



"Heal the Unseen Battle: Reducing the Stigma and Psychological Misconceptions"



Last June 24, 2021, Urdaneta University (UCU) fourth-year psychology students led an impactful virtual event titled "Heal the Unseen Battle: Reducing the Stigma Psychological Misconceptions." day-long webinar, organized by students from UCU's College Human Sciences, Department Psychology, aimed to address mental health misconceptions and reduce the surrounding stigma psychological issues. Streamed on Google Meet and Facebook Live. the event attended UCU by 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/

Seminar on "Empowering Education through Teaching Profession 4.0: Elevating Excellence in a Gender-Responsive Environment"

The College of Teacher Education (CTE) recently celebrated the successful conclusion of its Seminar on Teaching Profession 4.0, a transformative event held under the theme, "Empowering Education through Teaching Profession 4.0: Elevating Excellence in a Gender-Responsive Environment." With a strong emphasis on advancing innovation and inclusivity within education, the event highlighted the College's commitment to preparing educators for the evolving demands of the modern classroom. The seminar was led by Dr. Ryan Jayson V. Delos Reyes, Dean of CTE, whose leadership, alongside the dedication of the core organizing committee — Ma'am Analyn R. Capitulo, Ma'am Jasmin Jane R. Ramos, Dr. Mara Pelaez, Sir Jan Victor S. Oquendo, and Sir Jay-R Soriano was instrumental in the event's success. The entire CTE faculty also provided unwavering support, underscoring the collective spirit of the college.





















Distinguished guests included the Vice President for Academic Affairs, Dr. Josephine Lambinicio, and the Vice President for Administration, Atty. Michael Henry Sevilleja, whose presence underscored the importance of the seminar to the university community. Participants included 3rd and 4th-year pre-service teachers, faculty members, representatives from the Department of Education (DepEd), and education enthusiasts, showcasing a robust collaboration between academic institutions and public-school educators. This partnership reflects the seminar's goal of creating an inclusive dialogue on the future of teaching in the digital era.

The event's highlight was a keynote address by Dr. Brenda B. Corpuz, National President of the Philippine Association for Teachers and Educators, whose presentation left a lasting impact. Dr. Corpuz's insights into modern educational practices and the role of gender-responsive teaching environments captivated the audience, sparking meaningful discussions on how educators can best serve a diverse student population in today's increasingly digital world. Her speech inspired attendees and set a tone of innovation and empathy for the rest of the seminar, prompting pre-service teachers and faculty alike to consider how they might incorporate these practices into their own teaching.



















The College of Teacher Education expressed deep appreciation for all those who contributed to the event's success. Special thanks were extended to the University Administration for its ongoing support and to DepEd representatives, whose insights enriched discussions with practical perspectives from the public education sector. CTE remains dedicated to delivering a range of programs and seminars to enhance the professional growth of its students and faculty, furthering its vision of fostering a forward-thinking, inclusive educational community.

This landmark event is a testament to the College's commitment to cultivating educators who are well-prepared to meet the challenges of Teaching 4.0. As the College looks to the future, it plans to strengthen partnerships with stakeholders and seek further collaborative opportunities to benefit the educational sector. CTE eagerly anticipates more initiatives that will contribute to the holistic development of pre-service and in-service educators alike, striving toward a brighter and more inclusive future for education in the Philippines.

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Kalinga para sa UCU



Urdaneta City University (UCU) and the KALINGA Partylist recently concluded a successful medical mission titled "KALINGA: Kalusugan at Alaga, Lunas at Inisyatibo para sa Nagsasariling Ginhawa Ng ating Komunidad." The event, held on **October 22, 2024**, at the University Gymnasium, provided a wide range of free healthcare services to UCU faculty, staff, and students.

The medical mission offered a variety of services, including medical consultations, dental check-ups, and eye examinations. Laboratory tests and wellness activities were also available to participants. The collaborative effort between UCU and KALINGA aimed to promote health and well-being within the university community.

By providing accessible and quality healthcare services, the event underscored the commitment of both institutions to the overall well-being of their constituents.

