



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



chmsu.edu.ph (034) 712 0005 loc 125

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 21 – Dec 10		2022 18-Day Campaign to End Violence Against Women and Children	Gender and Development Office	All students, faculty, and staff	All campuses
Nov 21 – 22		ISO 3rd Surveillance Remote Audit	Quality Assurance and Accreditation Office	All process owners	All campuses
Nov 22 – 23	8:00 am – 5:00 pm	Conduct of Annual Physical Inventory of Property, Plant and Equipment	Property and Supply Office	End Users	Alijis Campus
Nov 22	8:00 am – 5:00 pm	Research In-house Review Proposal	Research and Development Office	Faculty	3 rd Floor, Function Hall, Green Building, Talisay (Main) Campus
Nov 23 - 24	All day	Planning Workshop 2023 Extension and Community Services on QOAP and QOM	Extension and Community Services	Extension Coordinators	Northland Hotel and Resort, Manapla, Negros Occidental
Nov 24	1:00 pm	Positive Psychology Webinar	Psychological Society	All students	Via Psychological Society Facebook Page
Nov 24	2:00 pm	Organic Agriculture and Biodiversity Symposium for Farmers	Center for External Affairs, Greening CHMSU Task Force	Farmers	3 rd Floor, Function Hall, Green Building, Talisay (Main) Campus
Nov 25	9:00 am – 4:00 pm	Intercultural Learning and TraVerSE Abroad Program Info Session	Center for External Affairs	Students	3 rd Floor, Function Hall, Green Building, Talisay (Main) Campus

Highlights of the Week

Congratulations!
to our Faculty Extension Presenters
Rey A. Ramos, Arlene E. Visitacion, Dominic F. Mercurio, and Perseus T. Bravo
Bottle-Net Life Jacket: "A Floatation Device for Every Family"
Champion, Best Extension Project - Health and Environment Category
during the 11th PASUC VI-EMC Regional Extension Symposium & General Assembly
on November 8 - 10, 2022 at Northern Negros State College of Science and Technology (NONESCOST), Sagay City, Negros Occidental.

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College of Education (COE), represented by its Dean Leizl May C. Tortogo, PhD, Program Chairs, and faculty, held a virtual internationalization conference with the faculty of Liberal Arts from Prince Songkla University (PSU), Thailand on November 11, 2022 via Zoom platform at the Function Hall, Green Building, Talisay (Main) Campus. The conference focused on institutional collaboration in research and publications, staff and student exchange, and credit transfer. The group also discussed collaborative programs at undergraduate levels such as training or workshops in the areas of English and English language teaching. Director for External Affairs Rhoderick K, Samonte, Director for Graduate Studies and Continuing Education Ma. Rosa Caraballe, PhD, and Director for Research and Development Services Leah L. Fernandez, PhD were also present to give inputs.

Congratulations!
to our Faculty Extension Presenters
April B. Abrera, Jansen P. Tumabing, Amelia A. Calfoforo, Roxanne M. Rivera, Lucille B. Alegada, Mary Leanne A. Laganhon, and Rufus M. Javier, Jr.
Project VITAL (Visualizing and Innovating Talents Through Arts and Language)
1st Runner-Up, Best Extension Project - Education and Humanities Category
during the 11th PASUC VI-EMC Regional Extension Symposium & General Assembly
on November 8 - 10, 2022 at Northern Negros State College of Science and Technology (NONESCOST), Sagay City, Negros Occidental.

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First year students from the four campuses attended a webinar on "How to Have a Successful College Life" with Resource Speaker Engr. Michael S. Mayordo, Jr., Junior Field Engineer, Equipaje Realty and Development



Corporation on November 15, 2022 via Facebook Live on the CHMSU Compassion Facebook Page. The activity was organized by the Office of the Guidance Services in line with its goal to assist students in the aspects of Academics, Career Path, and Psycho-social Needs.

- College of Arts and Sciences Social Science Department, headed by Department Chairperson Robert S. Pardillo, PhD, conducted a Seminar-Workshop on the Integration of Indigenous People (IP) Education Curriculum on November 15-16, 2022 at the Global Learning Cafe, Green Building, Talisay (Main) Campus. Faculty members from the four campuses, specifically from College of Arts and Sciences and College of Education, participated in the two-day workshop, aimed to enhance the participants' understanding of the role of IP communities in society and issues confronting them and develop a course syllabus with IP Studies/Education integration. Resource speaker Prof. John Paul J. Petrola, Research Faculty of the University of San Agustin Center for Heritage and Indigenous Cultures, discussed themes on IP Education and Syllabus Making.

