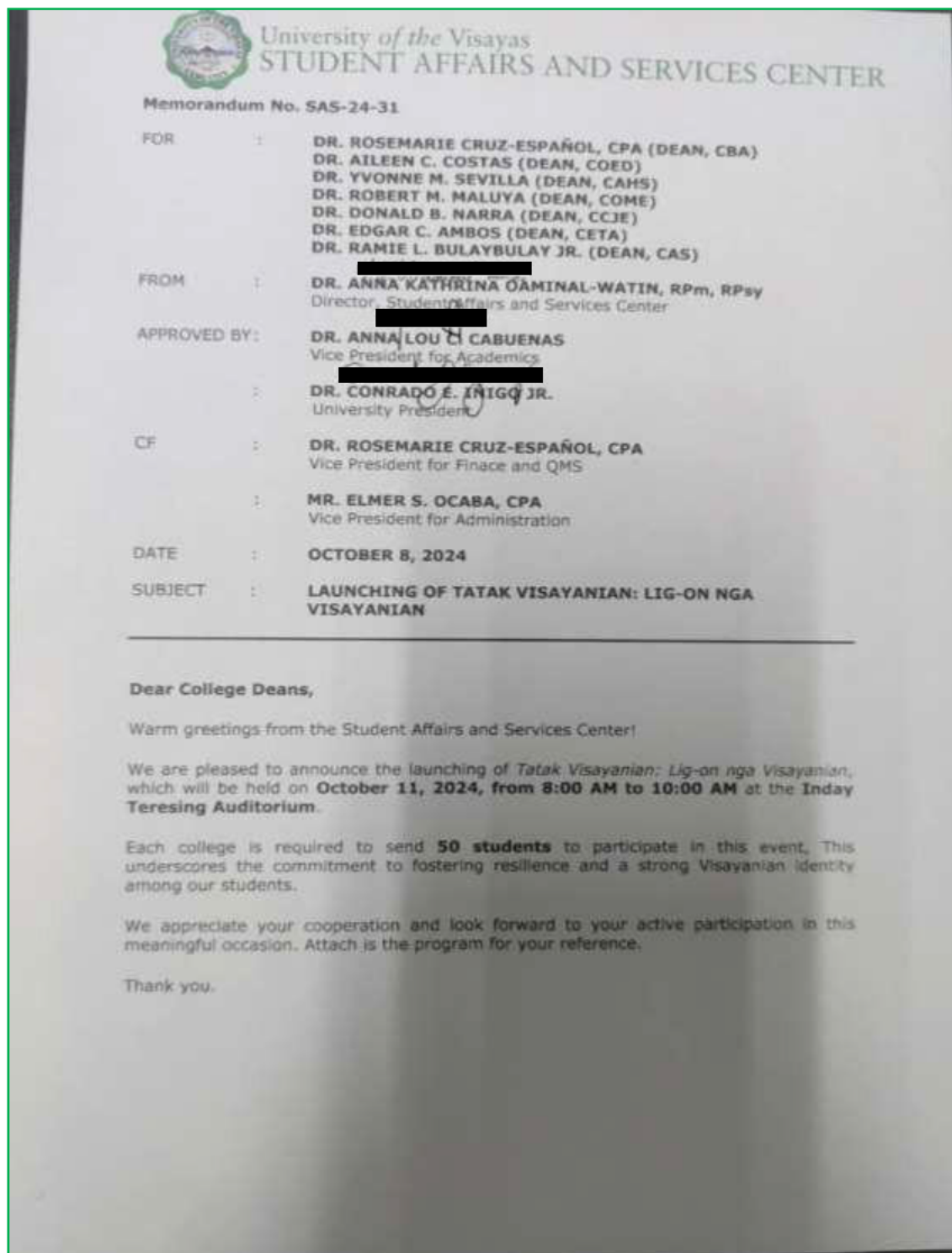
1. Preparation of the activities for Tatak Visayanian: Lig-on nga Visayanian
2. Formulation of Project Management Framework
3. Preparation of the posters and infographics for the event

4. Routing of PMF
5. Coordination with the heads of offices and college departments
6. Coordination with other offices such as TVP, FMD, and Custodian.

VII. ACTIVITY PROPER

- **Pre-Implementation Phase**

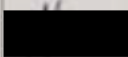
a.) Memo disseminated to the deans of colleges regarding the event:



b.) Project Management Framework submitted for the event



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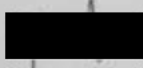
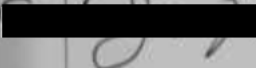
UNIVERSITY OF THE VISAYAS Project Management Framework																							
Name of College/Department: Student Affairs and Services Center																							
Name of Project/Activity		TATAK VISAYANIAN: LIG-ON NGA VISAYANIAN PROGRAM																					
Project Team Leader		Dr. Anna Kathrina Oaminal-Watin, RPsy, Rpm Director, Student Affairs and Services Center						Signature 		Date Sept 24, 2024													
Project Objectives: - According to CMO No. 9 Series of 2013 under the Article III Section 8; 8.3 promote access to quality, relevant, efficient and effective student affairs and services; 8.4 support student development and welfare																							
Target Date of Completion				March 21, 2025																			
Specific Mission Statement Deployment - Build and embrace a sustainable research culture among students, faculty and non-teaching staff in support of its academic programs and community extension thrust - Capacitate a community guided by the university extension program and be a catalyst for social transformation - Develop a community of god-centered, nationalistic, and globally competitive professionals with pro-active values and attitudes.																							
Specific UV Core Values Integration / Description: Empathy, Service and Respect. The "Tatak Visayanian: Lig-on Visayanian Program" initiative aims to foster resilience among students by embodying the university's core values of empathy, service, and respect. This program encourages students to support one another, cultivate empathy, and practice mutual respect, creating a stronger, more connected community.																							
Tasks/Activities		Responsible Person/s		MONTH																			
				Sept.				Oct.				Nov.				Feb.				March			
				2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	
Pre-Implementation Phase:																							
Preparation of the Tatak Visayanian Grand Launching (September 12, 2024)		SASC																					
Formulation of PMF (September 18, 2024)		Guidance Associates																					
Preparation for the Infographics (September 19, 2024)		Ms. Concepcion Batiller (Guidance Associates)																					
Routing of PMF (September 25, 2024)		Guidance Associates																					



March 19 November 15
December 5-6



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Approvals			
Recommending Approval	MR. ELMER OCABA <i>Vice-President for Administration</i>	 Signature	10/02/24 Date
	DR. ANNA LOU C. CABUENAS, LPT <i>Vice-President for Academics</i>	 Signature	10/1/24 Date
	DR. ROSEMARIE CRUZ – ESPAÑOL, CPA <i>Vice-President for Finance and QMS Officer</i>	 Signature	10/7/24 Date
Approved by	DR. CONRADO E. IÑIGO, JR. <i>President</i>	 Signature	10.8.24 Date



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Proposed Budget
Expenses Breakdown

Name of Activity	Purpose/Expenses	Duration of use	Amount
Tatak Visayanian: Lig-on nga Visayanian Grand Launching			
	Mental Health Posters (For posting in the different parts of the building)		₱ 4,000
	Video Competition Prizes 1 st -3 rd Prizes		₱ 2,200
Psychological Wellbeing Series			
	Token for Resource Speaker	For 6 days	₱ 6,000
	Seminar Materials (Ballpen & Paper)		₱ 5,000
Race Against Suicide Seminar			
	Token for Resource Speaker	2 sessions	₱ 5,000
	Prizes		₱ 1,000
2-Day PFA Workshop			
	Token for Resource Speaker	2 Days	₱ 10,000
	Prizes		₱ 1,500
	Snacks for Resource Speaker and Senior Leaders/Student Leaders		₱ 3,000
4-Day Peer Facilitator's Training (50 person)			
	Token for Resource Speakers	4 Days	₱ 10,000
	Morning and Afternoon Snacks	4 Days	₱ 20,000
	Certificates		₱ 2,500

- **Implementation Phase**



**The speaker , Dr. Anna Kathrina Oaminal-Watin, RPsy introducing the topic on Tatak Visayanian: Lig-on nga Visayanian.*



**University President, Dr. Conrado E. Iñigo Jr., talks about the importance of Sustainable Development Goals in correlation to mental health.*



Summary:

The *Tatak Visayanian: Lig-on Nga Visayanian* grand launching took place on October 11, 2024, at the Inday Teresing Auditorium. The event opened with a promotional video that included the University Prayer, National Anthem, and the UV Vision, Mission, Goals, and Objectives (VMGO) presented through an audiovisual presentation. Dr. Conrado E. Iñigo Jr., the University President, followed with a warm welcome message, setting a positive tone for the occasion.

Dr. Anna Kathrina Oaminal-Watin, SASC Director, delivered the main presentation on the theme *Lig-on Nga Visayanian*, which translates to "Strength of the Visayanian." Her talk highlighted the resilience and unique identity of the Visayanian community, inspiring unity and pride among attendees. This was followed by a series of talks centered around mental wellness and physical wellbeing. Mr. Mark Anthony Riuz, the HR Learning and Development Director, discussed mental wellness programs available through the university, underscoring their importance for students and staff. (Ret.) Lt. Col. Shirley Montalban, an experienced psychologist and SSD Director, provided a session on mental health crisis intervention, offering valuable strategies for addressing mental health challenges. Then, Dr. Remedios Y. Bacasmas, the University Physician, spoke on the importance of physical health and wellbeing, completing a comprehensive overview of wellness in the university setting.

