



Arellano University The Standard



• MAY 2021 • AY 2020-2021 ISSUE 2 •

JOURNALISM 101: GET SKILLED UP TO HONE THE CRAFT

By Maria Nadine Roman

The Arellano Standard Manila successfully conducted its first ever virtual nationwide event entitled "Journalism 101: Get Skilled up to Hone the Craft" last May 1 & May 2, 2021 from 8:00 am to 5:00pm via Zoom Teleconferencing App.

Journalism 101 was a 2-day webinar-contest open for Elementary, Junior High School, Senior High School, and College students as well as for professionals. It aimed to enhance the journalism skills of students and professionals nationwide; recognize and award exemplary works; and inspire more individuals to start or continue pursuing and dedicating their time in journalism so as to be the champions of truth and fairness to further strengthen the democracy in our country.

The Arellano Standard Manila's Editor-in-Chief, Ms. Maria Nadine Roman hosted the opening

program for the event. It started with an invocation followed by the singing of the National Anthem and the Arellano Hymn. After this, all the attendees

were welcomed by a warm opening message from the adviser of Arellano Standard Manila, Ms.

Abigail H. Cayco. This was followed by

the main event for the opening program which was the talk of Mr. Michael Cariaga, who discussed and gave emphasis about the code of ethics in journalism. After the talk, Ms.

Roman discussed how the 2-day journalism event would unfold -- the schedule, guidelines as well as the lecturers & judges for each category were introduced.



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SHE WORE THE CROWN & IT FITS PERFECTLY

By Mara Francia L. Tanghal

Francine Bernadette B. Des-tura, 18, from Mandaluyong, was crowned as Ms. Arellano University 2021 Inter-Branch Senior High School Division--the first-ever title for Arellano Plaridel Campus.

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AU-JAS HOSTS THE FIRST VIRTUAL PAGEANT - MR. AND MS. AU 2021

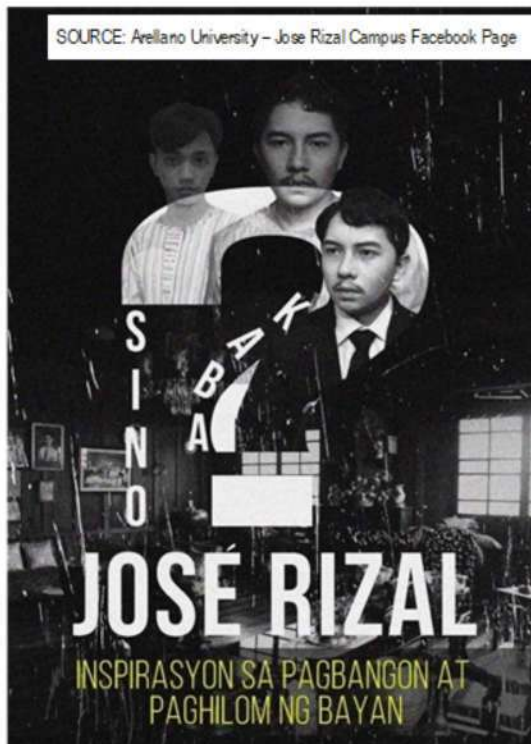
For Mr. and Ms. AU's first virtual pageant, Arellano University- Jose Abad Santos campus brought the honor of hosting with the theme: Showcasing Chiefs' Resiliency, Resourcefulness, and Radiance.

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SINO KA BA JOSE RIZAL: CHIEFS JOIN 124TH RIZAL DAY WEBINAR CELEBRATION

By Jake Michael Antonio



SOURCE: Arellano University - Jose Rizal Campus Facebook Page

On December 30, 2020, Arellano University invited the Chiefs from the different AU campuses to commemorate the life and death of our national hero, Dr. Jose Rizal, through an online event organized by the AU-Jose Rizal Campus Senior High School Faculty and their Filipino organization. This event was live streamed via their Facebook page at 9:00 AM and was hosted by one of the campus' SHS faculty members, Ms. Jessa Panis.

With the theme, "Inspirasyon sa Pagbangon at Paghi-lo-m ng Bayan," the

commemoration formally started with the ceremonial offering of floral wreath to Rizal's statue at the main university's open court by the Vice President for Marketing—Mr. Valente V. Cayco. This was followed by the invocation and the singing of the National Anthem and the Arellano Hymn.

After this, Dr. Emma S. Salumbre, the Assistant Vice Principal of Jose Rizal Campus, welcomed and thanked the audience for joining and supporting AU-JRC in its first ever online commemoration of Dr. Jose Rizal's death anniversary.

This was followed by Mrs. Gina Clemente, the Program Chair of School of Computer and Science, who emphasized the theme by noting the literary works of Jose Rizal that contributed to our independence over the domineering invaders back in Spanish colonization. She then welcomed the most anticipated guest—Mr. Ernest Joseph C. Cabrera, an alumnus of Philippine Normal University with a degree in BA major in History, and also the current Officer in Charge of office of the Assistant Division Superintendent Division of Malabon City.

"Ang pagpapasa ng batas Rizal o Republic Act No. 1427 ay naglalayon na gumitain ang kabayanihan ni Rizal at ang mga ginawa nito upang kumawala sa kamay ng mga mananakop. Ito ay nagmamamandato sa iba't ibang institusyon magmula elementarya hanggang kolehiyo na magkaroon ng kurso patungkol sa buhay ni Rizal. Layunin nito na patuloy na makintal sa puso ng bawat Pilipino hindi lamang ang kanyang mga katha, ngunit gayon din ang buhay nito na kakikitaan ng inspirasyon at kahanga-hangang pagmamahal sa inang -bayan," Mr. Cabrera remarked.

After Mr. Cabrera's message, performances by selected faculty and students were showcased including a spoken poetry, kundiman singing performances, contemporary dance and lastly a role playing of the life and death of our national hero.

The program concluded with a closing message from the principal of AU-JRC, Mrs. Ma. Aileen D. Cruz.

JOBS180.COM HOSTS WEBINAR ON RESPONSIBLE NETIZENSHIP FOR THE CHIEFS

By Jake Michael Antonio

Jobs180.com, in partnership with Arellano University (AU), hosted a webinar in their Facebook page last January 15, 2021 at 10:00 AM, to shed light on how to instill caution to netizens before associating themselves to the online world. With the theme, "Responsible Netizenship," the webinar echoed two topics, "Disconnect to Connect" and "Online Etiquette", to more than 11,000 attendees. Ms. Sharee Lopez, Job180.com and Marketing Me spokeswoman, hosted the aforementioned event.

The program started with the invocation followed by the singing of the National Anthem and the Arellano Hymn. This

was followed by the opening remarks of the High School Principal of Arellano University - JSC, Mr. Daniel John Cariazo. Mr. Cariazo emphasized the "think before you click" campaign most especially now that the majority of human interactions were mostly done online.

For the first topic entitled "Disconnect to Connect", Inspiro Supervisor, Mr. Jeffrey Asiro, discussed the advantages and disadvantages of using social media platforms most especially in an individual's health. He also encouraged the students to look after themselves as social media deteriorates the wellness of human-

being particularly the mental health.

"One of the reasons to disconnect from social media is for us to discover time outside of four corners of our room. We'll get to avoid constant stress by doing it and it stops us from being unproductive," Mr. Asiro said.

For the second topic entitled, "Online Etiquette", the team leader of Stellar Talent Acquisition, Mr. Richard Dominic Regidor, discussed how online etiquette has played an important role in landing a job. According to Mr. Regidor, in the middle of the current health crisis, virtual recruitment is seen to be a substitute to physi-

cal interview. That's why, aspiring applicants should at least have knowledge in technology.

When asked who is likely to get the job easily between a fresh college graduate and an experienced one, Mr. Regidor shared that it is the blazing desire of the applicant which makes him/her land the job, regardless of educational and career attainment level.

To conclude the webinar, Mrs. Danna Rose Matubang, the Senior High School Supervising Guidance Counselor of AU-Legarda, gave her closing remarks wishing that the students have learned a lot from the webinar on how to be responsible netizens.

WE ARE THE CHIEFS: ARELLANO UNIVERSITY VIRTUAL CONCERT 2021

By Dian J. Mantiles

Arellano University has officially launched its first virtual opening concert for school year 2021 - 2022 last January 30, 2021 via Facebook live through the Arellano University Virtual Concert 2021 Facebook group at 6:00 PM hosted by Mr. John Jesus Mamuel and Ms. Jessa Panis. The virtual concert was successfully carried out to welcome all the students, faculty and staff of the University despite the soaring challenges brought by the COVID 19 pandemic.

The celebration started off with an exciting roll call of the 7 campuses of Arellano University starting with Jose Rizal Campus, Elisa Esquerro Campus, Jose Abad Santos Campus, Mabini Campus, Juan Sumulong Campus, Andres Bonifacio Campus and Plaridel Campus. To formally start the program, a heartfelt opening remarks was delivered by Dr. Ma. Teresa Rivera, Vice President for Academic Affairs, mentioning the importance of technology as a very helpful venue for us to come together in the comfort of our homes. Following was the pronouncement of the University's upcoming events like singing contests, beauty pageants and its founding celebration.

As the celebration continued to flare up, a special performance of students from different campuses were featured starting with a 12th grader from Jose Rizal Campus, Ms. Ryan Daluntos singing a cover of Gary Valenciano's song "Wag ka nang Umayak" and then followed by a performance from a student of Elisa Esquerro Campus, Ms. Jhenry Ramirez singing Miley Cyrus' song "The Climb". Afterwards, another Miley Cyrus song entitled "When I Look at You" was performed by a 12th grader from Jose Abad Santos, Ms. Jerlyn Nazario. An original 'rap' song entitled "Wag Tayong Suko" was also showcased by students of the Ma-



by: Joshue Gloria



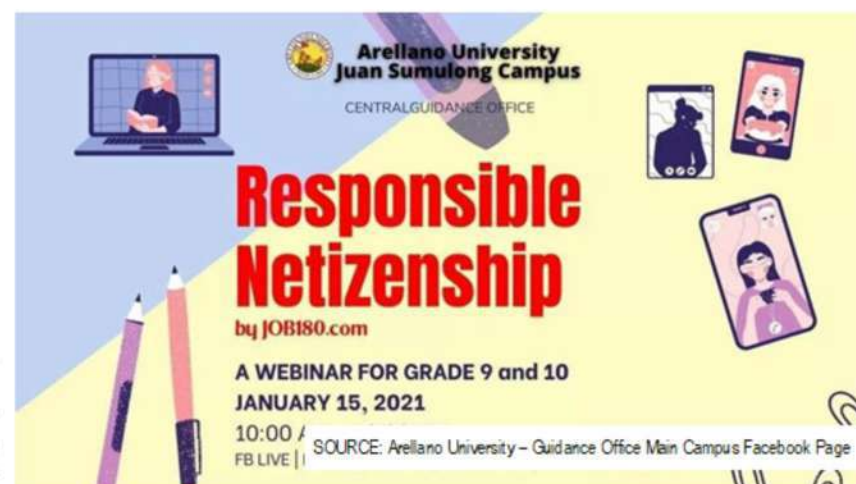
bin Campus, Earl Lopez and Kevin Boras. A stirring dance performance was then presented by Gerard Jardinico, a 3rd year BSTM from Juan Sumulong Campus. Shortly after was a performance from the Teatro Arellano entitled, "Ako ang Daigdig". The last student performance was a Shawn Mendez song entitled "Believe" sung by David Escio, an 11th grader from Andres Bonifacio Campus.

The virtual concert 2021 also featured several well-known celebrities from the GMA Network starting off from one of Arellano University's alumni, Ms. Yasmien Kurdi, expressing words of encouragement among the Chiefs to continue reaching for their goals no matter how long it takes and whatever challenges that may come along their way. Many messages of inspiration were also delivered from other celebrities from the same television network like Ms. Carla Abellana, Mr. Tom Rodriguez, Ms. Boobay and Mr. Tekla.

The night concert finally continued to rage as the final performance from December Avenue, a famous band in the Philippines, swayed the cold and warm hearts of all the attendees singing their renowned love songs like Bulong, Huling Sandali, Kung Di Rin Lang Ikaw and Sa Ngalan ng Pag-ibig. Indeed, the performance of the December Avenue band resembles the usual sentiments weeks prior to the Valentine's Day celebration.

The event came to an end with a closing message from Dr. Eduardo Dela Cruz Jr., AVP for Basic Education, who expressed his gratitude to all the concert attendees and also to the marketing group that is responsible for setting up the Virtual Concert 2021. With the

hashtags "#ONEARELLANO" and "#TAGA-AU", students, faculty and staff from the 7 campuses of Arellano University truly overlooked the challenges of pandemic and came together as unified brave CHIEFS in one virtual platform.



MOVES IN TO GREATER OUTLOOK: POLITEIA LECTURE SERIES

By Grace Ann Alamon

Opportunities for learning should not be restrained or limited even in the midst of this pandemic. With this belief, Arellano University Politeia held their "Politeia Lecture Series No. 2: Parliamentary Procedure" last March 20, 2021, with over 70 attendees thru Zoom Teleconferencing App.

It is strategically organized for Political Science students to know the basics of Parliamentary Procedure which would help them to formally know the approved and uniform method of conducting meetings in a fair, orderly, and expeditious manner and on how to protect the rights of the minority voice in a debate. The organization proudly introduced their resource speaker, Mr. Sherwood Valencia, an alumnus of Arellano University and a former member of Arellano University Politeia.

"Where there is no law, but every man does what is right in his own

eyes, there is the least of real liberty," said Mr. Valencia as he quoted the saying from Henry M. Robert.

Mr. Valencia has emphasized that even if a person has the freedom to do what he wants to do, if there is an absence of respect to other people, that person is not embracing the true essence of freedom.

He then focused on the basics of Robert's Rule of Order as his main discussion. Mr. Valencia pointed out that Parliamentary Procedure was created basically to regulate the innate passion of political animals for arguments. As people argue without rules, we tend to do and say everything we want to, contrary to this, he claimed that there's a need to create a procedure that would ensure a logical conversation about things.

As he introduced the basic rules of Parliamentary Procedures, the speaker



listed catchy phrases to remember easily such as; label is everything, like in a relationship, one at a time; think positive, a saying, "we hold these truths to be self-evident, that all men are created equal"; boodle fight; and vox populi. Mr. Valencia also discussed the types of motions during the

Parliamentary Procedure such as the Main Motion, Subsidiary Motions, Incidental Motions, and Renewal Motions. In addition, he also highlighted the Questions of Privilege - 'For the time for the next meeting, Adjourn, Recess and the Point of Privilege'.

"In a parliamentary procedure, before we raise our point, we have to get the recognition of the speaker in charge," Mr. Valencia stated. "It is the first rule to be remembered by the participants of a certain meeting." In addition, he also emphasized that "In a parliamentary procedure, we are only allowed to discuss one topic at a time, one speaker at a time."

The recognition by the speaker in charge is essential to the need of regulating the one who speaks and in order to avoid the violation of the basic rules of Parliamentary Procedures. As for raising our opinions, the speaker emphasized the need to deliver thoughts in a positive manner. "If you

have the right to speak, then you have the responsibility to listen," says Mr. Valencia as he put emphasis on the equal right and obligation of the members of the meeting on both speaking and listening.

By the end of the discussion, the speaker said that "I would rather lose an argument than to lose a friend. Friendship is way more important than any other else." After this last message to the audience, an open forum was conducted where Mr. Valencia answered the queries of the students regarding his lecture.

Political Science students from different year levels, schools and organizations were successfully united in a four-hour lecture presented by Arellano University Politeia as they learned how to fight for what they believe in a respectful manner through the Parliamentary Procedures.

AU JUAN SUMULONG CAMPUS WEBINAR: NAVIGATING THE NEW NORMAL-STUDENTS EDITION

By Jake Michael Antonio

In the course of the global pandemic, Arellano University-Central Guidance Office conducted an online webinar entitled 'Ready for the New Normal?' for Grade 11 and 1st year College students last February 26, 2021 via Facebook Live. The said event was hosted by Ms. Nica Ronquillo and was graced by the presence of Mr. Fernando C. Carandang Jr., RPsy. as its resource speaker. The event officially started when Mr. Carandang presented the soaring effects of the COVID-19 pandemic to individuals most especially to their

mental health, as they adjusted to the New Normal set up.

The webinar highlighted how individuals, most especially students, could maintain subjective well-being. Ways given were self-discovery, taking away all worries, checking inner-self, being grateful at all times, spending time in "Me Time," and having an "All is Well" mindset. It was then supported by giving some rhetorical questions for students to reflect on.

Mr. Carandang then provided other positive pieces of advice and learnings about self-

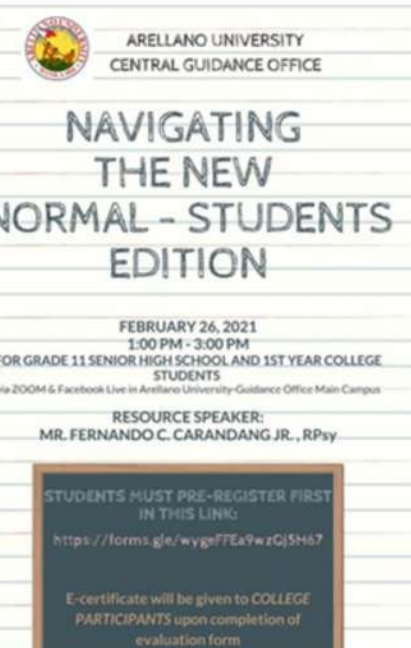
rection as many Senior High School and College students felt tired and tended to give up in their studies amidst the pandemic. The speaker's first advice was to have self-motivation, "Do something today, that your future self will thank you for." The second one was to have self-discipline, which the speaker expounded with the saying, "Doing what you know needs to be done even when you don't feel like it." And for his third advice which could be considered as the main factor of success; self-control.

To end his talk, Mr. Fernando C. Carandang Jr., RPsy., quoted Jon Sinclair by saying that, "Failure is a bruise, not a tattoo," then relating it to the past year of experiencing the

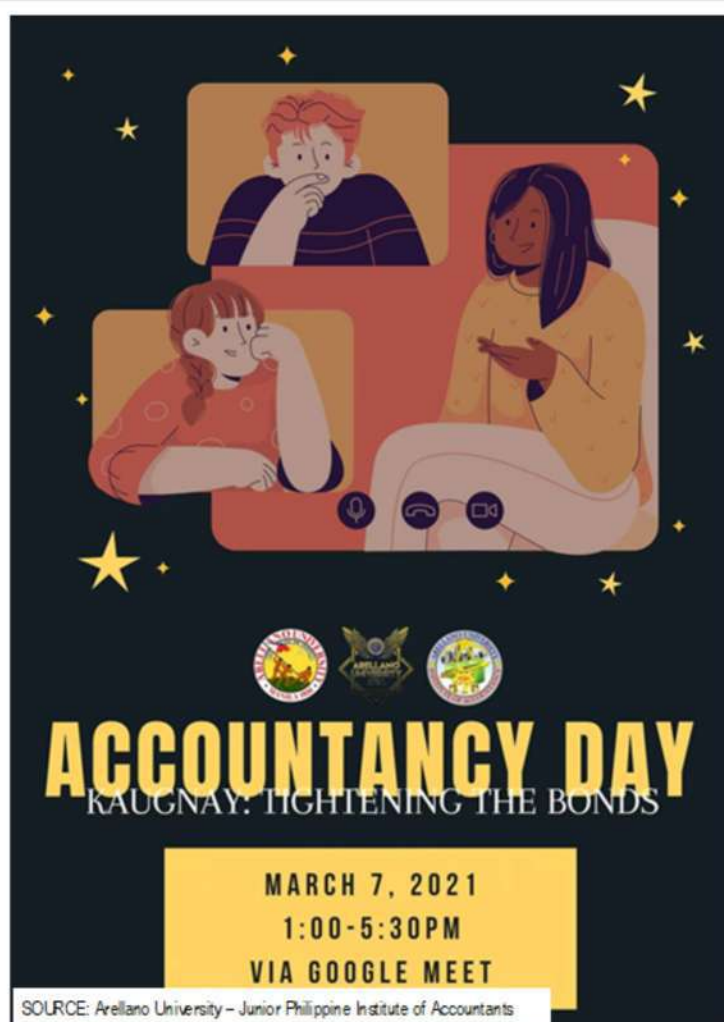
pandemic, where the whole world experienced lots of hopes and failures not just in school but in our lives as a whole. "in school, you have to learn the lessons first and take the exams, but in life, we have to take the test, for you to learn the lesson," he said.

In the latter part of the webinar, the students who watched the live webinar asked questions on the comment section in relation to the topic discussed which Mr. Carandang enthusiastically answered. Afterwards, Ms. Nica Ronquillo, the webinar host, presented a certificate of appreciation to Mr. Fernando C. Carandang Jr., RPsy., for his invaluable

contribution as a resource speaker in the said webinar. The webinar finally ended after the closing remarks of Mrs. Ludyvina Alonzo, Supervising Guidance Counselor of the Arellano University, Juan Sumulong Campus.



SOURCE: Arellano University - Guidance Office Main Campus Facebook Page



ACCOUNTANCY DAY: #BIDAANGACCOUNTANCY

By Maria Nadine Roman

Arellano University Institute of Accountancy conducted its yearly Accountancy Day virtually for the very first time via Google Meet last March 7, 2021 with the theme of "Kaugnay: Tightening the Bonds" The event was attended by Accountancy stu-

dents from all year levels.

The event comprised of the recognition of students who got a general weighted average not lower than 2.0 and followed by the main event which was the #BidaAngAccountancy Race.

Four teams comprised of

10 members competed in the #BidaAngAccountancy Race. The race had eight stations with 8 riddles/questions to be answered each station. All teams were given two and a half (2.5) hours to finish all the tasks.

Team B attained the shortest accumulated time, with 1 hour, 27 minutes and 27 seconds, in answering the riddles/questions in all stations which hailed them as the winner. Team A came next as 1st runner up with 2 hours and 1 minute as their accumulated time in finishing the race. Team D followed with an accumulated time of 2 hours, 9 minutes and 50 seconds and lastly, Team C got an accumulated time of 2 hours, 14 minutes and 63 seconds.

The objective of the event was indeed achieved as "Bonds", which is also a well-known term in Accounting subjects, were formed after the event despite the obstacles brought about by the pandemic.

CHAMPION TEAM B	1 st RUNNER UP TEAM A
- Angela Salugao	- Mark Jane Tamayo
- Hamima Ali	- Michael John Bulalacao
- Carl Ancheta	- Rose Ann Gabaldon
- Lester Casing	- Dennis Mambil
- Crisanta Constantino	- Joseph Sevilla
- Jhona May Cerbito	- Remia Arsula
- Marie Pabrigas	- Marlon Calda Jr.
- Kristine Joy Valencia	- Janelle Druja
- Ivan Eugenio	- Julius Cruz
- Odlewayne Obal	- Pauline Astrero



15TH RESEARCH COLLOQUIUM: THE ROLE OF EDUCATIONAL RESEARCH IN TIMES OF CRISIS

By Maria Nadine Roman

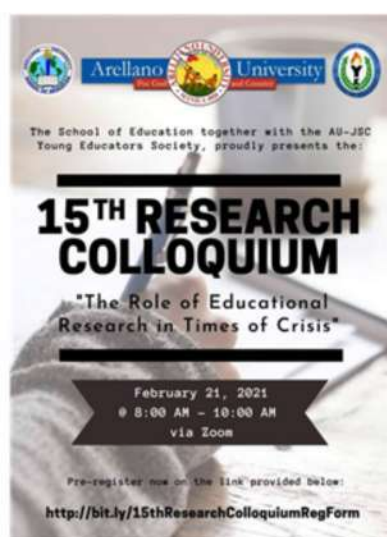
Arellano University's School of Education together with the AU-JSC Young Educators Society held its 15th Research Colloquium with a theme of "The Role of Educational Research in Times of Crisis" last February 21, 2021 from 8:00 AM - 10:00 AM via Zoom Teleconferencing app. The said event was hosted by Ms. Maria Nadine Roman and Ms. Clarisse Asaldo and was attended by Education students, faculty and staff from the different campuses of Arellano University.

This year's Research Colloquium showcased 5 research papers made by Education students, faculty and staff.

The first research paper entitled, "Challenges Encountered by Selected Kindergarten Pupils and their Parents during online learning during the COVID-19 Pandemic" was made by Ms. Shiela Violago and Ms. Jenny Fortajada.

The second research paper entitled, "Family - School Community: The Learning of Core Values in Pre-school Education from the Perspectives of Parents" was the fruit of the hard work of Mr. Eric Abisur Dela Cruz, Ms. Helga Bianca Dela Cruz, Mr. Jay Basco, Mr. Lawrence Gawelino and Ms. Lorena Llorca.

The third research paper entitled, "Actual Frog Dissection versus Froguts Virtual Dissection as Performed by Grade 10 Students" was showcased by Mr. Christer John



SOURCE: Arellano University Main - School of Education Facebook Page

Fabonan, Ms. Iris Mae Caidic, Mr. Glynn Surjedo and Ms. Nerife Boco.

The fourth research paper entitled, "Correlational Analysis between LET Rating and Academic Performance of Education Graduates" was presented by Dr. Nona Veriña, Dr. Eduardo O. Dela Cruz Jr., Ms. Geraldine Mating and Ms. Eileen Amor Roman.

The fifth and last research paper to be presented was entitled, "Correlational Analysis of the 2018 Licensure Examination for Teachers (LET) Results of Education Graduates of Arellano University" was produced by Dr. Eduardo Dela Cruz, Dr. Marlyn J. Mabalot and Dr. Gregorio R. Sismondo.

After the presentation of the five research papers, awarding of certificates of recognition for the researchers was conducted followed by an open forum. The researchers enthusiastically answered the participants' queries on their respective research papers.

After the open forum, Dr. Ferdinand Lacuata, the Research Director of Arellano University, gave his synthesis for the whole event. He commended that the presentations for this year's Research Colloquium became clearer than the presentations in previous Research Colloquiums held in a face to face set-up. Dr. Lacuata also congratulated the organizers, the Young Educators Society, for religiously conducting the Research Colloquium yearly. He added that the event is a "very good dyadic exchange or exercise to enlighten and thresh out our problems and perhaps our constraints within this pandemic."

To formally end the event, Ms. Mary Ann Perdon delivered the closing remarks highlighting that the 15th Research Colloquium has been successful "to cultivate such researchers that can contribute to the efficacy of our teaching-learning environment even though we are facing huge adversities brought by the COVID-19 pandemic. She emphasized that the research papers presented showed the "vigor and enthusiasm of our school administration, faculty, staff and students to fuel our fight for quality education against this pandemic."

The said event begun with an opening program followed by the press briefing and the introduction of the respective speakers for the each lecture & contests categories -- Don Dave Ventura, Executive News Producer of GMA News for News Writing; Jennifer Lee Bonto, Executives Director of AWPI for Feature Writing; Johannes Chu, Editor-in-Chief of Cruising Magazine and Manila Bulletin for Editorial Writing; Dr. Eugenio Calapit, Executive Director of EdCalibre Intl. for Science and Health Writing; Jimmy Domingo, Professor from UP, ADMU and DLSU for Photojournalism; and Manolo Pedralvez, Editor of Malaya for Sports Writing.

On the first day of the event, the press conference was administered by Dr. Dexter A. Galban, Commissioner of the on Population and Development-NEDA, CEO and Founder of Alaga Health Inc., and Experto Playlabs Inc. He started his talk with the theme, "Panalo ang Planado", for the empowering of Filipino Families in terms of Family Planning. He marked different point on issues in the Philippine society including the high population growth resulting from unplanned pregnancies and adolescent pregnancies. Dr. Galban raised their concerns regarding early and unplanned teenage pregnancies, citing it as a National Social Emergency that requires immediate action especially during this COVID-19 Pandemic.

On the second day of the event, Mr. Francis Del Rosario Yuseco, Head and Innovator of PHILTRAK Trackway Consortium, was invited for the press conference. In his talk, he emphasized that "for any country in the world to attain its social, political and economic progress and development, it needs to build and institutionalize a Nationwide Logistics Backbone in order to efficiently, economically, and continuously mass transport people, agricultural goods, fisheries, and other cargo products." Mr. Yuseco highlighted the strategic alliance between the DOST, Panay Railways, Inc. and Philtrak, Inc. to convert the 35-year-old decommissioned Panay Railways into the Philippine Digital Trackway operating DOST Hybrid Electric Road Trains. With this project, the transportation of both passengers and cargos would hopefully be more effective and efficient nationwide.

