



# Carlos Hilado Memorial State University CHMSU Messenger

Stay Connected. Get Engaged. Be Animated.



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 13		<b>C-USG Election</b>	<b>COMSELEC, OSAS</b>	All students	All campuses
Nov 13	9:00 am	<b>REICO</b>	<b>VPRE</b>	Research Unit	Function Hall, Green Building, Talisay (Main) Campus
Nov 13 - 16	8:00 am	<b>TraVerSE Abroad Orientation and Info-session</b>	<b>CIER</b>	Invited students	AVR, Alijis Campus
Nov 14	8:00 am	<b>Research Management: Ethics, Publication, and Internationalization</b>	<b>Research and Development Services</b>	Research coordinators, faculty	Function Hall, Green Building, Talisay (Main) Campus
Nov 15-16	8:00 am	<b>Emergency First Response</b>	<b>DRRMO</b>	DRRMO coordinators, students	Global Learning Café, Green Building, Talisay (Main) Campus
Nov 17	1:00 pm	<b>Musical Retreat</b>	<b>Guidance and Circle of Peers Facilitators</b>	All 4 <sup>th</sup> year students	Covered Court, Binalbagan Campus
Nov 19	8:00 am	<b>2023 Biodiversity Research Symposium</b>	<b>PEMO, Greening CHMSU Task Force</b>	Research presenters	Function Hall, Green Building, Talisay (Main) Campus
Nov 19	8:00 am	<b>Orientation of C-USG Officers</b>	<b>COMSELEC, OSAS</b>	C-USG Elected officers	Global Learning Café, Green Building, Talisay (Main) Campus

## Highlights of the Week

Intellectual Property and Technology Business Management Office held an inauguration and unveiling of IPTBM marker on November 6, 2023, at the Global Learning Café, Talisay (Main) Campus. Noel A. Catibog, Director of TTPD-PCAARD, and Dr. Efren L. Linan, Vice President for Research and Extension, and Project Leader of the Regional Agri-Aqua Innovation System Enhancement (RAISE) Program was invited to be a Keynote Speaker.

Commission on Higher Education conducted a Consultative Session with Industry during the IBPAP-PSIA with the theme, TOUR DE TECH: The Information Technology and Software Roadshow Initiative at SMX Convention Center, Bacolod City on November 8, 2023. The said activity was attended by CIT instructors in the person of Gerle Mae Alabado, Gaily Rey April Guzon and Siari Ann Iligan.

The Center for Internationalization and External Relations and Office for Student Affairs and Services in collaboration with





Impact Negros and Break the Fake Movement with the support of Google.org and the ASEAN Foundation conducted #DigiTalino (ASEAN Digital Literacy Programme) on November 8, 2023 at the Global Learning Café (Dining Hall), CHMSU Talisay (Main) Campus together with Paulo Pajarillo and Ialac Etorsaita, both Communication graduates of USLS and Master Trainers trained by Break the Fake Movement as Resource Speakers.

As part of CHMSU's observance of National Environmental Awareness Month, a Circular Economy Symposium was spearheaded by the CIER/Greening CHMSU Task Force in collaboration with the Office for Student Affairs and Services on November 8, 2023 at the Global Learning Cafe, CHMSU Talisay (Main) Campus. Princess Bala-an, Project Supervisor of Negros Women for Tomorrow Foundation, Inc. (NWTF) was invited to be the Resource Speaker.

United Seniors Organization – Binalbagan Campus celebrated their 2nd General Assembly on November 10, 2023 at 3:00 - 5:00 PM at CHMSU Binalbagan Covered Court with all the 4th year students of BSED, BEED, BSBA, BS Fisheries, BSIT, and CCJ as participants.

Research and Development Services held a 3-day Seminar Workshop on Crafting Proposal and External Funding on November 8 – 10, 2023 at the Function Hall, Green Building, Talisay (Main) Campus and Workshop on Instructional Materials Development Research at the Audio-Visual Room, Talisay (Main) Campus.

COMSELEC held a Miting de Avance in preparation for the C-USG Election on November 10, 2023 simultaneously in all campuses.

## TEN ALCOHOL PREVENTION TIPS FOR YOUTH



### Be confident

You have the right to say no without giving a reason. The truth is that not "everyone is doing it" and if you are confident in your decision, others will accept it.



### Spend time wisely

If your friends have started to spend all their free time drinking, find new friends. You don't have to leave those friends behind, just hang out with them at school and find others to spend your free time with.



### Connect with adults

Having responsible adults in your life gives you perspective. Talk with those adults you feel comfortable with about the challenges you are facing and benefit from their experience.



### Avoid boredom

Many teens cite boredom as their reason for drinking. There are so many things you can do to prevent boredom – get a job, join school activities, get a new hobby or start volunteering.



### Respect the rules

You need to trust your parent's when they tell you to stay away from alcohol. Your parents will take notice of your responsibility and reciprocate with trust and respect for your other decisions.



### Educate yourself

There are so many misconceptions and myths about alcohol floating around your high school hallways. Talk to your parents about alcohol or look at reputable websites like the Mayo Clinic.



### Be role model

If you don't respect yourself and your decisions no one will.



### Plan ahead

Don't become a victim of someone else's mistakes. Always make sure you, and your friends, have a safe ride. Always.



### Speak up

Take advantage of your knowledge and responsibility by spreading the word about avoiding drugs and alcohol. You speaking up could be the inspiration others need to say no.



### Get help

If you or someone you know is in trouble with drugs or alcohol, get help. Do not wait. There are plenty of people and resources out there to help. Call HOPE LINE (800-NCA-CALL) to find a resource near you.

Source: Prevention.com. <https://gaprevention.com/drug-free-schools/>