Link for Facebook Post: https://www.facebook.com/share/p/1K9mQer3XH/

















Four-day Seminar-Workshop on Research Proposal Writing



From November 15 to 18, 2021, Urdaneta City University (UCU) successfully hosted a four-Proposal Writing day Webinar-Workshop, offering teachers intensive an learning experience complete with Continuing Professional Development (CPD) units. The online event, conducted via Zoom, marked the beginning of an organized research journey for educators eager to delve paper writing presentation. This workshop aimed to guide participants through the fundamentals of research proposal development and was the first phase in a structured series designed to take teachers from proposal writing to final paper presentation.

Participants were encouraged to register in advance, and the high interest underscored the commitment among educators to enhance their research skills. The workshop promised to be a transformative experience, equipping attendees with the tools needed to embark on meaningful research and ultimately prepare them for future paper presentations.

Following the initial four-day session, two additional phases were scheduled to support teachers as they continued their research projects. The second phase, held from December 20 to 22, focused on guiding participants through the detailed writing of Chapters 3 and 4 of their research projects. The series culminated in the third phase, from

















February 10 to 12, 2022, during which participants had the opportunity to present their completed research projects.

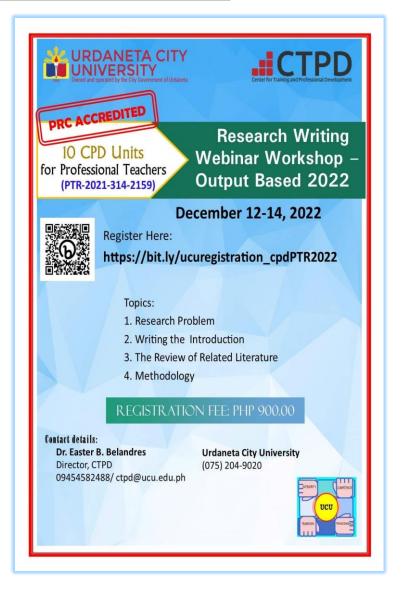
UCU expressed pride in facilitating this professional development initiative, which encouraged teachers to explore their research potential while contributing to the broader academic community. Through this phased approach, UCU demonstrated its commitment to empowering educators in their journey toward academic excellence, research proficiency, and impactful paper presentation.

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Three-day Research Writing Webinar Workshop - Output Based 2022

Urdaneta City University recently concluded its highly anticipated PRC-accredited training program, "Research Writing Webinar Workshop - Output Based 2022," held from December 12 to 14, 2022. The three-day online event attracted numerous Professional Licensed Teachers and other interested individuals, eager to enhance their research writing skills. The workshop provided an excellent opportunity for participants to earn 10 Continuing Professional Development (CPD) points while gaining practical insights into the research process.

Throughout the workshop, participants were guided step-by-step in the creation of research outputs, with a focus on output-based learning. This approach aimed to equip attendees with the knowledge and skills to develop research papers that meet academic standards and are ready for publication. The training covered key aspects of research writing, from



















formulating clear hypotheses to organizing and presenting research findings effectively.

The workshop was designed to be interactive, with opportunities for participants to engage in real-time discussions, ask questions, and share ideas. The expert speakers shared valuable tips and strategies for tackling the various stages of research, ensuring that attendees left the event feeling more confident in their ability to produce high-quality academic work.

Urdaneta City University expressed its appreciation to all participants for their active involvement and to the facilitators for their dedication to providing a comprehensive and enriching experience. The success of the "Research Writing Webinar Workshop – Output Based 2022" highlighted UCU's ongoing commitment to supporting the professional development of teachers and advancing research capabilities within the educational community.

Link for the Facebook Post: https://www.facebook.com/share/p/15m5Kj15zg/

Three-day onsite workshop on "Research Writing: Statistical Data Analysis, Results and Discussion, Conclusion, and Recommendation"



From February 8 to 10, 2023. Urdaneta City University's Center of Training and Professional Development held the second phase of its Professional Regulation Commission (PRC) accredited CPD program advanced on research writing. The threeday onsite workshop, "Research Writing: Statistical Data Analysis, Results and Discussion, Conclusion, and Recommendation," provided teachers with an opportunity eight Continuing earn Professional Development (CPD) units while enhancing their research skills. Held at

















the University Cafeteria, the event attracted numerous educators eager to deepen their understanding of data analysis and refine their research presentation techniques.