To close the program, Mr. Vince Lucero, a Board of Trustees member and SASC Guidance Associate, delivered heartfelt closing remarks. The event concluded with the Green and White March, symbolizing school pride and unity. Ms. Imee Arriesgado from SASC emceed the event, ensuring its smooth flow. The grand launch successfully reinforced the strength of the Visayanian identity while promoting a commitment to mental and physical wellness across the university community.

- **Post-Implementation Phase**

 University of the Visayas STUDENT AFFAIRS AND SERVICES CENTER TATAK VISAYANIAN : LIG-ON NGA VISAYANIAN LAUNCHING			
College of Criminal Justice			
	Name	Department	Signature
1	ABIGAIL, ALTHEA	CCJE BS CRIMAL	
2	ESTRERA, EDGAR ORG.	CCJE BS CRIM A1	
3	ALWOLA, JON FORO L.	CCJE BS CRIM A1	
4	BARAZON, RYMAST C.	CCJE BS CRIM A1	
5	SAMEON, R. J. C.	CCJE BS CRIM A1	
6	FUENTES, JUSTIN ALEIN T.	BS CRIM 2 (CCJE)	
7	LAPAZ, ELYSE PHER Q.	BS CRIM A1	
8	ARONG, FARRAN E.	BS CRIM A1	
9	QUIA-OT, NANNY GRACE	BS CRIM A1	
10	PABLAN, JUNAAMIL	BS CRIM A1	
11	MACASERO, MAY	BS CRIM A1	
12	SATO, JOHN CLEFFORD R.	BS CRIM A1	
13	ROSARIO, JONATHAN G.	BS CRIM A1	
14	LEGASPI, JUANITO ROLFE L.	BS CRIM A1	
15	ABRIL, DHRUW E.	BS CRIM A1	
16	LOPES, CLAYTON E.	BS CRIM A1	
17	PEPITO, REX M.	BS CRIM A1	
18	Jimor, Sunbi	BS CRIM A1	
19	Adolfo, Jermel	BS CRIM A1	
20	MERCADER, JESSIE G.	BS CRIM A1	
21	DELICADO, CHRISTIAN JAM	BS CRIM A1	
22	GULBE, ROSTUM	BS CRIM A1	
23	Rodriguez, Neil C.	BS CRIM A1	
24	GOMEZ, JOHN DAVID	BS CRIM A1	
25	AMOR, JOHN LLOYD A.	BS CRIM A1	
26	Molina-RO, Emmanuel Christian Rey L.	BS CRIM A1	
27	Dabuco, Rodolfo E.	BS CRIM A1	
28	MANCADO, JOHN MARK	BS CRIM A1	
29	Carate, Lissy B.	BS CRIM A1	
30	DAYAP, NINO D.	BS CRIM A1	



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TATAK VISAYANIAN : LIG-ON NGA VISAYANIAN LAUNCHING

College of Business Administration

	Name	Course	Signature
1	Solomon, Bonaparte	BSED - MSEW	[Signature]
2	Maunula, Ohea Bryant	BSED - HEAT - A1	[Signature]
3	PERERA, JERELINE D.	BSED - HEAT - A1	[Signature]
4	Joseph, Joseph D.	BSED - HEAT - A1	[Signature]
5	Geoffrey, M. Ong	BSED - HEAT - A1	[Signature]
6	John Marlene Montalbo	BSED - HEAT - A1	[Signature]
7	Rector, C. Sabandal	BSED - HEAT - A1	[Signature]
8	Zoe Jane Nadeja	BSED - HEAT - A1	[Signature]
9	Abellano, Mikhaela A.	BSED - HEAT - A1	[Signature]
10	TERRO, JASIANDE A.	BSED - HEAT - A1	[Signature]
11	JANICE, JONIS ANN	BSED - HEAT - A1	[Signature]
12	CRUZ, JUAN DEL	BSED - HEAT - A1	[Signature]
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TATAK VISAYANIAN : LIG-ON NGA VISAYANIAN LAUNCHING

College of Allied Health Sciences

	Name	Department	Signature
1	Earl Aaron John P. Buyoc	CAHS BSN1-A6	[Signature]
2	Roshiedah T. Angkaya	CAHS BSN1-A6	[Signature]
3	Javier James M. Dalang	CAHS BIN1-A1	[Signature]
4	Ermil A. Bogos	CAHS BSN1-A3	[Signature]
5	Ponciano J. Contay III	CAHS - BSN1-A3	[Signature]
6	Kristel Marie C. Turceno	CAHS - BSN1-A3	[Signature]
7	Stephanie Fuentes	CAHS - BSN1-A3	[Signature]
8	Scotty Dennis Belgern	CAHS - BSN1-A3	[Signature]
9	Janine Bascon	CAHS - BSN1-A3	[Signature]
10	Jane Rose S. Springs	CAHS - BSN1-A3	[Signature]
11	Arlinda Jane A. Abao	CAHS - BSN1-A3	[Signature]
12	Venice Shantel E. Navale	CAHS - BSN1-A3	[Signature]
13	Johnel A. Polanco	CAHS - BSN1-A3	[Signature]
14	Angelica B. Dacalos	CAHS - BSN1-A3	[Signature]
15	Shawn James Panucan	CAHS - BSN1-A3	[Signature]
16	Nathalie Elaine Perez	CAHS - BSN1-A3	[Signature]
17	Go, Donayon P.	CAHS - BSN1-A3	[Signature]
18	Patricio, Jessica Elaine H.	CAHS - BSN1-A3	[Signature]
19	Princess, Chanel J.	CAHS - BSN1-A3	[Signature]
20	Caran, Wiljean Mea B.	CAHS - BSN1-A3	[Signature]
21	[Signature]	CAHS - BSN1-A3	[Signature]
22	[Signature]	CAHS - BSN1-A3	[Signature]
23	JORAN ROJIC S. BANGGOT	CAHS - BSN1-A6	[Signature]
24	Enedil Aileen Buctan	CAHS BIN1-A6	[Signature]
25	Enedil Jessica J. Lacey	CAHS BIN1-A6	[Signature]
26	Mario Cesarador Xing P. Capillas	CAHS BSN1-A6	[Signature]
27	Tracy Ann Almagudo	CAHS BSN1-A6	[Signature]
28	[Signature]	CAHS BSN1-A6	[Signature]
29	[Signature]	CAHS BSN1-A6	[Signature]
30	Vera Riel Tampay	CAHS BSN1-A6	[Signature]



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STUDENT AFFAIRS AND SERVICES CENTER

TATAK VISAYANIAN : LIG-ON NGA VISAYANIAN LAUNCHING

College of Maritime Education

	Name	Course	Signature
1	ANDALES, JUNE ANTHONY C.	BSMT	[Signature]
2	BOCA, JOHN CARLO N.	BSMT	[Signature]
3	TACOTARI, ROYAL L.	BSMT	[Signature]
4	GERALDINO, GLOBERT	BSMT	[Signature]
5	BASLAG, JOHN PAUL	BSMT	[Signature]
6	MAHARON, RICHIE H.	BSMT	[Signature]
7	BOGOGGA, KIMBERLY F.	BSMT	[Signature]
8	COSEMERIA, NATHAN A.	BSMT	[Signature]
9	VIVARES, PRINCES DIANE C.	BSMT-1	[Signature]
10	BOHADOR, JOSEPH C.	BSMT-1	[Signature]
11	ENTERA, LHERNAN JUNE B.	BSMT-1	[Signature]
12	LABOR, JHONEL C.	BSMT-1	[Signature]
13	SALVADO, ERICSON	BSMT-1	[Signature]
14	AGUIRRE, MA. JACQUELYN	BSMT-1	[Signature]
15	QUIMADA, KIM	BSMT-1	[Signature]
16	TALISAYAN, JERIN	BSMT-1	[Signature]
17	BUNAGIN, JEROME T.	BSMT-1	[Signature]
18	PAAGAS, KENNETH BRENNAN A.	BSMT-1	[Signature]
19	TALISAY, JOHN PAUL B.	BSMAR-E	[Signature]
20	CAMACHO, JEFFREY F.	BSMAR-E 1	[Signature]
21	LIGAY, VERNZ KYLE	BSMAR-E 1	[Signature]
22	TALAYAN, HARVEY A.	BSMAR-E A1	[Signature]
23	TAGSIP, JONATHAN O.	BSMAR-E A1	[Signature]
24	BANDON, LUKE JONAS P.	BSMAR-E A1	[Signature]
25	ALCOY, JOHN ANTHONY E.	BSMAR-E A1	[Signature]
26	CHAVEZ, CLAUDIO E.	BSMAR-E A1	[Signature]
27	MACAPALA, WILFRED Y.	BSMAR-E A1	[Signature]
28	CHAMAN, ANNE CLIFFY Y. SN.	BSMAR-E 2	[Signature]
29	MANUEL, ROYCE F. SN.	BSMAR-E 2	[Signature]
30	MATILAS, JAMES JUSTINE B. SN.	BSMAR-E 2	[Signature]

Prepared by:

[REDACTED]

CONCEPCION P. BATILLER

Guidance Associate, CCJE

Noted by:

[REDACTED]

DR. ANNA KATHRINA OAMINAL-WATIN

Director, Student Affairs & Services Center

RISING STRONG:

Harnessing Resilience for Women's Empowerment and Leadership



MARCH 1, 2024

UV-GYMNASIUM 9:00AM-12:00NN

Name of Activity: Rising Strong: Harnessing Resilience for Women's
Empowerment and Leadership

Date : March 1, 2024

Time : 9:00 AM – 12:00 NN

I. RATIONALE

The "Rising Strong: Harnessing Resilience for Women's Empowerment and Leadership" seminar addresses the challenges faced by women in many aspects of their lives, particularly in leadership and empowerment.