After the press conference for each day, the Arellano Standard Manila writers of Secondary and Tertiary levels, attended their respective categories to participate in the lecture and the contest proper. News Writing, Feature Writing and Editorial Writing Lectures and Contests were conducted on the first day while Science Writing, Photojournalism and Sports Writing Lectures and Contests were held on the second day.

Awarding of contest winners was held last March 7, 2021. The Standard Managing Editor, Mark Daniel A. Dubria won third place in Science and Health Writing - Senior High School Level.

In a short interview with Dubria, he expressed that the press conference was a "glimpse" to the mainstream journalism. "It requires attentiveness, one should have the capacity to adjust to the situation given to them, it is a glimpse at professional journalism. After the press conference you must write and make an article about it," Dubria said.

ARELLANO STANDARD MANILA JOINS THE 17TH WORD CUP

By Grace Ann Alamon & Maria Nadine Roman



SOURCE: Word Cup Associated Editors Co. Facebook Page

Arellano University Standard Manila joins the two-day event of the first ever National Virtual Press Coverage (Conference) and Online Campus Journalism Contests hosted by the World Cup Philippines, in association with EdCalibre International Co., thru Zoom VTC, last February 27 and February 28, 2021.

The objectives of this press coverage and national contest are to: 1. Enhance the writing and photography skills of teachers and students; 2. Recognize and award exemplary work, and; 3. Get quality outputs published in national media.

The said event begun with an opening program followed by the press briefing and the introduction of the respective speakers for the each lecture & contests categories -- Don Dave Ventura, Executive News Producer of GMA News for News Writing; Jennifer Lee Bonto, Executives Director of AWPI for Feature Writing; Johannes Chu, Editor-in-Chief of Cruising Magazine and Manila Bulletin for Editorial Writing; Dr. Eugenio Calapit, Executive Director of EdCalibre Intl. for Science and Health Writing; Jimmy Domingo, Professor from UP, ADMU and DLSU for Photojournalism; and Manolo Pedralvez, Editor of Malaya for Sports Writing.

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on the different vaccine brands being offered globally, its clinical trials phase and its origin or source. As a final takeaway, Dr. Lorico explained thoroughly the different sections of the populations which should be prioritized first of getting the vaccine shot.

The webinar opened the floor for the Q and A portion after the discussions of all core topics which were answered respectively

by the resource speakers. Many attendees sought to seek confirmation and clarificatory questions from the resource speakers on vaccine choice/decisions and COVID-related inquiries.

The webinar is indeed timely and relevant to the current crisis we are facing for knowledge is power when it comes to handling an invisible enemy like COVID.

YOUNG EDUCATORS SOCIETY LAUNCHES 'MAY ALAM AKO' WEBINAR

By Daphne Ochoa

With the aim of giving more information about COVID-19, Arellano University-Juan Sumulong Campus Young Educators Society organized the webinar "May Alam Ako: Addressing and Upgrading Knowledge on COVID-19" held last February 28, via Zoom Conferencing App. The said event featured three of the brightest and knowledgeable faculty of Arellano University namely: Mr. Eugene Dayao (Faculty, Medical Laboratory Science), Dr. Gregorio Sismondo (Faculty, School of Education) and Dr. Eduardo Lorico (Faculty, School of Education). The event was attended by AU students, faculty and staff from the different campuses of Arellano University who wanted to be more educated on COVID-19. The webinar ran for two hours revolving mainly on three major topics: Nature of COVID, Social Impacts of COVID-19 and COVID vaccines.

The first speaker, Eugene M. Dayao, discussed the "Nature of COVID-19". As the title itself being self-explanatory, Mr. Dayao elaborated more on the origin of the disease, transmission paths as well as the incubation period of the virus (14 days). He also educated the viewers the difference of the terms, "isolation" and



SOURCE: Arellano University Main - School of Education Facebook Page

"quarantine" and the meaning of "confirmed case" (person who has undergone confirmatory test). He also added that COVID-19 poses a greater risk for people with underlying health reasons such as heart disease, lung disease, asthma, diabetes and those people who are immune-compromised.

The second stretch of the webinar was a lecture from Dr. Gregorio Sismondo on the "Social Impacts of COVID-19". In his talk, Dr. Sismondo explained the impacts of "social distancing" and "self-isolation" in the Philippines setting. He elaborated that it was very difficult to keep a

distance or do self-isolation in our country due to very minimal space found in a typical Filipino home. He stressed that the nature of our home setting being close-knit in terms of structure has been a big factor in terms of the rapid transmission rate of the virus. Dr. Sismondo ended his session with tips on how to adapt to the current situation such as observing health protocols regularly and always being informed with new information in relation to the virus.

For the final stretch of the webinar, the most controversial topic among the three was discussed by Dr. Lorico which is about the COVID-19 vaccines. Dr. Lorico explained in his session that on the surveys conducted there was apprehension among Filipinos on whether they would like to be vaccinated or not. He further explained that the hesitancy of most Filipinos to get vaccinated was related to the previous Dengvaxia scare. Furthermore, the survey revealed that most respondents are hesitant because they were not sure of its safety. Dr. Lorico then explained the differences of "innate" and "adaptive" immunity in relation to COVID as well as the responses of the body when being vaccinated. Dr. Lorico further elaborated

SHS WEBINAR: CREATIVITY AMIDST CHAOS

By Jake Michael Antonio

Creation. This together with innovation and invention is what makes the world better during hard times, according to Certified Life Skills and Self-discovery Coach, Joanne Candelario-Medina during her talk in the "AU SHS Unleash Your Creativity Amidst the Chaos Webinar" webinar organized by the Arellano University Multimedia Club as part of the Arellano University 83rd Founding Celebration last March 16, 2021 at 1:00 PM. Arellano University Multimedia Club members, Ms. Theteyen Del Moral and Ms. Sittie Nadia Ibrahim, hosted the webinar together with Ms. Princess Naga and Mr. Paul Angelo Atienza as the moderators. The program started with a short doxology and the singing of the Arellano Hymn. After this, the hosts initiated a brief kamustahan with the Senior High School students, who served as the participants of the event, before introduc-

ing the guest speaker, Ms. Joanne Candelario-Medina. Ms. Medina started her talk by making remarks about the current situation that the world has been facing right now. She highlighted that during these hard times, people tend to discover their creative sides. With that being said, she gave trivia with regards to the world's greatest discoveries in the midst of chaos. The great physicist, Sir Isaac Newton and the inventor, Dr. James Naismith, were two of the few notable people to have made their renowned contributions to the world during the times of darkness and isolations. "Children become less creative overtime," stated Ms. Medina based on the study conducted by Prof. George Land of NASA in 1968. Almost half of the seminar revolved to this fact. Additionally, Ms. Medina presented the statistics of NASA Creativity Pass Rate which showed that 5-years-olds are

95% creative, 10 years olds are 30% creative, 15 years olds are 12% creative and adults are 2% creative. Ms. Medina explained that these figures are brought about by the fact that "When children are very young, they are often encouraged to use their imaginations which boosts their creativity. But when school begins, children begin to focus more on learning and reciting facts for exams." Thereafter, Ms. Medina tackled the 6 Practices to Unleash Your Creativity which she instructed the students to take note. These practices were: (1) Give yourself 15 minutes every day to let your mind wander; (2) Write down the challenges you are looking for solution; (3) Do some creativity training exercises every day; (4) Set variety of activities to experience in a week; (5) Set yourself a creative project every month; and (6) Believe and appreciate your God given gift of creativity.



83rd FOUNDATION WEEK
VIRTUAL CELEBRATION 2021

ARELLANO UNIVERSITY
SENIOR HIGH SCHOOL WEBINAR

**UNLEASH YOUR CREATIVITY
AMIDST THE CHAOS**

SPEAKER:
MS. JOANNE CANDELARIO-MEDINA

VIA:  LIVE
<https://www.facebook.com/aumultimediaclub/>
March 16, 2021 | Tuesday | 1:00 pm - 3:00 pm

The Official Multimedia Club of Arellano University
Campuses: • Juan Sumulong • Andres Bonifacio • Plaridel
• Jose Abad Santos • Mabini • Elisa Esquerro • Jose Rizal
SOURCE: Arellano University Multimedia Club Facebook Page

The talk ended with Ms. Medina conveying these inspirational words, "The chaos and the problems of our daily life should not be a hindrance to our capability." The webinar is concluded by the host through presenting the Certificate of Apprecia-

tion to Ms. Joanne Candelario-Medina for imparting her valuable knowledge on how the Senior High School students of Arellano University can unleash their creativity no matter what the odds are.

AU LEADERSHIP AMIDST PANDEMIC

By Thomas James M. Mangada & Daphne Ochoa



83rd FOUNDATION WEEK
VIRTUAL CELEBRATION 2021

ARELLANO UNIVERSITY
WEBINAR

**AU LEADERSHIP
AMIDST THE PANDEMIC**

SPEAKER:
PROF. MARLON O. MAGLIPAS

VIA:  LIVE
[HTTPS://WWW.FACEBOOK.COM/AUMULTIMEDIACLUB/](https://www.facebook.com/aumultimediaclub/)
MARCH 15, 2021 | MONDAY | 4:00PM-6:00PM

The Official Multimedia Club of Arellano University
Campuses: • Juan Sumulong • Andres Bonifacio • Plaridel
• Jose Abad Santos • Mabini • Elisa Esquerro • Jose Rizal
SOURCE: Arellano University Multimedia Club Facebook Page

The Arellano University Multimedia Club conducted "AU Leadership Amidst the Pandemic" webinar last March 15, 2021 from 4:00 PM to 6:00 PM as one of the events for the 83rd Arellano University Founding Celebration. The two-hour webinar session was headed by Professor Marlon Maglipas, Coordinator at FEU Institute of Technology (source: LinkedIn). The topic was indeed timely for the student leaders as it tackled leadership during the COVID-19 pandemic. The resource speaker for the event, Professor Marlon Maglipas, began his session by saying, "Sa student leadership, you don't need to be great to start. You need to start to be great." Maglipas emphasized that the key qualities of an exceptional leader include smart goal planning and pushing oneself for the greater good. Professor Maglipas explained "Everyone has an equal chance to contribute to the success of their respective organizations." He

also added that involving members with proper recognition of their potentials could make huge changes for the institution. As the webinar wrapped up, Professor Marlon enumerated the 10 Key Qualities of being an exceptional leader. The qualities were explained thoroughly with examples so every student could relate to it. One example was "Think for the future, learn from the past and act now" which could be explained simply by planning forward for the better and acting on today. As a takeaway, he also narrated a simple short story towards the end about an eagle and turkey which can be summed up into "learning to embrace change so you will not be left behind." Professor Marlon stressed the idea that we should be able to learn new skills in any fields and apply those skills in your chosen field or else, you would become like the turkey that was forgotten easily because it chose to be complacent.

ROAD TO SENIOR HIGHSCHOOL: A JHS CAREER ORIENTATION WEBINAR

By Rcee Tenefrancia, Joselle Erika Lou Tabarangao, & Maria Nadine Roman

As part of the 83rd Arellano University Foundation Celebration, the Arellano Multimedia Club hosted a webinar entitled "Road to Senior High School: A JHS Career Orientation Webinar" via Google Meet and live streamed in their official Facebook page last March 16, 2021 from 10:00 AM to 12:00 NN. The aforementioned webinar was hosted by Krysllyn Ann Saymo, a 1st-year Business Administration student, and Lorraine Chongpico, a Grade 11 ABM Student. Junior High School Students from the different branches of Arellano University were invited to attend the said event.

The speaker for the webinar was Mr. Jehu Rey Cabañes, a Cum Laude graduate from Arellano University with the degree of Bachelor of Secondary Education Major in Mathematics. Mr. Cabañes, on a 12-minute-long video, introduced and explained the different strands available in all branches of Arellano University namely Humanities and Social Sciences; Science, Technology, Engineering and Mathematics; Accountancy, Business and Manage-

ment; and General Academics. He then emphasized that for the students to enjoy the last two years of their high school life, they should make sure that they like the strand or track that they would be taking. After the video, Mr. Cabañes was interviewed by the hosts where he gave pieces of advice to the live audience. For those individuals who stopped this school year and were planning to enroll the following year, he encouraged them to "Never stop chasing your dreams... If you want to help your family, start achieving your dreams."

Meanwhile, for those who have been afraid to go out their comfort zone, he persuaded them by saying, "If you feel like it's worth the risk, do it." Mr. Cabañes also told the students to be more open to their parents on the strand they would be like to take so that their parents won't force them in taking another. By the end of the webinar, Mr. Jehu Cabañes was really able to enlighten the minds of the Junior High School students of Arellano University as they face the challenge in deciding what strand to take in Senior High School.



83rd FOUNDATION WEEK
VIRTUAL CELEBRATION 2021

ARELLANO UNIVERSITY
JUNIOR HIGHSCHOOL DEPARTMENT

ROAD TO SENIOR HIGHSCHOOL | **A JHS CAREER ORIENTATION WEBINAR**

MR. JEHU O. CABAÑES
RESOURCE SPEAKER

VIA:  LIVE
[HTTPS://WWW.FACEBOOK.COM/AUMULTIMEDIACLUB/](https://www.facebook.com/aumultimediaclub/)
MARCH 16, 2021 | 10:00AM-12:00NN

The Official Multimedia Club of Arellano University
Campuses: • Juan Sumulong • Andres Bonifacio • Plaridel
• Jose Abad Santos • Mabini • Elisa Esquerro • Jose Rizal
SOURCE: Arellano University Multimedia Club Facebook Page



THE VIRTUAL SEARCH FOR MR. AND MS. ARELLANO UNIVERSITY 2021

By Dian Mantiles



The Arellano University Jose Abad Santos Campus successfully carried out its first ever virtual grand coronation night for the search of ‘Mr. and Ms. Arellano 2021’ hosted by Mr. Archie Soriano and Ms. Shelette Samonte via Facebook Live in

the Arellano Multimedia Club page, last March 26, 2021 from 4:00 pm to 7:00pm. With its theme ‘Showcasing the Chiefs Resiliency, Resourcefulness and Radiance’, the organization behind the event intended to produce a pageant that would not only focus on the superficiality of candidates but also on their capacity to encourage and transform lives using the theme of the event.

The event formally started when the host, Ms. Samonte, called Mr. Gary C. Wang, Assistant Vice President (AVP) of Arellano University Jose Abad Santos, to give his opening remarks. Mr. Wang amplified the celebration of humanity, personhood and diversity despite the proliferating effects brought about by the COVID-19 pandemic. He also extended his gratitude to all the organizers, participants and candidates who shared their gifts and talents despite the struggles and limitations.

Moving forward to the introduction of candidates, the hosts presented the recap of all the candidates wearing their formal attires from Junior highschool

(JHS), Senior highschool (SHS) and College division. After that, the hosts proudly introduced the three prestige personalities that took over as the event’s judges namely, Ms. Sarah Margarete Joson, Ms. Cheska Summer and Mr. Patrick Mergano. The criteria for judging were also mentioned highlighting the mechanics of the pointing system where each candidate shall be judged individually.

The awaited part of the event started when the hosts announced the winners of the special awards starting off from People’s choice award, Best in Talent, Best in Theme Wear, Best in Formal Wear from each division. The winners of the following special awards are:

JUNIOR HIGH SCHOOL	SENIOR HIGH SCHOOL	COLLEGE
PEOPLE’S CHOICE AWARD		
Mr. Earl Davidson S. River (Jose Rizal Campus– Malabon) Ms. Jhianne Carla P. Chico (Jose Rizal Campus– Malabon)	Mr. Mark Jenrex Ramirez (Jose Rizal Campus– Malabon) Ms. Mica F. Rodriguez (Jose Rizal Campus– Malabon)	Mr. John Carl G. Lumas (Jose Rizal Campus– Malabon) Ms. Yhoankae B. Desamparado (Jose Rizal Campus– Malabon)
BEST IN TALENT		
Mr. Osairis G. Bautista (Elisa Esguerra Campus – Malabon) Ms. Jochelle Mandy T. Pablo (Jose Abad Santos Campus – Pasay)	Mr. Elton G. Dial Jr (Juan Sumulong Campus – Legarda) Ms. Francine Bernadette B. Destura (Plaridel Campus – Mandaluyong)	Mr. John Carl G. Lumas (Jose Rizal Campus – Malabon) Micaella Anne M. Martinez (Jose Abad Santos Campus – Pasay)
BEST IN THEME WEAR		
Mr. Earl Davidson S. Rivera (Jose Rizal Campus – Malabon) Ms. Fawlyn Toca (Andres Bonifacio Campus – Pasig)	Mr. John Anfernee T. Soliguen (Jose Abad Santos Campus – Pasay) Ms. Mica F. Rodriguez (Jose Rizal Campus– Malabon)	Mr. John Carl G. Lumas (Jose Rizal Campus – Malabon) Micaella Anne M. Martinez (Jose Abad Santos Campus– Pasay)
BEST IN FORMAL WEAR		
Mr. Earl Davidson S. Rivera (Jose Rizal Campus– Malabon) Ms. Jhianne Carla P. Chico (Jose Rizal Campus– Malabon)	Mr. Elton G. Dial Jr (Juan Sumulong Campus – Legarda, Manila) Ms. Ashley R. Galang (Andres Bonifacio Campus – Pasig)	Mr. Pocholo Gabriel A. Navarez (Juan Sumulong Campus – Legarda, Manila) Ms. Katrina Mendenilla Ando (Juan Sumulong Campus – Legarda, Manila)

After this, Ms. Samonte announced the top three candidates for each division who moved to the Ques-

tion and Answer portion of the event. The winners were given 60 seconds each to deliver their answers. Their answers revolved on the as-

signed ‘term or virtue’ to their respective division. For the JHS division, they amplified on the term ‘Resiliency’. ‘Resourcefulness’ was as-

signed to the Senior High School division and ‘Radiance’ to the College division as the terms to expound for their answers.

The most exciting part came when the hosts finally announced the winners of the title ‘Mr. and Ms. Arellano University 2021’.

TITLE	JUNIOR HIGH SCHOOL	SENIOR HIGH SCHOOL	COLLEGE
MR AND MS. ARELLANO UNIVERSITY 2021	Mr. Kurt Stephen P. Famoso (Juan Sumulong Campus – Legarda Manila) Ms. Jhianne Carla P. Chico (Jose Rizal Campus– Malabon)	Mr. John Anfernee T. Soliguen (Jose Abad Santos Campus – Pasay) Ms. Francine Bernadette B. Destura (Plaridel Campus – Mandaluyong)	Mr. Pocholo Gabriel A. Navarez (Juan Sumulong Campus – Legarda, Manila) Ms. Micaella Anne M. Martinez (Jose Abad Santos Campus - Pasay)
MR AND MS. ARELLANO UNIVERSITY 2021 1st runner up	Mr. Earl Davidson S. Rivera (Jose Rizal Campus – Malabon) Ms. Fawlyn Toca (Andres Bonifacio Campus – Pasig)	Mr. Elton G. Dial Jr. (Juan Sumulong Campus – Legarda, Manila) Ms. Mica F. Rodriguez (Jose Rizal Campus – Malabon)	Mr. John Carl G. Lumas (Jose Rizal Campus– Malabon) Ms. Katrina Mendenilla Ando (Juan Sumulong Campus – Legarda, Manila)
MR AND MS. ARELLANO UNIVERSITY 2021 2nd runner up	Mr. Osairis G. Bautista (Elisa Esguerra Campus – Malabon) Ms. Ashley Joy Lamboson Marquez (Elisa Esguerra Campus – Malabon)	Mr. Mark Jenrex Ramirez (Jose Rizal Campus – Malabon) Ms. Vanna Marie Flores (Jose Abad Santos Campus – Pasay)	Mr. Prince Ryan P. Cuello (Jose Abad Santos Campus – Pasay) Ms. Mara Francia L. Tanghal (Plaridel Campus– Mandaluyong)



#KNOW_THYSELF: BUILDING ONE'S PERSONALITY AND PRIORITIZING MENTAL HEALTH IN THE NEW NORMAL

By Joselle Erika Lou N. Tabarangao and Maria Nadine Roman



SOURCE: Arellano University Main - School of Education Facebook Page

The AU-JSC Young Educators Society held its webinar entitled “#Know_Thyself: Building One's Personality and Prioritizing Mental Health in the New Normal” via Zoom Teleconferencing app last March 28, 2021 from 2:00 PM until 4:00 PM. The aforementioned event was hosted by the President of the AU-JSC Young Educators Society, Ms. Maria Nadine Roman.

The event started with an opening message by the Secretary of the AU-JSC Young Educators Society, Ms. Irah Liwanag and followed by the introduction of the respective speakers namely Dr. Lourdes Dela Cruz, a faculty of St. John Bosco IAS, and Dr. Gary Dy, a faculty of Arellano University.

Dr. Lourdes Dela Cruz started her discussion on the “Nature of Personality” by saying that “personality development begins by birth and develops gradually... Every feature of personality is influenced by heredity and by the surrounding conditions.” She also mentioned that an individual could be considered matured if he/she has developed a holistic personality which would mean that “the person is well-balanced in a sense that he is physically and

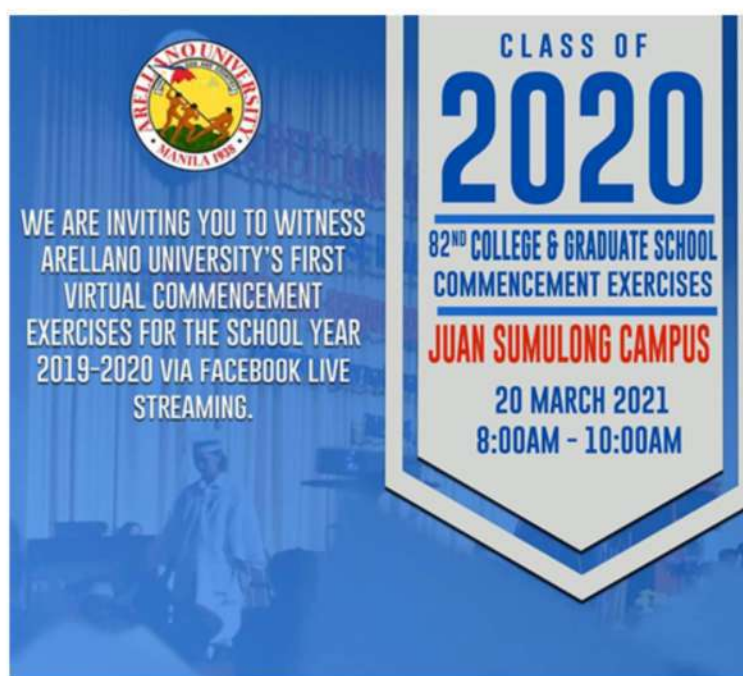
mentally healthy.” But Dr. Dela Cruz pointed out that “all aspects in our life should be given great importance.” According to her, even “our emotional health ... and spiritual health is very important especially nowadays that we are in pandemic.” On the other hand, Dr. Gary Dy delved on the coping mechanisms in facing stress, anxiety, and fear. He introduced his topic by stating that “anxiety is your body's natural response to stress... It's a feeling of fear or apprehension about what's to come but the good thing is, it's normal to feel anxious about what is happening these days.” He then enumerated tips to conquer stress and anxiety such as exercising at home, eat healthy and nutritious food, and get enough sleep and the like. As he ended his presentation he mentioned “mental health is not a destination, but a process. It's about how you drive, not where you're going... It will take time... and when everything goes down and you think you would want to give up you always put this in mind that it's just a bad day and not a bad life.”

After the two talks, certificates of appreciation were presented to the speakers for sharing their expertise to the Arellano community. This was followed by an open forum where the speakers responded eagerly to the participants' questions on their respective topics.

To formally end the event, the AU-JSC Young Educators Society – 3rd year representative, Ms. Joselle Erika Lou Tabarangao, delivered the closing remarks by saying that “Sometimes it's okay not being okay and it is important to prioritize your mental health most especially in today's crisis. Spend more time with your family and friends, get enough sleep and have the best time for yourself.”

VIRTUAL GRADUATION 2021: ARELLANITES SET OFF TO NEW JOURNEY

By Grace Ann Alamon



SOURCE: Arellano University (Official) Facebook Page

Graduating students of Arellano University united for the most important day of their College lives as Arellano University-Juan Sumulong Campus organized the first Virtual 82nd College Department Commencement Exercises via Facebook Live last April 16, 2021.

“Graduation marks the conclusion of an educational journey and the foundation of another chapter in one's life. It is a rite of passage that all graduates have been looking forward to for years,” an opening message from Mr. Angelo Herrera as he headed the College Department Commencement Exercises as Masters of Ceremony.

Before proceeding to the commencement exercises, Arellano University showcased several photos that served as memories of the Batch 2020-2021 in their alma mater. Afterwards, Mr. Herrera introduced the Board of Trustees, headed by the Chairman and CEO of Arellano University, Mr. Francisco P.V. Cayco, followed by the Vice Chairman Valente V. Cayco, and the rest of the board members. This

was followed by the introduction of the Deans and Program Chairs of the different Colleges.

The presentation of candidates for graduation began with the graduates of the School of Education (Bachelor of Elementary Education, Bachelor of Secondary Education, Bachelor of Physical Education Sports and Wellness Management and Bachelor of Library and Information Science). This was followed by the School of Hospitality and Tourism Management (Bachelor of Science in Hospitality Management, and Bachelor of Science in Tourism Management). Next up was the graduates of the School of Business and Administration (Bachelor of Science in Business Administration Major in Financial Management, Bachelor of Science in Business Administration Major in Marketing Management, Bachelor of Science in Business Administration Major in Human Resource Development Management, Bachelor of Science in Business Administration Major in Operation Management) followed by the School of Computer Science

(Bachelor of Science in Computer Science Major in Information Technology and Bachelor of Science in Accounting Technology). This was followed by the graduation of Bachelor of Science in Psychology then the graduates of the College of Arts and Sciences (Bachelor of Arts in Political Science, Bachelor of Arts in History, Bachelor of Arts in English, and Bachelor of Arts in Criminology). Graduates of the College of Allied Services (Bachelor of Science in Nursing, Bachelor of Science in Pharmacy, Bachelor of Science in Medical Technology/Medical Laboratory Science, Bachelor of Science in Radiologic Technology, Bachelor of Science in Physical Therapy and Bachelor of Science in Midwifery) came next.

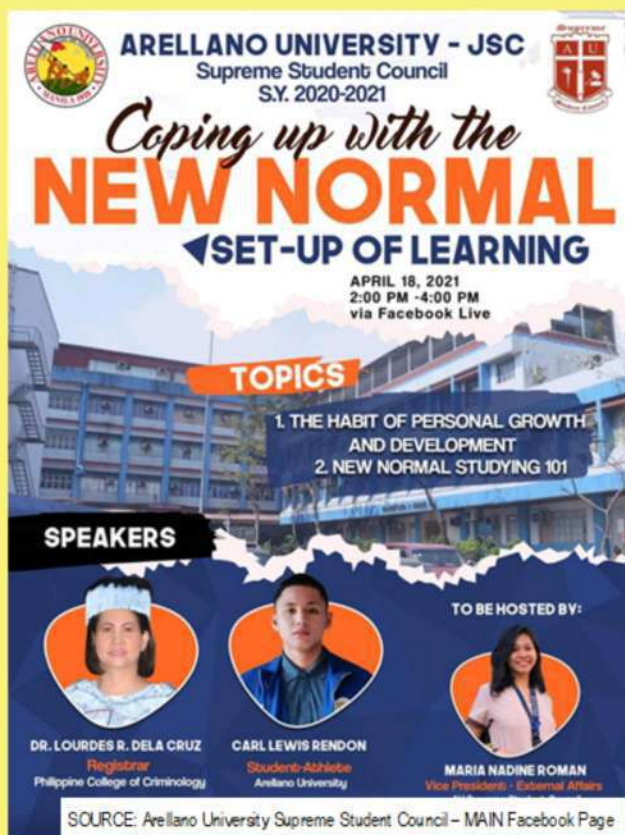
There was also a presentation of the candidates for graduation for the Graduate School (Master of Arts in Nursing, Master in Business Administration, Master of Arts in Education, Master of Arts in Psychology and Doctor of Education).

