



Carlos Hilado Memorial State University CHMSU Messenger

Stay Connected. Get Engaged. Be Animated.

Carlos Hilado Memorial State University
Alijis Campus • Binalbagan Campus • Fortune Towne Campus • Talisay (Main) Campus
Themes for the Month of November



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GREEN CHMSU ExCELSIOR!

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 14	8:00 am	Joint Full-Time Delivery Unit Meeting	Planning, Monitoring, and Evaluation Office	RASUC VI SUCs	Talisay (Main) Campus
Nov 15	9:00 am	Administrative Council Meeting	Office of the University Secretary	Directors / Unit Heads	4 th Floor, Conference Room, Administration Building, Talisay (Main) Campus
Nov 15	1:00 pm	Meeting in Preparation for AACUP PSV	Quality Assurance and Accreditation		3 rd Floor, Function Hall, Green Building, Talisay (Main) Campus
Nov 15	2:30 pm	How to have a Successful College Life Webinar	Guidance Services Office	All 1 st year students	Via Facebook Live
Nov 15 - 16	All day	Conduct of Annual Physical Inventory of Property, Plant, and Equipment	Property and Supply Office	End users	Fortune Towne Campus
Nov 16 - 17	8:00 am - 5:00 pm	IP Education on the Integration of Curriculum	College of Arts and Sciences		Global Learning Café (Dining Hall), Green Building, Talisay (Main) Campus
Nov 17	8:30 am	CHMSU and AFS MOA Signing	Center for External Affairs	Guests and Partners	3 rd Floor, Function Hall, Green Building, Talisay (Main) Campus
Nov 18	9:30 am	Webinar on Environmental Awareness	Center for External Affairs, Greening CHMSU Task Force	All students	Via Facebook Live

Highlights of the Week

- In line with the celebration of the Mental Health Week, the CHMSU Alijis Guidance Office held an Amazing Race activity and Living Rosary service on November 4, 2022 at Alijis Campus. This was done in collaboration with the Campus Ministry, Circle of Peer Facilitators, Student Assistant Club, and the CHMSU Alijis University Student Government.
- The CHMSU Talisay Campus Library held a Book Fair on November 7-11, 2022 at the Global Learning Cafe,

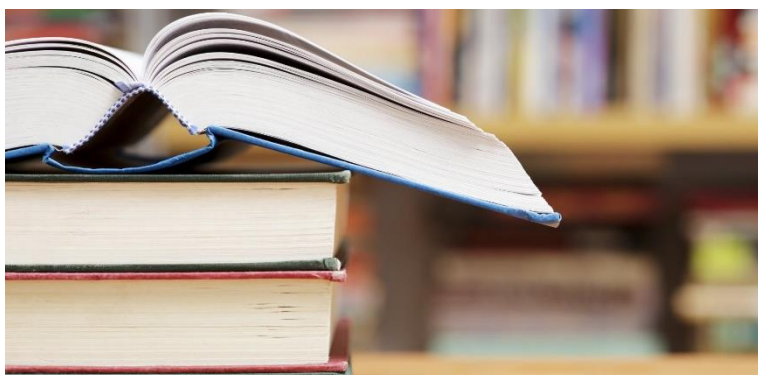
Talisay (Main) Campus as part of the Library and Information Services Month celebration and 88th National Book Week celebration. The Book Fair featured six publishers and suppliers that carried a variety of textbooks and workbooks. The same activity was also held at the Alijis, Fortune Towne, and Binalbagan campuses.

- The Planning, Monitoring and Evaluation (PME) Office conducted a workshop on Crafting of Quality Objectives for CY 2023 at the Function Hall, Green Building, Talisay (Main) Campus on November 9, 2022.



The workshop covered CHMSU Accomplishments, Strategic Directions, SUC Levelling, FYDP Concerns, and Quality Assurance and Accreditation Feedback and Challenges. There was also an evaluation of the effectiveness of QOAP 2022 and a session on drafting the new QOAP.