In line with the National Women's Month, the seminar empowers the women of the Visayanian community to bounce back from setbacks, learn from experiences, and cultivate the strength needed for leadership roles. It fosters a supportive environment where women are encouraged to embrace their strengths and capabilities, ultimately inspiring them to rise above any adversity.

By bringing together Visayanians, "Rising Strong" hopes to contribute to a culture of empowerment and leadership. This, in turn, paves the way for greater gender equality and inclusivity not only within the institution but also in the society.

II. Objectives

1. To empower women within the Visayanian community by providing them with the tools and strategies to cultivate resilience.
2. To create a supportive environment that encourages women to recognize and embrace their strengths and capabilities.
3. To contribute to a larger cultural shift towards empowerment and leadership. This objective aligns with the broader goal of promoting gender equality and inclusivity, not only within the institution but also within the broader society.

III. PROPONENTS

The Student Affairs and Services Center along with the Supreme Student Council proposed the facilitation of Rising Strong: Harnessing Resilience for Women's Empowerment and Leadership. This activity was bound by the UV Core Values of Leadership and Achievement as it encourages student, especially women to actively participate leadership roles in and out of the university.

V. RECIPIENT/ BENEFICIARIES

A. Students from all Colleges.

The Student Affairs and Services Center invited a minimum of 50 participants each department to attend the event. Participating colleges were the following:

College of Engineering Technology, and Architecture

College of Education

College of Criminal Justice Education

College of Arts and Sciences

College of Allied Health Sciences

College of Business Administration

College of Maritime Education

VI.METHODS/ STRATEGIES

1. Preparation of the activities for wellness and development
2. Formulation of Project Management Framework
3. Preparation of the posters and infographics for the event
4. Routing of PMF
5. Coordination with the heads of offices and college departments
6. Coordination with other offices such as TVP, FMD, and Custodian.

VII.ACTIVITY PROPER

- **Pre-Implementation Phase**

a.) Memo disseminated to the deans of colleges regarding the event:



University of the Visayas
STUDENT AFFAIRS AND SERVICES CENTER

February 28, 2024

For: College Deans, Heads of Offices, Program Coordinators, Faculty Members, and Students

From: Student Affairs and Services Center

RE: **RISING STRONG: Harnessing Resilience for Women's Empowerment and Leadership**

Memo #: SAS-AY-23-24 NO. 12

Dear Esteemed Members of the University Community,

Warm greetings from the Student Affairs and Services Center!

We are excited to announce an upcoming seminar scheduled for March 1, 2024, from 9:00 AM to 12:00 NN at the UV Main Gymnasium. The seminar will focus on the theme "**Rising Strong: Harnessing Resilience for Women's Empowerment and Leadership.**"

In line with the celebration of the National Women's Month, this seminar aims to inspire and empower women in our community by equipping them with knowledge to cultivate resilience and excel in leadership roles. Through insightful discussions and practical strategies, participants will gain valuable insights into personal and professional development.

We kindly request your assistance in disseminating this information to your respective departments to ensure that all UV students and employees are aware of this valuable opportunity. Your support in encouraging attendance and participation would be greatly appreciated.

Thank you for your cooperation, and we look forward to seeing you at the seminar.

Best Regards,


MS. KATRINA SIENA REYES, Rpm
Coordinator, Student Development Services


DR. ANNA KATHRINA OAMINAL-WATIN, RPsy
Director, Student Affairs and Services Center

Approved by:


DR. ANNA LOUISE C. CABUENAS, LPT
Vice President, Academic Affairs

b.) Project Management Framework submitted for the event

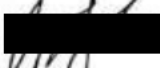


University of the Visayas
STUDENT AFFAIRS AND SERVICES CENTER

UNIVERSITY OF THE VISAYAS

Project Management
Framework

Name of College/Department:

Name of Project/Activity	Student Wellness and Development Activities		
Project Team Leader:	Ms. Katrina Siena Reyes Psychometrician	Signature 	Date 2/13/2024
Project Team Members:	Ms. Ricky Mae Boniao Student Welfare Coordinator		2/12/24
	Ms. Concepcion Batiller Student Development Coordinator		2/13/2024
	Ms. Christine Joy Ochavez Guidance Associate		2/13/2024
	Ms. Eunice Gecera Guidance Associate		2/13/24
	Ms. Imee Arriesgado Student Organization Coordinator		2/13/2024
	Mr. Isiah Jan Henry Opeña Prefect of Discipline		2/13/24
	Mr. Ken McWattie Guidance Associate		2/13/24
Project Objectives:			
• Enhance physical and mental well-being of UV students • Increase student engagement in personal and professional development • Foster a vibrant and inclusive campus community			



University of the Visayas STUDENT AFFAIRS AND SERVICES CENTER

Target Date of Completion		March 1, 2024 – May 03, 2024																
Specific Mission Statement Deployment																		
- Develop the talents and potentials of students toward the practice of professions to be responsive to the changing local and global industry requirements - Develop a community of God-centered, nationalistic, and globally competitive professionals with proactive values and attitudes.																		
Specific UV Core Values Integration / Description																		
Leadership and Achievement. These activities are geared toward honing the leadership skills of the student leaders by actively involving them, and helping participants achieve both their personal and academic goals through adequate provisions of relevant seminars and /or workshops.																		
Tasks/Activities	Responsible Person/s	MONTH																
		Jan	Feb				Mar	Apr				May						
		Week																
Pre- Implementation Phase		4	5	1	2	3	4	5	1	2	3	4	1	2	3	4	5	1
Preparation of the activities for wellness and development (January 22, 2024)	Ms. Katrina Siena Reyes Psychometrician																	
Formulation of PMF (January 29, 2024)	Ms. Katrina Siena Reyes Psychometrician Ms. Ricky Mae Boniao Student Welfare Coordinator																	
Preparation for the Infographics	Ms. Concepcion Batiller																	

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University of the Visayas
STUDENT AFFAIRS AND SERVICES CENTER

Comprehensive Intervention Series: How to Improve your Math and Science Skills- It's not rocket science! (April 26,2024) The How's of Job Preparation (May 3, 2024)	GRADUATE SCHOOL OF EDUCATION SPEAKER (participants decided from entrance test results) GUIDANCE ASSOCIATES	
Post – Implementation		
Evaluation of the activity (March 1 – May 3, 2024)	Ms. Imee Arriesgado Student Organization Coordinator	
Monitoring Outcomes (March 1 – May 3, 2024)	Ms. Eunice Gecera Guidance Associate	
Planning for Improvement and Future Activities. (May 3, 2024)	Mr. Isiah Jan Henry Opeña Prefect of Discipline Mr. Ken McWattie Guidance Associate	
BUDGET PROPOSAL:		
(NAME OF MATERIALS)	PRICE	
1. Comprehensive Intervention Series 1-4 – Snacks and Honorarium 2. Anti-Sexual Harassment Seminar – Snacks and Honorarium 3. Anti-Hazing & Anti-Bullying Law Seminar – Snacks and Honorarium 4. VAWC & Anti-Bastos Law– Snacks and Honorarium 5. Resilience and How's of Job Preparation	P8,000 (P 2,000 each session) P3,500 P3,500 P3,500 P2,000	
TOTAL: 20,500	P 20,500	



University of the Visayas
STUDENT AFFAIRS AND SERVICES CENTER

Approval		Signature	Date
Recommended by:	DR. ANNA KATHRINA OAMINAL-WATIN SASC Director		Feb 13, 2024
Recommending approval:	DR. ANNA LOU C. CABUENAS, LPT Chief Academic Officer		Feb-14-2024
	DR. ROSEMARIE CRUZ-ESPAÑOL, CPA Chief Administrative and Finance Officer		2/21/24
Approved by:	DR. CONRADO E. IÑIGO JR., DBE, PhDBM University President		2.22.24

- **Implementation Phase**



The speaker , Dr. Anna Kathrina Oaminal-Watin, RPsy introducing the topic on women empowerment and resilience.



Dr. Annalou Cabuenas, Vice President for Academic Affairs, graced the event to deliver the welcome remarks.



Mr. Omillio, the SSC President, sharing his thoughts on gender equality.



A student from the College of Maritime Education sharing his thoughts on whether men and women are equal.



Photo opportunity with the speaker Dr. Watin.

Summary:

On March 8, 2024, the UV Gymnasium played host to a half-day seminar arranged by the Student Affairs and Services Center. "Rising Strong: Harnessing Resilience for Women's Empowerment and Leadership" was organized to celebrate National Women's Month and help empower and develop leadership skills in the Visayanian Community.

The program began with a prelude that set the tone for the day at 9:00 AM. Dr. Annalou Cabuenas, LPT, Vice President of Academic Affairs, followed with a warm welcome address to the students. Mr. Mark Anthony Ruiz, HR Training & Development, then introduced the day's objectives, emphasizing the program's dedication to fostering resilience and leadership among women.

The keynote speaker, Dr. Anna Kathrina Oaminal-Watin, OIC Director of the Student Affairs and Services Center (SASC), delivered a substantive discussion on the topic. Women history and Mr. Ken McWattie, Guidance Associate, followed with a refreshing icebreaker that created a dynamic atmosphere and set the stage for the open forum.

The open forum, facilitated by the hosts, Ms. Arriesgado and Mr. Opena, allowed participants to actively engage with the topics at hand. Ms. Concepcion Batillier, Guidance Associate, made a notable announcement on the succeeding SASC activities leading up to the program's conclusion.

The event concluded at noon, with closing remarks delivered by Ms. Katrina Siena Reyes, Coordinator of Student Development. Attendees left feeling inspired and equipped with valuable insights. Sponsored by the Student Affairs and Services Center and the Supreme Student Council, "Rising Strong" stood as a pivotal event dedicated to the growth and empowerment of women in leadership.'

