



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 January



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 27 - Feb 8	8:00 - 5:00 pm	Enrollment Period for 2nd Semester, AY 2024-2025	Office of the Registrar	All students	All campuses
Jan 29	Chinese Lunar New Year				
Jan 31	8:00 am - 5:00 pm	Information Session on Compliance with Student Affairs and Services and Initial Presentation of the Student Manual	Office for Student Affairs and Services	VPAF, AVPAA, CAO-Finance, Executive Directors, Directors, Deans, Student Formators, OSAS Coordinators, Guidance Counselors, Publication Advisers, CUSG Advisers, Editor-in-Chiefs, CUSG Presidents, School Nurses, Student Handbook Committee	Function Hall, Green Building, Talisay (Main) Campus
Jan 31	1:30 pm	Implementation of Women's and Children's Policies Projects	Office of the President	Vice Presidents, AVPAA, Executive Directors, selected Directors, Deputy Directors, Finance Division	4 th Floor, Conference Room, Administration Building, Talisay (Main) Campus

Highlights of the Week

- College of Education conducted a Pre-Service Orientation to all graduating college of education students on January 22, 2025, at the Multi-purpose Gymnasium, Talisay (Main) Campus.
- College of Education conducted a Comprehensive Pre-service Teachers on January 22 on the Binalbagan Campus, and January 21-23 on the Talisay (Main) Campus. They proudly received their pins during

the January 23 (Binalbagan) and January 24 (Talisay) ceremonies.

- The Center for Internationalization and External Relations conducted an SDG Unplugged virtual chat series with the topic "The Zero Waste Challenge" via Google Meet and Facebook Live with resource speaker Engr. Victor Thomas Ureta of Environmental Management Bureau Region VI.



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- The PATH FIT 1 students conducted a Culmination Program with a Dance Exercise Contest on January 23, 2025, at the Quadrangle, Binalbagan Campus. The Bachelor of Secondary Education 1-1 was declared champion.
- Administrators and designees underwent the Orientation on the Responsibilities and Functions of the Internal Audit Unit with resource speaker Dr. Jonathan A. Gabriel, Internal Auditor, Tarlac State University organized by the Internal Audit Unit at the Function Hall, Talisay (Main) Campus on January 23, 2025.
- Chess players from Alijis Campus were invited to the First Invitational Chess Tournament on January 26, 2025, at Robinson's Place Bacolod. The tournament is organized by the PIYESA Chess Club from TUP-V in collaboration with STI-WNU. The tournament fosters healthy competition among students from various universities/colleges.
- BS Information Systems students at the Talisay (Main) Campus who are bound for internship attended the pre-deployment orientation at the Function Hall, on January 24, 2025.
- Ang Mananayaw Dance Troupe at the Fortune Towne Campus held auditions for aspiring street dancers and contemporary dancers at the Audio-Visual Room on January 23, 2025.

How can we practice **Zero Waste** at home and at school?

1 Compost
Composting will dramatically cut down your landfill waste and help make you more aware about what you throw away.

2 Switch from Disposable to Reusable
Once you're aware of what things you throw away, start looking for reusable alternatives. For every disposable item out there, you can generally find a reusable, sustainable alternative.

3 Pay Attention to Materials
Take a look at what your products are made from and packaged in before you buy them. In general, try to buy items that are made from wood, stainless steel or glass.

4 Bring Your Own
Bring your own cloth grocery bags as well as reusable produce bags. Instead of buying packaged goods, try to buy most of your items in bulk with cloth bags.

5 Keep a Kit
Keeping a kit on hand for on-the-go is a great way to cut waste when you have a busy schedule and like to eat out.

EFFECTIVE TIME MANAGEMENT TIPS

SET CLEAR GOALS

Define your objectives to stay focused on what truly matters.

PRIORITIZE TASKS

Rank tasks by importance and urgency to tackle high-priority items first.

NO DISTRACTIONS

Disable notifications and establish a tranquil work environment.

SET TIME LIMITS

Establish time constraints for tasks to mitigate the risk of overcommitment to a single activity.

LEARN TO SAY NO

Politely decline additional commitments that may overload your schedule.

Congratulations

Carlos Hilado Memorial State University

THE

Awards
Asia 2025

Research Project of the Year: STEM - Shortlisted

CHMSU is the only school in the Philippines shortlisted in this category joining eight (8) other universities from six (6) countries. The shortlist was published on January 21, 2025 and the winners will be announced at a ceremony on April 22.

Learning with Innovated
Microscope: Addressing
Instrument Gap in Biology Class

Pencroscope (Pen-sized Digital Microscope)

by Ceejay M. Faala

3rd Year Bachelor of Secondary Education major in Science

Adviser
Alberto D. Dela Cruz, PhD
Faculty, College of Education

GREEN CHMSU EXCELSIOR!

Empowering youth for a just and sustainable world

The LORD will keep you from all harm—
he will watch over your life;
the LORD will watch over your coming and going
both now and forevermore.

Psalm 121:7-8