



Message from the Dean

Dear MAP Monarchs,

As we start this new academic year under the new normal, we are challenged to survive and execute quality of learning at its finest. A lot of things happened and a huge turn around is evident at this time. People learn to appreciate things within home, and this has been a common ground to all things that are essential.

I am thankful and honored to you all, that despite the pandemic that we are facing at this time, you have decided to still pursue and continue your goal to learn so you can be of help to others. Your selfless claim and intention will make each one of you valued the most because of the discipline. You are all frontliners in the making.

Let us embrace hope, love and care as we take the new path of learning this new normal.

We can all do this together!

VIVA SIKOLOHIYA!

Dr. Ruel Cajili
Dean, College of Psychology

*"You are all
frontliners
in the
making."*

In this issue

- Faculty in Focus: Get to know Ms. Belen Mandin
- Read Tin Felipe's tips on how to care for our mental health during this pandemic
- Meet the MAP PsychSoc officers for AY2020-2021
- Take a trip down memory lane and reminisce about MAP's events and winning moments
- We are Psychologists with a heart - find out how we give back

About the Artwork

Irises was among nearly 130 works completed by Dutch post-impressionist painter, Vincent Van Gogh, during his stay in Saint-Paul-de-Mausole, an asylum in Saint-Remy. He was probably inspired by the flowers growing in the hospital gardens where he was allowed to stroll and sit.

The original painting sits in the J. Paul Getty Museum as part of its permanent collection.

About the Title

Flares are a type of pyrotechnic used to send signals or to illuminate. In the song "Flares" by The Script, they sing "You are not alone, 'cause someone's out there, sending out flares."

In many ways, this is what being a psychologist is all about - letting everyone know they are not alone, that there is hope, and there are those whose mission in life is to help them find the light.

MS. BELEN MANDIN



Head, College CAPS

Faculty Member, Psychology Department

AB in Psychology
University of San Carlos

MA in Education, Major in Guidance and Counseling
University of Guam

HOW DO YOU START YOUR WORK DAY?

Short prayer.
Mass before the pandemic – this time I have online mass usually early evening.

WHO AND WHAT INSPIRED YOU?

It was actually a schoolmate in high school who was already in Guam. She challenged me that if I can work out my papers, the family will shoulder my ticket and my stay there before I can get a job.

The thought of a brighter future was the bigger challenge and inspiration but God had another plan. He rewarded me with the opportunity to study after converting my Visitor's to a Student's visa.

WHAT WAS THE MOST ADVENTUROUS THING YOU'VE EVER DONE?

Coming to Manila from the province by myself when I was 20 years old, surviving here with the help of friends for 7 months then being able to miraculously get my Visitor's Visa for Guam that led to my getting my MA degree.

WHAT ARE SOME TIPS AND GUIDANCE YOU CAN OFFER TO STUDENTS FOR IMPROVING WORK/LIFE/SCHOOL BALANCE?

Search, discover, embrace your passion in life which may translate to your calling/purpose or vocation. Based on Spirituality of Work, this is what gives ultimate happiness in life. It is like having whatever or however little space under the heat of the sun where we can actualize our God-given strengths or potentials. The thought or conviction that we are carrying out our life's purpose gives meaning to whatever struggles, sacrifices, or "forms of dying" to ourselves that we may encounter. Of course, it is our responsibility to maintain our physical, mental, emotional, and spiritual life by living a healthy lifestyle.

WHAT IS THE BEST LESSON THAT LIFE HAS TAUGHT YOU?

When I turned 70, one superior asked me, "Belen how do you feel having turned 70?" I answered in a way spontaneously saying, "The beauty of growing older and older is that I have answered more and more of the questions I asked about life and everything when I was younger."

I meant I became more open and accepting of what life has handed to me (I call it packaging). I am a believer of "there's nothing like an accident in life". There may be difficult, absurd, or traumatic experiences as we journey along but all of these can be our growth experiences – given our openness, acceptance, and humility. If we look back, we can rename many of these difficult experiences as disguised blessings. Of course, gratefulness is a big lesson too... There is nothing in life that did not come from God. He blesses us with people, opportunities, and experiences that brought us to where we are now. When we are grateful, we realize that everything has been a gift so we become transcendent and detached from whatever achievements or failures we have. So life becomes lighter.

Let us then help each other to be more open, accepting, humble and grateful!

Mental Health Matters

How to Self-Care in the Time of Pandemic by Tin Felipe



Kumusta ka na? How are you? Our journey with this pandemic has truly been a roller coaster ride. Our usual routines are messed up, our emotions erratic as we course our way through each day filled with anxiety – fearing for our health, our finances and our future. As the government begin to introduce new restricting measures to reduce the virus outbreak, adjusting to these changes can take a toll on our mental health.