- **Post – Implementation**

a.) *Attendance – The event was attended by approximately 200 participants.*



University of the Visayas
STUDENT AFFAIRS AND SERVICES CENTER

**RIISING STRONG : Harnessing
Resilience for Women's Empowerment
and Leadership
(Attendance Sheet- CAHS)**

Date: March 01, 2024

	Name	Course	Signature
1	NOEL RUENA VERZA L.	BSN	
2	THELMA, DEN. WICKEN A.	BSN	
3	THELMA, DEN. WICKEN A.	BSN	
4	HANSEL, FRANK DEAN G.	BSN	
5	YANIEL, ANN KENTAY D.	BSN	
6	SILVE, MARKIE HUYVON P.	BSN	
7	AMPA, KENNETH AND B.	BSN	
8	GUARDIA, CRISTO OMA	BSN	
9	JOSE, HANSON JESSA M.	BSN	
10	ANTON, JIMMY L.	BSN	
11	MANUEL, JUSTINE ANGELO	BSN	
12	MANUEL, AL HADJENDY LEON	BSN	
13	MANUEL, ALIEN TELUIS	BSN	
14	PAUL, JESSA MAE	BSN	
15	MANUEL, LILIAN	BSN	
16	MANUEL, LOPE L. JR.	BSN	
17	LOPE, MANUEL ALIEN	BSN	
18	SALVADOR, MANUEL CRISTO	BSN	
19	JOSE, JIMMY L.	BSN	
20	MANUEL, LILIAN	BSN	
21	MANUEL, ANGELO EUGENIO	BSN	
22	MANUEL, TULANAN	BSN	
23	AND-DE, CRISTO	BSN	
24	MANUEL, JESSA MAE	BSN	
25	MANUEL, JESSA MAE	BSN	
26	MANUEL, JESSA MAE	BSN	
27	MANUEL, JESSA MAE	BSN	
28	MANUEL, JESSA MAE	BSN	
29	MANUEL, JESSA MAE	BSN	
30	MANUEL, JESSA MAE	BSN	
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University of the Visayas
STUDENT AFFAIRS AND SERVICES CENTER

**RISE STRONG : Harnessing
Resilience for Women's Empowerment
and Leadership
(Attendance Sheet- CAHS)**

Date: March 01, 2024

	Name	Course	Signature
1	Adikuan Victoria A.	BS - Nursing	
2	Gerald Soto	BS - Nursing	
3	Cujardo, Tanika Shayne	BSN	
4	Pulvera, John Albreach	BSN	
5	Capoy, Louie Jale	"	
6	Karniejor, Mechelle	"	
7	Gilert, Brylle	"	
8	Dejito, Ierilyn	"	
9	Barrel, Kristel Jane	"	
10	Imajusta, Ierilyn	"	
11	Sula, Gerald	"	
12	Mopon, Penny Rose	"	
13	Del Cruz, Nicolette	"	
14	Fernandez, Angel Sophia	"	
15	Amorico, Janine	"	
16	Lomocio, Emmanuelle	"	
17	Rigodon, Ashley Cleo	"	
18	Igot, Ceilo	"	
19	Allezar, Angel Mae	"	
20	Puigo, Quinnie Bianca Mhel	"	
21	Aneja, Ruvel	"	
22	Escobano, Jerian	"	
23	Aniban, Cydill Ann	"	
24	Aniban, Michaela Elize	"	
25	Sanchez, Keith Harold	"	
26	Lobitana, Keith Nicolas	"	
27	Pain, John Carl	"	
28	Buena, Britney Faith	"	
29	Rami, Rexia Jean	"	
30	Odal, Odal Cheaney	"	
31	Senoria, Jennel Ruth	"	
32	Vista, Leah	"	
33	Santillon, Princess Stephany	"	
34	Proa, Queenie	"	
35	Niet, Kenneth Melody	"	
36	Calitrico, Jane	"	
37	Quintana, Margaritu	"	
38	Mabulay, Candy D.	"	
39	XXXXXXXXXX		
40	XXXXXXXXXX		
41	Bejarasco, Mariel C.	"	
42	Calal, Rhyl Mel	"	
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University of the Visayas
STUDENT AFFAIRS AND SERVICES CENTER

**RIISING STRONG : Harnessing
Resilience for Women's Empowerment
and Leadership
(Attendance Sheet- CAHS)**

Date: March 01, 2024

	Name	Course	Signature
1	Grant de los Angeles	BSN 1 - A4	
2	Hazel Mae C. Lazaro	BSN 1 - A4	
3	Haiter Shamel B. Gastador	BSN 1 - A4	
4	Jesus Miguel L. Misterio	BSN 1 - A4	
5	Charice Mae P. Post	BSN 1 - A5	
6	KATAMPRA DEMISE T. AUCAS	BSN 1 - A5	
7	Keann Bulagao	BSN 1 - A5	
8	Stella Marie Gonzales	BSN 1 - A5	
9	Jamario Vela	BSN 1 - A4	
10	Jasmine Anne Labajo	BSN 1 - A4	
11	Anadel R. Binalirao	BSN 1 - A4	
12	Sheila M. Castro	BSN 1 - A4	
13	Ench Marie C. Miparam	BSN 1 - A5	
14	Hazel Ann Y. Laitman	BSN 1 - A5	
15	Cara Jhane H. Cavan	BSN 1 - A5	
16	Edgarlic Jr. A. Sanfel	BSN 1 - A6	
17	Melanie R. Lery M. Madani	BSN 1 - A5	
18	Gente, John Eric M.	BSN 2 - A5	
19	Cebuco, Jone Carlo C.	BSN 1 - A5	
20	Gulle, Marie Mervin P. Sr	BSM 1 - A5	
21	Florer, Ann Kenjay	BSN 1 - A5	
22	Asteele Shamuel Dean	BSN 1 - A5	
23	Gentallan, Maria Carmen A.	BSN 1 - A5	
24	Dionela, Gusette J.	BSN 1 - A5	
25	Cutillas, Angel J.	BSN 1 - A5	
26	Padolina, Hanna Faye C.	BSN 1 - A5	
27	Requena, Arnel R.	BSN 1 - A5	
28	Mikhail Pato	BSN 1 - A5	
29	Mananne Gerlic O. Calpelena	BSN 1 - A4	
30	Yori Hapoch T. Nacional	BSN 1 - A4	
31	Rhacir T. Camocano	BSN 1 - A4	
32	Raymond, Angel Jayca S.	BSN 1 - A4	
33	Santillan, Erat Herschel O.	BSN 2 - A4	
34	Woods, ANGEL	BSN 1 - A2	
35	Lee R. Fernandez	BSN 1 - A5	
36	Nova, Katie	BSN 1 - A4	
37	Ordoz, or Rosanne V.	BSN 1 - A4	
38	Deja Cruz, Trix Ann B.	BSN 1 - A5	
39	Janelle Umber Fuen	BSN 1 - A4	
40	Mark Evan Rifon	BSN 1 - A4	
41	Tasha Monique Acem	BSN 1 - A4	
42	Doni Mae Almarado	BSN 1 - A4	
43	Harvi Monique Demanva	BSN 1 - A4	
44	Khyz Labelle Monva	BSN 1 - A4	
45	Maicel C. Bejarado	BSN 1 - A5	
46	Villota, Alera A.	BSN 1 - A4	
47	ABRIN ARTHAY S	BSN 1 - A4	
48	ANDRA, WATK R	BSN 1 - A4	
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University of the Visayas
STUDENT AFFAIRS AND SERVICES CENTER

**RIISING STRONG : Harnessing
Resilience for Women's Empowerment
and Leadership
(Attendance Sheet- CAHS)**

Date: March 01, 2024

	Name	Course	Signature
1	MORBOI, LIMHI MAF	BUNT A-3	
2	YOTTEOI, CHEIKA MARIA		
3	DUYOS, JHIMINE		
4	ELANA, VIANIE A		
5	ADAYONA T. GLEH		
6	MAKULAY, NICOLE		
7	VIOLANNEVA, JEANILYN		
8	HERNANDEZ, GUEN MARY		
9	JAMSON, GRETHERL MAF		
10	LAIRA, CRISTINE ZOF		
11	MAKATAS, CALANDRA		
12	PEREZ, PAUL HENDRICKS		
13	MANTE, ANALOU		
14	AGAM, ARREGUIS		
15	PEL, MAXIANLYN L		
16	FLORES, GALE		
17	DINGLARA, MARIE ELOISA		
18	ALVARINO, KARALIE		
19	CARVATAI, P. VICTORIAANA		
20	PEREZ, KATRINA		
21	BAEL, PRICIA		
22	RUBI, KATRINA		
23	MANGODA, ANGELA MARIE		
24	MICFIONA, ARNEL		
25	VILMON, ERICK		
26	CHEKUYOT, MERLY		
27	CANADA, HYENNA MAYE		
28	ABELLA, ELYDEL		
29	LOOT, RAUDEA		
30	COLANTE, ANTON		
31	DANGCALLO, JUSTIN		
32	MAE DENIEGA, LOPE		
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University of the Visayas
STUDENT AFFAIRS AND SERVICES CENTER