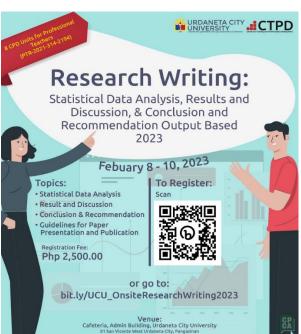
The program featured a carefully curated lineup of topics, beginning with statistical data analysis and moving through the critical stages of results and discussion, concluding with sections on crafting effective conclusions and recommendations. Participants were also introduced to essential guidelines for paper presentation and publication, equipping them with skills for broader academic dissemination of their work. Each session was led by research experts, allowing attendees to gain valuable insights and ask questions to deepen their practical knowledge.

Teachers registered by scanning a QR code or using an online link, reflecting the university's seamless approach to participant engagement. UCU's Center of Training and Professional Development expressed its gratitude for the high level of participation, noting that the onsite format allowed for dynamic, face-to-face interactions that fostered a richer learning experience.

By the end of the program, participants left not only with CPD units but also with renewed confidence in their ability to conduct thorough, publishable research. The event demonstrated UCU's commitment to empowering educators in their professional growth and supporting their contributions to academic research in the Philippines.

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Three-day Seminar Workshop on Research Writing: Statistical Data Analysis, Results, and Discussion, Conclusion, and Recommendation



The Urdaneta City University - Center of Training and Professional Development (UCU-CTPD) successfully concluded the second phase of its on-site training program, "Research Writing: Statistical Data Analysis, Results, and Discussion, Conclusion, and Recommendation." Held on February 8-10, 2023, at the UCU Cafeteria, the program aimed to equip professional teachers with the skills needed to excel in research writing.

The intensive three-day workshop provided participants with in-depth knowledge of various aspects of research writing, including statistical data analysis, results and discussion sections, conclusion formulation, and recommendation















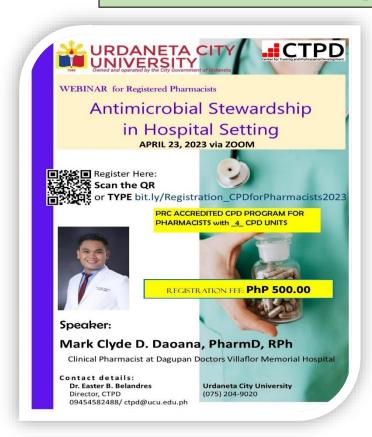


development. Participants who qualified as CPD earners received a total of 8 CPD points upon completion of the program.

The workshop attracted a significant number of professional teachers eager to enhance their research capabilities. By fostering a deeper understanding of research methodologies, the UCU-CTPD empowered these educators to contribute significantly to their respective fields. This initiative exemplifies the university's commitment to providing educators with valuable professional development opportunities.

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Webinar for Registered Pharmacists on Antimicrobial Stewardship in Hospital Setting



The Urdaneta City University-Center for Training and Professional Development (UCU-CTPD) recently concluded a successful webinar titled "Antimicrobial Stewardship in Hospital Setting." The event, held on April 23, 2023, via Zoom, attracted a significant number of registered pharmacists.

The webinar featured an insightful presentation by Mr. Mark Clyde D. Daoana, PharmD, RPh, who shared his expertise on best practices in antimicrobial stewardship. The session delved into the critical role of pharmacists in promoting the appropriate use of antibiotics, thereby mitigating the growing threat of antimicrobial resistance.

By attending this CPD-accredited webinar, participants were able to earn four (4) CPD units and enhance their knowledge and skills. The event highlighted the importance of continuous professional development in the field of pharmacy.