This was followed by the awarding of the Senator Manny Villar Excellence award to Angelo M. Espiritu of the Bachelor of Science in Hotel and Restaurant Management. Athletic special awards were also given to student-athletes who participated in the Junior Division and Senior Division of the NCAA Season 95. Certificates of completion were also given to students of the International Nursing Program, Teacher Certificate Program, Care Giving NC I and NC II and Health Care Services.

The commencement exercise was ended by the heart-felt and inspiring Valedictorian speech from Angelo M. Espiritu from the BSHRM of the Arellano University-Andres Bonifacio Campus. Followed by the recitation of the Pledge of Loyalty by the Salutatorian, Stephen A. Bayocot from the BSHRM of the Arellano University-Plaridel Campus.

COPING UP WITH THE NEW NORMAL SET UP OF LEARNING

By Jonee R. Elope Jr. and Daphne Ochoa



In pursuit of learning and spreading information about the current status of the students and teachers in the New Normal, the Arellano Supreme Student Council-Main conducted a webinar entitled “Coping Up with the New Normal Set Up of Learning” last April 18, 2021 from 2:00 PM to 4:00 PM. The webinar session mainly rotated on the topics – “The Habit of Personal Growth and Development” and “New Normal of Studying 101.”

For the topics listed, the AUSSC-Main headed by its Vice President for External Affairs, Maria Nadine Roman, as the chairman of the event, tapped Dr. Lourdes R. Dela Cruz, a Magna Cumlaude graduate of BSED Major in English graduate in the National Teachers College, and Carl Lewis Rendon, a 3rd year BPED student at Arellano University-Main and the Team Captain of

the Arellano Chiefs Track and Field team.

For the first half of the webinar, Dr. Lourdes R. Dela Cruz, who is currently the registrar in the Philippine College of Criminology, elaborated on the “Habit of Personal Growth and Development”. The cores of the topic were explained by Dr. Dela Cruz one by one – “growth, development and self-esteem.” She emphasized that by learning the differences of each, we can do a self-assessment check by ourselves and develop and grow what was lacking within us in order for us to feel whole. She further explained that by building a healthy self-esteem or disposition in life, we could outgrow our old selves for the better and develop a healthy mind and body. One of the tips Dr. Dela Cruz shared to the audience was to “Celebrate your Uniqueness; Dream Big and Pursue it”.

For the second half of the webinar, Carl Lewis Rendon, a student-athlete of Arellano University-JSC, presented and discussed about the common problems and health issues that were encountered by the students amidst the New Normal set up of learning as well as tips to overcome and deal with these issues. As per Mr. Carl, “It is okay to make mistakes. Make the most of your mistakes by learning from them and not worry about the repercussions every time you fail.”

As the webinar session concluded, the resource speakers entertained questions from the students and gave meaningful and relevant answers to the questions asked. Each participant is granted an e-certificate each as a proof of their attendance and as a token of appreciation for spreading positivity to the whole Arellano community through their talks.



AU POLITEIA DEBATE BEGINS!

By Grace Ann Alamon

Arellano University Politeia successfully conducted its first ever four-hour Online Debate Competition hosted by Ms. Katrina Ando and Ms. Taniel Oliverio via Zoom Teleconferencing App and live streamed in their official Facebook page last April 24, 2021.

Recognizing the importance of the youth being the voice in spreading truth and awareness in the advent of different societal issues, the organization aimed to hone the skills of the participants in public speaking and argumentation.

AU Politeia's Vice President, Ms. Grace Ann Alamon proudly presented the honorable adjudicators, an alumnus of Arellano University, Mr. Sherwood H. Valencia, Atty. Maria Veronica M. Manalo, Mr. Wilson Morano, and Atty. Aliakbar A. Junrani as the chief adjudicator of the said competition.

The Online Debate Competition consisted of 4 different teams from the different year levels of AB Political Science. Each team was distinguished by the coordinators either as the Affirmative side and the Negative Side. The elimination has two rounds, the first two teams argued about "The presence of Chinese militia vessels in the West Philippine Sea is unbearable thus, the Philippine government must consider a military response to the issue", while the other two teams argued about the "Mandatory Vaccination in the Philippines".



SOURCE: Arellano University Politeia Facebook Page

The teams who successfully won in the elimination round fought for the championship in the final round with the topic of, "Pushing through the 2020 Elections despite the COVID 19 Pandemic situation." Each debater was given a time of 3 minutes to interpolate their argument and to perform their constructive speech. At the end of the round, the representative of each team was given a time to make their rebuttals.

The team of Mr. Kharl Dominique Ferrer, Ms. Ira Kim Lagan and Mr. Julius Cabangon was awarded as Politea Online Debate Champion, followed by the First Runner's Up team composed of Mr. James Andrew Monilla, Mr. Darvey Lerin and Mr. Aldreje Tuazon. Both of the teams won cash prizes. AU Politeia also awarded Mr. Kharl Dominique Ferrer as the Finalist Best Debater and Mr. James Andrew Monilla as the Over-all Best Debater.

Before the program ended, AU Politeia's President, Ms. Jean Remo delivered her closing remarks, extending her gratitude to all the Politeia Officers who worked hard to conduct the event successfully.

ARELLANO UNIVERSITY SUPREME STUDENT COUNCIL ELECTION GOES ONLINE

By Maria Nadine Roman

Arellano University – Juan Sumulong Campus held its first ever online Arellano University Supreme Student Council election last May 7, 2021. Two parties namely the Leaders of Arellano University for Development and Independence (LAUDI) and the United Students Party (USP) vied for the positions in the Arellano Supreme Student Council – Main.

The Leaders of Arellano University for Development and Independence (LAUDI) comprised of James Andrew Monilla (President), Robie Andrew Manansala (Vice President for Internal Affairs), Daniella Perez (Vice President for External Affairs), Mark Kim Taguam (Secretary), Marcia Angela Managuit (Treasurer), Aldreje Tuazon (Auditor), and Jemilene Alvarez (Business Manager).

On the other hand, the United Students Party (USP) comprised of Jerome Vincent Galeno (President), Maria Nadine Roman (Vice President for Internal Affairs), Ricky Cabual Jr. (Vice President for External Affairs), Sheikinah Grace Sanz (Secretary), Dustin Jay Cariazo (Treasurer), Carmela Jaranilla (Auditor), Jomari Jovellar (Public Relations Officer) and Ruth Padua (Business Manager).

The two parties were given one week, from May 1 to 5, 2021 to conduct their campaigns. By May 6, 2021, the Arellano University – Main COMELEC headed by the Assistant Dean of AU's Office of Student Affairs, Ms. Cheenie Curato, arranged a Miting De Avance from 3:00 PM to 4:30 PM via Zoom Teleconferencing App where the candidates from both parties presented their platforms for the upcoming school year if they were to be elected as AUSSC officers. They also answered various queries from the student body such as the qualities they have that made them stand out from the other candidates.



SOURCE: Arellano University Supreme Student Council – MAIN Facebook Page

On the next day, May 7, 2021, the election was conducted through Google Forms and was facilitated by the Arellano University – Main COMELEC from 8:00 AM to 3:00 PM. By 3:00 PM, all Google Forms were closed, and votes were tallied. By 4:00 PM, it was announced that the United Students Party (USP) won a landslide victory against the Leaders of Arellano University for Development and Independence (LAUDI).



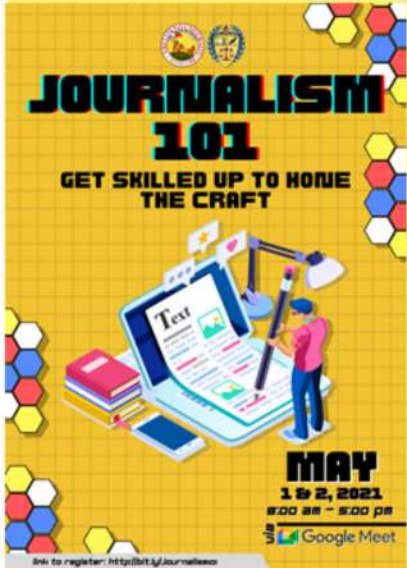
SOURCE: United Students Party Facebook Page

POSITION	CANDIDATES	VOTES
PRESIDENT	James Andrew Monilla (LAUDI)	121
	Jerome Vincent Galeno (USP)	307
VICE PRESIDENT FOR INTERNAL AFFAIRS	Robie Andrew Manansala (LAUDI)	97
	Maria Nadine Roman (USP)	341
VICE PRESIDENT FOR EXTERNAL AFFAIRS	Daniella Perez (LAUDI)	138
	Ricky Cabual Jr. (USP)	288
SECRETARY	Mark Kim Taguam (LAUDI)	103
	Sheikinah Grace Sanz (USP)	357
TREASURER	Marcia Angela Managuit (LAUDI)	133
	Dustin Jay Cariazo (USP)	295
AUDITOR	Aldreje Tuazon (LAUDI)	119
	Carmela Jaranilla (USP)	311
PUBLIC RELATIONS OFFICER	NONE	N/A
	Jomari Jovellar (USP)	419
BUSINESS MANAGER	Jemilene Alvarez (LAUDI)	95
	Ruth Padua (USP)	336



JOURNALISM 101: GET SKILLED UP TO HONE THE CRAFT

By Maria Nadine Roman



Continued from Page 1...

After the opening program, the participants proceeded to their assigned Google Meet/Zoom meeting for their chosen categories. Each category was given 2 hours; 1 hour for the lecture and 1 hour for the contest proper.

For Day 1, the 1st category was Photojournalism which was facilitated by Ms. Sheikinah Sanz, the Head Photojournalist of Arellano Standard Manila, from 10:00 AM to 12:00 NN. Mr. Jimmy Domingo (Senior Lecturer at the University of the Philippines) and Mr. Jhun Dantes (Photojournalist/ Stringer of ABS-CBN News) were invited to share their expertise in this category.

After a 1-hour break for lunch, the News Writing category simultaneous with the Editorial Writing category came next from 1:00 to 3:00 PM. The 'News Writing' category was facilitated by Ms. Dian Mantiles, the News Editor of the Arellano Standard Manila while the 'Editorial Writing' category was facilitated by Mr. Clark Tagudin, the Literary Editor of the publication. For the News Writing category, Mr. Alvin Hizon (Chief Content and Marketing Officer of Best-Designed Campus Papers of the Philippines Designers and Creatives PH) was invited as guest lecturer and as a fellow judge to Mr. Edwin Canete (Teacher 1 at J. Santiago Integrated High School). On the other hand, Ms. Ben Domingo Jr. (Father of Barefoot Journalism) was given the honor to be the guest lecturer for the 'Editorial Writing' category and be the partner of Mr. Joemar L. Furiay (Carlos Palanca Memorial Award for Literature awardee) in judging the contest pieces submitted by the participants.

The last category for day 1 is Sports Writing which was facilitated by Ms. Dian Mantiles, from 3:00 PM to 5:00 PM. Mr. Mark Angelo Mañez (Philippine Daily Inquirer correspondent at the 2019 SouthEast Asian Games) was invited to give the lecture for this category as well as to be the judge together with Ms. Maria Isabel Guno (School Paper Adviser at BHS - The SEED) and Mr. Ricky Manliguis (Sports Journalist at Dugout Philippines) for the contest proper.

Day 2 started with a 1-hour program from 8:00 AM - 9:00 AM for the review of the

event's schedule and guidelines. Atty. Frederick Dedace, Arellano University's VP for Human Resources, also gave a short inspirational talk to the participants as the event approached its end.

After the reminders, the participants proceed to the 1st category for Day 2 which is Literary Writing facilitated by Mr. Clark Tagudin from 9:00 AM to 11:00 AM. Mr. Justine Vince De Dios (Resident Illustrator of The Manila Collegian) was invited to conduct the lecture for the category as well as be the judge for the contest proper together with Mr. Jade-mark Nadete (One of the founders of Aklantique Poetry at Samatugmafil Writing Organization).

After a 1-hour break for lunch, the Feature Writing category was simultaneously held with the Editorial Cartooning category from 12:00 NN to 2:00 PM. The Feature Writing category was facilitated by Ms. Joselle Erika Lou Tabarangao, the Feature Editor of the Arellano Standard Manila while the Editorial Cartooning category was facilitated by Mr. Joshue Gloria, the Head Cartoonist of the publication. Mr. Regie Allag Estrada (Editor-in-Chief in the Waterworld) was invited to share his expertise and be the partner judge of Mr. Jose Paulo Calceas (Co-author of 2017 Style Guide for Campus Journalism: Script writer of the SAF 44: The Movie) in the Feature Writing category. On the other hand, Mr. Renato Aranda (Chief Artist, The Philippine Star) was given the honor to give the lecture and be the partner of Mr. Joshua Villena (Grand Winner in the 2015 Live Your Dream International Art Contest -USA) for the contest portion of the Editorial Cartooning Category.

By 2:00 PM, the Science and Technology Writing category started with Mr. Mark Dubria, the Managing Editor of the Arellano Standard Manila, as its facilitator. Ms. Shaira Pamela (Science journalist, researcher, strategic communications consultant and STEM advocate) was invited to be the guest lecturer and the partner judge of Mr. Markneel Balgos (Office Secretary at Michaelangelo Manpower Exponent Inc. - La Trinidad Branch) in the contest proper.

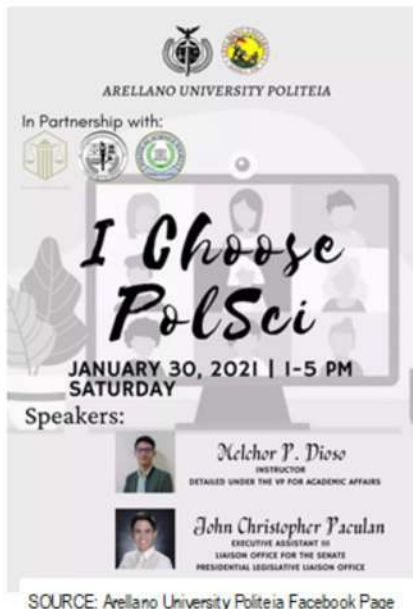
For the last category for Day 2, the Collaborative Desktop Publishing, Mr. Ricky Cabual Jr., the Layout Artist of The Arellano Standard Manila, facilitated the lecture and contest proper with the guest lecturer/judge, Ms. Erika Dyane Corsino (Two-time Qualifier in the National Schools Press Conference - Lingayen and Tuguegarao)

Awarding of certificates and prizes were held last May 22, 2021 from 8:00 AM to 10:00 AM.

1st place	2nd place	3rd place
PHOTOJOURNALISM		
Charles Del Pilar (JHS) Shiene Nicole Sambat (SHS) Joshua Hapinat (College) Alvin Manganti (SPA)	Justito Jimenez (JHS) Jasper Dominic Miranda (SHS) Princess Mae Golong (SHS) Paulo Angelo Fronda (College) Jan Adams Magtanong (SPA)	Rizza Mae Lim (JHS) Michael Angela (JHS) Jayvee Pamintuan (SHS) Mark Charles Marfe (College)
NEWS WRITING		
Mariane Reese Batidor (JHS) Arleth Isabel Lomotan (SHS) Tristan Jay Pinca (College) Jan Adams Magtanong (SPA)	Justinelee Estrabela (JHS) Angielyn Tarrayo (JHS) Kyra Jenyne Arquero (SHS) Anne Colinne Manuel (SHS) Bianca Etcobanez (College) Arjay Cabuyadao (College) Alvin Manganti (SPA)	John Louis Atienza (JHS) Allan Paulo Cuya (JHS) Margarette Morante (JHS) Gerin Chavez (SHS) Arleth Isabel Lomotan (SHS) Rcee Tenebrancia (SHS) Jessie Jay Arendain (College) Patrick Bryan Porras (College) Lara Jenelle Busuego (SPA)
EDITORIAL WRITING		
Nathan Gabriel Protestades (JHS) Khloe Jean Ongsiaco (JHS) Shiene Nicole Sambat (SHS) Sophia Patrice Aparre (College)	Ronald Clemente (JHS) Prinz Jordan S. Reynoso (SHS) Dave Peralta (College)	Suri Antoine Permilona (JHS) Ma. Elena Bacani (SHS)
SPORTS WRITING		
Joshua Evangelista (JHS) Christ Joseph Quiambao (SHS) Paulah Wilhelmina Mayoyo (College) Jan Adams Magtanong (SPA)	Franchesca Ashlei Mei Abella (JHS) Jose Angelo Clementir (SHS) Bianca Jasmine Etcobanez (College) Alvin Manganti (SPA)	Ronald Lacumbres Jr. (JHS) Sherly Mae Traifalgar (SHS)
LITERARY WRITING		
Niomie Althea Dabu (Elementary) Alyssa Ashley Dela Cruz (JHS) Icon Matthew Monit (SHS) Cyan C. Mangaoang (College) Jan Adams Magtanong (SPA)	Nathaniel De Jesus (JHS) Arleth Isabel Lomotan (SHS) Anna S. Bitang (College) Wilhelm Lumagbas (SPA)	Athena Gayle Villafranca (JHS) Christ Joseph Quiambao (SHS)
FEATURE WRITING		
Maria Kyla Miranda (JHS) Jommielle Lucerio (JHS) Mary Louise Teoxon (SHS) Jhon Christian Tolop (College) Wilhelm Lumagbas (SPA)	Alice Manio (JHS) Christian Larry Andres (JHS) Icon Matthew Monit (SHS) Razel Joy Lazatin (SHS) Jessie Jay Arendain (College) Alvin Manganti (SPA)	Alyssa Ashley Dela Cruz (JHS) Nichole Angelica Verendia (JHS) Elena Bacani (SHS) Julianne Nicole Tiglaio (SHS) Cyan Mangaoang (College) Jan Adams Magtanong (SPA)
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DEFINING THE POLITEIAN DREAM

By Grace Ann Alamon



Students under the program of AB Political Science and other interested participants were welcomed by the Arellano University Politeia in the said webinar, which aimed to boost enthusiasm of students aspiring to take AB Political Science in College as well as to enlighten current AB Political Science students who are not quite certain

Arellano University Politeia successfully conducted their first ever webinar entitled "I choose Political Science" in partnership with different Political Science organizations over Zoom Teleconferencing App last January 30, 2021.

on what to pursue after accomplishing this Pre-Law course.

Nearly 80 participants gathered in the 5-hour session, including students from Arellano University-MAIN, Arellano University-Pasay, Arellano University-Pasig, Arellano University-Malabon, Philippine Christian University and Central Philippine University.

Mr. John Christopher Paculan, an Executive Assistant III for the Senate Presidential Legislative Liaison Office, and Mr. Melchor P. Dioso, an expert in the Field of Political Science and Public Administration and currently an instructor under the VP Academics Affairs, were invited to be the event's honorable speakers.

Mr. Paculan followed by Mr. Dioso, discussed the different fields and disciplines under Political Science such as Philosophy, Comparative Politics, International Relations and Public Administration, as well as the possible professions after taking up AB Political Science such as lawyers and public servants. Mr. Paculan emphasized to the attendees that "choosing what you want for yourself will not be a regret in the end."

After the two talks, an open forum was carried out where both speakers enthusiastically answered queries from the students.

CHIEFS TALK! 2021: TRANSFORM, ENCOURAGE AND DISCOVER

By Grace Ann Alamon



Arellano University Supreme Student Council (AUSSC) Juan Sumulong Campus has successfully conducted an event entitled 'CHIEFS TALK! 2021' via Facebook Live last April 13, 2021 from 2:00 PM - 4:00 PM hosted by the AUSSC-Vice President for Internal Affairs, Mr. Ricky Cabual Jr.

Chiefs Talk 2021 kicked off with the tagline, "Transform, Encourage and Discover" aimed to stimulate learning, to inspire and to provoke communication that matters between the students of Arellano University.

analyze and criticize his/her own idea, allowing himself to be distinct from the others in the society. In addition to this, a "politically thinking citizen" can identify and analyze his/her own thought patterns and changes about a certain phenomena. Mr. Borja then shared some tips on how to think politically which included being aware of one's own biases and assumptions, being aware of one's own limitations and being aware of one's own perception or point of view.

After Mr. Borja's talk, Ms. Dian Mantiles was introduced by the host for her inspirational talk on self-love. Ms. Mantiles provided a commercial video clip of Pantene where a transgender beauty queen, Ms. Kevin Balot was featured. The line, "You deserve to be heard, accepted and loved," from the

opinion in this day and age," said Mr. Borja, a catchy opening for his discussion. Everyone could easily pick up and convey opinions nowadays because of social media wherein people's judgments were not expressed in a calculative sense. With this in mind, he emphasized that an individual must be a "thinking citizen" who can

commercial strikingly affected the hearts of the live audience as it gave the idea that everyone has equal rights for all of us are human beings. Ms. Mantiles then started her talk with the saying, "I am a very proud woman of transgender experience." She then emphasized that "Living your own truth is the greatest and bravest thing." She proved this to be true as she narrated her life narrative including how at a very young age, she already knew the greatest truth about her self-identity - that she doesn't want to be a girl because she is a girl. She then encouraged everyone to embrace and love the truth about themselves for the truth brings power, happiness and freedom. After Ms. Mantiles came Mr. Jefferson Chester Juanillo, a former AUSSC President and a proud alumnus of Arellano University- Juan Sumulong Campus. Mr. Juanillo talked about forgiving one's self and moving forward. "Some may

ARELLANO UNIVERSITY VIRTUAL TALENT SHOW: SYNERGY OF TALENTS

By Maria Nadine Roman



Arellano Supreme Student Council - MAIN ended School Year 2020-2021 by showcasing the unique and amazing talents of the Arellano Community through the first ever Arellano University Virtual Talent Show last May 14, 2021 via Facebook Live in their official Facebook page. The event was hosted by the President of the AUSSC- Main and chairman of the event, Mr. Jerome Galeno together with Mr. Mark Felix Dela Cruz.

To formally start the program, AUSSC's Business Manager and co-chairman of the event, Mr. Jayson Viloria, invited the audience to 'sit back, relax and enjoy the magical performances' of the Chiefs.

The first performer was a BS Hospitality Management student-athlete, Ms. Trina Marice Abay who sang her rendition of Bruno Mars' 'When I was your man'. Next up was the Motel Pool dance performance of Mr. Gerard Jardinico, a BS Tourism Management student and the President of the Arellano University - Dance Company. This was followed by Teatro Arellano's Ako Ang Daigdig dance poetry performance. Two BS Psychology students came next, Ms. Lyra Guerra showcased her talent in drawing while Ms. Jesselle Santos shared her talent in the art of make-up. After that was the contemporary dance performance of an AB Performing Arts student and the company manager of Teatro Arellano, Mr. Noesis Marquez. These first batch of performances were followed by the special messages from the Mr. Arellano University 2021, Mr. Pocholo Gabriel Navarez and Ms. Arellano University 2021- 1st Runner Up, Ms. Katrina Ando, who thanked all the people who supported them in the MMAU Interbranch competition last March 26, 2021.

Next came the 2nd batch of the performances which comprised of a spoken poetry of Mr. Michael Cariaga, a BS Education major in Filipino student and a rendition of Maximilian's Beautiful Scars by Mr. Angelo Balez, a BS Hospitality Management and the 1st Runner Up of AU Idol Interbranch 2020.

After the second batch of performances, the hosts reminisced about the various contests that the AUSSC-Main conducted in the first half of the school year including a photography, a poster and an essay contest. They also announced the winners for each contest.

The program was formally ended as the hosts, Mr. Galeno and Mr. Dela Cruz, thanked all individuals starting from the Arellano University administrators, AUSSC officers and committee members, the performers and most especially the audience who stayed up until the end to witness how talented Chiefs are. #HailToTheChiefs!

see mistakes as an opportunity to learn from it, but, some consider their mistakes as the proof that they are not good enough, not capable and not worthy, this became a dilemma that couldn't be controlled easily, people began to question themselves, initiating self-doubt." Mr. Juanillo's discussion was very timely, especially nowadays that people were more vulnerable due to the difficult experiences they encountered in this global pandemic crisis. Mr. Juanillo ended his talk by emphasizing that mistakes and accomplishments were two different matters but they are

alike in such a way that they both happened to the same person. "Never let your mistakes hinder you from continuing the list of your accomplishments. Take it as a weapon to continue writing your story until it becomes a story you share."

Before ending the program, Mr. Cabual awarded the guest speakers for their invaluable participation in sharing their life experiences that shaped who and what they are today so as to inspire the Chiefs to be as persevering and dedicated in shaping their lives just as how they want to.

The Standard

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VIRTUAL CAREER FAIR

By Brigette Rona Guro

ARELLANO UNIVERSITY SENIOR HIGH SCHOOL AND THE CENTRAL GUIDANCE OFFICE, BRING YOU:

VIRTUAL CAREER FAIR

April 13, Tuesday, 9 am
Facebook.com/Jobs180

Photo retrieved from Arellano University Supreme Student Council- Mabini SHS Facebook Page: Poster for the Event

Arellano University Senior High School Department organized a Virtual Career Fair through Facebook Live last April 13, 2020, at exactly 9 AM. Together with Jobs180, this seminar aimed to show the students a glimpse of the real world and understand the importance of a career.

The seminar focused on creating a resume, which is essential when you apply for a job. Managing Director of Jobs180 and Speaker, Mr. Kim Chua presented steps in making resume links. These are alternative resumes that are designed to make the submission process faster and easier. They provided several online functions which also made it effortless to create. The highlight of the whole discussion was being able to stand out. It was stressed that one's resume should be attractive without overdoing it. It was then followed by tips on how to stand out. This includes providing pictures and writing objectives as if being interviewed. Ways to submit the links were also tackled. The seminar ended with an open forum where students asked questions on how certain parts of the site function. Some asked for advice they could give to graduating students. It is hard to enter "real life" in these circumstances but Jobs180 promised to make a small part of it easier. They stressed that their personalized URL is the most secured resumes.

#ARELLAKNOWS

By Danicca Hazel Hubilla



Photo retrieved from Arellano University Supreme Student Council- Mabini SHS Facebook Page: First Post featuring Allaine Dialino

Sharing is Caring. Simple words sparked the idea for this inspirational concept. The Supreme Student Council of Arellano University - Apolinario Mabini Campus, started #ArellaKnows last February 19, 2021. This project is a simple post that aims to encourage students and give them motivation through these hard times. These were posted on Facebook as everything shifted online when this school year started.

The first post, featuring Allaine Dialino, tackled the extra pressure students are feeling other than their own with online classes. The SSC secretary mentioned expectations and peer pressure. The Supreme Student Council firmly believes that every hardship would bear fruit, just always remember to be humble. #ArellaKnows is ongoing and is expected to keep students from giving up on success.

MENTAL WEALTH

MENTAL HEALTH PROMOTION SEMINAR

By: Justin Kyle Horlina

On the 28th of January 2021, Arellano University hosted an online mental health seminar. This was conducted through zoom and was shared live on their Facebook page. Participants were the Grade 12 senior high school students from every campus of the said school. It started around 10 in the morning as the number of attendees continued to pile up. The program was opened by Ms. Ludivina Alonzo, Supervising Guidance Counselor of the Legarda campus. She mentioned the current situation everyone is facing and how impactful it may be towards someone's mental health. After a quick message, they introduced the guest speaker.

Dr. Irene Carmelle Tan, MD, DSBPP, went straight to the point and addressed the issue being discussed. She gave a few objectives for a smooth flow and proceeded with her lecture. First, she gave the definition of mental health and why is it important to students like us. She emphasized that it is a principal aspect of teenagers' transition towards adulthood. Mental health becomes more recognizable and valuable as teens gain more adult-like responsibilities. These concepts are truly powerful and relatable. Dr. Tan then discussed common mental health problems for students. This section included the definition of stress, depression, and anxiety as well as, its differences from one another and possible symptoms of these problems. The most memorable part of this section was the acknowledgment of misused terms. Teenagers often use the word depression loosely, substituting it to common sadness. She pointed out how serious knowing these terms are so that we don't add skepticism when someone is really suffering from these health problems. Using the term carelessly will direct people's awareness away from how grave these issues truly are. The third objective was about strategies for the detection and prevention of the said mental health problems. Dr. Tan gave a few tips such as taking care of physical health, learning to prioritize, and finding social support. The last part of the lecture tackled coping strategies for these issues. This included taking breaks and looking for the silver lining in things. As cliché as it might sound, these are some coping mechanisms that are proven by studies.