**RISING STRONG : Harnessing
Resilience for Women's Empowerment
and Leadership
(Attendance Sheet- CAHS)**

Date: March 01, 2024

	Name	Course	Signature
1	PRESHO, FERDION JIMENEZ	BSN1 - A2	
2	Belarmino, Jaidie Ann G.	BSN1 - A4	
3	Loria, Rhacelle Grace	BSN1 - A4	
4	Manguito, Marleen	BSN1 - A3	
5	Villanosa, Jeffry	BSN1 - A2	
6	Aniban, Mira Dean	BSN1 - A4	
7	Aniban, Miram Liz	BSN1 - A4	
8	Parlan, Geizabel Mae P.	BSN1 - A4	
9	Ando, Idel Marie E.	BSN1 - A5	
10	Ordo, Richard	BSN1 - A5	
11	Canay, Rochelle	BSN1 - A4	
12	Erdona, Rose Marie	BSN1 - A4	
13	John, Eduardo Dhar	BSN1 - A5	
14	Jordan E. Macapillas	BSN1 - A4	
15	Josie Grace E. Dula	BSN1 - A4	
16	Rose Marie Debalcon	BSN1 - A4	
17	Anene, Diana	BSN1 - A4	
18	Freame, Daphne	BSN1 - A4	
19	Maria Alexandra Duvate	BSN1 - A4	
20	Chaise, Daphne	BSN1 - A4	
21	Katherine, Jhika	BSN1 - A4	
22	Karen, Angela Jhika	BSN1 - A4	
23	Angel, Talva	BSN1 - A4	
24	April, Danday	BSN1 - A4	
25	Shirley, Alordh	BSN1 - A4	
26	Aiza Marie Gallora	BSN1 - A4	
27	Fernandez, Lee R.	BSN1 - A5	
28	ROSALIE MAPAIT	BSN1 - A5	
29	MARIE MAE CRONKURAN	BSN1 - A5	
30	Daphne Duvate	BSN1 - A4	
31	ABRIN ARMAN	BSN1 - A4	
32	Luzada, Rose Simplicia T	BSN1 - A4	
33	Jacaton, Jynk Merigh	BSN1 - A4	
34	Cabrera, Jomar Joseph	BSN1 - A4	
35	Parlan, Aisah Liken Ally	BSN1 - A4	
36	Sanlano, Destiny	BSN1 - A4	
37	Gonzaga, Kristina	BSN1 - A4	
38	Oliver, Lorene	BSN1 - A4	
39	Chloe Ester Ifunang	BSN1 - A4	
40	John Nino A. Tuhacel	BSN1 - A4	
41	Francis Dave Ly Labatrol	BSN1 - A4	
42	Eric Anthony Perez	BSN1 - A4	
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STUDENT AFFAIRS AND SERVICES CENTER

**RISING STRONG : Harnessing
Resilience for Women's Empowerment
and Leadership
(Attendance Sheet- CBA)**

Date: March 01, 2024

	Name	Course	Signature
1	Bonhlan Jonathan Joy	Bs/HH	
2	Aervin Langi	BSTM	
3	ML LLOYD R. SUMAR-141	BSCA	
4	Shiena May I. Ispolice	BSTM	
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**RIISING STRONG : Harnessing
Resilience for Women's Empowerment
and Leadership
(Attendance Sheet- COED)**

Date: March 01, 2024

	Name	Course	Signature
1	OKS, ESTRELLA AN N.	BSED-ENG 1	
2	HERBIELO, FEBY MARIE G.	BSED-ENG 1	
3	BRISO, JEMAYU B.	BSED-ENG 1	
4	Gianan, Juvy R.	BSED-ENG 1	
5	Velasco, Jessa Mae C.	BSED-ENG 1	
6	Pendonillo, Jan Marifghelle B.	BSED-ENG 1	
7	Mondaceda, Mitch E.	BSED-ENG 1	
8	WAROPO, JORIN RIA T.	BSED-ENG 2	
9	Iskay, Villacran	BSED-English 1	
10	Geronimo, Melzon Grace R.	BSED-English 1	
11	FRANCIS, ANN LEON	PSGD-ENGLISH	
12	AUSTRIA, ROSA C.	BSGD-ENGLISH 1	
13	DONABEL TRAGO	BSGD-ENGLISH 1	
14	EUPICE, ANITA	BSGD-ENGLISH 1	
15	Iskay, Jorin C. Yulet	BSGD-ENG 1	
16	GILERA, Tanara	BSGD-ENG 1	
17	Comela H. Comanong	BSGD-ENG 2	
18	Pantanal, Janice H.	BSGD-ENG 2	
19	Aguador, Jessica C.	BSGD-ENG 2	
20	Morales, Nena Carla Rene L.	BSGD-ENG 2	
21	Sabana, Pearl chel Marie P.	BSGD-ENG 2	
22	Onaque, Princesa Jane B.	BSGD-ENG 2	
23	Enson, Cheryl C.	BSGD-ENG 2	
24	Dagpin, Chelsa E.	BSGD-ENG 2	
25	Atanida, Jany Marl	BSGD-ENG 2	
26	Adolfo, Janya B.	BSGD-ENG 2	
27	Mendezar, Hannah	BSGD-ENG 2	
28	Lami, Salimah P.	BSGD-ENG 2	
29	Abdhal, Maria Ailee	BSGD-ENG 2	
30	Alvarado, Flordeliza	BSGD-ENG 2	
31	Baronilla, Terlin G. Linpot	BSGD-ENG 2	
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b.) *Post-statistical Evaluation*

College of Education	E (5)		VS (4)		S (3)		SS (2)		(NS) 1		TOTAL			
Categories	F	Σx	F	Σx	F	Σx	F	Σx	F	Σx	ΣF	ΣFx	WM	DE
Registration Process	11	55	3	12	2	6	0	0	0	0	16	73	4.56	E
Activity Objectives	10	50	2	8	4	12	0	0	0	0	16	70	4.38	E
Infographics	11	55	2	8	3	9	0	0	0	0	16	72	4.50	E
Information Dissemination	12	60	2	8	2	6	0	0	0	0	16	74	4.63	E
Deployment of the program flow	11	55	2	8	2	6	1	2	0	0	16	71	4.44	E
Activities implemented	10	50	3	12	3	9	0	0	0	0	16	71	4.44	E
Materials and facilities used	12	60	2	8	2	6	0	0	0	0	16	74	4.63	E
Facilitators and/or event organizers	13	65	1	4	2	6	0	0	0	0	16	75	4.69	E
Timeliness of the implementation	11	55	2	8	3	9	0	0	0	0	16	72	4.50	E
Overall rating	12	60	2	8	2	6	0	0	0	0	16	74	4.63	E
Total Rating													4.54	E

**College of Education*

College of Allied Health Sciences	E (5)		VS (4)		S (3)		SS (2)		(NS) 1		TOTAL			
Categories	F	Σx	F	Σx	F	Σx	F	Σx	F	Σx	ΣF	ΣFx	WM	DE
Registration Process	44	220	15	60	7	21	4	8	0	0	70	309	4.41	E
Activity Objectives	46	230	17	68	6	18	1	2	0	0	70	318	4.54	E
Infographics	38	190	21	84	8	24	3	6	0	0	70	304	4.34	E
Information Dissemination	46	230	18	72	3	9	3	6	0	0	70	317	4.53	E
Deployment of the program flow	47	235	10	40	11	33	2	4	0	0	70	312	4.46	E
Activities implemented	48	240	12	48	7	21	3	6	0	0	70	315	4.50	E
Materials and facilities used	41	205	14	56	11	33	4	8	0	0	70	302	4.31	E
Facilitators and/or event organizers	47	235	13	52	5	15	5	10	0	0	70	312	4.46	E
Timeliness of the implementation	42	210	11	44	15	45	2	4	0	0	70	303	4.33	E
Overall rating	48	240	8	32	13	39	1	2	0	0	70	313	4.47	E
Total Rating													4.44	E

**College of Allied Health Sciences*

College of Maritime Education	E (5)		VS (4)		S (3)		SS (2)		(NS) 1		TOTAL			
Categories	F	Σx	F	Σx	F	Σx	F	Σx	F	Σx	ΣF	ΣFx	WM	DE
Registration Process	7	35	0	0	0	0	0	0	0	0	7	35	5.00	E
Activity Objectives	7	35	0	0	0	0	0	0	0	0	7	35	5.00	E
Infographics	6	30	1	4	0	0	0	0	0	0	7	34	4.86	E
Information Dissemination	7	35	0	0	0	0	0	0	0	0	7	35	5.00	E
Deployment of the program flow	5	25	2	8	0	0	0	0	0	0	7	33	4.71	E
Activities implemented	5	25	2	8	0	0	0	0	0	0	7	33	4.71	E
Materials and facilities used	4	20	3	12	0	0	0	0	0	0	7	32	4.57	E
Facilitators and/or event organizers	6	30	1	4	0	0	0	0	0	0	7	34	4.86	E
Timeliness of the implementation	6	30	1	4	0	0	0	0	0	0	7	34	4.86	E
Overall rating	7	35	0	0	0	0	0	0	0	0	7	35	5.00	E
Total Rating													4.86	E

**College of Maritime Education*

College of Criminal Justice Education	5		4		3		2		1					
A. Pre-Event Activities	F	Σx	F	Σx	F	Σx	F	Σx	F	Σx	ΣF	ΣFx	WM	DE
Registration Process	8	40	5	20	1	3	1	2	0	0	15	65	4.33	E
Activity Objectives	9	45	6	24	0	0	0	0	0	0	15	69	4.60	E
Infographics	10	50	5	20	0	0	0	0	0	0	15	70	4.67	E
Information Dissemination	10	50	4	16	1	3	0	0	0	0	15	69	4.60	E
Deployment of the program flow	10	50	5	20	0	0	0	0	0	0	15	70	4.67	E
Activities implemented	10	50	4	16	1	3	0	0	0	0	15	69	4.60	E
Materials and facilities used	10	50	5	20	0	0	0	0	0	0	15	70	4.67	E
Facilitators and/or event organizers	9	45	6	24	0	0	0	0	0	0	15	69	4.60	E
Timeliness of the implementation	9	45	6	24	0	0	0	0	0	0	15	69	4.60	E
Overall rating	10	50	5	20	0	0	0	0	0	0	15	70	4.67	E
Total Rating													4.60	E

**College of Criminal Justice Education*

The tables reveal feedback from the survey on the seminar, covering factors like registration, activity goals, information sharing, program flow, activities, materials, organizers, and timeliness. Each aspect was rated Excellent (E) on a 1 to 5 scale. Impressively, all factors scored well, averaging **4.61** across all colleges. This suggests that seminar's process, including registration and execution, was highly successful and met participants' expectations, earning an overall excellent rating.

