



## Webinar on “Heal the Unseen Battle: Reducing the Stigma and Psychological Misconceptions”



**URDANETA CITY UNIVERSITY**  
COLLEGE OF HUMAN SCIENCES  
PSYCHOLOGY DEPARTMENT

**Heal the Unseen Battles:  
Reducing Stigma and Psychological Misconceptions**  
JUNE 24, 2022  
via Google Meet & Facebook Live

**Dr. Casimero Dulay**  
Psychologist  
*"Reducing Stigma about Seeking for Help"*  
9:00 AM – 12:00 PM PST

**Dr. Nhorly U. Domenden**  
UCU Psychologist, Director of Wundt Institute  
*"Debunking Psychological Misconceptions about People Experiencing Mental Health Illness"*  
1:00 PM – 5:00 PM PST

<https://www.facebook.com/UCUPsychSoc>

Last June 24, 2021, Urdaneta City University (UCU) fourth-year psychology students led an impactful virtual event titled “Heal the Unseen Battle: Reducing the Stigma and Psychological Misconceptions.” The day-long webinar, organized by students from UCU’s College of Human Sciences, Department of Psychology, aimed to address mental health misconceptions and reduce the stigma surrounding psychological issues. Streamed on Google Meet and Facebook Live, the event was attended by UCU students, employees, and participants from other universities, all united by a shared commitment to learning more about mental wellness.

The webinar addressed key aspects of mental health awareness, including the importance of dispelling common myths that contribute to misunderstanding and stigma. Expert speakers tackled pervasive misconceptions about mental health, providing participants with accurate information about mental illness, emotional resilience, and stress management. Discussions also highlighted how stigma often prevents individuals from seeking help, with speakers encouraging a community-wide approach to foster support and understanding around mental health concerns. Psychology students and faculty facilitated open conversations, creating a safe and respectful environment for attendees to share their own experiences and concerns.





The event arrived at a crucial time, as the COVID-19 pandemic has exacerbated mental health struggles globally. With isolation, anxiety, and stress at all-time highs, this timely discussion helped to meet the growing need for compassionate conversation and accessible mental health resources. Participants expressed appreciation for the opportunity to address these often-overlooked issues in a supportive setting, underscoring the importance of such discussions in reducing mental health stigma.

The success of “Heal the Unseen Battle” marks an important step for UCU’s psychology students as they work toward becoming dedicated mental health advocates. Their commitment to mental health awareness extends beyond this event, as they continue to educate, support, and inspire conversations about mental wellness within their university community and beyond. Through events like these, UCU’s Department of Psychology demonstrates that by breaking down stigmas and educating others, we can create a more understanding and supportive society for all.

Link for the Facebook Post: <https://www.facebook.com/share/p/18BdNuNtNg/>





## Webinar on “Learn to Sign, Learn to Connect”



**URDANETA CITY UNIVERSITY**  
Owned and Operated by the City Government of Urdaneta

**COLLEGE OF TEACHER EDUCATION**

**bRIGHT ELEMENTARY STUDENT TEACHERS' SOCIETY**

### Learn to Sign, Learn to Connect: A Webinar on Deaf Awareness and Basic Sign Language Training

**RESOURCE SPEAKER**  
**MS. KLEER H. ESPERANZA**  
Certified Sign Language Interpreter  
SpEd Teacher, Philippine School for the Deaf  
Hard of Hearing Coach,  
DeafEd Training and Assessment Center

**NOVEMBER 18, 2023**  
**SATURDAY; 1:00PM**

Google Meet | Facebook LIVE

On November 18, 2023, the bRIGHT Elementary Student Teachers' Society held a groundbreaking webinar aimed at enhancing inclusivity in education through Deaf awareness and sign language training. Titled “Learn to Sign, Learn to Connect,” the event invited elementary education students to explore the world of the Deaf community and learn essential sign language skills that would allow them to foster a more inclusive learning environment. The session was conducted via Google Meet and broadcast live on Facebook, drawing participants eager to make a difference in their future classrooms.

The webinar kicked off at 1:00 PM and featured insightful discussions about Deaf awareness, helping participants gain a deeper understanding of the unique challenges and experiences of Deaf individuals. The organizers sought to cultivate empathy and a supportive atmosphere, emphasizing that a basic knowledge of sign language could help bridge communication gaps and create stronger connections with Deaf and hard-of-hearing students. The event’s speaker, a knowledgeable advocate with extensive experience in empowering educators, led participants through foundational sign language skills and engaged them in a live Q&A session. This interactive segment allowed attendees to clarify their doubts, ask questions, and gain valuable insights into effective communication strategies with the Deaf community.