Reaching the end of the seminar, the hosts officially opened the comment section for the open forum. The students were able to ask anything of significance to the guest speaker. There were a few questions about the possibility of mental health problems with given symptoms. Dr. Tan tried her best to quickly identify what the students may be going through, clearing their doubts. During this, she mentioned how harmful self-diagnosing is and would never condone it. The forum continued as the speaker buzzed through all of them. Finally, after a stimulating lecture, they provided a certificate of recognition to the speaker in appreciation of her time and knowledge. The program was then closed by High School Principal, Mr. Daniel John Cariazo. The seminar ended around 11:30 AM, obligating students to continue with their classes.



Screenshot taken by Kenshin Dijamco: Lecture during the Mental Health Promotion Seminar

FEATURE

INSIDE THE BLACK MIRROR

By Kenshin Dijamco



Photo retrieved from Pinterest: Black Mirror Episodes (Credits to the Owner)

"People think it's a happy game. It's not a happy game. It's a nightmare world. And the worst thing is? It's real and we live in it." - Colin Ritman, Bandersnatch

Black Mirror is a British anthology, created by Charlie Brooker, that showcases themes of modern-day dystopia and science fiction. It was premiered in 2011 and was later released by Netflix in 2015 with a total of 5 seasons. Each episode is a different story with no particular order. The episodes revolve around different issues surrounding new technology and its consequences. It tackles the plot with a sense of darkness, obscurity, and sometimes satire. This series heavily suggests the negative possibilities we might encounter as we reach the future of technology. Gadgets we use to have black screens, a blank void of emptiness, hence the name of the show. If you think about it, this gives a cold and ominous vibe, which the show used as their main disposition.

One of my favorite episodes is "Nosedive," which displays a society where the currency is replaced by ratings. Your socioeconomic status will be based on the overall rating you get from other people. The main character aims to boost her rating only to reach a point where society deemed her worthless. Our society today is on the path that leads to this scenario. We constantly have this need to please other people for likes, even if we have to fake it. The movie ended with the protagonist behind bars as she cursed wholeheartedly. We could imply that she became free, now that no one would care about the things she would say. With the rise of social media, this hits very hard, especially as of today.

There was no update on the 6th season of this series due to the ongoing pandemic. They figured it would be insensitive to release dark stories concerning the future when we are unsure of what is to come. More than ever, we needed to focus on how to rebuild our society, and stories about how it falls apart are not ideal. However, we cannot ignore the fact that our world is slowly turning into one of its most complex episodes. Now more than ever, we rely on technology as a form of comfort without knowing its risks, even integrating it into every aspect of our lives. Who knows what's inside the Black Mirror? So, we challenge you to put down your gadgets for a few minutes and breathe.



HEADLINE

AMC VIRTUAL LEADERS SY. 2020-2021

By Anne Bernadette Salvacion

Arellano University - Apolinario Mabini Campus SHS Department formally announced the new set of student leaders through Facebook last December 04, 2020. Their commitment is to serve and deliver transparent and equal treatment toward the Chiefs. They promise to exert their best efforts to benefit many and will not implement anything that can be of harm to their fellow students. Even with the current situation, they gave assurance that the officers will do their very best to deliver. Despite the pandemic, it shall not hinder them in fulfilling their responsibilities. It is through utilizing different online platforms that will help them reach out to their fellow students and spread necessary information to the student body.

Alongside this announcement, officers for each department were also revealed last February 08, 2021. Their innate passion, utmost dedication, and valuable service to the students of AU – AMC will bring pride and honor to the school community.

These Newly-Assigned Officers will lead every one of us to the path where we can excel, especially through these hard times. To the Newly-Assigned SSC Officers and Strand Officers, may you have a rightful path of leadership and be given the chance to show us what they got and can do to the betterment of us all. Congratulations and Hail to the Chiefs!

AU – AMC DONATION DRIVE PROJECTS

By Maria Jelleen Ann Enriquez



Photo retrieved from Arellano University Supreme Student Council-Mabini SHS Facebook Page

Isang Sunog ang naganap sa Tramo, Barangay 43, Pasay City sa pagtatapos ng taong 2020. Kinabukasan ng ika-24 ng Nobyembre ay agad na nagsagawa ng isang programa ang Apolinario Mabini Campus. Ang unang nailunsad ay ang “Tulongan mo ang Tramo” kung saan marami ang naapektuhan kabilang na ang mga kapwa nilang magaaral. Nanghingi ng mga donasyon ang Supreme Student Government gamit ang Social Media. Sa pamamagitan ng pagpost ay madaming istudyante ang hindi nagdalawang isip na magabot ng tulong. Ilan na rito ang mga bagay na alam nilang kakailanganin ng mga nasunugang tulad ng pagkain, tubig at damit.

Makalipas ang ilang buwan ay isang sunog na naman ang nangyari. Ito ay naganap noong ika-9 ng Marso sa Pablo Ocampo Street sa Maynila. Sa parehong pangyayari ay gumawa ulit sila ng programa na pinamagatan namang “Bangon Pablo Ocampo.” Dahil likas na sa mga magaaral ng Unibersidad ng Arellano ang pagtulong, ay sila namang nagpaabot muli ng mga donasyon. Ang mga donasyon o tulong na ipinaabot ng mga magaaral ay personal na ibinibigay ng mga opisyal, kasama ang mga guro, sa mga taong nasunugan.

Bago man o hindi, madami o kaunti, pera man o bagay. Kahit ano pa ang maibibigay, hangat kaya ng mga magaaral ng Arellano ay hinding hindi sila nagsasawang tumulong. Ito ang aral na ibinibigay ng paaaralan. Aral na hindi maaalis kahit na sila’y nasa ibang yugto na ng buhay.

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Quick Psychology

“Diffusion of Responsibility”

By Aaron Brad Almo

Diffusion of Responsibility is a Socio-Psychological phenomenon that happens when people are less likely to take action when there are more are involved. It is when someone hesitates or does nothing at all as they wait for others to do it.

Sounds Familiar?

Classrooms suffer from these circumstances. The more students there are, the less likely someone will volunteer because there'd be a smaller chance for them to get called or assigned. Group projects witness this phenomenon as well. Online Classes are greatly affected, not only do students share the same responsibilities, but they are also protected by a sense of anonymity. Since everything happens from a distance, students often hide behind their screens, literally. Do your part! Don't wait for your name to be called out.

LITERARY CORNER



SOMETIMES

By Shane Marie Bornasal

A painter who loves to see and think how the world can be.

How he wishes for the universe to give him ease.

He felt, he felt so free.

Like an apple laying on the ground beneath the tree.

His imagination was so surreal.

The way he explains the earth, nature, and the sun.

Like his painting exist and they were real.

The optimistic light behind him was never gone.

She was a painter who hates the world as she knows it.

How she wish the universe to stop listening to her dreams.

Of how she felt, she felt a bit.

A bit of sunshine from the painter who emits.

Her imagination was a joke

The way she hates explaining the earth, nature, and the sun.

Like she's just her painting, finding their ways to cope.

The pessimism stays, it was never gone.

The way they met felt like a leap of faith.

The way they saw each other's eyes.

At that moment they knew they kind of relate.

Was the moment they see the love they didn't realize.

ROLLERCOASTER OF LIFE

By Angel Taperla

We start to live our lives in the beginning.

A life that we must give its own meaning.

To live a long life, we must be unwavering.

And break the deafening silence of your phrasing.

To live, we must sacrifice our happiness.

Take all the risks, and be fearless.

Might as well take advantage of your braveness.

But we must not abuse our righteousness.

A feeling of agony that makes us uncomfortable.

The life that we shared was irreplaceable,

You give meaning to it, which makes it knowledgeable.

We've learned that from you, it's discourgeable.

In the end, we fight for equity.

A life that is fair and runs on veracity.

Your life is not dependent on others to have its quality.

The only significant thing is its own exceptionality.

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HEADLINE

NEW OPPORTUNITIES FOR FUTURE EDUCATORS!

By: Monette Anne R. Siman

Ever dreamt of becoming a professional Educator like your favorite teachers or professors? Do you want to continue this dream here in Arellano University?

Fret not! For Arellano University Andres Bonifacio Campus is now opening new doors in the School of Education. The Bachelor of Secondary Education program has five NEW majors: Filipino, Science, Social Studies, Mathematics, and Values Education. If that's not enough, the School of Education also includes a major in Physical Education! The department also offers Bachelor of Elementary Education majoring in General Education and in Special Education

So if you want to help, guide, and educate the future generation in developing our society, join the School of Education and their family of future teachers. They're now accepting early registration for S.Y. 2021 – 2022, so register now and be part of the Chiefs!

For further questions about the new programs, or even the old ones, you can inquire and reach out to the School of Education in their office on the first floor of the Main Building or through the following contact information!

School of Education conducts 6 webinars in 1 school year

By: Camille May B. Sanfuego

Making sure of the student's progress despite the pandemic, the school of education conducted a free webinar series in this academic year 2020-2021

One of the biggest challenge faced today is how to keep the students on board and learn new skills to improve while staying at home. The School of Education department at Arellano University Andres Boni-

facio Campus had the idea of doing webinars as a solution for this. The students are free to join this event and the speakers were all leading educators in either English or research.

This school year 2020-2021, AUPasig Education Department successfully managed a total of 6 webinars and very first one was conducted last November 21, 2020. The event was hosted by the resource speaker, Dr. Michael De Guzman, with the theme of "Enhancing Test Taking Skills for Licensure Examination". The aim was to prepare the Education students, especially the graduating students, for taking their future Board Licensure Examination for Professional Teachers a (BLEPT). The initial webinar provided them more knowledge, basic needs, instructions, and useful tips how to ace the licensure exams.

Dr. Gina Alvarado directed the second webinar held last December 4, 2020 that was entitled "Balancing School at Home: The Student's Perspective". Interesting topics were discussed such as Impacts of Covid-19 pandemic in schools, challenges of home learning, support of parents in

online learning, building positive learning habit at home, and balancing school at Home. The speaker went very informative and realistic while using pictures, images and real-life situations based on ideas and perspective of students.

School of Education started the year with two innovative and practical webinars. On January 20, 2021, Dr. Michael de Guzman once again hosted another webinar entitled "Creating Video Lessons for Flexible Learning" with the theme "e-Quipping the 21st century Mentors". The resource speaker introduced several recording applications and software's necessary for video lessons and online-based learning. Dr. De Guzman also showed possibilities that can be done with OBS studios. Then, an open forum was made at the end to answer the queries of students and also to create collective recommendations.

The fourth webinar was conducted in the same month, January 22, 2021 to be exact, and was headed by Dr. Gina Alvarado together with Professor Riza Noceto. Entitled "Improving Educational Practices through Action Research", the speakers thoroughly presented and explained the process of action research. In addition,

they provided different techniques and strategies that students can utilize while undergoing research works.

Another supplemental webinar, "Designing and Developing Interdisciplinary, Interventional Instructional Materials for Flexible Learning", was held on February 20, 2021. Dr. Michael de Guzman, the guest speaker, shared tips on improvising learning materials; discussed situational examples; and stressed-out pointers that can be applied by teachers and students to maintain good quality education.

The last part of the series took place on March 06, 2021 with the theme "Teacher Education Online Caravan" and entitled "Facilitating Skills for Teachers". Dr. Michael de Guzman effectively presented this final webinar as he introduced several skills and strategies that lecturers can use for their online sessions. He pointed out that these skills and strategies are very useful also for future instructors. At the end, the speaker advised teachers to always practice to engage current and future relevance to their content so students can relatively see that its worth-knowing.

EARLY REGISTRATION FOR SY 2021-2022 IS NOW ONGOING
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Graduates of 2019-2020 celebrate the commencement ceremony virtually

By: Micaella Alim

Arellano University Andres Bonifacio Campus held a commencement exercise via Facebook live last March 20, 2021. The said event was hosted by Mr. Sherwin Punla with the help of the departmental deans of the university.

Finishing a degree is one of the best moment to remember in a person's life. Marching with classmates was one of the many things that people look forward to. But, because of the pandemic, this highly anticipated event turned into a sad reality since performing a gradua-

tion march in the usual way is prohibited due to the COVID-19 situation in the country. Making in-person graduation ceremonies are as of now impossible. Thankfully, Arellano University made a way to make the Graduation Ceremony possible.

The graduation candidates were very excited to finally say that they are now officially graduates of batch 2019-2020. This program was really worth the wait for them and especially to their family and friends. Congratulations batch 2019-2020!

WE ARE INVITING YOU TO WITNESS
ARELLANO UNIVERSITY'S FIRST
VIRTUAL COMMENCEMENT
EXERCISES FOR THE SCHOOL YEAR
2019-2020 VIA FACEBOOK LIVE
STREAMING.

CLASS OF

2020

82ND COLLEGE
COMMENCEMENT EXERCISES

ANDRES BONIFACIO CAMPUS

20 MARCH 2021
10:15AM - 12:15PM

WATCH HERE AT
ARELLANOUNIVERSITYOFFICIAL

Announcement banner from AU- Andres Bonifacio Official Facebook Page

Mr. and Miss Arellano University 2021: Persevering Amid the Pandemic

By: Jhon Aldrin M. Perpiñan

On the 26th of March, the Grand Coronation of the newly crowned Mr. and Miss Arellano University 2021 (MMAU2021) occurred in the most creative way possible. In response to the current pandemic and the limitations it presents, the committee behind the said event decided to hold the pageant on a virtual platform. Attended by the AU netizens, the live virtual pageant proved to be a huge success demonstrating the power of perseverance even in the midst of unprecedented crisis effectively embodying its theme: "Showcasing the Chief's Resiliency, Resourcefulness, and Radiance".

Despite the hurdles brought about by the pandemic, the 83rd Foundation Week of Arellano University has been deemed a success particularly because of its highlights, one of which is the virtual pageant. Before the coronation, a pre-pageant was already held on March 22 to select the few individuals who would proceed to win their respective crowns and sashes. Participated by the various campuses of Arellano University, MMAU2021 is indeed a long-awaited event not only for the student body but also for the educators of the university. To accommodate its varying participants, the pageant was di-

vided into three divisions: Junior High School (JHS), Senior High School (SHS), and the College department. Each division had its own set of winners excluding the special awardees. Parading their creative attires and flaunting their unique attributes with confidence, the contestants managed to rile up the virtual crowd. The contestants then proceeded to the most awaited part of the competition — the question-and-answer portion. Unsurprisingly, the participants managed to give thought-provoking answers to seemingly simple questions. Displaying not only their unique beauty but their razor-

sharp intelligence, the participants showed depth and wisdom through their responses. The event then ended with the announcement of winners for each division.

Mr. Kurt Famoso (Juan Sumulong Campus-Legarda Manila) and Ms. Jhianne Chico (Jose Rizal Campus-Malabon) bagged the title for the JHS division. The SHS division is then represented by titleholders: Mr. Anfernee Soliguen (Jose Abad Santos Campus-Pasay) and Ms. Francine Destura (Plaridel Campus-Mandaluyong). And lastly, for the college department, Mr.

Pocholo Navarez (Juan Sumulong Campus-Legarda, Manila) and Ms. Micaella Martinez (Jose Abad Santos Campus-Pasay) are crowned as Mr. and Ms. Arellano University 2021.

Truly, it was an unforgettable event for many not only because it's a showcase of beauty, talent and intelligence but also for the fact that it was done creatively and resourcefully. And for that, the people who worked tirelessly behind the scenes deserved the loudest applause. More than the pageant itself and its contestants, it was them who made it all possible and embodied the theme: "Showcasing the Chief's Resiliency, Resourcefulness, and Radiance".

After years of hardships, Angelo Espiritu finally graduates with flying colors.

By: Madel V. Perez

"Education knows no age, a desire to learn has no age limit." - Angelo M. Espiritu, Magna Cum Laude batch 2019-2020 on his valedictory speech delivered during the first virtual graduation of Arellano University.

Espiritu revealed his journey in college and how tough it has become. He said that he graduated from high school in 2008

from The Sisters of Mary School – Boystown, Our Lady of Banneux in Silang, Cavite. But, due to the lack of resources, Espiritu was forced to work in the BPO industry instead of going straight to college. According to him, he had to wait for eight years while working just to save enough money for college and to support himself.

"In 2016, I enrolled at Arellano University in Pasig and decided to take-up Bachelor of Science in Hotel and Restaurant Management while working as a Call Center Agent at night. This has been my cycle from 2016-2020. I needed to come to work from 9PM – 6AM and to school from 10AM – 6PM, Mondays to Sundays just to finish my degree on time" Espiritu says.

Espiritu was proud to say that he graduated from college at the age of 32. He believes that albeit everyone has their own journey in life and decisions to make, everyone has the right and should choose to continuously cling on to hope and be-

lieve that we have the power to make things possible regardless how hard the situation is.

HAIL TO THE CHIEFS!

Belle of the Modern World

By Aleona Seriel R. Buatis

Dear Belle,

When was the last time someone had asked you "how are you?" and it felt good? Did you answer it? Do you remember what you answered? Did that "I'm fine" answer seem to fill in the hollow of your sense of self? How are you coping? Seriously. Just tell me how you are feeling.

I know that the world has been so cruel that it judged you before you even get a chance to open your mouth and speak for yourself. I know that your imperfections might scream louder than your perseverance, your drive, your dreams, your passion, and your will. Then there are mistakes you committed that seem to recount your fate and objectify you further from your future.

Even if you don't say it, I know you've been secretly hating yourself because of your situation. You hated yourself for not grabbing the opportunity that once knocked on your doorstep. I know you hated yourself the moment you refused to ask for help from anyone. I know you don't believe that you deserve to be loved, to be cared for, to be well taken care of by somebody who have proven himself or herself to you. But sometimes, you just have to believe that you can, so you will.

Belle, just because you made a mistake, doesn't mean you can never change into something you always want to be. Just because you are flawed, doesn't mean you don't deserve to be confident about yourself. Just because you are a woman, doesn't mean you cannot rule the world.

Belle, it is never too late for everything. Never too late to put your fate in your own hands. It is never too late to believe and trust in yourself. You are the only one who can set your limitations and capabilities. You're more than the dishes on your sink, waiting to be cleaned. You are more than the names that the oppressors chose to call you. You are more than a daughter, a good friend, a girlfriend, or a housewife, you are home. You are more than the dictations of the people with poor judgment, and there is a bigger world waiting for you.

Sincerely yours,

Belle of the Modern World



Angelo M. Espiritu, Magna Cum Laude batch 2019-2020

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AU-JAS HOSTS THE FIRST VIRTUAL PAGEANT - MR. AND MS. AU 2021

by Christine Joy Malaca



Bernadette B. Destura (Plaridel Campus) for Senior High Category, John Carl G. Lumas (Jose Rizal Campus) and Micaella Anne M. Martinez (Jose Abad Santos Campus) for the College Category)

Best in Theme wear: Earl Davidson S. Rivera (Jose Rizal Campus) and Fawlyn Toca (Andres Bonifacio Campus) for the Junior High Category, John Anfemee T. Soliguen (Jose Abad Santos) and Mica F. Rodriguez (Jose Rizal) for the Senior High Category, John Carl G. Lumas (Jose Rizal) and Micaella Anne M. Martinez (Jose Abad Santos) for the College Category)

Best in Formal wear: Earl Davidson S. Rivera (Jose Rizal) and Jhianne Carla P. Chico (Jose Rizal) for the Junior High Category, Elton G. Dial Jr (Juan Sumulong) and Ashley R. Galang (Andres Bonifacio) for the Senior High Category, Pocholo Gabriel A. Navarez (Juan Sumulong) and Katrina Mendenilla Ando (Juan Sumulong) for the College Category.

It is shown that the 3R's from the theme were uniquely delivered by all the candidates. The candidates proved that one should never underestimate the Chief's valiance and ability to unleash the power of their voices in fostering the beauty of knowledge. Truly, all hail to all the Chiefs who participated and made this event possible.

At exactly 4 o'clock PM on April 26, 2020, candidates rewrote history and exceeded the audience's expectations through a virtual showcase of talents, beauty and intelligence.

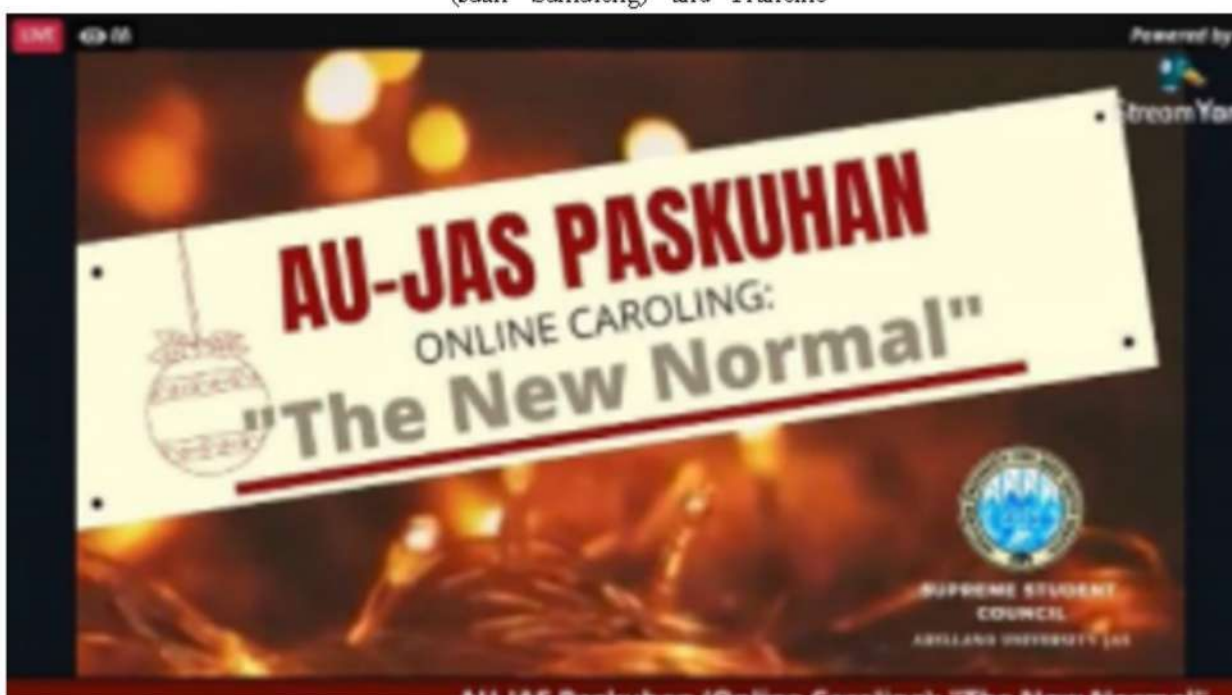
Mr. Archie Perez and Ms. Shelle Anne Samonte hosted the virtual pageant with grace through Facebook live. Different campuses truly made the event memorable with the numerous supporters which garnered around 55,000 comments. In the end, the following candidates were crowned as Mr. and Ms. AU 2021 in the following divisions: It is with no doubt that the university proved how the pandemic should not stop its community from making the most out of what it can offer to its students.

As the pageant went on, the audience participation grew to what was initially expected. All candidates seemed promising and deserving. When the announcement of Mr. and Ms. Arellano University 2021 neared, the number of audience increased and the tension rose.

Mr. Kurt Stephen P. Famoso (Juan Sumulong Campus) and Ms. Jhianne Carla P. Chico (Jose Rizal Campus) for the Junior High Category, Mr. John Anfemee T. Soliguen (Jose Abad Santos Campus) and Ms. Francine Bernadette B. Destura (Plaridel Campus) for the Senior High Category. Lastly, for the College Category Mr. Pocholo Gabriel A. Navarez (Juan Sumulong Campus) and Ms. Micaella Anne M. Martinez (Jose Abad Santos Campus)

People's Choice Award: Earl Davidson S. River (Jose Rizal Campus) and Jhianne Carla P. Chico (Jose Rizal Campus) for the Junior High Category, Mark Jenerex Ramirez (Jose Rizal Campus) and Mica F. Rodriguez (Jose Rizal Campus) for the Senior High Category, John Carl G. Lumas (Jose Rizal Campus) and Yhoankae B. Desamparado (Jose Rizal Campus) for College Category.

Best in Talent: Osairis G. Bautista (Elisa Esguerra Campus) and Jochelle Mandy T. Pablo (Jose Abad Santos Campus) for Junior High Category, Elton G. Dial Jr (Juan Sumulong) and Francine



by Jamie Jane Gutierrez

The Senior High School Department of Jose Abad Santos Campus held its first ever virtual celebration of Christmas Caroling on the 18th day of December 2020, organized by the Supreme Students Council Officers.

The program started with a doxology, then singing of the National Anthem and Arellano Hymn. It was spearheaded by the

hosts Ms. Vanna Marie Flores of 12 AMB-6 and Mr. Philip Louie Agustin of 12 ABM-3. There were special performances from the Chief Dance Company followed by the most awaited announcement of the winners.

The grand champion of AUJAS -PASKUHAN Online Caroling is the Grade 12 HUMSS-1, firstplace is 12

ABM-5, second place is 11 ABM-2 and the People's Choice Award winner is 11 STEM-1. The program ended with the speech of the SSC President, Mr. Christian Shakobe Patino and with the video (what video) of the winner 12 HUMSS-1.

COVID19:THE LIFE CHANGER

by Ricky Paul Gabilo



Photo credits to: PHISLTAR

Philippines, one of the high-risked countries from the Wuhan coronavirus outbreak, recorded the first death outside china (add when the first death was recorded). The government announced lockdown in Metro Manila, followed with the entire Luzon island and is mulling over more localized lockdowns. The Philippines declared a state of calamity in the country for six months.

As life is likened to a television series or movie, the show must go on for people despite the situation.

While many view the situation as hopeless and gloomy, there

are still those who see a silver lining, striving to move forward with the hope of a better tomorrow.

The pandemic has brought many challenges, like the students in Arellano University, who suffered in this crisis. I didn't have a word with them because they want it to keep private about what they experienced or their agony, but it seems that they fought for it. We have a hard time adjusting in the situation, but we look around and see that there are actually opportunities amidst the crisis.

Stay strong, Chiefs!

Literary

Online Class

By Paulene Trinidad

"Tick tock tick tock"

I know what I hear

It's coming near

The one that I fear

Deadlines, Deadlines,

Deadlines What?

I forgot my line

I didn't pass it on time

I just wish I had more time

I don't feel well

My eyes are swell

My internet is unstable I'm not that capable

The reasons that I make

Just for my grades sake

But it's not fake

For online class is not a piece of cake

A pile of home-works

Now, that's how OL class works

Just don't listen to the clock For time it'll lack

It's harder than we thought

Like a gun pointed at our head One wrong move then we're dead

It's torture for our future

The Standard

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HUMANISTA Take Over: AU COVIDmercial

Karen Faith M. Morales

According to the City Health Department of Malabon, as of January 22, 2021, Malabon City has a total of 6,226 COVID-19 positive cases, whereas 61 of which are active cases from selected barangays.

The local government has been doing their best to provide the current details we need through social media, giving us day-to-day updates of the cases.

With that being said, the HUMANISTAS of Arellano University - Jose Rizal Campus celebrated their virtual HUMSS Week last January 18-22, 2021.

One of their long line of unique events was called "Sa AU, may COVIDmercial," with the theme, 'Embracing the New Normal in a Positive Way', to promote optimism despite the trying times.

Moreover, it aimed to raise awareness about the COVID-19 virus and to assist the netizens with their current situation through positive thinking and hope.

During this event, students were asked to create an infomercial video which focused mainly on raising awareness, information and educating fellow netizens during the pandemic.

It was also an opportunity for aspiring journalists, broadcasters, and directors to showcase their ideas, talents, and skills about the aspects of Media.

The event was open to all HUMSS students with an overall participation of the whole section thru submission of 2-5 minutes of

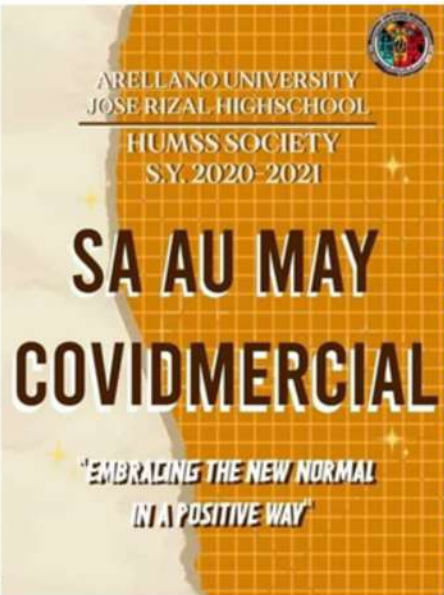
video presentations.