The International Federation of Red Cross and Red Crescent Societies suggests the following measures to alleviate the emotional and psychological stress we face as we adapt to the new normal.

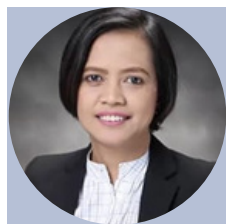
- **Boost your physical wellbeing.** Eating a balanced meal, ensure adequate fluid intake & getting enough sleep can greatly help boost one's immune system. Regular physical exercise can also be beneficial.
- **Use stress management techniques.** Physical relaxation techniques have been known to reduce stress levels and are useful methods to manage emotional turmoil.
- **Accept feelings.** Being in a stressful situation can cause a lot of different emotional reactions like anger, frustration, anxiety, regrets, self-blame, etc. Acknowledge that these feelings are normal reactions to an abnormal situation.
- **Establish a daily routine, set goals and keep active.** Setting goals and achieving them enhances a sense of control and competency. Ensure that goals are SMART – Specific, Measurable, Attainable, Realistic and Time-bound.
- **Stay socially close even when maintaining physical distance.** Stay digitally connected by keeping in touch with family, friends and colleagues using email, social media or video conferencing platforms.
- **Maintain a sense of hope.** Believe in something meaningful, whether family, faith, country or values. Look for or inject humor into the situation if appropriate.
- **Seek professional help if needed.** Do not be afraid to ask for help. It is not a sign of weakness but is actually a sign of strength.

As we celebrate World Mental Health Awareness month this October, the World Health Organization is pleading to all countries to come together and begin redressing the historic neglect for mental health. The consequences of the COVID-19 pandemic on people's mental well-being has been quite evident but this is just the beginning. Left unaddressed, the health, social and economic effects could progress and be far-reaching. They are calling on to everyone to take concrete actions to support our own mental health, as well as to support family and friends who are struggling. Let us make mental health our utmost priority.

“To be healthy as a whole, your mental health plays a very vital role.”

Meet the AY2020-2021

MAP PSYCHSOC OFFICERS



*Ms. Juli
Alonso -Belmonte*
ADVISER

ABOUT ME

"I love arts."

WORDS TO LIVE BY

Do not Do unto others what you
don't want others to Do unto you.
-Confucius



*Cathy
Redido*
PRESIDENT

ABOUT ME

"I am a happy and positive person
and can brush off negative
situations quite easily sometimes😊"

WORDS TO LIVE BY

Nothing good comes easy.



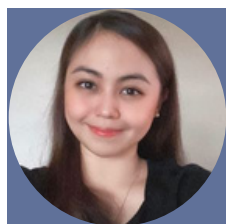
*Jing
Climacosa*
VICE-PRESIDENT

ABOUT ME

"I am a foodie. When I travel, I make
sure to try at least one delicacy
from the place I'm visiting."

WORDS TO LIVE BY

The fragrance always stays in the
hand that gives the rose.



*Jess
Vicedo*
SECRETARY

ABOUT ME

"I love learning about cultures and
languages so I'm also taking a
foreign language class."

WORDS TO LIVE BY

Our greatest freedom is the
freedom to choose our attitude.
- Victor Frankl



*Shannen
Tee*
TREASURER

ABOUT ME

"I keep watching the American series
FRIENDS over and over again for the
nth time and I still get to laugh at all
the funny segments of the show."

WORDS TO LIVE BY

Learn to choose your battles. Battles
not fought are not lost; simply
battles not worth fighting for.



*Tin
Felipe*
OUTREACH /
EVENTS
COORDINATOR

ABOUT ME

"I'm just a simple woman, trying my
best to make the most of my multi-
faceted life and striving to best that I
can be. A Christian, wife, mother,
daughter, sister, student, nurse, MH
advocate, writer, cook, plantita &
more, in that order."

WORDS TO LIVE BY

To whom much is given,
much is required.



*Ms. Rea
Villa*
ALUMNI
REPRESENTATIVE

ABOUT ME

"I am a go-getter. I never miss an
opportunity to make an impact
and a difference."

WORDS TO LIVE BY

Be the best version of yourself.



*Jette
Naval*
ON-BOARD
STUDENT
REPRESENTATIVE

ABOUT ME

"Bakes the best chocolate
cookies as attested by friends
and family."

WORDS TO LIVE BY

Only during difficult moments are
we given the opportunities to grow
and learn as an individual.