Prepared by:

[REDACTED]

KATRINA SIENA REYES, RPm
Guidance Associate/Psychometrician

Noted by:

[REDACTED]

DR. ANNA KATHRINA OAMINAL-WATIN
Director, Student Affairs & Services Center



University of the Visayas
STUDENT AFFAIRS AND SERVICES CENTER

Intervention Series:

**RECONNECTING
WITH THE SELF
AND PEOPLE
IN THE**



DIGITAL AGE

INDAY TERESING AUDITORIUM
COME AND JOIN US!

MARCH 8, 2024

UV-INDAY TERESING 8TH FLR.
9:00-11:00AM

I. ACTIVITY

Name of Activity: Reconnecting with the Self and People in the Digital World

Date : March 08, 2024

Time : 9:00 AM – 12:00 NN

I. RATIONALE

The "Reconnecting with the Self and People in the Digital World" In the contemporary digital age, individuals are constantly navigating a complex landscape of technology, social media, and virtual interactions. The seminar titled "Reconnecting with the Self and People in the Digital World" aims to address the profound impact of the digital era on personal well-being and interpersonal relationships while providing practical insights and strategies for fostering genuine connections.

II. Objectives

1. To increase participants' awareness of the potential impact of excessive digital engagement on personal well-being, including issues related to self-esteem, mental health, and interpersonal relationships.
2. Guide participants in finding a harmonious balance between the virtual and real-world experiences.

III. PROPONENTS

The Student Affairs and Services Center along with the Supreme Student Council proposed the facilitation of Reconnecting with the Self and People in the Digital World.

V. RECIPIENT/ BENEFICIARIES

A. Students from all Colleges.

The Student Affairs and Services Center invited a minimum of 50 participants each department to attend the event. Participating colleges were the following:

College of Engineering Technology, and Architecture

College of Education

College of Criminal Justice Education

College of Arts and Sciences

College of Allied Health Sciences

College of Business Administration

College of Maritime Education

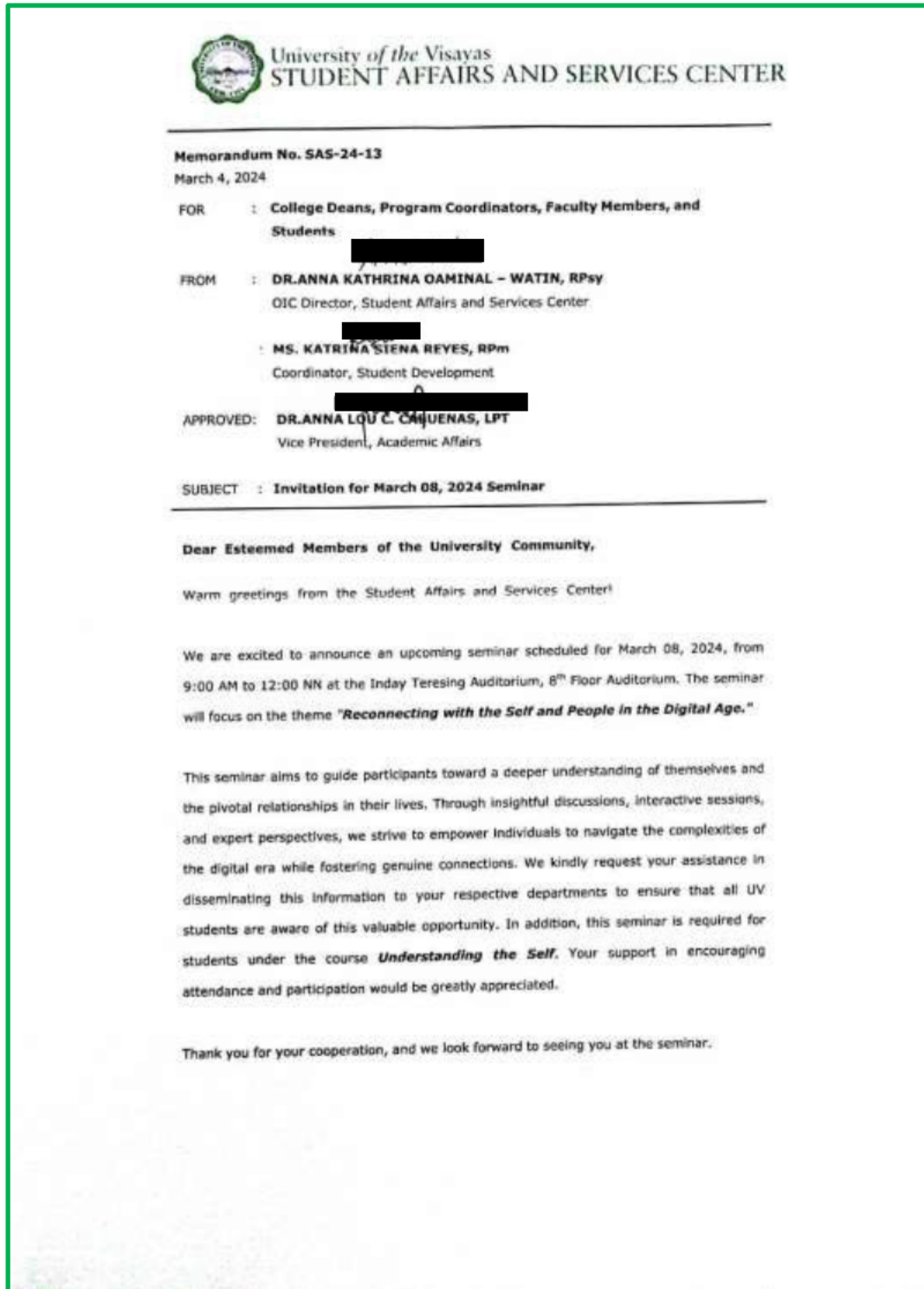
VI.METHODS/ STRATEGIES

1. Preparation of the activities for wellness and development
2. Formulation of Project Management Framework
3. Preparation of the posters and infographics for the event
4. Routing of PMF
5. Coordination with the heads of offices and college departments
6. Coordination with other offices such as TVP, FMD, and Custodian.

VII. ACTIVITY PROPER

- **Pre-Implementation Phase**

a.) Memo disseminated to the deans of colleges regarding the event:



b.) Project Management Framework submitted for the event



University of the Visayas
STUDENT AFFAIRS AND SERVICES CENTER

UNIVERSITY OF THE VISAYAS

Project Management
Framework

Name of College/Department:

Name of Project/Activity	Student Wellness and Development Activities		
Project Team Leader:	Ms. Katrina Siena Reyes Psychometrician	Signature 	Date 2/13/2024
Project Team Members:	Ms. Ricky Mae Boniao Student Welfare Coordinator		2/12/24
	Ms. Concepcion Batiller Student Development Coordinator		2/13/2024
	Ms. Christine Joy Ochavez Guidance Associate		2/13/2024
	Ms. Eunice Gecera Guidance Associate		2/15/24
	Ms. Imee Arriesgado Student Organization Coordinator		2/13/2024
	Mr. Isiah Jan Henry Opeña Prefect of Discipline		2/17/24
	Mr. Ken McWattie Guidance Associate		2/13/24
Project Objectives:			
- Enhance physical and mental well-being of UV students - Increase student engagement in personal and professional development - Foster a vibrant and inclusive campus community			



University of the Visayas STUDENT AFFAIRS AND SERVICES CENTER

Target Date of Completion		March 1, 2024 – May 03, 2024																
Specific Mission Statement Deployment																		
- Develop the talents and potentials of students toward the practice of professions to be responsive to the changing local and global industry requirements - Develop a community of God-centered, nationalistic, and globally competitive professionals with proactive values and attitudes.																		
Specific UV Core Values Integration / Description																		
Leadership and Achievement. These activities are geared toward honing the leadership skills of the student leaders by actively involving them, and helping participants achieve both their personal and academic goals through adequate provisions of relevant seminars and /or workshops.																		
Tasks/Activities	Responsible Person/s	MONTH																
		Jan	Feb				Mar	Apr				May						
		Week																
Pre- Implementation Phase		4	5	1	2	3	4	5	1	2	3	4	1	2	3	4	5	1
Preparation of the activities for wellness and development (January 22, 2024)	Ms. Katrina Siena Reyes Psychometrician																	
Formulation of PMF (January 29, 2024)	Ms. Katrina Siena Reyes Psychometrician Ms. Ricky Mae Boniao Student Welfare Coordinator																	
Preparation for the Infographics	Ms. Concepcion Batiller																	

7

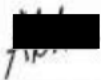
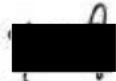