The videos were judged with different criteria, one of which is through Facebook heart reactions as votes on each entry posted, which were opened from 12th of January until the 17th.

The winners were announced during the online live-streaming awarding on Friday, January 22, 7:00 PM at the AU-JRHS HUMSS Society Facebook Page, having Mr. Ace E. Ibañez as the Master of the Ceremony.

With an overall ten (10) entries from Grade 11 and 12 sections of AM and PM shift, five (5) sections won as placers at the end of the contest. They were as follows:

- 1st placer: 11 HUMSS 2A
- 2nd placer: 12 HUMSS 1A
- 3rd placer: 11 HUMSS 2P
- 4th placer: 11 HUMSS 1A
- 5th placer: 11 HUMSS 6P



Poster of the event from AU JRHS HUMSS Society FB page

Loud Silence

Celine Inah J. Dela Cruz

Silence can be a friend
in a world full of
unpleasant noise.

Yet wisdom and voice
can make a huge
difference.



To officially close the ceremony, HUMSS Society's Adviser Ms. Epiphany G. Belbider gave inspiring closing remarks on the current situation of our country and how we should all be helping each other and not giving up on hope. She also thanked every student and their supportive advisers for making the event possible and successful saying, "We might not be able to see each other face to face, but you were able to share your voice."

To celebrate HUMSS Week amidst blended learning, HUMSS Society conducted the activity, "A Walk to the New Normal".

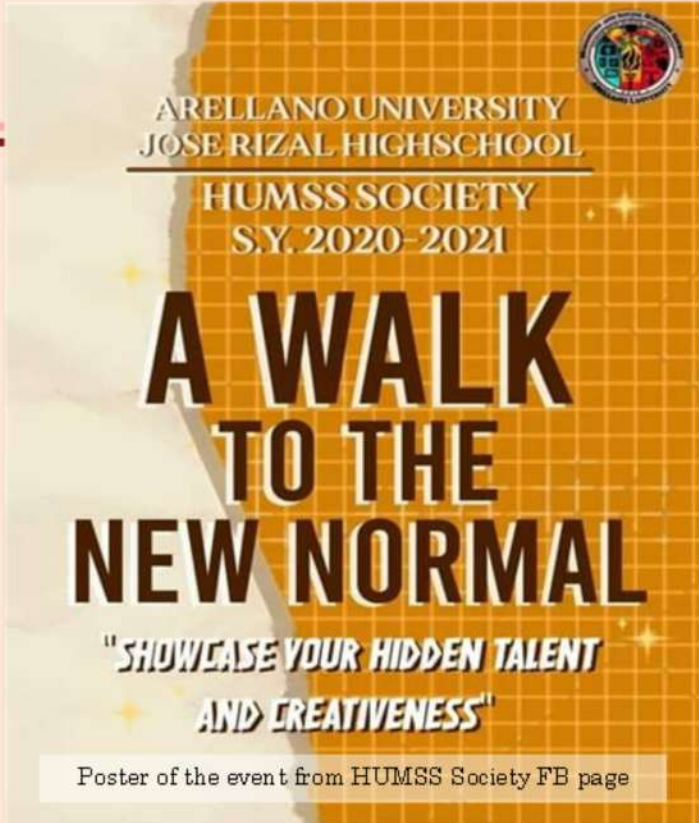
The students demonstrated their talents through fashion by creating their own design using the Personal Protective Equipment or PPE.

This event showed the optimism and creativity of the students of the campus despite the pandemic.

Various video entries were

A WALK TO THE NEW NORMAL

Mary Angel A. Palma



Poster of the event from HUMSS Society FB page

posted on the 19th of January at AU JRHS' HUMSS Society Facebook page, where 85% of the final score came from the judges and the remaining 15% came from the "Heart-react" of the audience.

The winners were announced in the official HUMSS Society Facebook page and are as listed:

- 5th Placer: Melvie Joy Oledan of 11- HUMSS 7P
- 4th Placer: Llyselle Cantos of 11- HUMSS 7P
- 3rd Placer: Nina Austero of 11- HUMSS 6P
- 2nd Placer: Vicky Tabiado of 11- GAS 1P
- 1st Placer: Jasmine Felix of 12- HUMSS 8P



Webinar Speaker: Prof. JayR Torres

STAY SAFE ONLINE

Alexandrea Christine G. Salvo



School of Computer Science Webinar Series 04.22.21
Session 3: Stay Safe Online: Tips on Making a Safe Online Environment

The School of Computer Science conducted its 3rd Session of Webinar Series on April 22, 2021 at 2:00 - 5:00 PM with the topic title "Stay Safe Online: Tips On Making A Safe Online Environment" via Google Meet. The event was lead by the Program Chair of the School of Computer Science, Dean Gina R. Clemente, the Adviser of SCSSS, Professor Orlando Bernaldez, with the faculty members and Computer Science Students of all levels as participants.

The first part of the program is the opening prayer, followed by the National Anthem and the Arellano University Hymn. Dean Gina R. Clemente greeted all partici-

pants by her Welcome Remarks, and then introduction to the key speaker.

The resource speaker of the last webinar session is Professor JayR Torres, a Graduate of Bachelor of Science in Computer Science in Adamson University, and a Master in Information Technology in Technological University of the Philippines. He received various Awards such as Most Outstanding Professor of Arellano University from year 2012 to 2017, Best Thesis Adviser in Arellano University from 2014 to 2016, 2nd place in Computer Science Category in 3rd PSITE NCR Research Symposium, and Best Faculty Research in

Arellano University Inter-branch Research Symposium.

He first discussed the ways on how viruses could enter and attack your files or stole your personal data and might even stole money in your bank account if you are using digital bank transactions. Spam and Phishing are set of examples where Spam is the electronic equivalent or junk mail. It often refers to unsolicited, bulk, and often unwanted email. Phishing is an attack that uses email to collect personal info—



—ration or infect your machine with malware and viruses. The tips to avoid being a victim are avoiding to reveal personal financial information, checking the security of the website, paying attention to website's URL, contacting the Company directly, throwing it out when in doubt, thinking before you click, enabling spam filter, enabling authentication tools available and keeping a clean machine.

He also advised to be extra careful when engaging in online shopping. Some of the tips are considering payment options, watching what you give away, locking down your login, using a secure wifi, and using a unique account by unique passphrase. He advised to use a back up to avoid data loss due to computer malfunction, theft, viruses and others. The tips he enumerated against malware, spyware, spyware, adware, and ransomware are keeping security software current. Stop using torrent in

case you are using it, avoid keygens, etc., thinking before you click, plugging and scanning, and disabling autopay.

The lecturer also advised never to share your main wifi password to your guest. To secure your wireless router. Create the Guest Account by customizing it. He also shared how to safely enjoy Social Media. Privacy and security settings exist for a reason, once posted, always posted because 70% of job recruiters rejected candidates based on what information they found online. He also suggested that your online reputation can be a good thing that online recruiters respond to a strong, positive and personal brand online. Keep personal information personal. Know and manage your friends, be honest if you're uncomfortable, know what action to take, make your passphrase a sentence, unique account, unique passphrase, and when in doubt, throw it out.

After the key speaker's presentation is the Awarding of Certificate and token of appreciation given by the key speaker, and then Raffle time, where the facilitators spin the wheel filled with names of participants. It was fun-filled with lots of prizes coming from the facilitators and other prizes sponsored by Dean Gina Clemente, Prof. Orlando Bernaldez, Prof. Kevin Arbolado, and Prof. JayR Torres. That was indeed a very joyful part of the program and everybody enjoyed the good vibes of it.

The last part of the program is the Closing Remarks which was led by the Adviser of CSSS, Prof. Orlando Bernaldez, whom also initiated a celebratory picture taking of all those who were in the webinar.

8th Foundation Week: Battle of the Brains

Kayla Marie G. De Jesus

In celebration of Arellano University's 8th Foundation Week, AU JRC held an event called #BattleoftheBrains with the theme "Reinvent Future by Living Today and Having Hope for Tomorrow." to show the students' overall knowledge and critical thinking in different fields and subjects.

This was held on February 24, 2021 at 8:00 PM via Google Meet where the winner of the Quiz Bee, Jose Angelo Clementir from Grade 11 – HUMSS 1A, received Php 500 cash and a load voucher.

To ensure equal opportunities and thorough instructions, the guidelines of the quiz bee were the following:

- 2 representatives per cluster, the cluster chairs will be the one to choose who is going to represent their cluster.
- Participants should have a stable internet connection as the tournament will be held on Google Meet.
- The questions on battle of the brain are random ones, consisting of trivia's, truth, history, etc.
- Participants must have their own answer sheet big enough for the facilitator to see their written answer.
- If the representative answered wrong he/she is

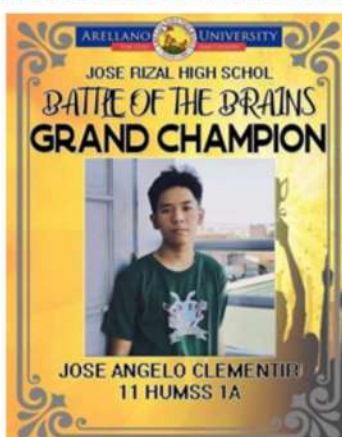


Photo of the Grand Champion in the Battle of the Brains

eliminated immediately.

This event truly showed us that the pandemic can not and did not stop the CHIEFs from learning and showing their wisdom.

Extra AUdinary Talent: Social DistanSING

Karen Faith M. Morales

their videos while singing online along with their grade, name, strand and section to indicate with their entries.

On the night of March 23rd, the Student Council began posting the entries on their page and announced the voting mechanics and deadline. There have been a total of fifteen (15) entries overall from different strand and grade levels of the Senior High School Department.

The contestants were allowed to use any accompaniment

instrument they could use on their entry, whether it be a piano, guitar or a sing-along version of their chosen song. Part of the voting process is reacting to the post of the participants' posted videos that comprise 10% of the total score added to the other 90% coming from the judges. Online voting was officially closed on the night of March 26th at exactly 7:00PM.

The first place went to Mr. John Michael Hermida of



An online singing competition was held for the students of Arellano University – Jose Rizal Campus on March 23, at the AU – JRHS SHS Supreme Student Council's Facebook page entitled 'Social DistanSING'.

As per the new normal, the participants were asked to submit

The 21st Warriors:

AUJRC Mr. And Ms. SHS 2021

Jemimah Ruth Lim & Kayla Marie G. De Jesus

On Monday, January 18, 2021, the crowd witnessed the beginning of a spectacular event called the Mr. and Ms. AU SHS 2021 Pre-Pageant in Arellano University Jose Rizal Campus, which was hosted by Ms. Kamille Reyes and held at the Supreme Student Council's Facebook page.

Before starting this event, the adviser of the Supreme Student Council Ms. Karlajoan Magdaet gave the opening remarks by expressing her gratitude to the candidates and parents who have made this splendid event possible, despite the odds of the pandemic. Later on, all of the candidates from each cluster were finally revealed and introduced, displaying their charming aura and personalities to the audience.

Each of the candidates' performances for the Pre-Pageant were judged by Mr. Gian Dela Cruz, Mr. Arjie Cruz, and Ms. Jessa Serencio.

With the theme "21st Warriors," the candidates gradually unveiled their unique and amazing talents, with the goal of paying tribute and giving appreciation to our Modern-Day Heroes, or also known as Frontliners, who are battling in the midst of the Covid-19 pandemic.

On January 29, 2021, the most awaited event took place -- the Coronation Night of AUJRC Mr. And Ms. Senior High School 2021, which was hosted by Ms. Kamille Reyes. Each of the clusters from the Senior High department had their own representatives, with an outstanding total of a dazzling twenty-eight (28) representatives. Before starting the event, our principal, Ms. Ma. Aileen D. Cruz gave an inspirational message, not just to the candidates, but also to the students and teachers of Arellano University Jose Rizal Campus.

The event began with an introduction number from the candidates. The music played and they danced wearing their cho-

sen theme wear that was related to "Frontliners". Later on, the candidates introduced themselves to the audience.

Of course, the event would have not begun without the presence of our judges. The first judge was Mr. John Jhoboy Rosillio, who is the Senior High School Guidance Counselor; the second judge is a certified passer of Psychometric exam, Ms. Zarah Camille Padua; third judge is the Mutya ng Malabon 2018 Second Runner-Up, Ms. Kathleen Nicole Caya-byab; and, lastly, the fourth judge is a featured makeup artist and designer, Mr. Ike Bryan Bravo.

The question and answer portion started by giving a hashtag to the candidates and thus answered the questions with great confidence. Shortly, after the question and answer portion ended, the coronation of the minor and special awards were given.

Before announcing the winners of AUJRC Mr. And Ms. Senior High School 2021, the former Mr. and Ms. Senior High School 2020 presented their last speech and final walk to the audience.

Later on, the time had come to announce the winners of this spectacular pageant. The 4th runner up goes to Mr. Nathaniel Tipaz and Ms. Ann Burberry Bautista. The 3rd runner up goes to Mr. Dax Brian Hilario and Ms. Andrea Gale Santiago. The 2nd runner up goes to Mr. Aran Camiling and Ms. Shiela Mae Filimeno. The 1st runner up goes to Mr. David Lorenz D. Bismon-te and Ms. Aliyah Saena Ranoy.

Mr. Mark Jenrex Ramirez from Grade 12 Cluster 3 and Ms. Mica Rodriguez from Grade 12 Cluster 1 were announced as Mr. And Ms AUJRC Senior High School 2021.

To close the event, Ms. Kamille Reyes gave her remarks by saying, "Despite our situation, it wouldn't stop us from providing the beauty and talents of the Chiefs. COVID-19 won't stop us from doing what we used to do."

12 ABM 2A who sang Elvis Presley's "Can't Help Falling In Love" in double range of his voice alternately from male to female in a seemingly duet version. The second place went to Mr. Jeiross

Canapi of 12 STEM 1A who sang Michael Murphy's love song "Maybe This Time" and finally, the third place went to Mr. Christian Rico of 12 HUMSS 5P from singing Freddie Aguilar's "Bulag, Pipi at Bingi".



Mr. and Ms. Arellano University 2021: The Pursuit of the Crown

Mary Angel A. Palma

On March 26, candidates in different departments proudly represented Arellano University-Jose Rizal Campus as they flaunted their beauty and wit on the live Virtual Coronation of Mr. and Ms. Arellano University 2021 at AU Multimedia Club Facebook page.

In Junior High School Department, Ms. Jhianne Carla Chico got the crown as Ms. Arellano University JHS 2021 as she show off her confidence and intelligence when she expound the word 'Resourcefulness' in the Question and Answer portion while Mr. Earl Davidson Rivera got the 1st Runner Up as Mr. Arellano University JHS 2021.

In the Senior High School Department, Ms. Mica Rodriguez manifested her elegance and beauty in the contest and was gracefully hailed as Ms. Arellano University SHS 2021 1st Runner Up. On the other hand, Mr. Mark Jenrex Ramirez got the title of Mr. Arellano University SHS 2021 2nd Runner Up.

In the College Department, Ms. Yhoan Kae Desamparado had captured the hearts of the people as she got the People's Choice Award by gaining the highest number of Facebook reactions in the posted pictures of Mr. and Ms. Arellano University candidates at AU Multimedia Club Facebook page. Subsequently, Mr. John Carl

Lumas who grabbed the Best in Talent Award showed off his talent in martial arts using amis. He also won as the 1st Runner Up in Mr. Arellano University College Department 2021.

This year's pageant theme is "Showcasing the Chiefs' Resiliency, Resourcefulness and Radiance" and Arellano University-Jose Rizal Campus' candidates had successfully shown unique radiance, incomparable resourcefulness and resilience to the people.

Here are the list of awards that AU-JRC' candidates received:

Junior High School Department:

Ms. Jhianne Carla Chico
• Ms. Arellano University JHS 2021

• People's Choice Awards
• Best in Formal Wear (Evening Gown)

Mr. Earl Davidson Rivera
• Mr. Arellano University JHS 2021 1st Runner Up

• People's Choice Awards
• Best in Formal Wear
• Best in Theme Wear

Senior High School Department:

Ms. Mica Rodriguez

• Ms. Arellano University

SHS 2021 1st Runner Up

• People's Choice Award

• Best in Theme Wear

Mr. Mark Jenrex Ramirez

• Mr. Arellano University SHS 2021 2nd Runner Up

• People's Choice Award

College Department:

Ms. Yhoan Kae Desamparado

• People's Choice Award

Mr. John Carl Lumas

• Mr. Arellano University 2021 College Department 1st Runner Up

• People's Choice Award

• Best in Talent

• Best in Theme Wear



Sources: Arellano University Multimedia Club & AU JRHS SHS SSC

3 Important Tips on Overcoming Procrastination

By Ivan V. Lopez

Overcoming Procrastination: An equation to Up your Productivity

We all succumb to procrastination, though some are more prone than others.

Piers Steel explains an equation that will help you understand procrastination. He claims that *Motivation equals to Expectancy multiplied by Value divided by Impulsiveness multiplied by Delay*, with motivation being the desire to work and procrastination being the polar opposite.

To simplify the equation, expectancy refers to how confident you are in completing a mission and thus receive an expected reward in return. The less likely you are to procrastinate, the more likely you are to succeed. The term 'values' refers to how much you enjoy performing the role and how much you would enjoy receiving the reward. The more you enjoy a mission or a reward, the more likely you are to get right to work on it. Your ability to be distracted by other things is referred to as impulsiveness. When you're impulsive, you will

often find yourself scrolling through your Facebook feeds, binge-watching YouTube videos, or liking Instagram photos rather than doing the job at hand. The term 'delay' refers to the amount of time it takes to receive the anticipated reward. The longer you wait, the more likely you are to procrastinate, assuming that it will be taken care of later.

We now want to optimize expectation and value which are directly proportional to motivation while minimizing impulsiveness and delay, which are inversely proportional.

These are the three (3) actionable tips to overcome it:

1. Limit the scope of your task. The toughest part of getting any work done is by getting started; to combat this, use the Pomodoro Technique. You operate in 25-minute blocks, with a 5-minute break in between. You concentrate on only one small task during each block. Returning to our equation, this raises expectation. If you sit down to study and tell yourself that you need to study for 5 hours, you will quickly become distracted. Instead, tell yourself that all you have to do is study for 25 minutes on this one small as-

ignment, and it will be much easier to not only get started but also remain focused for the whole 25-minute Pomodoro.

2. Make a plan. Create a plan and break it down into smaller steps for any assignment you need to complete, whether it's preparing for an exam or finishing a project. As a result, expectancy in our procrastination equation will rise, as smaller tasks seem to be far easier to complete than larger projects. For example, if you have an exam coming up next week, take a minute and consider which subjects you need to review each day leading up to the exam, and write it down on a piece of paper for you to be reminded, so that you will be prepared on exam day. This is just an example; you can come up with a better strategy that works for you.

3. Parkinson's Law. According to Parkinson's Law, job extends to fill the time allocated to it. It means that if you only have 40 minutes to complete a task but allocate two and a half hours to complete it, you just simply spend the entire two and a half hours. Make an arbitrary deadline; this will reduce the Delay on our procrastination equation, reducing the probability of procrastination. The key is to not be too rigid with your deadlines, as this can cause undue stress. You'll get better at estimating how long a job will take you and how to use Parkinson's Law to your benefit as time goes by.

#TatakAU

Enrique A. Tibas Jr.



Source: AU JRHS SHS SSC

On the 22nd of January, 2021, ABM Club in Arellano University-Jose Rizal Campus conducted a Brand Logo Making Contest with the theme, "Engaging the New Generation Students: Cultivating Innovation and Entrepreneurship in the 'New Normal Setting'".

This contest is spearheaded by the adviser and co-adviser; namely, Ms. Mhay Santos and Mrs. Maria Theresa Maligaya alongside with Ms. Alyssa Gutierrez-the President of the ABM Club. The Brand Logo Making Contest was made open for all ABM students in Arellano University-Jose Rizal Campus.

The page of 'AURHS SHS

Society of Young Entrepreneurs & Businessmen' announced the winners:

For Grade 11:

Johndell Dumalay - 3rd Placer
Myshia Keziah Flores - 2nd Placer

Phoemela Cully A. Ibanez - 1st Placer

Jhermane T. Pedrosa - Champion

For Grade 12:

Enrique Tibas - 3rd Placer
Mariella Soriano - 2nd Placer
Mark Anthony Montes - 1st Placer

Colleen F. De Guzman - Champion

This contest made the young entrepreneurs improve their creativity through their artwork entry. Giving them a

more in-depth understanding of the economy amidst the pandemic, and developing their skills whilst implementing their knowledge to the task given is a very welcomed approach in the business industry.

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World Sans Existence

by Idol Dela Cruz

The moment we fell apart,
World suddenly becomes uncertain.
An hour has never been this long,
And the lights have never been this dim.
The moment we fell apart,
World suddenly becomes dark.
The rainbow that was once exploding with a variety of hues,
Becomes a prism that doesn't shine at all.
The moment we fell apart,
World suddenly becomes a wreck.

The warmth I once feel inside becomes a glacier that sent shivers down my spine,
And my heart is completely shattered.
The moment we fell apart,
World suddenly fills with chaos and catastrophe.
Everything has left in my right,
And there seems to be no right in my left.
Please don't question my love,
For it is only yours,
And a world without you,
Is a world sans existence.

Do all the good YOU CAN.
BY all the means you can.
IN ALL THE WAYS YOU CAN.
IN ALL THE PLACES YOU CAN.
At all the times YOU CAN.
To ALL THE PEOPLE AS LONG as you can.
as you ever can.

john wesley

Words of Wisdom

Photo credit: Pinterest

LITERARY

Thank You, Goodbye

by Idol Dela Cruz

Leaves fall from the tree,
As the clock struck at three.
Dandelions wander in the deep blue skies,
As we bid our last goodbyes.
Whatever this heaviness I can't lift,
Hope will be gone in a jiff.
Your light was once my guide,
But it causes pain I can't abide.
As I wake up from the deep slumber,
I keep falling to the abyss of oblivion,
And stumble upon a question I ponder,
Is the water under the bridge just a delusion?

My assumptions were wrong;
The suffering's been here for too long.
I uttered a sigh,
Engraving on my heart that it's all a lie.
But what's the truth?
And what is its root?
Of all this agony,
And putting myself in jeopardy?
I've drowned myself in remorse,
After this aching course.
Full of bruises I rose,
From this cage I imposed.
I caught my breath and flee,
Epiphany then slapped me,
That I'm still alive,
And life is what I thrive.

Photo credit: thebyne-group.com

Thank You AND Good Bye

AU-EEC JUNIOR HIGH SCHOOL REPRESENTATIVES PLACES AT MR. AND MS. AU 2021

by: Rocelle Christine D. Lacuesta



Photos courtesy by: Arellano University Multimedia Club

The Junior High School representatives of Arellano University-Elisa Esguerra Campus won 2nd Runner Up on the 1st Virtual Mr. and Ms. Arellano University 2021.

In celebration of its 83rd foundation week, Arellano University held its Mr. and Ms. Arellano University 2021 Virtual Pageant, with the theme "Showcasing the Chief's Resiliency, Resourcefulness, and Radiance", with the help of live streaming and online conferencing platforms. Among the representatives from different campuses, Mr. Osairis G. Bautista and Ms. Ashley Joy L. Marquez, the JHS representatives of AU-EEC, continuously impressed everyone.

Starting from the People's Choice Award voting on the Arellano University Multimedia Club Facebook group the whole community of Elisa Esguerra Campus showed their support to their candidates, especially Mr. Bautista and Ms. Marquez, who are among the leading candidates of the pageant.

At the Pre-Pageant Competition on March 22, 2021, Bautista and Marquez displayed their talents, creativity, and skills in technology and social media. Mr. Osairis Bautista danced to the song "Heal the world" while changing into different attires, while Ms. Ashley Joy L. Marquez presented a festival dance. They both showed their creativity through their customized face shields and face masks.

On the Coronation Night, Mr. Osairis G. Bautista won the Best in Talent, JHS Male Category. Both Bautista and Marquez made it to the top three and proceeded to the Q&A portion where they showed their intelligence and wit. Afterwards, the winners were announced. Both Mr. Osairis G. Bautista and Ms. Ashley Joy L. Marquez won 2nd Runner Up in the Junior High School Division, Mr. Earl Davidson S. Rivera from Jose Rizal Campus-Malabon and Ms. Fawlyn Toca from Andres Bonifacio Campus-Pasig won the 1st Runner Up, and Mr. Kurt Stephen P. Famosa from Juan Sumulong Campus-Legarda Manila and Ms. Jhianne Carla P. Chico from Jose Rizal Campus-Malabon won the Mr. and Ms. Arellano University-Junior High School Division.

Throughout the whole run of the pageant, the whole Elisa Esguerra Campus community showed their support and pride to the campus' representatives. Through school events such as this, the whole school showed that even in the midst of the Pandemic, there are still reasons to unite, support each other, and promote the school spirit.

LITERARY

FAILED RESILIENCY

By: Emerson Hernandez

If we're under the same night sky,
Please understand me.
If we both seek the peace midst this stormy journey,
Please believe me.

If you see through the blindness I endured,
You will understand me.
If you carry on the hampering cold of the night I shook,
You will believe me.

If I see what your eyes once see,
Then I will understand.
If I feel the warmth you felt without me,
Then I will believe.

I'm sinking along with the anchors of sorrow;
But with all of these, I'd still say,
That the love we ended Was like with those who fought till the end.

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AU-EEC STUDENT JAMS IN ARELLANO UNIVERSITY'S FIRST VIRTUAL CONCERT

By: Idol Dela Cruz

Ms. Jhenry R. Ramirez, a student of Arellano University-Elisa Esguerra Campus performed as an opening number in Arellano University's First Virtual Concert on January 30, 2021.

The event was shown throughout all the branches of Arellano University through Facebook livestreaming. The concert features the band December Avenue and selected students from each campus to perform on the night of the concert. Among the selected performing students is Ms. Ramirez, a HUMSS student of Elisa Esguerra Campus.

The rising HUMSS singer performed her rendition of Miley Cyrus' 2009 hit song "The Climb" as an opening number in prelude to December Avenue's performance.

"I like the song and its meaning. The song is telling us that no matter what we face in life, we should never give up on our dream and every mistake we made is a step closer to the next level," said Ramirez when asked about her reason behind her chosen song.

Her performance on the concert showed and represented the many talented students of Elisa Esguerra Campus. It is truly an honor to see one of the AU-EEC Chiefs performing alongside a well-known band such as December Avenue.

Indeed, everyone enjoyed the virtual concert and the students' talent portion. Hail to the Chiefs!



Photo courtesy by: Arellano University Multimedia Club

A STUDENT'S BACKBONE

by: Justine Grace G. Sasing HUMSS 12-9P

All over the world, the teacher is a child's second parent. From childhood, the children learn many things from their teacher. They can become an inspiration to their students. As the teachers come in every student's life, they become one of the best guides to the students in learning and achieving their ambitions in life.

Teachers exert tremendous vital influence upon society. The community depends on the teachers as they can help create or destroy society. So, it is necessary for the teachers to be a part on planning what will be the future of the community. Furthermore, it is necessary for the community to recognize the teachers' role in society.

The COVID-19 pandemic

has significantly added more challenges to the already over-extended education system in the country.

It is no exaggeration to say that the country is at a crossroads. It is also no exaggeration to say that the teachers' role in influencing the learners and helping the community is even more important. It is now even more necessary for the community to work with the teachers, not just in ensuring the learning of the students, but also in shaping the future of society. Now more than ever, we must work with the teachers in protecting the right to education and guide the community into the unfolding landscape brought about by the pandemic.

Solomon Ortiz, a US politician, said "Education is

the key to success in life, and teachers make a lasting impact in the lives of their student."

A teacher is the backbone of the students in their life. They teach us to walk on the right path and do the right things. We all have grown up and now we understand their value in our lives and can't imagine a beautiful future without their guidance. A good teacher will punish us as well as will love us. We all are very lucky to have our teachers in this life. We always miss their guidance as we grew up. It's very important to remember and honor our teachers who guides us and instills in us lessons that we need in our lives.

