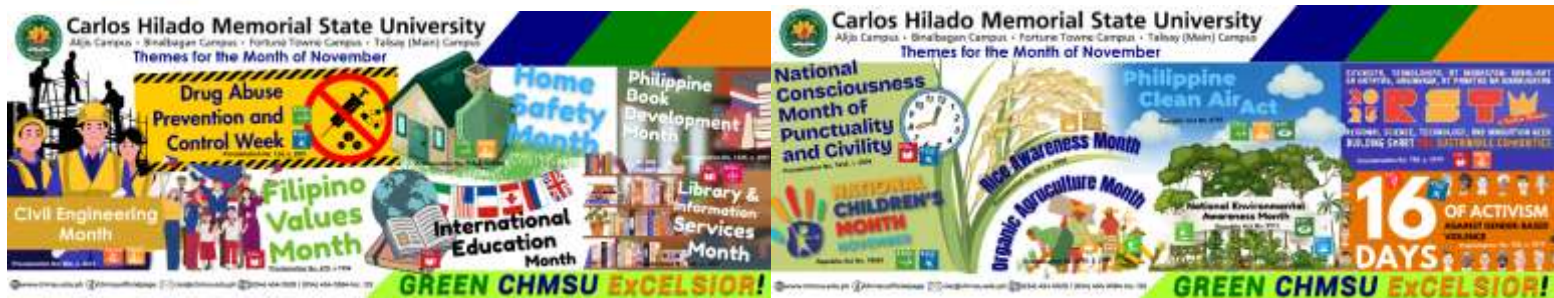




Carlos Hilado Memorial State University

CHMSU Messenger

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All deans, department chairs, and faculty members are enjoined to initiate and integrate the said themes in course lessons and activities. Office heads are likewise encouraged to help promote the theme in their offices.

The Week Ahead

Date	Time	Activity/ Event	In-charge	Audience/ Participants	Location/ Venue
Nov 1		All Saints' Day			
Nov 2		All Souls' Day			
Nov 4-5	8:00 AM 5:00 PM	Security Emergency First Response Training	Vice President for Administration and Finance	Security Personnel from four campuses	Multi-purpose Gym, Talisay Campus
Nov 4	4:00 PM 6:00 PM	Sports, Health, and Wellness Program	Human Resource Development Office	Faculty and staff	All Campuses
Nov 5		Special Non-Working Holiday (Al Cinco de Noviembre)			
Nov 6	8:00 AM 4:00 PM	Academic Unit Special Meeting	Vice President of Academic Affairs	Deans and directors under academic units	Audio Visual Room, Talisay Campus
Nov 7	8:00 AM 5:00 PM	Educational Training	FMSD Budget Unit	FMSD Budget Unit from all four campuses	Audio Visual Room, Talisay Campus

Highlights of the Week

- CHMSU congratulates the College of Education for achieving AACUP Level I Accredited Status for its Bachelor of Physical Education and Bachelor of Special Needs Education programs.
- We congratulate the newest CHMSU Electronics Engineers and Electronics Technician for passing the October 2025 Electronics Engineering and Electronics Technician Licensure Examinations.
- The Alijis and Fortune Towne Campuses held their Campus-level Management Review 2025 and the Updating of Context of the Organization (COTO) on Oct. 24 and 30, respectively, facilitated by the Quality Management Office.
- The UNIGAMES 2025 Futsal - Women's Category matches were held at the CHMSU Multipurpose Gym, Talisay Campus, from Oct. 27-29.
- The College of Education at the Binalbagan Campus recently conducted the "Ready, Set, Teach!" to prepare aspiring CHMSUan educators for their internships last Oct. 27-29 at the campus covered court.
- Congratulations Yvonne Galas, fourth-year BSSED major in Science, for winning as Best Poster in the 27th Samahang Pisika ng Visayas at Mindanao National Physics Conference held last Oct. 23-25. She was mentored by her research adviser Prof. Faith Celeste Ole.
- CHMSU Alijis Campus community took part in the University-wide Earthquake Drill, held last Oct. 28. The exercise was coordinated by the CHMSU Disaster Risk Reduction and Management Office with support from the Security Unit, CHMSU - Disaster Emergency Assistance and Rescue Services, Red Cross Youth Council - CHMSU Alijis Chapter, CUSG Alijis, and the Reserve Officers Training Corps.
- The Regional Center of Expertise on Education for Sustainable Development - Negros Island Region, in partnership with WeGeneration Initiative, successfully held the Roots and Reboot: Empowering Student Leaders for Climate Action workshops across all campuses from Oct. 28-30. The workshops were attended by CHMSU students



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and invited senior high schools, colleges, and universities.