- Extension and Community Services (ECS) conducted the 4th Quarter Extension and Community Services Agency In-House Review for Completed Extension Projects Covering 2020-2022 and Project Proposal Hearing for FY 2023 Implementations at Fortune Towne Campus on November 16, 2022. The research proposals were categorized under Education and Humanities, Health and Environment, and Agriculture, Fishery, and Livelihood. Members of the panel were Vice President for Research and Extension Andrew Eusebio S. Tan, PhD, Executive Director-Fortune Towne Campus Rino C. del Castillo, EdD, ECS Director Roger Ray S. Manzano, PhD, Research and Extension Center Head Jethro B. Dagunan, Teacher Education Chairperson Maria Hyde C. Cabarles, Director for External Affairs Rhoderick K. Samonte, and CBMA ECS Coordinator Ma. Fe F. Agot. They were joined by external panelists Municipality of Binalbagan Sangguniang Bayan Member Ursecio B. Inodeo, DPA, Provincial Fisheries Office OIC Marian Jill S. Abeto, and DepEd Senior Education Program Specialist Rebonie F. Emboltorio, PhD.

- Carlos Hilado Memorial State University (CHMSU) established a partnership with AFS Intercultural Programs Philippines (AFS IPP) by signing a Memorandum of Agreement on Global Citizenship on November 17, 2022 at the Function Hall, Green Building, Talisay (Main) Campus. The partnership was created to engage students and teachers in intercultural and educational programs, integrate global citizenship, and support a wider access to intercultural learning opportunities. Student Affairs and Services Director Janet P. Espinosa, PhD, Alumni Affairs Director Ana Mary Ann Pancho, and CEA External Coordinator-Fortune Towne Campus Jay Pisueña, PhD represented the University during the signing. Present on behalf of AFS-IPP were President Rehiema B. Guerra, Program Specialist Abe Andrus Pongyan, Volunteer Coordinator Larry Franco, and Board of Trustees Member Art Valdez.

- The Human Resource Development Office (HRDO) organized a seminar on Good Governance and Values Re-orientation on November 17-18, 2022 at the Multi-purpose Gym, Talisay (Main) Campus. All faculty and selected GASS personnel across the four campuses participated in the event. The seminar was in line with the University's quest for public service excellence characterized by accountability, honesty, transparency, inclusiveness, integrity, respect for law and human dignity. Assistant Solicitor General Atty. James L. Cundangan, Senior State Solicitor II Atty. Leney L. Layug-Delfin, and Atty. June Abigail Dela Cruz, State Solicitor II of the Office of the Solicitor General served as resource speakers for the event.

How to Prevent Substance Abuse

By sharing this knowledge with those closest to you, you yourself may be able to prevent them from doing drugs, too. Here are the top five ways to help prevent drug use:



Effectively deal with peer pressure. The biggest reason teens start using illicit drugs is because their friends utilize peer pressure. No one likes to be left out, and teens (and yes, some adults, too) find themselves doing things they normally wouldn't do, just to fit in. In these cases, you need to either find a better group of friends that won't pressure you into doing harmful things, or you need to find a good way to say no.

Deal with life pressure. People today are overworked and overwhelmed, and often feel like a good break or a reward is deserved. But in the end, drugs only make life more stressful — and many of us all too often fail to recognize this in the moment. To prevent using drugs as a reward, find other ways to handle stress and unwind. Take up exercising, read a good book, volunteer with the needy, create something. Anything positive and relaxing helps take the mind off using drugs to relieve stress.



Seek help for mental illness. Mental illness and substance abuse often go together. Those with a mental health illness may turn to drugs to ease the pain. Those suffering from some form of mental health illness, such as anxiety, depression or post-traumatic stress disorder should seek the help of a trained professional for treatment before it leads to substance use.

Examine every risk factor. If you're aware of the biological, environmental, and physical risk factors you possess, you're more likely to overcome them. A history of substance abuse in the family, living in a social setting that glorifies drug abuse and/or family life that models drug abuse can be risk factors.



Keep a well-balanced life. People take up drugs when something in their life is not working, or when they're unhappy about their lives or where their lives are going. Look at life's big picture and have priorities in order.

Source: American Addiction Centers. [How to Prevent Substance Abuse. treatmentsolutions.com/blog/top-5-ways-to-prevent-substance-abuse/](https://www.treatmentsolutions.com/blog/top-5-ways-to-prevent-substance-abuse/)