AU-EEC Celebrates 1st Virtual ICT WEEK

by Shakira Abaigar

NEWS ARTICLE

Arellano University-Elisa Esguerra Campus-ICT Strand held their first Virtual ICT WEEK Celebration on February 2021 with the theme of "Braving the Pandemic: Exhibition of Skills, Talents, and Uniqueness".

In spite of the Pandemic, AU-EEC-ICT Strand celebrated its Strand Week through virtual platforms such as Facebook livestreaming and Google Meeting conferences. Both students and faculty showed their support of the week-long event by participating in various activities and following the livestream.

Throughout the week, ICT students showed off their skills in different competitions such as Spoken Word Poetry, Logo Making Contest, Poster Making Contest, and Mobile Legends Tournament. In every event, both participants and audience showed enthusiasm and school spirit as they competed, performed, and celebrated with each other.

On the final day of the week-long celebration,

Spoken Word Poetry Contest

Winner: Mr. Rolan Callo, ICT 11-2P

2nd Place: Mr. Wency P. Sese, ICT 12-2P

Logo Making Contest

Winner: Mr. Adriann Athan Salvador, ICT 12-3A

2nd Place and Most Liked Entry: Mr. Argie Catina, ICT 12-2A

3rd Place: Ms. Mica Ella Matunan, ICT 12-3A

Poster Making Contest

Winner: Mr. Nathaniel Reimone Chua, ICT 11-3A

2nd Place: Mr. Shane Bryan Mendoza, ICT 11-1P and Mr. Aljhon Dominic Dela Rama, ICT 12-3A

3rd Place and Most Liked Entry: Ms. Cherry Ann Lopez, ICT 12-1A

Mobile Legends Tournament

Champion: Team Predator, ICT 12-3A

(Members) Mr. Eugene Pascua

Mr. Lester Jan Tabaosares

Mr. Warlito Timtim

Mr. Christian Ronel Dalugdog

Mr. Raffy Enad

Mr. Mark Dharwin Santos

Over all, the event was a success as everyone expressed their delight and fun throughout the week. Most importantly, the event reminded them that in spite of the Pandemic, we can still connect with each other, support one another, and celebrate with each other. It reminds everyone, that the Pandemic will never be able to extinguish the school spirit of the AU-EEC Chiefs.



Photos Courtesy of: ICT Department

Whatever Happens

by: Joeffrey Garado Jr.

"Whatever happens, happens."

It is a quote from my favorite anime, "Cowboy Bebop", that I strongly cling to. The universe is constantly changing and evolving. The world's circumstances today will be different tomorrow. Things will happen, even if we don't want it. The past year proves it.

When the Coronavirus started, we don't see it as a real threat than it is now. Most of us were not worried on how it might affect us when we first heard about it. We continue on what we usually do, thinking that this pandemic will be gone in a few weeks or months...How very wrong we are.

In a snap, everything changes. Our independence is now limited and the unfolding reality is scary. Since then, my life has been depressing. It affects my ability to be productive at things that needs to be done, especially my school works.

I never actually think about it, but I am unaccustomed to do things without my friends by my side to support and pressure me-well, pressure makes a diamond, isn't it? The thought of loneliness for the past couple of months affected my mental health. But I know, I must keep on going. Whatever happens, happens...so I must face whatever life gives me.

Life is uncertain. The future may give us brighter morning and louder laughs, or it may give us darker nights and softer sighs...But in spite of it, as long as we gave our very best, we can move on to being better. What would happen tomorrow isn't on our hands. We will have problems and troubles, but we are not to blame on what is happening around us. It is beyond our control. But we can be strong. We must be strong so we can face whatever tomorrow will bring. After all, whatever happens, happens...



ARELLANO UNIVERSITY HOSTS ITS FIRST VIRTUAL CONCERT

By: Danize Arny B. Fadullo



It had been a fun and wild night for our Chiefs who witnessed one of the most streamed OPM bands of all time, December Avenue. The concert took place at 'The Arellano University Virtual Concert 2021 Facebook group' last January 30, 2021, and was hosted by: John Manuel and Jessa Panis.

Celebrities, such as Tom Rodriguez, Carla Abellana, Boobay, and Tekla were also there with

the band giving their most inspirational and motivational messages for the students before the whole event started. And of course, the concert would not be complete without the performances of the students from different campuses of Arellano University, including the performers of 'Teatro Arellano.' Even though the set-up is quite different than before, Chiefs made use of the comment section of the live stream on Facebook and actively clicking the reaction button and sending messages making the live stream flooded with positive and exciting responses to show support and fun.

The Chiefs were really eager to watch the band that they are idolizing.

Especially when The band, December Avenue performed their hit songs "Huling Sandali", "Ngalan Ng Pag Ibig", "Kung Di rin lang ikaw", at "Bulong". The whole concert lasted for about two hours and time went by so fast. It was definitely an event to remember. Most of the students and faculty who watched wanted more.

It was indeed a very successful event for the school. The first ever virtual concert made history in the hearts of the Chiefs. Looking forward to more concerts at Arellano University in the future.

LUNA

By: Dennilyn Veloso

I used to tell myself that I won't let you be the person that I remember whenever I hear the song "12:51".

You used to love looking at the moon with me, asking me questions "10 years from now, where do you want us to be?"

And if by chance that you'll ask me again, I'll tell you that 10 years from now, I want to look at the moon without remembering you, without remembering the future you've promised me.

Photo by: Argy Kym Legarda



HOLY WEEK AT THE TIME OF COVID 19

By Skyla Kirsten Bantay

Penitensya, Senakulo, Pabasa, and Holy Mass, are the well-known practices we do during Holy Week and some families eat "Champorado and Sopas" during the week. The commemoration, makes us remember our childhood days. Sadly, the Corona Virus pandemic dreadfully struck us Filipinos and the entire

world. Which changed how we practice or celebrate our Holy week.

What does the Holy week signify?

It is to remember the sacrifices of the Lord Jesus Christ, who saved us all.

Growing up, I remember watching "Salubong" in our

community basketball court when I was about two to four years old. Sometimes I remember the parade of the giant statues or images of the Blessed Virgin Mary and the Lord Jesus Christ, but, it all changed due to this pandemic and we surely missed those practices. My Holy week this

year was quite simple, I never got to attend the Palm Sunday Mass and watch Salubong but instead, my family and I watched the movies there was on our television during the day. It was very peaceful and quiet, to be honest, and it was very different from our usual Holy Week. I do wish that eve-

rything would go back to normal so that I can go to church again with my family and if I am feeling down, I could visit the church anytime like I'm used to doing before the pandemic. To be honest, it does not matter how we spend the Holy week as long as we remember the sacrifices of the Lord Jesus Christ.

LEARNING THE NEW NORMAL WAY

By: Roxy Rosi

Many people were forced to stay at home due to pandemic, which caused workers to lose their jobs and students to study at home. Deadlines became more hectic, Zoom or Google Meet classes was more frustrating and learning modules seem harder than before.

As a grade 8 student, there's a lot of disadvantage and well, some advantages to the pandemic.

Let's talk about academic pros and cons. The advantages of the pandemic in the academic, for me, is that I am studying with my brother in the same room which gives me the edge in terms of getting the information I need in case I'm confused with the lesson, and our mother who is helping us and is always

cooking delicious meals for us. She doesn't bother us if we have a meeting and she's always one call away.

One of the disadvantages of the pandemic is that I can't understand the lessons very well, because the internet connection is my greatest challenge in an online class—all of us actually.

The low motivation levels caused most students to submit requirements later than expected.

The competitive side of me disappeared instantly, while the secret tension in the classroom turned into a boring and dull room where I can only see names but not faces of my classmates.

My attention span grew shorter

as I find online learning more frustrating given the given challenges I face everyday. I cannot approach my teachers like I used to pre-pandemic.

What's more important to me now is just to pass through the deadlines and really have no motivation in studying harder.

There are a lot more distractions now compared to before. I miss seeing my classmates and being inside a classroom.

Questions started to fill my head as I imagined things. What if we don't have money to buy gadgets for online learning? What if we don't have money to buy gadgets for online learning? What if we don't have money to pay my school's tuition? What if I stop attending class? Where will I be? Is there something

that I can still learn? If there is, what is it now? The pressure we feel because of our parent's expectations, the face and words of disappointments the face and words of disappointments we received from our family, the sleepless nights we spent just to

answer the activities or modules; the tears we waste because we can't achieve the grades we want, and our health that we need to take care of. But in the end, it's all worth it because we worked hard for it. Stay strong, Chiefs!

The Standard

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A Guide To A Healthy Version Of Yourself

By: Mara Francia Tanghai

Another round of quarantine: more time to do something. Savor every day of being a homebody by refreshing ourselves. Get the willpower to start your day with these guides to freshen up your inner and outer self... read on! Our current status gave us plenty of time to take care of our self – this is vital for our health. We can surpass this pandemic if we are healthy, but spice it up with radiance. How? Do a healthy routine. Make your way to the bathroom to start your morning.

Brush your teeth and take a bath. Tip: Massage your face as you wash it to help with blood circulation and

to get rid of the puffiness and keep the skin from sagging. Here's the thing, practicing good personal hygiene is important for helping keep the body healthy and clean.

Our body needs energy too! Therefore, **drink water and eat breakfast.** Water prevents the body from dehydration and helps to get rid of wastes in our body. Starting your day without skipping the most important meal of the day will increase energy and improves concentration – you should not skip other meals as well.

Change toxic habits. We already doing our work and

studies with our gadgets, so why still use it in our free time? Jump your feet first into activities that will energize your body and your mind. Certain exercises can also help to promote both an inner and outer radiance associated with benefits such as better sleep and improved well-being. Moreover, **think positive** as you start your day with healthy routine. It is better to feel positivity after refreshing your body and mind. These routines may help you to become a better and happier version of yourself.

SHE WORE THE CROWN & IT FITS PERFECTLY

Destura said, "When I was in Elementary, I didn't think I would join beauty pageants. There was this person who said I should try. After that, I started seeing myself walking on a stage. I loved it" so as the Arellano University has announced the preliminary competition of Ms. and Mr. AU 2021 Virtual Pageant for their 83rd Foundation Week Celebration, Destura participated and puts the effort on showcasing her excellence through beauty, intelligence, and talents while imbibing the Filipino culture and tradition in the new normal. She was fierce enough to compete with other students who showed their resiliency, resourcefulness,

and radiance as well.

Due to the pandemic, the competition was aired live on Arellano University Multimedia Facebook Page. Despite the limitations, Destura successfully caught the viewers' attention as she stepped out and introduced herself wearing her resplendent native dress in the Preliminary Competition.

She stated, "I felt nervous but the aim to get the crown was what I could think about back then."

The event flared as the talent portion began. All candidates are talented indeed. However, the judges had to only choose the top 3 candidates per division and

Destura was chosen and won the Best in Talent Award for the Senior High division. The intensity increased as the Grand Coronation Night went on. As the most-awaited question and answer portion proceeded, Destura simply lit up as she was put in front of the camera -- wearing her stunning Filipiniana gown, Destura speaks of her heart and answers the question with a meaningful answer that makes her truly deserving of the crown.

"Pandemic made us realize how unity is vital in Society. Simple words of saying that, 'you can do it!' can mean the most for every one of us.

As a representative of Arellano University Plaridel Campus, it's an honor to give a message for everyone, to stand firm, be courageous, and resilient at all times. We've been tested with this season, and we prove that we are not only Filipinos by blood but Filipinos in spirit. A spirit to conquer all the challenges in all aspects. Above any material things, we can lift the Filipino Community with positivity to rise.

Let us always remember what Emily Dickinson said, "Hope is the thing with feathers" It manifested that we are resilient, and that signifies the hope for our future"

After winning the pageant, she saw herself as a resilient woman, and she added, "My team and I encountered many problems that could bring us down, but we stick to the plan and still keep going. We helped each other solve all of the challenges despite the difficulties that brought us where we are now."

Destura's adviser, Mr. Prince Esguerra who stood by her from the very first day of the competition, was very proud of her efforts and success. She managed to showcase her resiliency, resourcefulness, and radiance in the pageant in which the whole Plaridel Campus Community is extremely proud of.

THE LIONHEARTED AND IMPASSIONED Ms. MVP

By Kisha Marie Valeza



Where do we see ourselves in the next 5 to 10 years now? As time passes by, the good old days has been filled with worry and despair. The happy theme parks are closing one by

one, and the schools that were once filled with loud students, are now a hallow hall. We always took advantage of the things that we have in the past. Now, we can only recall the memories from those happy days. We always took advantage of the things that we have in the past

Now, we can only recall the memories from those happy days. The future awaits us with endless possibilities, We just need to be patient with the things that are happening around us. Enjoy the little things that make us happy and safe, and this pandemic will surely pass in no time.

The Virtual Seminar: CAREER & FINANCIAL LITERACY

By Angelica F. Puno

held via Zoom, dated on the 26th of March 2021, from 9 in the morning until 12 in the afternoon. The seminar was hosted by Ms. Nadine S. Bermejo, while Engr. Nick Ivan Andrei B. Tolentino, Mr. Jomari Henry Bondoc, Ms. Sarah Jaand Mr. Centrey L. Ramos were the featured speakers. The seminar was centered through the plans after senior years especially the financial what-abouts. ne Valdez, and Mr. Centrey L. Ramos were the featured speakers. The seminar was centered through the plans after senior years especially and Mr. Centrey L. Ramos were the featured speakers. The

seminar was centered through the plans after senior years especially the financial what-abouts. We all know that college is the crucial point of education, wherein a lot of students are struggling not just because the pressure brought by education but also by the money involved for tuition fees and other expenses. The featured speakers shared their stories from being a student up to the successful persons they are today. The goal of this virtual meeting is to open every students about the importance of being well-knowledge on managing their of money in order to succeed.



The senior high school department of Arellano University Plaridel Campus scheduled a webinar, entitled as **CAREER & FINANCIAL LITERACY** that will prepare the students about their plans after graduation in senior high school. And because of the crisis we are currently facing, the webinar was

Cartoon Corner

By Jared Darwin Yu



The Hanging Bridge: Are we effectively bridging the gaps during distance learning?

By Kriztel May Dalangin

Education is a journey. This journey is already challenging but, what more when there's a big gap on your path. Classes did not start well for many students during this pandemic. Circumstances hindered the traditional mode of learning inside the school walls. Over 28 million Filipino students have been affected by the temporary closure of their learning facilities. This started when President Rodrigo Duterte declared a nationwide public health emergency last March, 2020. They aim to reduce the damages the pandemic would cause. Thus, the rebirth of distance learning.

Distance learning is easy to understand. It literally means learning from a distance; whether through the use of physical media or utilizing modern technology. The only problem is, as easy as it sounds, it's not. Online learning is a form of distance learning that is done through internet-based platforms such as social media. This makes everything more accessible if you have an internet connection and other necessary devices. This opens up a new gap--- the digital divide.

Not everyone can afford to buy gadgets, especially when a lot of families lost their source of income due to the pandemic. One commendable thing government education bureaus had done was to add modular learning as an option. Modular learning is another type of distance learning that caters to the students who do not have access to the necessary devices needed for online classes. Students under this would have to work harder since it is, more or less, self-paced. However, both of these systems are suffering from major issues. Online learners face problems with connection and the effect of screen time on their health. Modular learners, on the other hand, question how much they are actually learning. Problems and holes with a system like this are impossible to completely cover up but, many believe that the government could do better.

Students feel like they are traversing these gaps through unstable hanging bridges. A temporary solution is not bad and honestly, the best option there is. Regardless, it heavily relies on execution and priorities. The learners do not need nor want the perfect solution for these issues. All they are asking for is support. A stronger foundation, a stronger rope. Sooner or later these cables will be worn out. Unfortunately, it may come sooner than we expect. These scholars are doing the best they could to course through these unstable bridges. Let us not wait for the time this hanging bridge completely snaps off.



Juan Sumulong Campus

Lesson 001: The horror of virtual education amidst the COVID-19 pandemic

By Dian Mantiles

The surge of COVID-19 pandemic is sculpting the course of education for a significant change and 'virtual learning' is principal to that transformation. This swift change has been dramatic as almost all schools and universities in the Philippines started offering distance learning programs to their students. Despite the gradual adaptation to its new nature, virtual education is also a threat to both economic status and technological resources of many students going online.

Studies from the United Nations Children's Fund (UNICEF) have shown that when education is disrupted by emergencies like disease outbreaks, children are more likely to drop out of school completely. The agency also warned that delaying the opening of the school year would further widen the education gap and would have long-term repercussions on children's development. In the Philippines, many schools are only due to reopen when a vaccine for COVID-19 has been found. Educational authorities are started to devise a distance learning system for 27 million students last August 2020, when the summer holidays end. Thus, it poses a huge challenge in an archipelago nation of 107 million, where many households have no access to the internet or a computer, and students fear that they will not be ready to sustain distance learning in the next few months.

Given that the Philippines already has an existing education crisis even before the pandemic, pivoting to this fully virtual learning curriculum has become a rising challenge to the economic status of Filipino students since many of them have scarcity in purchasing a computer and internet connection. This tremendous change in both learning and teaching serves an everyday struggle to students as they endure combating against poverty and scarcity in life. The fact that virtual education requires technological mediums (which are not cheap to think through) there is a high probability that these students may turn back their feet to school due to the high maintenance of financial obligations. The destructive results will reflect in the next several years as unemployment and illiteracy will continue to arise in our country.

Despite efforts of the education sector to continue with education amidst the pandemic, the "new normal" continues to be a great problem among students coming from the lower sectors of society where gadgets for virtual learning are luxurious weapons for survival. The poor families living around remote areas with limited digital devices and telecommunications signals are the ones left behind.

A DepEd survey showed that 6.5 million students who have access to the internet, approximately 20% are using computer shops or other public places to go online. Worse, 2.8

million students have no way of going online at all. This is especially common in the rural areas where 53% of the population live and where both internet access and speed can be a challenge. The use of virtual learning in the middle of COVID-19 pandemic shapes students' future as many of them lack the finances to acquire gadgets and some may encounter technological issues. Virtual education cannot be determined fully as success as it continues to exacerbate the existing problems of our country, specifically with education. Students who are having both difficulties on the factors mentioned above have the greater chances to trigger larger poverty and unemployment rates in our country. As we continue to shape the course of education along with the COVID 19 pandemic crisis, it is also a fact that many young Filipino students are being misled of opportunities that they ought to have. The exacerbating effects of COVID 19 pandemic are not only attributed to the current struggles we encounter today but it assembles more on the horrifying chances many Filipino students are turning illiterate and jobless in the near future. Virtual education is a privilege to those who can afford and horror to those who cannot.

Technological deficiency, can it be a ground for academic break?

By: Madel V. Perez

Andres Bonifacio Campus

There are different problems on the outset of the school year during this pandemic. One of this is the technological deficiency or lack of proper equipment to make online learning possible on the student's part. This deficiency covers, but not limited to the following: no or poor internet connection, outdated device and software needed, and having no access to computers or smart phones that allows the student to join an online class session.

According to the research done by Save the Children organization, there is at least 10 million children around the globe who unfortunately opted or can't enroll to school because of technological deficiency that comes as one of the challenges of online learning. The United Nations International Children's Fund (UNICEF) said that last August 2020, 80 million out of 463 million children who suffers from the lack of equipment for electronic access that is a pre-requisite for online learning is from the Pacific and East Asia countries. Last March 2021, the Social Weather Stations (SWS) released a survey result where the participants are Filipino students claimed that only 58 percent of the students had the devices required for distance learning and 42 percent of them has technological deficiency and were incapable of getting involve in the virtual class during this school year.

There is indeed a large amount of students who are getting left behind due to this deficiency. Because of this reason, it is extremely important for the educational spearheads to consider the call for extending academic break. This technological strain is in need of addressing since there students are not practically ready for this. This challenge might have caused burden on the students. A blog written by Swinburne Online, an educational website of Swinburne University of Technology in Australia said that, academic break is essential because it helps the students refresh their minds and improve creativity. It also aids in maintaining attention and regain of motivation. If technological deficiency can't be one of the grounds for academic break, then what would it be?



The Hurdles in Online Learning: Can we push through it once again?

By Celine Inah J. Dela Cruz

Jose Rizal Campus

President Rodrigo Duterte announced last year that as long as there is no vaccine for the COVID-19, no face-to-face classes shall resume. Online class, modular learning and the mix of both as new modes of learning were introduced.

This adjustment impacted the education system as a whole.

First, not everyone has the privilege of having gadgets to meet course requirements assigned through online class. Mobile gadgets are expensive and many students find it unaffordable to spend money in buying a device. Online class is an issue on the students' physical health as well as spending hours on the screen for extended periods of time that can greatly affect their performance. These things are an added burden to the already struggling students.

Plus, there are also places where data services are poor which can impede the progress of learning through online platforms and online meetings. Students in rural places have the most disadvantage. Also, not to mention the fact that most living spaces are not ideal for online learning and can lead to students not being able to understand the lessons fully.

Due to this, students scour the internet for tablet and laptop giveaways for the chance to have a device necessary for the new mode of learning, students are fac-

ing unexpected health problems and are having a hard time coping up with the methods of online classes.

Aside from students, parents and guardians are also experiencing the challenge of distance learning. Instead of focusing on household chores and keeping food on the table, they are now required to guide their children's learning in the new normal.

It is also worthy to mention that there are teachers or professors especially the elderly ones who struggle in teaching and are in need of additional assistance due knowledge barriers on the usage of technology.

The quality of education is compromised seeing that students and educators do not exactly know how to work with technology and execute the same practices they used to do during face-to-face classes.

With these prevalent occurrences, online classes greatly require additional and more preparation before students, parents, educators and even everyone to cope up with it correspondingly. The quick turn of events caused massive negative effects and therefore should not be continued as it will only defeat the sole purpose of why students are studying--to have a quality the quality education they deserve.

UNICEF warned that delaying the opening of the school year would further widen the education gap and would have long-term repercussions on student's development. In my opinion, if President Rodrigo Duterte's decision about delaying face-to-face classes until there is no vaccine proceeds, an implementation of an academic break is much better, as we are all still struggling with how to go about all this.

The students who chose and were left with the choice of not enrolling for this school year might already feel behind. All in all, leaving this question, what will happen if the new mode of learning will continue in the next school years? Are the people being greatly affected by this issue will try to adapt and cope up with ways harder than expected? Most would agree that the ideal matter now, amidst the pandemic and online learning, is simply to finish a year in class. How can we secure a future when the students are being deprived of quality education not because of their own idleness or loss of drive, but because of the layered issues that online classes provide? In the end, students are reaching their specific goals through good education, if it will not be provided and taken care of today, then we might have to think twice about implementing distance learning or online classes once again.

Makabagong pamamaraan ng pagkatuto

ni Sandra B. Bulocan

Nakalulungkot isipin na malaki ang naipinsala ng Corona Virus Disease (Covid 19) hindi lamang sa Pilipinas maging sa ibang bansa na nagdulot ng pagbabago sa pamamaraan ng pagkatuto, matatandaan na tinanggihan ni Pangulong Rodrigo Duterte na mag-sagawa ng mga klase ng harapan o face-to-face classes hanggang sa magkaroon ng isang lokal na bakuna ang nasabing sakit upang malayo sa panganib ang bawat estudyante at kaguruan subalit haharap sa panibagong pagsubok.

Ayon kay Isy Faingold, Chief of Education at United Nations Children's Fund (UNICEF) Philippines, ang distance learning ay hindi magiging madali ngunit mas mabuti ito.

Napakalaking tulong ang pagusbong ng teknolohiya sa kasalukuyang henerasyon na naging daan upang patuloy na matuto ang mag-aaral.

Sa kabila ng pagsisikap na napupunta sa mga materyales sa pag-print, ang mga guro ng K-12 ay inaasahan pa 'ring magagamit para sa mga konsulta alinman sa online na karaniwan sa pamamagitan ng social media gaya ng Facebook, Messenger o sa pamamagitan ng pagbibigay mensahe.

Importante ang edukasyon na dapat maunawaan ng bawat isa na bagamat humaharap sa krisis ang bansa, dapat bigyang pansin ng mga magulang na sila'y magabayan at ang gobyerno na patuloy masuportahan ang mga ito.

Divided bricks

By Idol Dela Cruz

Elisa Esguerra Campus

As per Britannica, a digital divide is the uneven distribution of information and communication technologies (ICT) in society. It is an already existing term before the Pandemic. Nowadays, this term becomes more common as the country keeps up with the New Normal.

According to the World Bank, nearly 60 percent of Filipino households do not have internet access. This reflects the possible scale and scope of the digital divide in the Philippines as internet access becomes a necessity and even a basic right for everyone, especially to the students, to cope with the New Normal. The role of digital technology becomes wide and complex at an overwhelming rate causing the education system to have a hard time managing this sudden change.

With over 28 million students currently enrolled (ABS-CBN, 2021), the relationship between the academic calendar and the growing scope of the digital divide becomes directly proportional. The pandemic brought upon inevitable losses in all aspects of society, and it severely impacts the students who are powerless against the dividing obstacle.

Every day that the students and educators experience the digital divide, their chance and odds to prevail against it becomes uncertain. The odds of losing are bigger to those students who lack the opportunity to prosper because of unavailability of gadgets, internet connection, knowledge, and even available workspace for them. The plan for inclusion might end up with results of unstoppable exclusion without the right steps and unity coming from everyone according to Senator Win Gatchalian (Rappler, 2020).

The country's current learners are our future country builders. With the existing and growing digital divide, these learners, who are expected to be the sturdy bricks for the nation, will need to work even harder to cope with the frail cementing that the divide has caused.

Before we raise the white flag, we must consider sufficient planning and decision-making to lessen the scope and effect of the digital divide. In agreement with ACSD (2015), reducing the need to use the internet should be considered as a way to decrease the digital restrictions among students. Communication with the parents and community regarding the situation can empower the government and the education system to effectively respond to the situation.

It is not the will that divides us. It is inaccessibility of essential materials and knowledge of parts. Students and educators have not lost their will to learn and to grow. However, the pandemic keeps on amplifying the digital divide which increases their burden. Unless the government and all the agents of the education sector integrate to pick up the divided bricks and cement these into creating a strong foundation, we can never move on and rebuild the nation.

Jose Abad Santos Campus

COVID-19: A revelation of technology-divide among learners.

By Joshua C. Diolola

computers and internet connections, especially those who live in far flung areas, where most families can barely make ends meet. It has long been a problem in

The digital divide among learners has been one of the biggest challenges of Filipino students since the majority of them do not have access to

the Philippines, especially in the education sector. Covid-19 triggers this problem as students have been forced to shift to distance learning.

According to Prospero Devera, chairman of the Commission on Higher Education, other universities like Dela Salle, MAPUA, Ateneo, and the University of the Philippines have been holding distance learning even before the enhanced community quarantine. So, he sees no problems in terms of shifting to distance learning.

Meanwhile, the major problem is not the universities where students are enrolled nor their capabilities to hold

virtual classes, but students facing a lot of ordeals in finding better signal receptions, and others dealing with financial constraints. Less fortunate students who do not want to miss this school year despite not owning the needed gadgets are using social media running a donation drive through Gcash called "Piso mo, para sa laptop ko" just to be able to attend their virtual classes.

Furthermore, what happens to the promise of molding globally competitive students if most of us do not have equitable access to technology?



"KOMEDYA BA KAMO?"

Trystan Clark Tagudin

Komedyang ba kamo?

Hindi mo na kinakailangan pang pumunta sa sirko upang makakita ng komedya

Sapagkat sapat na, sapat na na buksan mo lamang ang iyong dalawang bilugang mata

Upang makita ang nabulok ng sistema

Hindi sa sinasabi kong nakakatawa ang mga bagay na ito, kaya tinawag ko itong komedya

Pero hindi ba maituturing na komedya ang mga taong nasa kabilang dulo nito?