University of the Visayas
STUDENT AFFAIRS AND SERVICES CENTER

Comprehensive Intervention Series: How to Improve your Math and Science Skills- It's not rocket science! (April 26,2024) The How's of Job Preparation (May 3, 2024)	GRADUATE SCHOOL OF EDUCATION SPEAKER (participants decided from entrance test results) GUIDANCE ASSOCIATES	
Post – Implementation		
Evaluation of the activity (March 1 – May 3, 2024)	Ms. Imee Arriesgado Student Organization Coordinator	
Monitoring Outcomes (March 1 – May 3, 2024)	Ms. Eunice Gecera Guidance Associate	
Planning for Improvement and Future Activities. (May 3, 2024)	Mr. Isiah Jan Henry Opeña Prefect of Discipline Mr. Ken McWattie Guidance Associate	
BUDGET PROPOSAL:		
(NAME OF MATERIALS)	PRICE	
1. Comprehensive Intervention Series 1-4 – Snacks and Honorarium 2. Anti-Sexual Harassment Seminar – Snacks and Honorarium 3. Anti-Hazing & Anti-Bullying Law Seminar – Snacks and Honorarium 4. VAWC & Anti-Bastos Law– Snacks and Honorarium 5. Resilience and How's of Job Preparation	P8,000 (P 2,000 each session) P3,500 P3,500 P3,500 P2,000	
TOTAL: 20,500	P 20,500	



University of the Visayas
STUDENT AFFAIRS AND SERVICES CENTER

Approval		Signature	Date
Recommended by:	DR. ANNA KATHRINA OAMINAL-WATIN SASC Director		Feb 13, 2024
Recommending approval:	DR. ANNA LOU C. CABUENAS, LPT Chief Academic Officer		Feb-14-2024
	DR. ROSEMARIE CRUZ-ESPAÑOL, CPA Chief Administrative and Finance Officer		2/21/24
Approved by:	DR. CONRADO E. IÑIGO JR., DBE, PhDBM University President		2.22.24

- **Implementation Phase**



The speaker , Dr.Rammie Bulaybulay Jr. discussing the topic about the Digital worldthat could affect us all if we don't use social media carefully.





Awarding of Certification of Appreciation to the speaker.



Photo opportunity after the seminar

Summary:

The Student Affairs and Services Center hosted a half-day seminar on March 8, 2024, on the Inday Teresing 8th Floor. The program, "Reconnecting with the Self and People in the Digital World," kicked off at 9:00 a.m. with a prelude that set the mood for the day. Mr. Isiah Jan Hennry Opena gave a heartfelt opening speech, which was followed by an icebreaker led by guidance associate Ms. Imee Arriesgado to gauge participant energy.

The College of Arts and Sciences' dean, Dr. Rammie Bulaybulay Jr., who served as the keynote speaker, led a thought-provoking conversation on the subject. In our digitally-driven world, the theme of reconnecting with the self and others is vital. While technology facilitates global connectivity, it also challenges our personal well-being and the depth of our relationships.

The digital realm provides a platform for self-expression, but it's crucial to maintain authenticity amid curated online identities. Taking breaks from constant connectivity fosters a healthier connection with oneself.

Dr. Anna Kathrina Oaminal-Watin, the director of SASC, introduces the staff again. The Coordinator of Student Development follows preceded by the Prefect of Discipline and finally each guidance associate to their respective departments. The Coordinator of Student Development, Ms. Katrina Siena Reyes, gave the concluding comments at noon to wrap up the program. Participants departed with insightful knowledge and a sense of inspiration.

Post – Implementation

- a.) *Attendance –The event was attended by approximately 200 participants.*


University of the Visayas
STUDENT AFFAIRS AND SERVICES CENT

Intervention Series:
Reconnecting with the Self and People in the Digital Age
 (Attendance Sheet- CAHS)

March 8, 2024

	Name	Course	Signature
1.	Garcia, John Eric M.	BS Nursing	
2.	Martinez, R. Calie B.	BS Nursing	
3.	Anda, Jodel Marie P.	BS Nursing	
4.	Dela Cruz, Anna D.	BSN	
5.	Guerrero, Maria Carmen A.	BSN	
6.	Mendoza, Helen Liza M.	BSN	
7.	Gonzalez, Jerishane A.	BSN	
8.	Oliver, Lorena	BSN	
9.	Comay, Rachelle A.	BSN	
10.	Callora, Aiza Marie M.	BSN	
11.	Fernandez, Lee R.	BSN	
12.	Fano, Michael Jose N.	BSN	
13.	Alcos, Kajandra Dennis!	BSN	
14.	Tamara, Jane Rina	BSN	
15.	Viola, Jamaica J.	BSN	
16.	Bulagao, Keana C.	BSN	
17.	Quintero, Rhea Marie	BSN	
18.	Hopuel, Maria Dean G.	BSN	
19.	Cutie, Marie Noreen P.	BSN	
20.	Jacalan, Tynia Mariah C.	BSN	
21.	Cabrera, Junior Joseph	BSN	
22.	Miguel, Rich Marie C.	BSN	
23.	Arceles, John Tanya Mary	BSN	
24.	Flores, Ann Keryn D.	BSN	
25.	Rosales, Jon Patrick A.		
26.	Anson, Aileen Liz G.	BSN	
27.	Gutierrez, Destiny	BSN	
28.	Pardo, Geheval Mae P.	BSN	
29.	Cebuco, Jone Carlo C.	BSN	
30.	Anson, Anna Leah E.	BSN	



University of the Visayas
STUDENT AFFAIRS AND SERVICES CENTER

Intervention Series:
Reconnecting with the Self and People in the Digital Age
(Attendance Sheet- CBA)

March 8, 2024

	Name	Course	Signature
1.	Paul Menacillo	BSTM	
2.	Tumo, Isaiah Maurice	BSTM	
3.	Canino, Evelyn C.	BSTM	
4.	BACALAN, JACELLE N.	BSTM	
5.	Caripang, Allen Mae A.	BSCA-A1	
6.	Edpalina, James Elbert A.	BSTM 4	
7.	Ong, Kristine Anne Nicole L.	BSTM 4	
8.	DETRONARD, DANIEL	BSTM 2	
9.	Pratit, Isaiah Aaron	BSCA-FM2	
10.	Ortega, Janel D. Concepcion	BSCA-A1	
11.	Lawrence, Kristin Mari	BSCA-A1	
12.	Pausang, Laickha Mae D.	BSTM 4	
13.	Gilpuena, Mariz T.	BSTM 4	
14.	Caballer, Andrea Mae B.	BSTM 4	
15.	San, Yan Yehi C.	BSCA-UPML-A1	
16.	Carabatuon, Lovely Jane A.	BSTM	
17.	Plit, Chynz Mae Reth A.	BSCA-A1	
18.	Agara, Phenece	BSCA-A2	
19.	Barliada, Kristel F.	BSCA-A1	
20.	Maraga, Kaiwen M.	BSCA-A1	
21.	Dea Alexander, Egoardo	BSCA-A1	
22.	John Mark, Tanyag	BSCA-A1	
23.	Palic, Joseph, Nino	BSCA-A1	
24.	Contoneros, Allyza	BSCA-A1	
25.	Pomer, Kimberly B.	BSCA-FM1-A1	
26.	Patay, Sharpe C.	BSTM 3	
27.	Domingo, Michael Mae J.	BSTM 4	
28.	Arangal, A. Revilla	BSTM 4	
29.	Piguer, Marifer P.	BSTM 4	
30.	Tronera, Gino Dan O.	BSTM 4	



University of the Visayas
STUDENT AFFAIRS AND SERVICES CENTER

Intervention Series:
Reconnecting with the Self and People in the Digital Age
(Attendance Sheet- COME)

March 8, 2024

	Name	Course	Signature
1.	JOHN DELUPE J. DAPLA	BSMT	
2.	Cabueran, Kenny D.	BSMT	
3.	Torregrosa, GIB RYLE B.	BSMT	
4.	Lana, Christian M.	BSMT	
5.	Torregosa, GIB RYLE B.	BSMT	
6.	PENABAZ, JOHN KENNETH A.	BSMT	
7.	BALATERO, LUCY T.	BSMT	
8.	Sancilla, Stephen Z.	BSMT	
9.	Torregosa, JOSE EMANUEL	BSMT	
10.	PENABAZ, JOSE T.	BSMT	
11.	Lana, Clark	BSMT	
12.	CLARENCE E. GAMES	BSMAR-E	
13.	CLARENCE E. GAMES	BSMT	
14.	CLARENCE E. GAMES	BSMT	
15.	SIMBAYAN PONDLO JOHN B.	BSMT	
16.	PAMOGAS, JOVEN S.	BSMAR-E	
17.	Locaybayan, NICHOLAS B.	BSMT	
18.	Tumala, Amelina V.	BSMT	
19.	LINDER, GLAIRE FONZY S.	BSMT	
20.	Nardel, Ronnel M.	BSMT	
21.	DACAUCO, RIGOR C.	BSMT	
22.	Salimbat, Fritz Gerald	BSMT	
23.	TANIGAYAN, NICHOLAS B.	BSMT	
24.	MACAPAS, JADE VINCE V.	BSMT	
25.			
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University of the Visayas
STUDENT AFFAIRS AND SERVICES CENTER

Intervention Series:
Reconnecting with the Self and People in the Digital Age
(Attendance Sheet- COME)

March 8, 2024

	Name	Course	Signature
1.	ARAGO, JOSHUA C.	BSMARE	
2.	VELOSO, MARCANGELU F.	BSMARE	
3.	ARONAN, CHITUE JAY M.	BSMT	
4.	DELLOS, JIMMEL W.	BSMT	
5.	ESPERA, AJUNG A.	BSMT	
6.	PEPITO, JUANDEL	BSMT	
7.	OPTANA, JESTER C.	BSMT	
8.	MECAYDOR, REJUN D.	BSMT	
9.	ESCORO, KAYL MARIE	BSMT	
10.	BERNARDO, RAYMUNDO P.	BSMT	
11.	PEREZ, LOECER JOHN D.	BSMT	
12.	MONTEON IAN D.	BSMT	
13.	PERINO, MILO C.	BSMT	
14.	LUSARA, ROVIE S. JR.	BSMT	
15.	YATA, JARBY JAMES	BSMT	
16.	CANGIN, CRISTIAN P.	BSMT	
17.	ALINO, JAMES PHILIP	BSMARE	
18.	CORTADO, JERARD G.	BSMARE	
19.	DADIS, HADJI A.	BSMARE	
20.	GACON, MARK CHRISTIAN O.	BSMARE	
21.	SORIANO, CRISTIAN DON D.	BSMARE	
22.	GAFTADOR, JAKE IAN A.	BSMARE	
23.	DELOS SANTOS, SACPER M.		
24.	ARAOJA, JOHN BAYLE T.	BSMARE 1	
25.	SANCED, EDWIN, JR. MD.	BSMARE	
26.	LEORA, EDISON E.	BSMARE	
27.	MUSON NILES, NILES A.	BSMARE	
28.	TORRES, J.		
29.			
30.			