*Jordan
Manlapaz*
OFF-BOARD
STUDENT
REPRESENTATIVE

ABOUT ME

"During my college years, I worked
as a salesman at SM Department
Store."

WORDS TO LIVE BY

Dream big, work harder.

Blast from the Past

A look-back at MAP events and winning moments

MAP GENERAL ASSEMBLY

It was a day of fun and games as we started the 2nd semester with a bang!



MAP CHRISTMAS PARTY

Recipe for a successful Christmas party:

- Secret Santa
- Jordan's "Hala Bira!"
- Musical numbers from Ainrand, Lester and Cathy
- Bato-bato pic tournament

SOUTHVILLE PRIDE

LIA AMOR ARCAINA
Cum Laude, MA Psychology Batch 2019

**Best Research
(Poster Presentation)**
2019 AASHPI National Convention

"Effects of Acceptance and Commitment Therapy on the Levels of Anxiety of the K-12 Teachers"

SOUTHVILLE INTERNATIONAL SCHOOL AND COLLEGES
southville.edu.ph | 8825-6374 | 09178532450

Winner!

Kudos Ms. Lia for being the first to present your MA paper in a national convention and emerging victorious!

We are so proud!

#Premier RPsy

Congratulations Ms. Rea and Ms. Mariel for successfully passing the RPsy Board Exams.

Truly inspirational!



The Graduates

Amazing job Doc Clyde, Ms. Mike, Scarlet, Riza and Jan on your graduation!

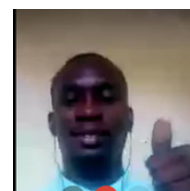
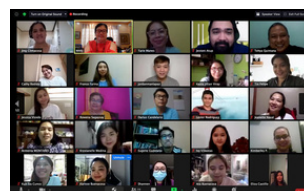
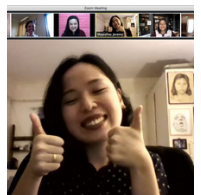
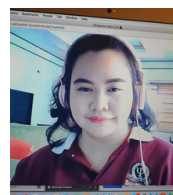
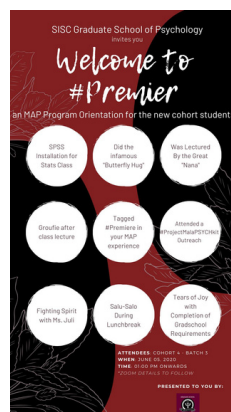
All your hard work has paid off, and we are excited for all that is to come from you!

Let's V.O.L.T. in!

Classes have shifted to online means and MAP has led the way!

Here are some snapshots of students and teachers embracing the new normal using technology, not letting this pandemic get in the way of learning and pursuing their goals.

Grit and growth mindset in action!



Where the ❤️ is...

Giving back, MAP-style



FRONTLINER

Thank you Nurse Tracy!
We appreciate your courage and strength in these difficult times!

NO WIFI? NO PROBLEM!

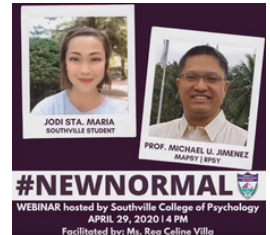
To support our scholars with their online classes, we have distributed a total of 9 pocket-wifi for their school use.



WEBINARS

One of a psychologist's role is to provide psychoeducation for better understanding. To this end, we have conducted and promoted several webinars since April:

- Mental Health Challenges
- Back to Basics
- Psychological First Aid for Pandemic Fear Anxiety
- New Normal
- Personality Disorders Reflected during Covid 19 Pandemic
- Valuing Wellness and Self-Care for Practicing Professionals



MalaPSYCHkit

Christmas is a time for giving and last December, MAP visited Estrellas Nex-Care Custodial Facility to spread love and joy during the season. We also partnered with PsychSoc to distribute gifts to the children of CAA Elementary School.



PSYCHOTHERAPY

Under the guidance and leadership of Ms. Rea, in partnership with Pasig Treatment Hub, Pasig Social Hygiene Clinic, The PsychPartnership, Inc. and Positibong Pasigueno, MAP students conducted Cognitive Behavioral Therapy sessions for people living with HIV in January and February 2020.



PSYCHOLOGICAL FIRST AID

In coordination with the Rotary Club of Makati and the City Government of Tacloban, and through the Psychosocial Intervention Project of the Rotary Club of Sunvalley Sunrise, Ms. Mariel and several MAP students flew to Tacloban in November 2019 to conduct a psychological first aid training for Typhoon Yolanda victims.