Link for the Post: https://www.facebook.com/share/p/15UHNCUZoX/









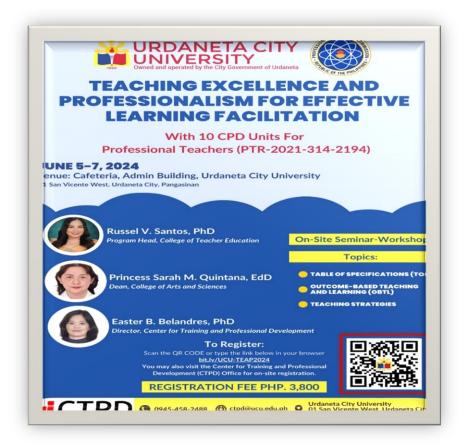








Three-day Seminar Workshop on Teaching Excellence and Professionalism for Effective Learning Facilitation



The Urdaneta University City Center for Training and Professional Development (UCU-CTPD) successfully conducted a three-day on-site seminarworkshop titled "Teaching Excellence and Professionalism for Effective Learning Facilitation." Held on June 5-7, 2024, at the UCU Cafeteria, the aimed program equip educators with the necessary skills knowledge and enhance their teaching practices.

The intensive workshop provided participants with a comprehensive understanding of effective learning facilitation methods. It focused on fostering professional development and promoting teaching excellence in the classroom. Participants who qualified as CPD earners were awarded a total of 10 CPD units for their participation.

The seminar-workshop attracted a significant number of educators who sought to elevate their teaching skills and contribute to a more engaging learning environment for their students. The UCU-CTPD remains committed to providing valuable professional development opportunities for educators within the community.

Link for Facebook Post: https://www.facebook.com/share/p/15EqHES6ht/

















Badang: Panagtaripatto Kadagiti Agtutubo (PTO) Project Empowers Youth Through Comprehensive Training and Support

Launched in October 2021, the Badang: Panagtaripatto Kadagiti Agtutubo (PTO) project at Urdaneta City University (UCU) has been making a significant impact in the lives of its beneficiaries by providing essential training and educational opportunities aimed at building community service awareness and self-growth. The project, which continues to evolve through weekly learning sessions, has been a collaborative effort involving various colleges and departments, each contributing unique activities designed to empower youth and prepare them for future success.

One of the key components of the PTO project is the series of extension activities and workshops led by different departments, each focusing on the development of vital life skills. The College of Community Development and Extension Services (CCDES) conducted sessions that encouraged beneficiaries to reflect on their learning experiences, particularly in the areas of self-awareness and human relations. A Client Needs Assessment was also carried out to ensure that future activities would continue to meet the evolving needs of the participants.

The College of Teacher Education (CTE) contributed with practical workshops, such as liquid soap making, financial literacy tips, and physical education activities. These sessions not only taught valuable skills but also fostered teamwork and personal growth among the youth. Additionally, the "Edukasyon Bigkis Iti Komunidad" mentoring project provided a workshop focused on improving communication skills, reading and writing proficiency, numeracy, and fostering an appreciation for arts and sciences.

The College of Arts and Sciences (CAS) hosted creative workshops, including Sining-gising Art of Improvisation and the Huwag MATHakot Program, which encouraged the youth to develop their self-expression and love for mathematics. Another workshop, Namamayagpag na Pagpapahayag News Writing, helped participants explore the world of journalism and storytelling.

Meanwhile, the College of Hospitality and Tourism Management (CHTM) gave the PTO beneficiaries an insightful experience in hospitality by visiting the UCU-CHTM laboratory, where they learned how to produce polvoron chocolate-coated snacks. The college also provided starter kits to help beneficiaries begin their own small businesses.

As part of the initiative to strengthen the youths' interpersonal relationships, the College of Criminal Justice Education (CCJE) conducted a workshop on special laws protecting children, such as RA 7610 and RA 9344. This was followed by an entrepreneurship workshop from the College of Business and Management Accounting

















(CBMA), which taught marketing strategies and techniques to increase sales and market their products.

Technological literacy was also a priority in the PTO project, with the College of Information Technology Education (CITE) offering a three-day workshop on basic computer education to help beneficiaries improve their skills in technology.

Moreover, the College of Humanities and Social Sciences (CHUMS) facilitated workshops on 21st-century parenting styles, helping the youth understand the gap between their generation and the parenting styles of their families. Workshops focused on strengthening communication skills and improving relationships within the family followed.

The College of Pharmacy (COP) contributed by teaching the beneficiaries how to prepare simple, affordable homemade alcogels, a crucial skill for maintaining a COVID-free household.