University of the Visayas
STUDENT AFFAIRS AND SERVICES CENTER

Intervention Series:
Reconnecting with the Self and People in the Digital Age
(Attendance Sheet- CCJE)

March 8, 2024

	Name	Course	Signature
1.	PAJIAN, JAYHANNE V.	BSCRIM	
2.	DUMO, MARK GIFFER	BSCRIM	
3.	BERNARDOS, BRICA	BSCRIM	
4.	CANETE RINNY B.	BSCRIM	
5.	BARON KYLIE VINCENT	BSCRIM	
6.	COMILANG, MARK KENIN	BSCRIM	
7.	WINMEE, ELLY E.	BSCRIM	
8.	POLOS, BEN MARK A.	" "	
9.	DELACRUZ, RICHARD V.	" "	
10.	Jimmy C. Cordova Jr	" "	
11.	Warren C. Carigaton	" "	
12.	Corbake, Jerome	" "	
13.	Perzola, Elger Ali	" "	
14.	Lomahan, Pearlina U.	" "	
15.	Geig, Ronald Nino C.	" "	
16.	Dinglaza, Reynato N. Jr.	BSCRIM-3	
17.	Avila, Allen Ernie R.	BSCRIM-3	
18.	Calmed Emmanuel C.	BSCRIM-3	
19.	Caton Nino	" "	
20.	Rajes, John Cliff	BSCRIM 3	
21.	Cantero, Angelica	" "	
22.	Araño, Hyacinth	" "	
23.	Pepto, Chanth	" "	
24.	Jumanto, Mel Vincent	" "	
25.	Algarbes, JERALD	BSCRIM 2 - A-3	
26.			
27.			
28.			
29.			
30.			



University of the Visayas
STUDENT AFFAIRS AND SERVICES CENTER

Intervention Series:
Reconnecting with the Self and People in the Digital Age
(Attendance Sheet- COED)

March 8, 2024

	Name	Course	Signature
1.	SABIDO		
2.	IRBIS, JERMYN B.	BSED-ENGL	
3.	BOA, ESTHER AN M.	BSED-ENG 1	
4.	MONDORRO, MITCH E.	BSED-ENG 2	
5.	PERINAL, MITCH-ELIZ L.	BSED - 1	
6.	NOVAL, ALEXSA	BSED - 1	
7.	Pendonillo, Jon Marrothy Jr. B.	BSED - 1	
8.	Trono, Hazel Marie	BSED - 2	
9.	Calanda, Angeline Lilia	BSED - 3	
10.	Abesamis, Alvin Eufio	BSED - 3	
11.	Geronimo, Melzer Grace	BSED-ENG A1	
12.	Herbieta, Felby Marie G.	BSED-ENG A1	
13.	Camaja, Ma Armi	BSED-ENG 3	
14.	Ally, Villanueva		
15.	Calang, Kerenie	BSED English 1	
16.	Daniel, Abby Thelma		
17.	Manong, Lina		
18.	Autentico, Rico	BSED - 1	
19.	BRAUN PIERRE PIERRE	BSED-1	
20.			
21.			
22.			
23.			
24.			
25.			
26.			
27.			
28.			
29.			
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a.) *Post-statistical Evaluation*

No. 1 & 5	F	WM	DE
1. Overall	34	8.85	Excellent/Highly Successful
5. How likely to join in the future	28	8.44	Excellent/Highly Successful
		8.65	Excellent/Highly Successful

	YES -1	N	Y %	No-0	N%
2. First Time Attending Events	44	82	53.66%	38	46.34%

Nos. 3 & 4	F	WM	DE
Explained the Purpose of the event	74	4.90	E
Presented concepts in a clear and easy-to-understand way	71	4.87	E
Maintained my interest throughout the d	66	4.79	E
Encouraged attendees participation	67	4.84	E
Thoroughly answered questions from the participants	67	4.74	E
Facilitator/Trainer	75	4.90	E
Materials provided	76	4.93	E
Topic Relevance	78	4.94	E
Overall Content	77	4.93	E
Use of Technology	78	4.94	E
Time Management	72	4.84	E
		4.87	E

	Beyond -2	N	BE %	Met - 1	N%	Not - 0	N%
6. Were your expectations met?	24	82	29.27%	57	69.51%	1	1.22%

**College of Business Administration*

No. 1 & 5	F	WM	DE
1. Overall	15	9.26	Excellent/Highly Successful
5. How likely to join in the future	15	8.2	Excellent/Highly Successful
		8.73	Excellent/Highly Successful

	YES -1	N	Y %	No-0	N%
2. First Time Attending Events	6	15	40	9	60

Nos. 3 & 4	F	WM	DE
Explained the Purpose of the event	72	4.80	E
Presented concepts in a clear and easy-to-understand way	73	4.87	E
Maintained my interest throughout the d	75	5.00	E
Encouraged attendees participation	75	5.00	E
Thoroughly answered questions from the participants	74	4.93	E
Facilitator/Trainer	71	4.73	E
Materials provided	73	4.87	E
Topic Relevance	71	4.73	E
Overall Content	74	4.93	E
Use of Technology	74	4.93	E
Time Management	74	4.93	E
		4.88	E

	Beyond -2	N	BE %	Met - 1	N%	Not - 0	N%
6. Were your expectations met?	2	15	13.33333	11	73.33333	1	6.66%

**College of Criminal Justice*

No. 1 & 5	F	WM	DE
1. Overall	11	8.58	Excellent/Highly Successful
5. How likely to join in the future	7	7.29	Excellent/Highly Successful
		7.93	Excellent/Highly Successful

	YES -1	N	Y %	No-0	N%
2. First Time Attending Events	8	31	25.80645	23	74.19

Nos. 3 & 4	F	WM	DE
Explained the Purpose of the event	149	4.81	E
Presented concepts in a clear and easy-to-understand way	151	4.87	E
Maintained my interest throughout the d	141	4.55	E
Encouraged attendees participation	145	4.68	E
Thoroughly answered questions from the participants	143	4.61	E
Facilitator/Trainer	154	4.97	E
Materials provided	151	4.87	E
Topic Relevance	152	4.90	E
Overall Content	152	4.90	E
Use of Technology	153	4.94	E
Time Management	144	4.65	E
		4.79	E

	Beyond -2	N	BE %	Met - 1	N%	Not - 0	N%
6. Were your expectations met?	5	31	16.12903	26	83.87097	0	0

**College of Allied Health and Sciences*

No. 1 & 5	F	WM	DE
1. Overall	19	8.10	Excellent/Highly Successful
5. How likely to join in the future	19	8	Excellent/Highly Successful
		8.05	Excellent/Highly Successful

	YES -1	N	Y %	No-0	N%
2. First Time Attending Events	12	19	63.15789	0	0

Nos. 3 & 4	F	WM	DE
Explained the Purpose of the event	85	4.47	E
Presented concepts in a clear and easy-to-understand way	87	4.58	E
Maintained my interest throughout the d	86	4.53	E
Encouraged attendees participation	88	4.63	E
Thoroughly answered questions from the participants	87	4.58	E
Facilitator/Trainer	88	4.63	E
Materials provided	89	4.68	E
Topic Relevance	88	4.63	E
Overall Content	89	4.68	E
Use of Technology	89	4.68	E
Time Management	87	4.58	E
		4.60	E

	Beyond -2	N	BE %	Met - 1	N%	Not - 0	N%
6. Were your expectations met?	11	19	57.89474	8	42.10526	0	0

*College of Education

No. 1 & 5	F	WM	DE
1. Overall	16	9.03	Excellent/Highly Successful
5. How likely to join in the future	11	8.0	Excellent/Highly Successful
		8.54	Excellent/Highly Successful

	YES -1	N	Y %	No-0	N%
2. First Time Attending Events	25	33	75.75758	8	24.24242

Nos. 3 & 4	F	WM	DE
Explained the Purpose of the event	142	4.30	E
Presented concepts in a clear and easy-to-understand way	140	4.24	E
Maintained my interest throughout the d	147	4.45	E
Encouraged attendees participation	142	4.30	E
Thoroughly answered questions from the participants	144	4.36	E
Facilitator/Trainer	134	4.06	E
Materials provided	133	4.03	E
Topic Relevance	130	3.94	E
Overall Content	130	3.94	E
Use of Technology	131	3.97	E
Time Management	126	3.94	E
		4.14	E

	Beyond -2	N	BE %	Met - 1	N%	Not - 0	N%
6. Were your expectations met?	18	33	54.54545	13	39.39394	2	6.0

**College of Maritime Education*

The table reveals feedback from a survey on the general orientation process. Each aspect was rated Excellent (E) on a 1 to 5 scale. Impressively, all factors scored well, averaging 4.88. This suggests that the general orientation process, including registration and execution, was highly successful and met participants' expectations, earning an overall excellent rating.

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