Attendees were encouraged to see themselves as advocates for inclusivity, learning how a few basic gestures and expressions could make a world of difference in creating accessible spaces in their future classrooms. Many participants expressed their gratitude for the opportunity to broaden their skills and knowledge, feeling more prepared to support Deaf students and integrate inclusivity into their teaching practices.

By the end of the session, participants were not only equipped with new skills but also inspired to create classrooms where everyone feels seen, heard, and valued. The bRIGHT Elementary Student Teachers' Society's "Learn to Sign, Learn to Connect" webinar marked a significant step forward in fostering inclusive education and ensuring that all students can communicate and connect effectively.

Link for the Facebook Post: <https://www.facebook.com/share/p/1PLTWdqGdg/>





## Seminar on the Teaching Profession 4.0



URDANETA CITY UNIVERSITY  
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COLLEGE OF TEACHER EDUCATION

**Seminar on TEACHING 4.0**  
for In-service and Pre-service Teachers  
*Theme: "Empowering Education Through the Teaching Profession 4.0: Elevating Excellence in a Gender-Responsive Environment"*

September 21, 2024  
UCU Gymnasium | 8:00 AM

**Resource Speaker**  
**DR. BRENDA B. CORPUZ**  
National President,  
Philippine Association for Teachers and Educators

The seminar, themed "Empowering Education Through the Teaching Profession 4.0: Elevating Excellence in a Gender-Responsive Environment," was a resounding success. Renowned educator Dr. Brenda B. Corpuz, President of the Philippine Association for Teachers and Educators (PAFTE), delivered an inspiring keynote address, shedding light on the transformative power of technology and innovative teaching strategies in the 21st century.

The event was a collaborative effort between UCU's College of Teacher Education, led by Dean Dr. Ryan Jayson Delos Reyes, and the dedicated CTE faculty members. Together, they aimed to equip educators with the necessary tools and knowledge to navigate the evolving landscape of education.

The seminar provided a platform for participants to engage in insightful discussions, share experiences, and network with fellow educators. The event was marked by a strong sense of community and a shared commitment to enhancing the quality of education.

UCU College of Teacher Education remains dedicated to fostering professional development and empowering educators to shape the future of learning.

Link for Facebook Post: <https://www.facebook.com/share/p/1HHRRGbuQd/>





## Prevent Teenage Pregnancy: Empowering Youth for Tomorrow



**URDANETA CITY UNIVERSITY**  
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# PREVENT TEEN PREGNANCY:

## EMPOWERING YOUTH FOR TOMORROW

Teenage Pregnancy and Sexual Dysfunction

October 3, 2024 (Thursday)  
9:00am - 12:00nn

SCAN ME



[mis.ucu.edu.ph/csldwebinar](https://mis.ucu.edu.ph/csldwebinar)

UCU - Center for Student Leadership and Development | [csldzi@ucu.edu.ph](mailto:csldzi@ucu.edu.ph) | [ucu.edu.ph](http://ucu.edu.ph)

**CENTER FOR STUDENT LEADERSHIP AND DEVELOPMENT** | **GENDER AND DEVELOPMENT**

Resource Speaker:  
**Dr. Niño Edem Listones**  
Founding President, NLRC Review Center,  
Professorial Lecturer, Far Eastern University

Urdaneta City, Philippines – Urdaneta City University (UCU) recently hosted a successful webinar titled "PREVENT TEEN PREGNANCY: Empowering Youth for Tomorrow." The event, which took place on October 3, 2024, aimed to raise awareness about the challenges and consequences of teen pregnancy and to empower young people to make informed choices.

The webinar featured insightful talks and interactive discussions led by Dr. Niño Edem Listones, the esteemed Founding President of the NLRC Review Center and a seasoned Professional Lecturer from Far Eastern University. Dr. Listones provided valuable information on the physical, emotional, and social impacts of teen pregnancy, emphasizing the importance of responsible decision-making.

By engaging with the youth through this virtual platform, UCU sought to create a safe and supportive space for open dialogue and knowledge-sharing. The webinar encouraged participants to prioritize their education, career goals, and overall well-being.

Through initiatives like this, UCU continues to play a vital role in the holistic development of its students and the broader community, empowering young people to build a brighter future.

Link for Facebook Post: <https://www.facebook.com/share/p/19KS7UVqcF/>

