



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 February

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
Feb 20, 21, 22	8:00 am – 5:00 pm	Strategic Planning Continuum 2023 and Strategic Performance Management System (SPMS)	Planning, Monitoring, and Evaluation Office	Administrators, Directors, Unit Heads	Function Hall, 3 rd Floor, Green Building / Global Learning Café, Ground Floor, Green Building, Talisay (Main) Campus
Feb 21	8:00 am	Pinning Ceremony	College of Education	College of Education Students	Covered Court, Binalbagan Campus
Feb 21	1:00 – 5:00 pm	Induction and Acquaintance (CPF)	Circle of Peer Facilitators	CPF members and officers	Function Hall, 3 rd Floor, Green Building, Talisay (Main) Campus
Feb 23 – 24	Whole Day	COED Day	College of Education	College of Education students	Talisay (Main) Campus
Feb 22	Ash Wednesday				
Feb 24	1:00 – 5:00 pm	ITE OJT Orientation	BSIS Department	BSIS graduating students	Function Hall, 3 rd Floor, Green Building, Talisay (Main) Campus
Feb 25	EDSA People Power Anniversary				

Attention!
Faculty and Office Heads!
Activate your **CHMSU Email** and use it for your official school communication.

For assistance, visit your respective ICT Coordinators for Alijis, Binalbagan, and Fortune Towne campuses/ ICT-MIS Office at the 3rd Floor Function Hall, Green Building for Talisay (Main) Campus or call 712 0005 loc. 222.

Announcement!
The **Center for External Affairs** has been officially renamed to **Center for Internationalization and External Relations (CIER)**. Please be advised that our email address has been changed to **cier@chmsu.edu.ph**.

Highlights of the Week

Delegates from the National Kaohsiung University of Science and Technology (NKUST), Taiwan visited CHMSU Talisay Campus on February 10, 2023 after the Western Visayas SUCs Partnership Meeting hosted by NONESCOST. The delegates met with President Norberto P. Mangulabnan, PhD and had a

brief discussion on partnership initiatives, specifically in the area of marine and fisheries resources.

American Concrete Institute Philippines (ACIP) Carlos Hilado Memorial University (CHMSU) Talisay Student Chapter received the 2022 ACI Award for University Student Activities, naming CHMSU as Outstanding University along with 52 other universities from all over the world. The list was announced on February 10, 2023.

Bachelor of Science in Hospitality Management Program held an On-the-Job-Training orientation for fourth year students and their parents on February 13, 2023 at the Function Hall, Green Building, Talisay (Main) Campus. This covered the BSHM OJT Manual, requirements, venues and deployment sites, and parental waivers. Demonstrations on waitering, flower arrangement, and napkin folding were given.

College of Arts and Sciences held a pre-internship seminar for fourth year students under all its academic programs on February 13, 2023 at the Multi-purpose Gym, Talisay (Main) Campus. The



seminar tackled work ethics, Safe Spaces Act or RA 11313, and how to handle conflicts in the workplace.

Resume and Job Interviews” on February 17, 2023 at the Multi-purpose Gym, Talisay (Main) Campus.

✚ Binalbagan Campus Guidance Services held a symposium on the prevention of teenage pregnancy at the campus Covered Court on February 13, 2023. This was in partnership with the University Student Government. First year students participated in the symposium with guest speaker Dr. Hazel C. Pagunsan, Municipal Health Officer.

Keep your Heart Healthy

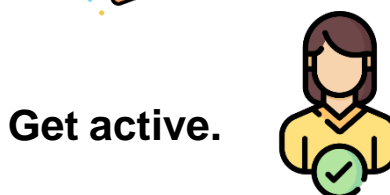


✚ CHMSU Concerned Alliance of Responsible Educators (CARES) and the Public Administration Students Society (PASS) organized a bloodletting activity on February 14, 2023 at the Global Learning Café, Green Building, Talisay (Main) Campus. This was in partnership with Negros First Provincial Blood Center, Talisay City Health Office, Rotary Club of Bacolod East, JCI Bacolod, Portia’s Store, and the Center for External Affairs.



Eat healthy.

✚ Three campuses held Valentine’s Day celebrations on February 14, 2023. CHMSU Binalbagan Campus conducted “Tamis ng Feb-ibig: A Valentine’s Day Sweet Celebration” the campus covered court. Students, faculty, and staff participated in the program spearheaded by the University Student Government. Meanwhile, CHMSU Alijis Campus Guidance Services held a talk on love, sex, and marriage with the title “Ano ang Kwento ng Feb-ibig mo?” at the campus AVR. This featured guests who shared their stories about relationships, sexuality, and more. In Talisay Campus, the University Student Government held “Hugyaw Project: Laman ang may Alam” at the Multi-purpose Gym. The event was organized in collaboration with the Negrosanon Young Leaders Institute and the Bagani Community Center with the theme “Empowering the CHMSU COmmunity through Sexual health Education and HIV/AIDS Awareness.”



Get active.

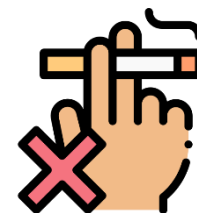
✚ Bachelor of Arts in Social Science program conducted an OJT Seminar for graduating students on February 15, 2023 at the Function Hall, Green Building, Talisay (Main) Campus. This was in preparation for the students’ deployment in their internship fields.



Stay at a healthy weight.

✚ The Office of the Guidance Services, in collaboration with JobStreet Philippines-International, hosted a seminar on “Job-seeking Strategies and Acing

Quit smoking and stay away from secondhand smoke.



Control your cholesterol and blood pressure.

Drink alcohol only in moderation.



Manage stress.

Source: Keep Your Heart Healthy. health.gov