Halika samahan mo ako, patungo sa apat na dako ng komedya

Sisimulan ko sa timog, sa timog na bahagi ng komedya

Maririnig ang mga mapang-akit na daluyong ng mga ani mo'y nagbabagang adbokasiya

Adbokasiya ng mga paulit-ulit na nangangako, ngunit puro pangako wala man lang tinutupad

Ang daming sinasabi, puro satsat, ngunit kapag nakaupo na, ni anino ay hindi mo mababagtas

At bigla na lamang nagpaparamdam kapag palapit na ang halalan

Hindi na ako nagtataka, kung bakit mas natural pa sa kanilang inuuna ang susunod na halalan kaysa sa susunod na henerasyon

Susunod na halalan ba ang mas mahalaga kaysa sa susunod na henerasyon?

Sa susunod na bahagi, sa hilagang komedya

Tunay nga bang sa mata ng batas ang lahat ay pantay-pantay?

Kahindik-hindik na senaryong makikita ng dalawang bilugan mong mata, maririnig ng iyong dalawang tenga

Bakit hindi nakikita at naririnig ng hukuman? Ang mga taong naghihikahos na makamit ang hustisya

Pero kapag may salapi ang naagrabado, kahit isang milyong milya ang layo ng paghingi ng tulong ay nadiding

Kahit walang ebidensya ay pilit na hinahanapan

Sisintensiyahan ang nasasakdal kahit walang napapatunayan, ganito ba ang hustisya, kapag mas lamang ang may kwarta?

Uulitin ko, tunay nga bang sa mata ng batas ang lahat ay pantay-pantay?

Sa silangang dako ng komedya, kung saan mag-sisimula ang pagsikat ng araw

Mga kritikong binabansagang terorista

Terorista nga ba talaga sila o natatakot lang kayo na unti-unti nang lumalabas ang mga itinatago ninyo?

Mga pilit niyong itinatago na maglalabas ng totoong kulay ninyo

Kaya't pilit niyong pinagtatakan ang mga kato-tohanan bilang paninira, at ang mga kasinun-galingan bilang katarungan

Pagiging terorista nga ba ang pagiging kritiko sa mga taong tayo mismo ang nagluklok?

Pagiging terorista nga ba ang pagsiyasat sa go-byernong binuhay ng demokrasya, demo-krasyang lahat ng tao ay may karapatang mag-salita laban sa kasamaan

Bakit pilit niyong inaalis sa kamay ng taong bayan

Terorista na ba ang taong nagbibigay ng halaga sa ating inang bayan?

Sa kanlurang komedya, kung saan magtatapos ang aking tula

Makikita ang mga lobong nag-aanyong tupa

Na walang ibang hangarin, kundi ang kumitil ng ibang buhay

Buhay na langit na maituturing, ngunit mala-impierno sa iba

Sapagkat ang mga demonyo ay nasa lupa na

Pilit na sinisira ang buhay ng iba

May isa akong tanong, hindi paano at ano, kun-di "kailan nga ba natin malalaman na ginagawa na nila tayong katawa-tawa?"

Sapagkat ginagawa na nilang komedya ang bawat sulok ng bansang ito.

"POWER PLAY"

Nuela Sophia Niere

On a dark alley across the street, where morning gossips are formulated and smokers reclaim the area by noon, a body was lying. The notion was betrayed by the slow unnoticeable rise and fall of the chest. A small puddle of blood further staining the soiled ground. Just earlier, he was breathing in the contaminated air of the city with sharp intakes as if it was his last, sadly speaking, it may be.

Minutes passed, thoughts shifting, memories from childhood and those ridiculously sunny days where every second seems so promising, it all looks so dwindling now. He came here as a man full of hope, inside those high rise buildings that cover the blue sky, up those billboards that seem to mock you, shining cars that overcharge pollution, and on food prices that only increase, this is a place where freedom is only for the rich.

A woman who's dragging her kid with soot on his face, arms, and all over his legs, taking a quick glance at him, then another, but still continued to walk. An everyday occurrence it seems, how unfortunate, even the chance of getting saved will be taken from him and he should have known that better than anyone.

An hour has passed, dawn is approaching and he's slowly losing consciousness. A few people have already noticed him, and all they did was look. "He's a drug addict, isn't he?" whispered someone. "Might be?" nodded by the other. He wanted to look them straight in the eye, but even the slightest of movement is impossible. "Scuffle with the police" that one didn't even sound apologetic. He only wanted a life for his family, not even a comfortable one, just enough to get them by. But all it took was a wrong turn from his usual route going home and a little run-in with some dangerous individuals who call themselves authority, then everything landed to where it is now.

Media came a little later, and this is when he knew it's the end for him; they took pictures, asked questions from the gathered crowd, but no sirens could be heard. The only thing that kept running in his mind while his breath diminished was his last meal with his family the day before he tasted nothing but the Power Play of the so-called "Justice".

"IN THE MIDST OF THE NIGHT; TIME CHECK: 2 AM"

Pearl Zinfandel Antoine

I could hear the clock ticking from behind as I stare at the screen which holds not only my chance but also the future ahead. Eyes are swelling with every breath I take, composing the final drafts for the deadlines rushing within a few more ticks and tocks. Hoping I could have done everything ahead but the piles are thicker than my mattress bed.

After a second or two, a new set came across my calendar, which is sorted out per date and time to keep on track up to the last minute, which counts. The total probability of completing everything on time, with perfect performance, is lower than fifty percent, but the sum-up probability of me breaking down is beyond the limits. Functioning at a normal pace does not feel normal either.

Seizing to ask myself between works with the statement of "what will the suffering benefit me when I am prolonged by the stoned heart?", every second an utmost second-hand pressure apprehends me, showing the weakness of the heart and mind, and the incapability to converse rumbles like a storm with catastrophic thunder within the cracks of my head. Is learning still learning when learning drowns you to the unknown abyssal knowledge of emptiness?



“SA MGA TAONG NAGDAAN AT DUMATING”

Sophia Marie B. Sardan

Sa taong nagdaan
Samu't-saring mga
pangyayari ang gumimbal
sa ating Inang Bayan
Nagsimula sa pag-
aalboroto ng bulkan
Kasalukuyang sumasaila-
lim sa pandemya
Nagtapos na may kinuku-
bling unos sa ating mga
puso't diwa

O, bayan naming mahal!
Ano itong nangyayari sa
atin?

Bakit kailangan nating
dumaan sa mga istoryang
tila paulit-ulit na lamang
ang tema?

Hindi pa ba kayo nag-
sasawa?

Parang awa ninyo na!
Napapagod na kaming na-
nood sa mga nagdudumong
-dumungan na payaso

Hindi ba ninyo sinusubay-
bayan ang kanilang pag-
palahaw?

Hindi ba kayo naapektuhan
sa mga luhanang bumabaha
sa bawat eksena?

Bingi na ba kayo sa mga
daing ng mga nasa
laylayan?

Mahapdi na ba sa mata ang
mga komentong galing sa
inyong munting palabas?

Napakalabo na ng sagot
kung sino ang
nagpapalabas ng mga
kabulaanan sa katotohanan

Ngunit isa lang ang tiyak,
mukhang nakaligtaan
nilang tingnan ang
manuskrito bago ipalabas
sa telebisyon ang mga
pangyayaring kinakataku-
tan ng lahat

Nakakapanghinayang ang
mga oras na dumaan
Maraming na-iguhit ang
hindi nabigyan ng kulay
May mga salaming naka-
harang para sa mga ugna-
yang masaya't makabulu-
han

Winasak na rin ng mga
kalamidad ang ilan sa mga
bahay

Marami ang nahihirapan
sumabay sa agos ng buhay

Paano na tayo ngayon?
Kakayanin ba nating hara-
pin ang bukas sa kabila ng
pag-aalinlangan?

Habang buhay na lang ba
tayo maghihintay ng ma-
gandang katapusan sa
palabas?

Kung gusto nating
mangyari ito
Huwag nating pabayaan
ang isa't isa, kaibigan!

Walang maiiwan, walang
mahuhuli

Magtulungan na isulat ang
mga kwentong nararapat
para sa atin

Sa taong dumating
Samu't saring mga
pangyayari ang nagdaan at
pagdadaan pa ng ating
Inang Bayan
Nagsimula sa pag-alboroto
ng katarungan
Kasalukuyang pa ring
sumasailalim sa unos
Nawa'y matapos na ang
lahat sa ngalan ng kata-
rungan

“PUHON; BAHAGHARI: IHIP NG KAPALARAN SA PATULOY NA LABAN
PATUNGO SA PANGAKONG TAGUMPAY”

ARELLANO UNIVERSITY—JSC LITERARY TEAM

Batid ang simoy ng umaga, kabigha-bighani kung maituturing
Kalangita'y nagpapahiwatig na ika'y dapat nang bumangon,
Upang masilayan ang marilag na pag-iisang dibdib ng kagalakan at kasaganahan
Kasaganahan at kagalakan na nagpapahiwatig ng kapayapaan Kapayapaang nagdidiktang lagda na tahimik ang mundo
Sapat na batid na ito ang mundong iyong kinasanayan.

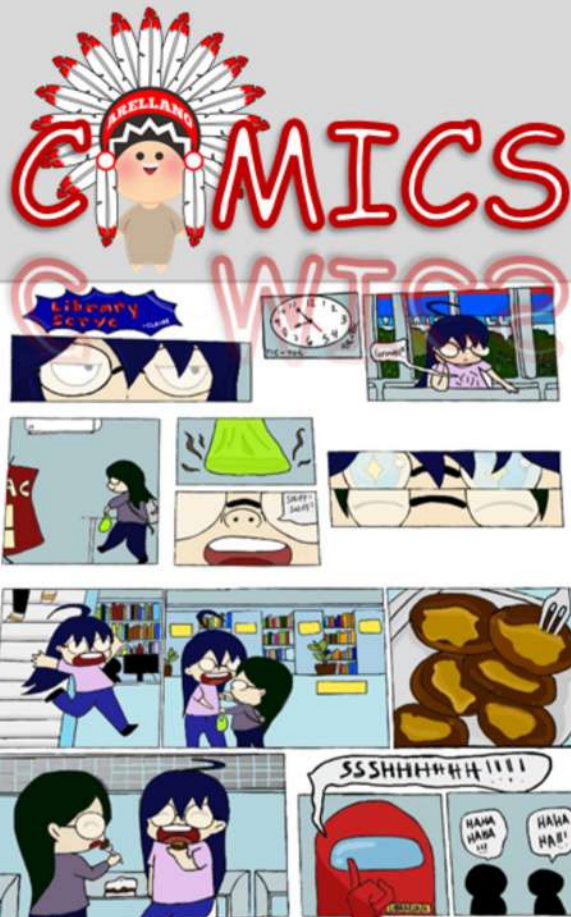
Ngunit hindi—ibang dimensyon, ibang panahon,
Huwad na sapantaha at katotohanan, maling dausdos: pagdadalamhati ang bungad sa iyo
Tila ang mga nakagawian mo ay nagbago nang tuluyan
Samut-saring suliranin ang umuusong sa bawat pagtakbo ng oras
Delubyo roon, delubyo rito, walang katapusan saan mang dakong paroon
Ang tahananang noon ay takbuhan bilang panatag na lugar
Ngayo'y nagmistulang piitan ng mga pangamba
Pangambang hindi na masisilayan ang kinabukasan
At pangambang hindi na masisilayan ang pangakong bahaghari.

Ngunit may isang mataimtim na bulong ang nag-uudyok sa iyo
Sabay nang haplos ng kapalaran na patuloy na umaagapay sa iyo
Tinig na bumabagabag, sinasabing huwag kang titigil “pag-asa ng bayan”
Sapagkat hindi pa tapos ang buhay at nagsisimula pa lamang
Kahit tila ang iyong mga nasisilayan ay nagpapahiwatig na wala ng magandang bukas
Kahit tila ang iyong pinaghirapan ay parang ‘di nasuklian Kahit parang ang lahat ay bumabagsak na at luha't pighati na
lamang ang matatanaw.

Lumaban ka; punasan ang likido sa iyong mga mata
At iyong bahiran ng matamis na ngiti ang iyong labi

Kubli man ang bahaghari; pighati man ang nakapinta sa bawat isa
Labis-labis man ang hinagpis, ngunit tignan mo ang sarili mo patuloy na nakakatayo't lumalaban
Humakbang palapit at buksan ang panibagong yugto na nagngangalang “Pangarap” Pangarap na nagsasabing sa oras ng
Maykapal

Maykapal na sumisimbolo na muling masisilayan ang bahaghari matapos ang delubyo
Delubyo at kasaganahan na nagpapahiwatig na ika'y nabubuhay pa
Buhay na dahilan upang magpatuloy pa sa laban patungo sa pangakong tagumpay





Right: A group photo of Mr. Christer John Fabonan, Ms. Glynn Surjedo, Ms. Iris Mae Caidic, and Dr. Eduardo Lorico (L-R) during their preparation for Biota Convention
SOURCE: Mr. Christer John Fabonan

ARELLANO UNIVERSITY MULTIMEDIA CLUB: CONNECTING THE STUDENT BODY

By Jeanette B. Tropa

Everyone wishes to have a harmonious and productive environment – an environment where stigma, superiority, and discrimination has no place; an environment that promotes wholeness, equality, unity, and camaraderie; an environment that showcases the crafts, talents, and creativity of its members; and an environment that serves its purpose on building each other.

This environment is made possible by Arellano University through Arellano University Multimedia Club. The Arellano University Multimedia Club aims to provide a platform to connect every student of Arellano University including those in the lower level up to the higher level from its seven renowned branches: Juan Sumulong Campus in Manila, Andres Bonifacio Campus in Pasig City, Plaridel Campus in Mandaluyong City, Jose Abad Santos Campus in Pasay City, Apolinario Mabini Campus in Pasay City, Elisa Esquerro Campus in Malabon City and Jose Rizal Campus in Malabon City.

Undeniably, this school year has not been easy for students brought by the reason that they are just limited to the four corners of their homes, connecting, and learning through an online setup. The online setup has made it difficult for the students to unleash their talents,

skills, creativity, thoughts, and social involvement. But this certain disadvantage can be turned into a more efficient mechanism of coordination and unity through Arellano University Multimedia Club.

Arellano University Multimedia Club is an online platform that we can find on the most prominent social media websites – Facebook and YouTube. It strives to help and promote relations within Arellano University Campuses and its students. Also, it aims to cover all types of campus activities and events which made it easy and accessible for every student. Arellano University Multimedia Club duties include binding and actively promoting the university's image in any field of activity in the hopes of making it known in the national and world stage.

The Arellano University Multimedia Club is an accredited club of the university and is under the Arellano University Digital and Corporate Communications Department. It is made up of uniquely talented students in media, technology, and communication who carry the responsibilities as Social Media Associates and Content Contributors such as Creative/Content Writers, Researchers, Team Managers & Communication Associates, Visual/Graphic Artists, and Video Staff and Production.

They are supervised by a Digital Communication Administrative Staff, Mr. John Jesus N. Manuel.

#OneArellano, #TagaArellano – Arellano University Multimedia Club has these hashtags as its theme for raising harmony within Arellano University and its student body. It has a goal to empower and create a clear vision through providing opportunity among all members of the institution which enables them to participate and join hands into maintaining and promoting a productive environment amidst the new normal. They are implementing cooperation, friendship, and unity through each of them. This club serves as the main channel for showcasing talents, creativity, and passion of Arellano University students.

As an institution that provides a constant equal and productive environment to its student body and faculty members, Arellano University through the Arellano University Multimedia Club, can still serve its purpose, mission, and vision regardless of the online and new normal set up. Through Arellano University Multimedia Club we can connect and we can be one!

CHIEFS EMERGED AS 55TH BIOTA CONVENTION VICTORS

By Daphne Ochoa

Arellano alumni namely Iris Mae Caidic, Glynn Surjedo, Nerife Boco and Christer John Fabonan emerged as winners for the Best Poster for Pedagogy Category in the recently concluded 55th BIOTA Convention held via virtual livestream that ran through April 22- 24. The team was composed of BSED Major in Biological Science graduates and a product of the ETEEAP program of Arellano University. According to Mr. Fabonan, the convention was originally planned to be held in Palo, Leyte but due to COVID it got moved and was held in a virtual setup instead.

The conception of their poster idea started as early on their Orientation Day in Arellano University. Mr. Fabonan narrated, "The idea of joining in the poster presentation of BIOTA was pitched by our adviser, Dr. Eduardo Lorico. He's been so supportive to our group since the conception of our thesis topic up to our successful thesis defense". Ms. Caidic added, "Dr. Eduardo Lorico gave positive feedback on the PowerPoint presentation for our paper during the February 2021 Arellano University Research Colloquium. So, upon approval, Christer and I adapted the elements of the file into a scientific poster according to the requirements of the BIOTA e-Poster Committee." The four-man team were already graduates of the ETEEAP program by the time they joined the contest.

When asked for the inspiration or the idea behind their winning piece, Mr. Fabonan explained, "We thought of animal dissection as a relevant topic to present because it's part of the activities that we will do as biology teachers in the future (well, except for Ma'am Iris because she's already a science teacher). We were curious about what the students think about dissection and which variant they would prefer. I also had to conquer my fear of frogs as we had to demonstrate the actual dissection to the students. I think that the desire to learn and master something new and will be part of your daily routine as a teacher and as a biologist". Ms. Caidic, currently a science teacher at Kids' World Christian Academy further explained, "We kept elements simple, without ever compromising the content. We included diagrams for methods, and graphs instead of tables which would provide visual comparisons of our data. We were determined to present our research accurately. Then, we submitted the e-poster only after Dr. Lorico gave us his blessing".

Ms. Caidic also joined the BioTaktik category of the aforementioned convention and emerged as a victor. She explained that she used the 3Es: Engage, Enhance, and Extend. It showcased best practices and strategies she adapted in balancing actual and virtual activities to maintain the culture of science that her students have grown into.

The COVID Pandemic did not hinder our graduates' ability to showcase their passion for teaching and for Biology. The collective effort of the team proved to be fruitful despite the odd circumstances and the difficulty we are facing in this online setup. When asked for advice to future enrollees of the program, Teacher Iris stated, "For future ETEEAP enrollees, be grateful for a chance to complement your work experience with the proper education. Education is a journey best travelled with people who love learning. Such were the Bio Sci Majors I belonged to, especially Sir Christer." Christer John added, "ETEEAP is not just an academic journey towards the goal of getting a college diploma. Just being accepted to this program already means that you have what it takes to be a degree holder. Your experiences will make your learning meaningful because you will definitely have something to add on the plate. The second piece of advice I could give is to find a person who is as passionate as you are in what you do. The study of biology is a lifelong vocation so you better have a lab partner to brainstorm with. I'm glad that I found Ma'am Iris as that person."

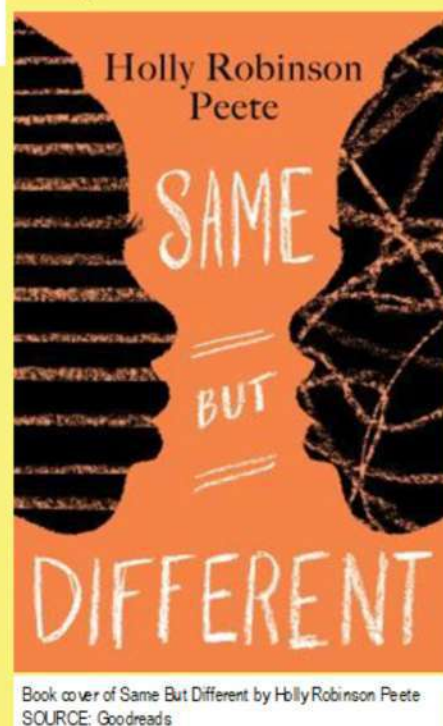
Life is a sacred gift which we can all be grateful for. Every person has a unique story that includes both ups and downs. A person born with a special disability unusually lives his or her life. How can you live your life to the fullest for the rest of your life? Will you be grateful to your parents for taking you into this world?

Holly Robinsons Peete wrote the book "Same But Different." It was published in the year 2016. It is inspired by her twins, RJ Peete, who has "classic autism," and Ryan Pete, who was born naturally but behaves as if he has the same syndrome as his twin brother. The book is designed to help people learn what it is like to be born with special needs. Furthermore, how do the people around them accept that people like RJ exist? RJ is referred to as Charlie in the novel,



UNDERSTANDING A TEEN LIVING WITH AUTISM (REAL-STORY REVIEW: SAME BUT DIFFERENT)

By Joselle Erika Lou N. Tabarangao



Book cover of Same But Different by Holly Robinson Peete
SOURCE: Goodreads

ferred to as Charlie in the novel, and Ryan is referred to as Callie.

The plot focuses on Callie and Charlie's ability to be exceptional and positive in the face of other people's judgments. Dealing with autism is difficult and it affects all areas of development. Callie and Charlie's mother raised them well for them to continue going on by being different from the others. Charlie led an ordinary and peaceful life with his family. He loves learning, including the fact that he has to repeat each grade level twice.

"I may have autism, but autism doesn't have me."

The words above are exactly what Charlie said from the beginning of the story to the end. It serves as a motivation and eye-opener for all, particularly those with special needs like him. Living with special needs may feel like a responsibility to family and friends. And though life seems to be pessimistic and cru-

el, they still live passionately and creatively in their unique way.

Individuals like Charlie seek extra attention and understanding. It would be a big support to guide them in discovering their abilities and talents. As a result, embracing what they can do is the best thing for all of us to do. May all of us lend a helping hand to people like Charlie to protect them from the judgments they experience.

Life will always be filled with challenges and obstacles. Life may have downfalls but make it a motivation to make your life worthy. Life will not always be filled with glitters and rainbows. Disabilities, conditions, flaws, and imperfections must be accepted in society. There will always be hope, and that hope will help you in accepting what is destined for you.



AROCHA: AU LEGACY AFTER COLLEGE

By Daphne Ochoa



SOURCE: Regine Arocha's Facebook Account

Regine Arocha is a former AU Chief, a two-time NCAA Finals MVP with three Championships under her wing. She was also hailed as Sports Vision Vol-

leyball Player of the Year by the 2019 Chooks-to Go Collegiate Press Corps Awards. Just recently, our prized athlete graduated with a degree of Bachelor of Sci-

ence in Business Administration in Arellano Juan Sumulong Campus via a virtual livestream. The long wait for finally getting that diploma was indeed over for Arocha.

Arocha is a model for being a student-athlete, making her an inspiration to many that academics and sports can go hand-in-hand with discipline and dedication to your craft. Many have witnessed how dedicated she is in her sport and how passionate she is playing for the school. But it is not always rainbows and butterflies for Arocha as she admitted to having struggles and hardships especially when her final playing year did not go well as planned due to the COVID-19 pandemic.

It wasn't the best exit an athlete could imagine. Flashback to last year, the remainder of NCAA Season 95 was canceled at the height of the impending COVID-19 pandemic in the country. Arocha was given a chance to have an additional playing year but opted out as she chose to graduate instead. When

asked why she chose to graduate and forego the additional playing year given by the association, Regine admits that 6 years in college is already enough and wanting to graduate is also one of her lifelong dreams. Regine also admitted having to experience anxiety and depression when the pandemic hit. Having prepared for her final year but everything being out of control due to pandemic took a toll on her mental health and ability to focus. Thankfully, she has friends and family to support and listen to her woes that gave her the courage to start all over again.

Last year may have dimmed the light of Regine as her final playing year came to an abrupt end, but that didn't stop our Finals MVP from achieving more, especially now that she is playing in a professional league. With her recent sign up as one of the players for the Choco Mucho team, Arocha admits being busy and excited to be able to play volleyball once again after almost a year long hiatus. Their practice has already started early

this year. However, due to changes in quarantine classifications, the training under bubble format for Philippine Premier Volleyball League will have to wait for a bit longer.

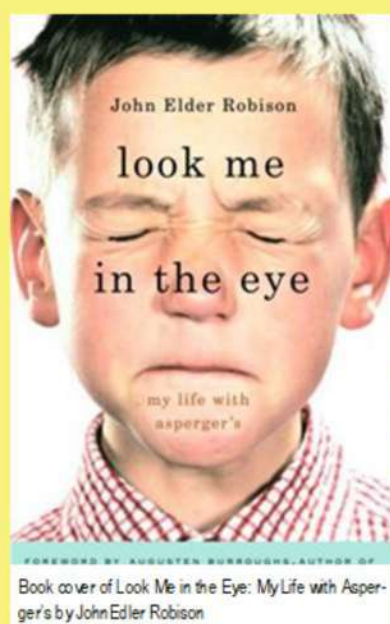
Currently, Regine's focus is mainly on honing her craft in her passion which is volleyball. As a fresh graduate, she admits that she has no plans of practicing yet her degree and would like to play volleyball as much as she can and give more time for improvement. Regine admits missing playing in NCAA while wearing the Arellano University jersey but is also looking forward to a fruitful career in the professional volleyball league. When asked for advice for future student-athletes wanting to join the Arellano University team, here is what she has to say: *"To those aspiring student-athletes, be mindful in balancing your time in being a student and an athlete. Know your priorities. Nothing can hinder a person who is passionate and responsible."*

HAIL TO THE CHIEFS!

IN YOUR EYES

A REAL-STORY REVIEW: LOOK ME IN THE EYE

By Joselle Erika Lou N. Tabarangao



People are often confronted with situations that can either lift them or weigh them down. Before achieving success, a single individual must overcome those challenges. Still, with any performance, there are times that your family does not realize what you are going through. And your friends can sometimes pull you down. Isn't it deteriorating? Life is different from the eyes of those around you, but being grateful to these eyes will help you progress.

John Elder Robison wrote the novel "Look Me in the Eye: My Life with Asperger's Syndrome." The book was released on September 25th, 2007. It is focused on the author's encounters with Asperger's Syndrome, a neurodevelopmental disorder characterized by difficulties with social relationships and nonverbal communication. Although a person with the aforementioned condition can speak and is intelligent, they sometimes pronounce unusual words.

The author discusses how he integrated himself into society through the fact that he has Asperger's Syndrome. He had a tough life and even his friends did not realize what he was going through. All of his negative school memories caused him to discontinue his studies. As a person with special needs, he was able to find his talents, which are music and other strange sounds that he hears most of the time. He may not be able to complete his education, but he can discover and learn more about his abilities and talents. His success was the culmination of all of his sacrifices. He founded his restoration and repair company.

"And my experience in the music scene had shown me that there were places in the world where misfits were welcome." This is one of the few cited lines from the book. May it act as a wake-up call to all to appreciate the elegance and individuality of people like Edler since most of us are struggling to adjust to a world full of variations. Lastly, may the author's insight inspire us to see the goodness of people with special needs.



A poster making entry of Rhian Jade Gabayno (Grade 6 - Stewardship) of Arellano University - Plandil Campus
SOURCE: Arellano University Multimedia Club Facebook Page

IS A MASK A MUST?

by Jeanette Tropa

There are two kinds of mask; the first one is what you often use to cover the depths of your soul, a mask which most people regard as a façade. The other is the one that is necessary for this 'particular' phase of every person's life, a mask that serves as a necessity for you to survive. Which mask is a must wear?

The COVID-19 pandemic disrupted people's life from financial trouble up to emotional and mental breakdown. You can vividly see how far it has affected the masses. There are integral implications of several protocols which people must follow to ensure not only their safety but also the safety of their fellow countrymen. In an instant, people are pushed to adjust to the new normal way of living which therefore affects almost all aspects of human life from the economy, industry, business to politics and religion.

Hence, our national government carried out orders to which people need to conform to. During the first phase of the pandemic, people were forced to stay home in compliance with the enhanced quarantine protocols which were also implemented to ensure everyone's safety and to control the spreading of virus in the country. But aside from your physical health safety, does your home provide a haven for your mental health safety too?

"Though the Philippines has consistently ranked in the Top 5 of a global optimism index, the National Center for Mental Health (NCMH) has revealed a significant increase in monthly hotline calls regarding depression with numbers rising from 80 calls pre-lockdown to nearly 400."

Above is an excerpt from a news article "Mental health hotlines bolstered amidst a surge of calls during COVID-19 pandemic" from the World Health Organization (WHO) website. Undeniably, it is pretty disturbing that the quarantine which forced people to be at home triggers an increase of mental health problems among youths and adults. It seems like people are fighting with two invisible enemies - a plague virus and a disastrous emotional and mental drive.

