



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
Jan 29 – Feb 8	8:00 am – 5:00 pm	Enrollment Period for 2 nd Semester	Office of the Registrar	Students	All campuses
Feb 2	8:00 – 5:00 pm	Pagdumala: A Leadership Training	USG	USG Officers	Function Hall, Green Building, Talisay (Main) Campus

Highlights of the Week

- ✚ Bachelor of Science in Psychology conducted a Case Analysis on January 25, 2024 at the Function Hall, 3rd Floor, Green Building, Talisay (Main) Campus.
- ✚ The Office of the President held a 2-day Seminar Workshop on 4-year Period Assessment and Report on Institutional Accomplishments / Harmonization of Academic, Research and Extension Programs and Outcomes for Internationalization on January 25 – 26, 2024 at the Conference Room, Administration Building, Talisay (Main) Campus, attended by Administrators, Directors, Deans, and Program Chairs.
- ✚ The Bachelor of Arts in Social Science 1st year and 3rd Year students held its Annual CASinemalaya Awards Night on January 26, 2024 at the Gym, Talisay (Main) Campus.
- ✚ The National Service Training Program conducted a Culmination Activity for

NSTP 1 on January 27, 2024 at the Gym, Talisay (Main) Campus.

20+ Interventions

To Teach Skills for

time management

Practice estimating time to complete tasks

Teach, practice, and implement different routines

Use a visual timer during working sessions

Practice what it means to "pace yourself"

Make checklists to prioritize tasks

Practice how to reflect during working sessions

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