One of the most rewarding aspects of the Badang PTO project was its focus on ensuring that the beneficiaries have the opportunity to pursue higher education. Five of the project's participants were awarded full scholarships to UCU, with the support of UCU-Alumni Inc., helping them take the next step in their academic journey. The recognition and awarding ceremony took place on September 27, 2022, where the beneficiaries received certificates of recognition and scholarship certificates, marking a major milestone in their educational pursuits.

The Badang: Panagtaripatto Kadagiti Agtutubo (PTO) project continues to serve as a model for comprehensive youth development, empowering young individuals with the skills, knowledge, and resources necessary to succeed both in education and in life. Through the collaborative efforts of UCU's various departments, the project has made significant strides in preparing the youth for a brighter and more successful future.

Link for the Narrative Report: https://drive.google.com/file/d/1d4IY2tD-pqpZ-ZJOSi ace9ry Cc3FF3/view?usp=sharing

"56 nga Namnama" Project for Indigenous Youth Empowerment

The "56 nga Namnama" project, an initiative designed to empower 56 youth from the indigenous communities of Barangay Inmalog and Labayug in Sison, Pangasinan, was officially launched as part of the 56th foundation day anniversary of Urdaneta City University (UCU). The project, which aims to provide the youth with self-enhancement and skills training opportunities, was conceptualized to address the unique needs of indigenous groups and to support their development.

















On March 31, 2022, a Memorandum of Agreement (MOA) was signed to formalize the collaboration between UCU, the Office of the Municipal Mayor, and the Municipal Social Welfare and Development (MSWD) Office of Sison. This partnership laid the groundwork for various activities designed to uplift and empower the youth.

Following the MOA signing, several preparatory steps were taken to ensure the success of the project. Orientation sessions were held to inform the beneficiaries about the objectives and expected outcomes of the project. Organizational meetings were also conducted, resulting in the formation of a Youth Organization. The group was officially endorsed to the MSWD office for further intervention and support, reinforcing the partnership between UCU and the local government to ensure the sustainability of the project.

A Clients Needs Assessment (CNA) survey was conducted to identify the specific needs and priorities of the beneficiaries. The results of the survey were consolidated and shared with the MSWD office, which helped in planning future activities for the group. This approach ensured that the interventions were tailored to the unique circumstances and aspirations of the youth involved.

Unfortunately, due to the surge in COVID-19 cases in the municipality between July and August 2022, several planned activities had to be postponed. Among the affected programs was a Disaster Management and First Aid Training, which was meant to benefit not only the 56 youth participants but also the barangay officials and volunteers. Despite these setbacks, UCU remained committed to the project's goals and continues to work alongside the MSWD office and local authorities to ensure that the training and other activities will resume as soon as it is safe to do so.

The "56 nga Namnama" project reflects UCU's dedication to community service and youth development, particularly for marginalized groups like the indigenous youth of Sison. By providing opportunities for self-improvement and skills training, the project aims to equip these young individuals with the tools they need to succeed and contribute meaningfully to their communities. UCU looks forward to the continued success of this initiative and is optimistic about the positive impact it will have on the lives of the 56 youth beneficiaries.

Link for the Narrative Report: https://drive.google.com/file/d/1d4IY2tD-pqpZ-ZJOSi ace9ry Cc3FF3/view?usp=sharing

















"Badang Brigada Eskwela" Project Empowers Local Schools and Students

The Urdaneta City University (UCU) successfully carried out its "Badang Brigada Eskwela" project, a community-driven initiative that answered the Department of Education's call for support in the Brigada Eskwela program. The project was a collaborative effort that brought together UCU employees, faculty, student volunteers from the Badang program, and partner stakeholders. They united to support local schools through a combination of physical and financial contributions. The project aimed to prepare schools for the upcoming school year and provide much-needed assistance to students, particularly in the wake of the disruptions caused by the COVID-19 pandemic.

The Badang Brigada Eskwela initiative included three key activities: the Badang Clean-Up Drive, the Badang Pagbasa at Pagsulat program, and the donation of school supplies.

The Badang Clean-Up Drive focused on preparing child-friendly school facilities. Volunteers assisted in tasks such as grass cutting, library organization, painting, varnishing chairs and tables, inspecting electrical installations, and setting up computer units. These efforts aimed to ensure that the learning environment was safe, clean, and conducive to education.