- Congratulations to BS Information Technology 4-1 students Angel Candelario, Mike Gabriel Upam, Dave Hermoso, and Ronilyn Apsay for clinching the championship in the Cyber Defense Exercise Qualifiers (TRON2026) on Oct. 24 in celebration of the Philippine Army's Founding Anniversary and organized by the 3rd Infantry Division, Philippine Army (3ID, PA). They were mentored by Prof. Jennifer Juaneza.
- Pre-service teachers of the College of Education in Binalbagan Campus received their pins at a ceremony held on Oct. 30 as they prepare for their internships.
- The Intellectual Property Management Office signed a licensing agreement with Tanaleon Sculptures for the DeEco Board a Utility Model by Prof. Marvin Margarito on Oct. 30.



5 Simple Habits That Boost Mental Health



Move Your Body—Even Just a Little

Exercise isn't just for physical health—it's a proven mental health booster. Physical activity releases endorphins and reduces stress hormones, helping you feel better mentally and emotionally.

Prioritize Sleep Hygiene

Lack of sleep can worsen anxiety depression, and stress. On the flip side, quality rest restores your brain and helps regulate mood, concentration, and decision-making.



Journal or Practice Gratitude

Writing out your thoughts or listing things you're thankful for can reframe negative thinking patterns. Journaling gives your brain a safe space to process emotions and reduce overwhelm.

Connect With People You Trust

Social connection is vital to mental well-being. Even brief conversations with friends, coworkers, or loved ones can reduce loneliness and help you feel seen and supported.



Create Healthy Boundaries

It's okay to say "no." Protecting your mental space by setting clear boundaries allows you to prioritize your well-being without guilt.

7 Summit Pathways | Tampa, FL | 7summitpathways.com

Source: 7 Summit Pathways Treatment and Recovery Services
<https://7summitpathways.com/>

THE DIFFERENT CO-OP TYPES

Cooperatives can be large or small, exist in a range of sectors and take multiple forms. The three primary types are classified by the people or groups that use the business.

WORKER CO-OPS

Worker co-ops are owned by the employees of the business.

CONSUMER CO-OPS

Consumer co-ops are owned by people who use the goods or services from the cooperative.

FARMER & INDEPENDENT SMALL BUSINESS CO-OPS

These cooperative businesses serve members' marketing, processing and purchasing needs.

Purchasing Cooperatives: provide benefits to owner-members via cost savings through bulk purchasing.

Processing Cooperatives: add value to commodities through the collective ownership of processing equipment.

HYBRID PLATFORM CO-OPS

These include two emerging models: consumer-worker cooperatives and cooperatives focused on workers in the freelance economy.

A COOPERATIVE BUSINESS CAN OPERATE IN NEARLY ANY INDUSTRY, BUT ARE MOST COMMON IN:



AGRICULTURE

Can consist of farming, fishing and forestry.



INSURANCE

Mutual and balance companies.



FINANCIAL SERVICES

Made up of credit unions.



GROCERY

Provides resources, offering from purchasing power.



HEALTHCARE

Make healthcare goods and services more accessible.



UTILITIES

Provide public services like electricity, water and telecommunications.



HOUSING

Offer an affordable model for renters and low-income families.



EDUCATION

TYPICALLY FALL INTO ONE OF THREE DIFFERENT CATEGORIES:

- Collective purchasing by educational institutions
- Direct delivery of educational services to children of "parent-members"
- Affiliated worker-owned schools with teachers as member-owners

IMPORTANCE OF CO-OPS

1. Offer members the benefit of limited liability.
2. Ability to transfer shares from one owner to another.
3. Help rebalance power and dilute wealth.

Source: NAMI Communicate
<https://ncbaclusa.coop/resources/what-is-a-co-op/>