CHMSU hosted the 17th Provincial Wildlife Quiz on November 10, 2022 at the Multi-purpose Gym, Talisay (Main) Campus in line with the 18th Provincial Wildlife Month celebration through the collaboration of CHMSU, Negros Occidental Provincial Government, PEMO, DENR, Philippine Biodiversity Conservation Foundation, Inc., USAID, and Gerry Roxas Foundation. 62 high schools across Negros Occidental participated in the event. Negros Occidental High School (NOHS) bagged 1st Place, followed by Colegio San Agustin Bacolod in 2nd Place, and Tabao National High School in 3rd Place.

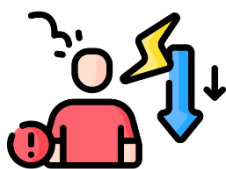


10 Benefits of Reading: Why You Should Read Every Day



Mental Stimulation for your Brain. As per a study, one of the prime benefits of reading books is slowing down mental disorders such as Alzheimer's and Dementia. It happens since reading stimulates the brain and keeps it active, which allows it to retain its power and capacity.

Good Habit for Stress Reduction. Everyday concerns will keep bothering you unless you do something to divert your mind. Reading gives you that mental space to occupy yourself with something more interesting. When you read a great story, all your stress seems to slip away and relax you since you tend to travel mentally in a different realm. Sometimes while reading, you come across valuable advice or solutions to your problems.



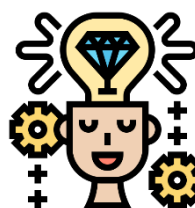
Knowledge-Enhancement. Since the onset of civilization, we have grown and developed mentally. Many learned scholars give credit to the erudite tomes written by our predecessors for our knowledge. The importance of reading books is now more than ever since. Even when you feel demotivated, you can read an inspirational biography to lift your mood. One of the great benefits of reading books is that the knowledge you gain from them can never be taken away from you.

Vocabulary Expansion. If you are not yet convinced on why reading books is important, this might interest you. When you develop the habit of reading, you enhance your vocabulary. Reading any type of book can improve your vocabulary to an impressive extent. Having great command over the language is known to help many in their professional and academic life. Moreover, with better vocabulary knowledge, you get to fill yourself with self-confidence when sitting in a group with a knowledgeable audience.



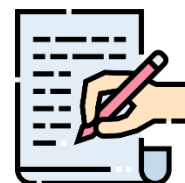
Improves your Memory. One of the greatest benefits of reading daily is that your brain becomes super powerful. An amazing fact about our brain is that it can retain a great amount of information, and with every new memory, your brain creates new brain pathways or synapses. Moreover, it strengthens your existing memory, helps to recall short-term memory, and stabilizes mood.

Stronger Analytical Thinking Skills. If you are still wondering what other benefits of reading regularly are, consider this! One of the most amazing benefits of reading every day is that it can improve your analytical skills. It's fun to make your brain smarter and enhance your analytical skills. Subconsciously the brain is trained to think more smartly and develop strong analytical skills. You can expect to gain from this in your personal and professional life.



Improves Focus and Concentration. While reading can bring back the lost power of focus and concentration. Keeping yourself occupied with reading for about 20 to 30 minutes can be great for your brain. It can help you with better focus and concentration. You may have been doing it wrong for those who still find it difficult to develop focus or concentrate properly.

Better Writing Skills. If you read more, you will naturally become good at writing skills. Since your vocabulary and pronunciation improve by reading regularly, it eventually makes you a better writer. The more you read, the better your writing skills will become. You would tend to focus on various aspects of writing that would allow you to write more effectively than others.



Tranquility. Reading a book allows you to gain similar tranquility. What's more interesting is that people suffering from high blood pressure or anxiety can find peace in reading. Reading self-help or spiritual texts uplifts your soul and makes you feel better. Whereas people suffering from mood disorders can also feel better with reading habits.

Free Source of Entertainment. What's more interesting is that reading books would cost a lot less and keep you entertained for longer. Just At to the local library can introduce you to numerous entertaining novels. You can find books on any topic that you find interesting and keep yourself entertained. If you cannot go to the library or do not have access to any library nearby, you can even scout for them on online sources. Numerous online stores have free e-books to read.



Source: Life Hack. (2 August, 2022). 10 Benefits of Reading: Why You Should Read Every Day. Retrieved from: lifehack.org/articles/lifestyle/10-benefits-of-reading-why-you-should-read-every-day