The Badang Pagbasa at Pagsulat program was designed to address the decline in literacy caused by the disruptions of the pandemic, particularly the shift to modular learning. This program promoted a love of reading and writing among students, especially those in elementary grades. The College of Teacher Education (CTE) facilitated tutoring sessions for Grades 1 to 4 pupils, while the College of Arts and Sciences (CAS) conducted writing mentoring for Grades 5 and 6 students. The goal was to foster a culture of reading and academic achievement, even amidst the challenges posed by social media, mobile phones, and distance learning.

In addition to literacy activities, the project included the Badang Donation of School Supplies, aimed at assisting students whose families struggled to procure necessary materials due to economic hardships brought on by the pandemic. School supplies were distributed to students in 17 schools across Urdaneta City and surrounding areas, impacting 548 pupils, far surpassing the original target of 150. Participating schools included Cabaruan Elementary School, Don Clemente Blanco Memorial Elementary School, Sta. Lucia Elementary School, and many others, with the aim of providing essential materials to help students succeed in their studies.

Throughout the Badang Brigada Eskwela project, the efforts of UCU's faculty, staff, and student volunteers were essential in reaching out to the schools and children in need. The activities not only benefitted the students but also fostered stronger connections

















between UCU and the local community, showcasing the university's commitment to social responsibility and education.

One of the notable outcomes of the project was the recognition of the significant impact that the pandemic had on students' literacy levels. To continue addressing this, UCU's College of Teacher Education, in partnership with the Center for Community Development and Extension Services (CCDES), launched the Adopt-a-School Program at Bactad Community School. This program will allow UCU to continue providing literacy support through the Pagbasa activity, a bookworm project, and other arts programs. The Adopt-a-School initiative will not only support the students but also serve as a practical venue for CTE students to apply their teaching skills and research talents. A Memorandum of Agreement (MOA) was signed on December 9, 2022, marking the official partnership between UCU and Bactad Community School.

The Badang Brigada Eskwela project stands as a testament to UCU's ongoing commitment to empowering local schools, enhancing students' learning experiences, and contributing to the educational development of the community. It serves as an inspiring example of how collaboration and community-driven efforts can overcome challenges and make a lasting impact.

Link for the Narrative Report: https://drive.google.com/file/d/1d4IY2tD-pqpZ-ZJOSi ace9ry Cc3FF3/view?usp=sharing

Christmas Outreach Program at Bactad Community School



The spirit Christmas was alive and well at Bactad Community School as the Young Educators' Society of Urdaneta City University (UCU), collaboration with various accredited organizations under the College of Teacher Education, recently conducted heartwarming Christmas Outreach Program.

















The event, held on December 15, 2023, brought together students, faculty, and staff to share love, joy, and gifts with the young learners of Bactad Community School. The program featured captivating performances by BCAEd and BPEd students, creating a festive atmosphere and entertaining the audience.





The highlight of the event was the distribution of gifts to the students. As the volunteers handed out presents, the children's faces lit up with excitement and gratitude. This simple act of kindness left a lasting impression on both the givers and the receivers.

The Christmas Outreach Program was a testament to the commitment of UCU's College of Teacher Education to community service and social responsibility. By spreading holiday cheer and fostering goodwill, the program reinforced the university's mission to produce compassionate and socially conscious educators.

Link for Facebook Post:

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Leadership TechQuest: Cabaruan National High School's Journey of Technological Empowerment for Youth



On April 23rd and 26th, 2024, Cabaruan National High School was transformed into a hub of technological innovation as students from UCU's College of Information and Technology Education (CITE) showcased their groundbreaking projects. themed event. "Leadership TechQuest: Cabaruan National School's Journey High Technological Empowerment for Youth," provided an immersive experience for young minds.

CITE students presented a diverse range of multimedia outputs and capstone applications, each designed to address real-world challenges and improve community life. The event featured engaging presentations and interactive demonstrations, sparking curiosity and inspiring the next generation of tech enthusiasts.

Through this event, CITE students not only showcased their technical skills but also demonstrated their commitment to using technology for social good. By sharing their knowledge and inspiring young minds, they are contributing to the development of a more technologically advanced and empowered community.

Link for Facebook Post: https://www.facebook.com/share/p/1GgFbV1Dkb/