People have no other choice but to let the wave of life and the boat of changes usher them to the shore of serenity. In the process of ensuring safety from the virus, the stress and mental incapacities have risen. Most people have been forced to cope up with the new normal way of living. Their usual activities and routine have been taken down. The ways they interact with people have changed. It is now only limited to screens. The loneliness at home triggers their emotions and most of the time anxiety attacks their system mak-

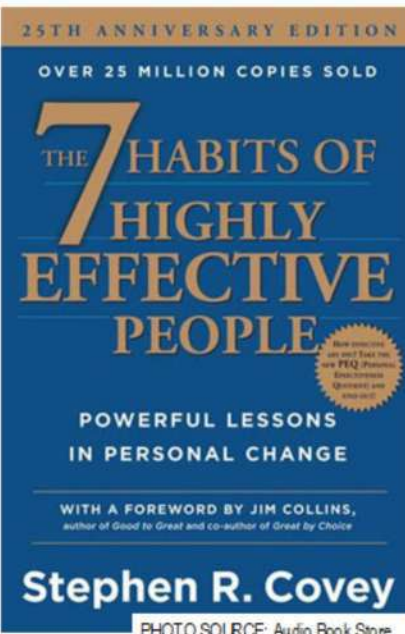
ing them think inappropriately about themselves. Their rational approach has undergone struggles.

Before, you only wore a mask which covers the depths of your soul - it covers a part of you which you are afraid of disclosing to other people. It covers a part which you often thought of as a burden to others. It covers a part of sadness, pain, and struggles within your being. Now, you are also wearing a mask which ensures your safety from the COVID-19 - it covers the necessary part of your body to avoid being exposed to virus. It covers your mouth and nose to prevent the virus from spreading. But it also covers your precious smiles, your lips that conveys the sadness and the happiness that you are feeling. During this time you are wearing the two masks at the same time, I can only hope that one day you'll be able to free yourself from the weight of these two masks.

Both masks are a must - a must to cater you the freedom of expression and freedom to interact. You are near to the shore; finally, you can be able to show us your smile, a large and genuine one. Both masks are a must for they ensure safety but to live without both of these masks are a priceless achievement for your mental and emotional well-being and to the humanity you are living in.

THE ULTIMATE GUIDE TO PERSONAL CHANGE- HOW TO CHANGE YOURSELF EFFECTIVELY

By Regine Sharade Catagmni



"To change ourselves effectively, we first have to change our perceptions." – Stephen R. Covey

Life is about making choices. Everything in your life reflects the choice you have made so if you want a different result, you have to start making better choices. We are free to choose what we want to do but we cannot choose the consequences of our actions. Each situation is an opportunity to do things differently to produce positive results.

In this day and age, people look for instant fixes. When they see a successful person and ask, "How do you do it? Teach me your techniques!" But these "shortcuts" that we look for, hoping to save time and effort and still achieve the desired result, are simply temporary solutions and do not cater to the main concern. We all want to succeed and one path to success is identifying the habits that can help us on our journey.

The 7 Habits of Highly Effective People, authored by Stephen R. Covey has become a foundation for personal development and was first published in 1989. Covey presents an approach to being effective in attaining goals by aligning oneself to what he calls "true north" principles based on a character ethic that he presents as universal and timeless. The concepts may be used for life in general and help people develop, change, and become better in life. The concepts, ideas, and principles which Covey presented in the book are coherent and easy to understand.

Habits are the intersection of knowledge, skill, and desire. Knowledge is the theoretical paradigm, the what to do, and the why. Skill is the "how to do" and desire is the motivation, the "want to do". To make something a habit in our lives, we have to have all three.

What habits do highly effective people have?

The book opens with an explanation of how many individuals who have achieved a high degree of outward success still find themselves struggling with an inner need for developing personal effectiveness and growing healthy relationships with other people. What follows is the 7 habits that could help us attain the change that we want in our life.

7 Habits of highly effective people

Habit 1- Be Proactive

What distinguishes us as humans from all other animals is our inherent ability to examine our own. We are not our feelings, our moods, and our thoughts. Self-awareness ena-

bles us to stand apart and examine even the way we "see" ourselves. To put it simply, to be effective, one must be proactive. Reactive people feel increasingly victimized and out of control. They think the problem is "out there" and that thought itself is the problem. However, proactive people, recognize they have responsibility or "response-ability," which Covey defines as the ability to choose how you will respond to a given stimulus or situation. To be proactive, we must work on the things we can do something about.

Habit 2- Begin with the End in mind.

Most of us find it rather easy to do a lot of things and be busy. We work hard to achieve success. But we don't often stop to evaluate the meaning behind these victories -- we don't ask ourselves if these things that we focus on so intently are what matter to us.

Start with a clear destination. We should begin with the end in mind. That way, we can make sure the steps we're taking are in the right direction. As well, it is also important to identify our center. Whatever is at the center of our life will be the source of our security, guidance, wisdom, and power.

Habit 3- Put first things first.

"The challenge is not to manage time, but to manage ourselves."

To maintain the discipline and the focus to stay on track toward our goals, we need to have the willpower to do something when we don't want to do it. We need to act according to our values rather than our de-

sires or impulses at any given moment.

Habit 4- Think win-win

"To go for win-win, you not only have to be nice, but you also have to be courageous." To establish effective interdependent relationships, we must commit to creating "win-win" situations that are mutually beneficial and satisfying to each party. Another important factor in solving the "win-win" situations is maintaining an "abundance mentality", or the belief that there's plenty out there for everyone. To achieve this, keep the focus on results, not methods; on problems, not people.

Habit 5- Seek First to Understand, Then to Be Understood

Unfortunately, people tend to prescribe a solution before they diagnose a problem and that's the thing. We don't seek to deeply understand the problem first. Habit 5 says that we must seek first to understand, then to be understood. To seek to understand, we must learn to listen.

Before we can offer advice, suggest solutions, or effectively interact with another person in any way, we must seek to deeply understand them and their perspective through empathic listening. To listen empathically requires a fundamental paradigm shift. We typically seek first to be understood. Most people listen with the intent to reply, not to understand.

Habit 6- Synergize

The combination of all the other habits prepares us for Habit 6, which is the habit of synergy

or "When one plus one equals three or more and the whole is great than the sum of its parts." Synergy allows us to create new alternatives and open new possibilities. It allows us to uncover new possibilities through openness and creativity. For example, if you plant two plants close together, their roots will co-mingle and improve the quality of the soil, so that both plants will grow better than they would on their own.

The real essence of synergy is valuing the differences -- the mental, emotional, and psychological differences between people.

Habit 7- Sharpen the Saw

To be effective, we must devote our time to renew ourselves physically, spiritually, mentally, and socially. Habit 7 is taking time to sharpen the saw. It surrounds the other habits because it is the habit that makes all the other possible.

As we focus on renewing ourselves, we must also seek to be a positive scripter for other people. We must look to inspire others to a higher path by showing them we believe in them, by listening to them empathically, by encouraging them to be proactive. Renewal is the process that empowers us to move along an upward spiral of growth and change, of continuous improvement. The real beauty of the 7 Habits is that improvement in one habit synergistically increases our ability to improve the rest.

"What matters most is how we respond to what we experience in life." - Stephen Covey

WOMEN'S MONTH AND MOTHER'S DAY TRIBUTE

AN EPITOME OF A FILIPINA

by Jeanette Tropa, Maria Nadine Roman and Joselle Erika Lou Tabarangao

A journalist, trainer, facilitator, consultant, civil society leader, and advocate of Women, Youth, Gender, Peace, Education, and Earth-Environment, that is where Ms. Samira is known. Being notable in the above fields, she was awarded as one of the 500 Most Influential Muslims by Georgetown University's Center for Muslim Christian Understanding. Furthermore, the Junior Chamber International named her as one of the Ten Outstanding Young Men (TOYM) for Socio-Cultural and Youth Growth (JCI). However, what the world has not seen is how Ms. Samira carried the burden of being the eldest child in her family. She has to take care of her siblings as their mother works abroad as a teacher in hopes to provide them a better life. Another truth that the eyes of many have not yet witnessed are the struggles for motherhood of Ms. Samira, with all her fearless fights for human rights, at the end of the day, she would arrive home with a little boy waiting to be caressed by her mother.

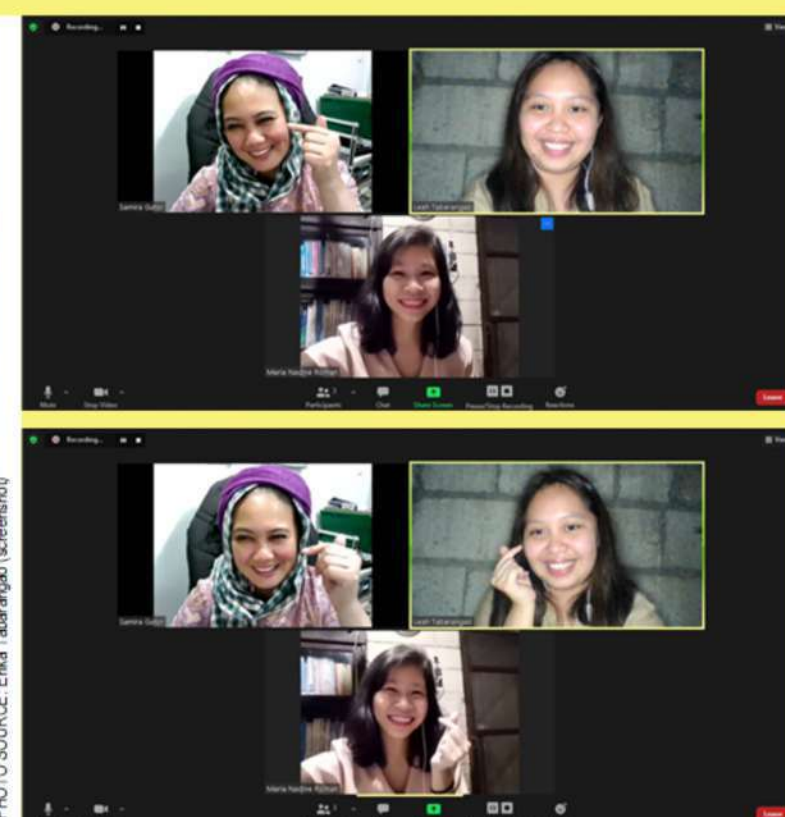
Ms. Samira Gutoc received her bachelor's degree in communication and her master's degree in international studies from the University of the Philippines (UP)-Diliman. She earned her law degree at Arellano School of Law and a fellowship at the Oxford Center for Islamic Studies. She was nominated as a 2017 Inquirer Filipino of the Year for her investigation into human rights abuses in Marawi. Since 2016, she has chaired the anti-crime watch campaign Kazalimbago Movement, whose sister party Ranao Rescue Team (RRT) participated in the rescue of Marawi Priest Fr. Chito Soganub, among other hostages and thousands of stranded civilians during the May siege. She is the co-founder of the Asian Pacific Alliance which aims to acknowledge and understand the different cultures and practices in Asia. She recently received the UN Development Programme's N-Peace Award for her work as a community organizer in Marawi City.

As a speaker and lobbyist, she was a significant contributor in advancing policies on Gender and Development (GAD), Women

in Peace and Security (LNAP), Women in the Army, and PNP. Currently, she emphasizes the importance of women IDP organizers and presidents, as well as the defense of widows and orphans. Moreover, she is the spokeswoman for the Ranao Rescue Team, which is helping the government and relatives of those who have died or gone missing as a result of the siege. She also served as a speaker for the Wall Street Journal, Washington Post, and New York Times, as well as appearing on Al Jazeera. She was a former member of the Bangsamoro Transition Commission which drafted the Bangsamoro Basic Law, and a former director of Amanah Islamic Bank. Thus, Ms. Samira was appointed as OIC sectorial representative for women in the ARMM Legislative Assembly. She also served as a Member of the Philippine Army (PA) Multi-Sectoral Advisory Board. She co-founded Ako Bakwit, Inc., a rights organization where she currently serves as Chair, to promote and protect

the rights and security of our country's internally displaced

An online interview of Maria Nadine Roman and Joselle Erika Lou Tabarangao with Ms. Samira Gutoc
PHOTO SOURCE: Erika Tabarangao (screenshot)



people in February 2020.

"Women are not just women, they are more than that; we are more than that." – the role of women in nation-building was stressed in this quote by Ms. Samira Gutoc. She said before this that women have the potential to accomplish and to raise their voices. As inspired by the human rights advocates such as Martin Luther King and Mother Theresa, Ms. Samira Gutoc also

aspires to become one of them. In an interview, she said that Filipinos, especially youth should continuously fight for human rights and the sovereignty of our country. Being able to learn that our country has a long history of being colonized makes her realize that people's state of mind is also subjected to being

Continued to Page 30...

MOBILE GAMES IN THE ERA OF COVID19

By Regine Sharade Catangui



PHOTO SOURCE: TechRadar

The pandemic has changed everyone's life. It freezes the whole world when the stay-at-home policies were implemented and community quarantine had started. The lifestyle which we were familiar with may become only a memory as life is changing because of the coronavirus pandemic, but whether it will be changed forever depends on our coping strategy. There are ways to get through this pandemic that are easy and fun to do. Mobile gaming has become mainstream among the young generation these days as they are resorting to their phones to ease their boredom and loneliness by playing. Mobile games are thriving as players turn to them for fun and friendship during the pandemic.

One of the main reasons why mobile games have made such an impact during this pandemic was because beyond being an inexpensive escape from reality, it also helps people to stay social while obeying social distancing protocols. "Being stuck at home has not stopped people from playing games on their phones," said SensorTower mobile insights strategist Craig Chapple. "In the contrary, mobile gaming is more popular than ever."

Mobile games are video games played on a feature phone, smartphones, and tab-

lets which makes it very accessible to all. It also gives the gamers a certain level of enjoyment whenever they win and a motivation to do their best next time if they lose. Furthermore, people are so into these mobile games because they are very relaxing and convenient which everyone needs in these trying times. "Allocating a bit of time to playing games can improve your mental health in a lot of amazing ways," Lifehack digital marketer Zuhair Sharif said in a blog. Playing mobile games can improve moods; boost brain power, and provide a sense of community, according to proponents. Whether you're a fan of role-play games (RPG) like League of Legends, Call of Duty, and Mobile Legends or old school games like Plants versus Zombies, 2048, and Zombie Tsunami, gaming has proven itself to be a reliable medium for entertainment.

On the other hand, mobile gaming has several important drawbacks. The continuous development in video games has led to children and adults spending more time in playing and less time sharing with their families. They tend to allot more time in playing as they find it more entertaining than having a little conversation with their loved ones. Also, students tend to put aside their school responsibilities just to have more time in playing mo-

bile games. These results in procrastination and eventually to low academic performance. Lastly, mobile gaming are considered as one of the causes of having sedentary lifestyle as it reduces one's physical engagements and activities such as walking and exercising. Instead, gamers spend the whole day being active in online gaming world.

In either way, the Coronavirus has made plenty of people who suffer physically, financially, and most importantly mentally. Being quarantined for almost a year causes us to feel alone as we have to stay away from our friends and loved ones. Social gatherings are prohibited and that greatly affects our social relationship with others. On the other hand, a pandemic can also be an opportunity for us to communicate and to connect to others virtually. Mobile games are a great coping mechanism for people especially students during community quarantine because even though the pandemic has kept us all inside our homes and away from our friends, the variety of mobile games available can make the time indoors a little less boring. Thanks to video gaming and the internet, there are still a multitude of ways to entertain and connect yourself with others during your indoor life of the COVID-19 pandemic.

Continued from Page 29...

enslaved and this became one of her motivations to continuously fight for the rights of everyone. She also said that her experiences such as being a conflict survivor, working as a journalist, and her association and engagement with various leaders which is also an advocate for women's right and gender role, opens her eyes to various challenges and struggles that women are facing nowadays in our society to be an advocate for women's right.

"Women have the right to engage but people must also recognize the right of women not to engage."

The above quote from woman rights advocate, Ms. Samira Gutoc, describes the roles of women in society nowadays. A woman is naturally nurturing as characterized by Ms. Samira. It nurtures all aspects of life as a mother, as a partner, as a citizen, and as an individual. By this, Ms. Samira emphasizes that a woman serves a great role in nation-building. However, despite the various contributions that wom-

en offer to the society, people often fail to recognize their greatness. As women, they have the role to engage in all aspects of our well-being, in such physically, socially, culturally, politically, and spiritually. In addition to this, women should also have the right to rest and to leisure to its income.

Ms. Samira shared in the interview with us that despite being a strong and empowered woman, she is still going through a struggle on her womanhood especially the challenges of being a mother and a wife intertwined with the traditional roles of being a woman that should be accepted within us in the context of our home. She added that she considers that her strong point as a woman is the fact that she recognizes and accepts her flaw, weakness, and low points in life. Ms. Samira's message to those women who have gone through different struggles such as being looked down upon, mistreated, degraded, and abused, is to remember that the Violence Against Women (VAW) is already a law and at the same time, the right to

dignity is universal. If you are a victim, do not afraid to speak up, and fight for your right. Gender equality is always an aspiration but also doctrinal in a way, it is standing for the rightful benefits, rightful attention, rightful share that is considered as our right as human beings, as women who have to take care of its family and at the same time take care that we can work upon our own decision, and upon our way.

Women have the right to feel special. As women, we have accepted the established multiple roles for us, as workers, as an individual, and as members of our society. It is important to be aware of social injustices, discrimination, silence, and abuse. Being able to go through different challenges and being able to survive, Ms. Samira Gutoc, leaves a message to every woman that *"Whatever your struggles are, as a woman, you can get through it and you can be able to have grasps into things that you deserve."*

AU ETEEAP STUDENTS IN THE PANDEMIC FRONTLINES

By Daphne Ochoa

The ETEEAP (Expanded Tertiary Accreditation Program) is a comprehensive educational assessment program at the tertiary level that recognizes, accredits and gives equivalencies to knowledge, skills, attitudes and values gained by individuals from relevant work.

Currently, Arellano University offers ETEEAP for Bachelor of Secondary Education (BSED) with specializations in English, Filipino, Social Studies, Biology & MAPEH, for three core Arts courses with specializations in English, Political Science and Psychology, and lastly, for the Bachelor of Science in Nursing.

Rona Dela Cruz and Lucky San Juan are two of the graduating ETEEAP students of Arellano University. Bongcac is taking up BSED major in Social Studies while San Juan is taking up BSED major in MAPEH. These two are not your ordinary students, Lucky and Rona currently juggle school and frontline work in this time of pandemic.

Rona Dela Cruz is a 37-year-old TESDA accredited trainer since 2018. She is also a trained RITM swabber since July 2020. As a field swabber, Rona does RT-PCR testing to different companies and private individuals like showbiz personalities. Besides these responsibilities, Rona is also a full time mother to her son.

Ms. Rona Dela Cruz with her 13-year old son named Aaron James B. Dela Cruz
SOURCE: Rona Bongcac's Facebook Account



Lucky San Juan is the head coach of the 4-time NCAA Cheer Dance Champions, the Arellano University Chief Squad, since 2011. Due to the pandemic, Lucky's career as a coach comes to an abrupt stop and for him to sustain his daily living, he takes on a job as a Food Panda delivery rider from July 2020.

Rona and Lucky both learned about the ETEEAP program through their colleagues. Rona's co-trainer was an ETEEAP Graduate and he convinced her to finish a bachelor's degree. Lucky, on the other hand, was influenced by his athletic coach to try to enroll in the ETEEAP program to finish his studies last 2018. At that time, Lucky's schedule was hectic thus he decided to focus on being a cheerleading coach instead and put his dreams aside. Fast forward to today, Lucky got enrolled again through the program via a scholarship grant and is already waiting for his graduation date.

The two admitted to having apprehensions at the start. Rona admits that having to attend online classes was a challenge due to her not being knowledgeable enough with technology. She quips that it was a very long time ago since she last attended school and having to adjust to the blended learning was quite a challenge for a working mom like her. Lucky finds it difficult to absorb lessons being presented online with minimal visual aids as he himself is used to traditional schooling. Lucky finds time to answer exams and quizzes in between his delivery breaks. For our frontline students, Rona and Lucky agree that time management is the key to juggle work and school at the same time.

When asked who/where they draw their inspiration, Rona proudly said that her inspiration is her son. "I want to be a good example to him, that age will not be a hindrance for you to finish studies" On the other hand, Lucky states that, "I would always push my student-athletes to finish their studies and I thought that I need to apply my advice to myself as well. Even if I am well known in the field of cheerleading, I believe that having a diploma will be an edge for me as a coach and an added achievement under my bucket."

Rona and Lucky already finished their oral defense and are now awaiting the details of their graduation date. Although the possibility of marching up the PICC stage is far from possible, both are grateful and hopeful that this will just be the start of their new journey. Rona hopes to teach and use her degree in the future and is already looking forward to the day that all will be back to normal again. Lucky aims to go back to teaching in Arellano as well when this is all over. Lucky quips, "Nais ko ring makabalik sa pagtuturo sa Arellano, sila ang rason kung nasaan ako ngayon kaya malaking pasasalamat ko sa Arellano para sa opportunity na ito na binigay sa akin."

Rona and Lucky are just two of the many faces of students who are fighting their chance in life and in school. The two ETEEAP students deserve more than a pat on the back for having to complete the ETEEAP program despite the risks and dangers of their work. We are looking forward to your best OOTD in black - Rona and Lucky! Congratulations for making it this far!



Photo of Mr. Lucky San Juan wearing his Food Panda Uniform
SOURCE: Lucky San Juan's Facebook Account

The Standard SPORTS



AU KWENTONG SPORTS: A FEB-IBIG SPECIAL DAY 1

By Daphne Ochoa

The two-day Feb-Ibig Special for Arellano Kwentong Sports kicked off last February 26, 2021 via Facebook livestream in Arellano University Sports Official Facebook page, hosted by Patrick Yeoj Alcantara and Jana Tandoc. The livestream featured Arellano University students from different sports fields such as women's volleyball (Faye Anne Flores, Carla Donato), swimming (Althea Javier, Michael Bulalacao), lawn tennis (France Villoria, Jireh Galang), football (Kim Abuel, Charles Ledesma), taekwondo (Ramcess Bautista, Armaelyn Agdulo), chess (James Erese, Vincent Constantino) and badminton (James Nepomuceno, John Mark Ferrer).

The event, being a "virtual kamustahan", highlighted how the student-athletes prepared for the upcoming season of NCAA.

According to Carla Donato, "preparation for any sports would mean that there should be strict discipline in terms of diet and nutrition to attain wholeness of the mind and the body." Ramcess Bautista added that "regular exercise is also a must to keep the body in shape" for the competition. The student-athletes emphasized that discipline is much needed most especially now that they are training on their own without the full assistance of their coaches.

To keep the conversation light and to be in sync with the topic, the hosts asked each of the students their own "paubaya moment". The students proved that they have yet to experience tragic moments when it comes to love as they are still busy with academics and sports. As an added ice breaker, the pool of students competed in light games like charades

and "Bring Me" during the livestream.

The Day 1 of the Feb-Ibig Special livestream event concluded with the hosts asking the athletes their advice for students like them who wanted to join the world of sports. Michael John Bulalacao said that, "balance between social life, studies and family is important to have a sound mind and body". For Althea Javier, she emphasized that "we should not be complacent when it comes to our passion and keep learning and improving for us to grow."

The Day 1 event proved to be a successful feat as the student-athletes were able to deliver their encouraging messages as well as take a break from their training at home and have a live chat with their fellow Chiefs.



Tobias Harris (76ers) in red; LeBron James (Lakers) in blue

76ERS DISPLAY LAKERS FIRST NBA SEASON BLOWOUT

By Trisha Eunice Matias

Tobias Harris pushed on the final punch as a late Los Angeles comeback was stalled by the Philadelphia 76ers to turn over their first road defeat to the NBA champions of control this season in Wells Fargo Center on the 28th of January, 2021 in Philippines time, Thursday, 107-106.

Joel Embiid led Six with 28 points, Harris with 24 and Ben Simmons with 17 points, 11 rebounds and 10 assists compiled his 31st triple-double career. The Sixers were rising to 10-1 in the home, 14 points with Danny Green.

A late 13-0 run of Anthony Davis finished with a layup of 11.2 seconds remaining to carry Lakers 106-105, since their first lead from the first quarter.

In the second quarter, Embiid put in two free throws and the Sixer led 55-51 in halftime. The Sixers sprung vigorously in the third quarter and found themselves in an early 65-53 advantage.

Marc Gasol easily knocked down a 3 point and Schroder added a rough layup, which would lead the Lakers in 68-63, with 6:52 in the last.

Following a minor pusher as Sixers center was airborne, James was called for flagrant 1 foul on Embiid. With 5:44 left in the quarter, Embiid crashed on his back to the ground. Embiid struck two throws and stayed in the game after several minutes. At the end of the third quarter, the Sixers led 81-74.

In the first four minutes of the fourth, Davis and James both missed two free throws, as the Lakers fell behind 94-81.

Harris hit a short bank shot with a lead of 100-86, 5:10.

The Lakers kept fighting while Kentavious Caldwell-Pope then made a 3-point run from the corner, with 1:05 time left to cut the deficit to 105-104.

Davis powered down to the basket and ended the Lakers 46-40. Caruso turned a three-point shot on their next drive and the deficits became three with 4:22 remaining

Quarter Score: 34-24, 55-51, 81-74, 107-106

Philadelphia 76ers - 107

J. Embiid 28, T. Harris 24, B. Simmons 17, D. Green 14, S. Milton 9, F. Korkmaz 8, T. Maxey 4, S. Curry 2, M. Thybulle 1, D. Howard 0

Los Angeles Lakers - 106

L. James 34, A. Davis 23, D. Schröder 16, A. Caruso 10, M. Gasol 8, M. Morris 4, K. Caldwell-Pope 3, K. Kuzma 3, W. Matthews 3, T. Horton-Tucker 2, M. Harrell 0

athletes, Gero Sablan, the guard of the Men's Basketball Team, said, "Magtiwala sa sarili at dapat buo palagi ang loob niyo dahil hindi niyo kayang gawin ang gusto niyo kung may doubts and what if's kayo sa sarili niyo." Shelby Besande of the PEP Squad added that student-athletes

afraid of not being able to just stay humble." Carl Rendon from the Track and Field team also advised that student-athletes should "Remember the 3D's, Discipline, Determination and Dedication, maging passionate sa ginagawa at balang araw magiging idolo rin

kayo ng lahat." As for Joanna Pauline Canelo from the Table Tennis team, "time management is very important and don't forget to have time for yourself. Dapat ihanda ang heart, mind at body kasi dadaan talaga sa matinding pagoda."

As the Kwentong Sports wrapped up on its second day, all student-athletes were very thankful to have gotten a breath of fresh air and given the opportunity to once again connect with the Arellano community after such a long time

SOURCE: Arellano University Sports - Official Facebook Page

KWENTONG SPORTS DAY 2: A PEEK INTO THE LIVES OF OUR STUDENT ATHLETES

By Daphne Ochoa

In the Day 2 of Kwentong Sports : Feb-Ibig Special, student-athletes from the Men's Basketball (Daniel Bayla & Angelo Sablan), Track and Field (John Paul Parulan & Carl Lewis Rendon), PEP Squad (Christopher Jay Andrada & Shelby Besande), Men's Volleyball (Ivan Encila & Demy Lapuz), Drum Chiefs (Ranzel John Pomelos & Krystel Gift Dela Cruz), and Table tennis (Michael Mitch Basco & Joana Pauline Cane), shared their struggles and the lessons they gained from being a student-athlete most especially in this COVID-19 pandemic.

Krystel Gift Dela Cruz of the Drums Chiefs was motivated to push through being a student-

athlete because of the thought of helping and making her family proud. "Nobody wanted to be the burden for the finances of the family," Krystel said. "At nagpapasalamat ako sa Arellano University dahil binigyan ako ng chance para magkaroon ng full scholarship" she added. Furthermore, her passion to perform in front of others added to her drive to be an excellent student-athlete. But even with this kind of motivation, student-athletes still experience stress and anxiety as they struggle in balancing their time for academics and sports. From this experience, they have learned that "DISCIPLINE AND TIME MANAGEMENT" is the key to success-

fully balancing their academic and sport lives.

Carl Lewis Rendon, a 3rd year - BSED major in Physical Education student and the team captain of the Track and Field team said that "maintaining the academics/grades is also important, not just sports." He also added, "We have responsibilities to maintain balance for our academics and athletic performance. We are called 'student-athletes', so we're students first then athletes." Success does not happen overnight. It only happens when you start to take the first step even if it is hard.

When asked what advice they could give to their fellow student-