



Flares

Issue no. 4 - July 2021
MAP Newsletter

Lessons from Bandura

As psychologists, July 26 was a relevant day for all of us as we woke up to the news that Albert Bandura had passed away. Bandura, of course, was most famously known for his Social Learning Theory, his concept of self-efficacy, and through his Bobo doll experiments (it is said that people mailed Bobo dolls to him asking for his autograph).

More than his recent death though, he is especially relevant today because of the events of the world in the past year and a half - events which have and still are rendering people helpless (yes, I am talking about the pandemic and its many, often tragic, consequences). Vladimir Lenin once said, "There are decades when nothing happens, and there are weeks when decades happen". Indeed, the question now in my mind and perhaps in yours as well is: *When will these "weeks of decades" end?*

Which nicely brings us back to Bandura. Much of his work has been devoted to studying the development of human personality, emphasizing personal agency and people's capacity for self-reflection and self-regulation. Self-efficacy - the idea that people's belief in their own ability to succeed can shape their behavior and allow them to exert control over their environment - can help us to develop effective coping mechanisms in the face of many difficulties. If Bandura is to be believed, it stands to reason that we may not be so helpless after all in the events of today.

All this is not intended to downplay what we are all going through and make trivial the personal hardships we have all experienced in one way or another. The reality of the situation is that times have been - and still are - hard, made even more so by the uncertainty that tomorrow brings. However, when we do find ourselves in the doldrums, it would do well to remember these words from the late Albert Bandura:

"If you look at my life path, you try to make the most of whatever is there... and to do that, you have to believe that through your actions you can influence the course of your life."



Thank you, Dr. Bandura. Rest well.

About the Artwork

Melencolia I was engraved by Albrecht Dürer in 1514. Featuring a gloomy, winged female figure, she is said to be melancholia personified. According to Greek history, the human body is made up of Four Humors which need to remain balanced so that people may remain healthy. An excess of black bile leads to a melancholic temperament, and a person possessing this is usually despondent, quiet, analytical and serious.

The engraving is located in Staatliche Kunsthalle (State Art Gallery) in Karlsruhe, Germany.

In this issue:

- Faculty in Focus: Get to know Doc Obet
- Master of Arts **and** Psychology by Kathleen Anne N. Calison
- Passing the Baton: From One President to Another
- Meet the 2021 MAP Officers
- Congratulations Graduates!
- MAP Events
 - Virtual tribute for Graduates
 - Thanksgiving Mass

DR. ROBERT NORBERTE



Chairperson of the College Education and General Education

Director of Asian SEED Academy of Technology

Faculty Member

BS in Education major in Math,
University of the Philippines Diliman

Master of Science in Math,
Manuel L. Quezon University

PhD in Math Education (ongoing)
Centro Escolar University, Manila

Who inspires you?

My parents, although they are both now deceased, are my inspiration. They both keep me moving and breathing.

What is your favorite family tradition?

I have two favorite family traditions!

The first one is after Noche Buena, there is the exchanging of gifts among members of the family regardless of age. We then have games after the exchange gift. We also have swimming bonding with the family every summer which is always fun.

How do you start your work day?

I start the day by saying a quick prayer. I thank the Lord for waking me up, and I reflect on what has happened the previous day, both the good and the bad.

What do you do when you are "stuck" with a work or life problem?

If I believe that I have exhausted everything to be able to arrive at a certain solution, and still it does not work, I just leave everything to God, trusting in His infinite wisdom.

What are some tips and guidance you can offer to students for improving their work/life/school balance?

Just look for ways that they can find happiness and satisfaction.

Master of Arts and Psychology

By Kathleen Anne N. Calison

Taking the creative route as an adult felt like I was reconciling with my inner child. Maybe because every child at one point wanted to become an artist when they grow up, but I stopped pursuing that dream. As I finally finish my degree in Masters of Arts in Psychology and enter the world of teaching how to draw professionally, allow me to share my top three epiphanies that I learned as an artist that can be applied to Psychology.

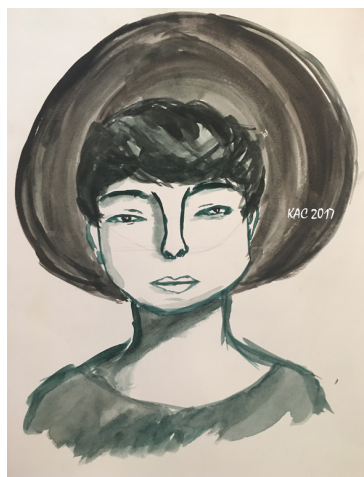
Drawing is a skill, so develop it with a principle in mind.

Like most things, drawing requires you to start with the basics. The art of psychology begins with theories and fundamentals. As a child, I thought I was the next Picasso! I believed that I had so much raw potential. In my head, I was an art prodigy waiting to be scouted. My art skills didn't need to be developed, because why should they be? Sadly, this Picasso became "Picassorry you need to work hard to be a great artist!". If you ask me now what I think about it, I knew it was a horrible decision on my part. It was amazing of me to do that. Now, I am picking up where I stopped. Do not be like me! Consistently develop the skills you acquired throughout your MA journey, stick with a principle, and go back to the fundamentals. Through experience and putting yourself out there can help you hone your competency in counseling and therapy.

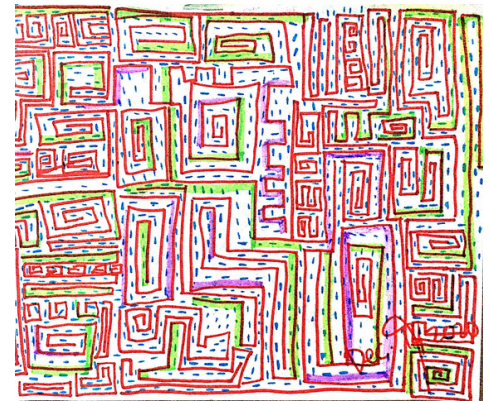
Drawing is at least 50% observation.

I always find myself saying this during my art classes. To understand your subject, observe it well before you start drawing. There must be a chance that you've encountered an artwork that looks slightly off. If you haven't seen anything like that, then you are fortunate enough to miss my previous works. You would see how great I was in

taking advantage of the fact that I can take artistic liberties! This epiphany didn't come to me as a child. I only learned this when I returned to drawing. The sketches I created began to get better once I learned how to study and break down my subject into basic shapes through observation. We can't break down a person into basic shapes in psychology, but we can learn how to sit and keenly observe people. This can lead us to the right way to become great psychologists in the future. Think back to your classes in Advance Counselling, how many times did you find yourself observing and listening more than talking? Just recently, I had a clerk ask me to 'psycho' or psychoanalyze him after I mentioned I am on my way to becoming a psychologist. He told me to base my inputs on our brief encounter. The truth of our profession lies somewhere in the middle! We can understand what they think and feel by studying the pattern of behaviors they exhibit.



Stylized Man, 2017



Line color experiment, 2020

Experiment with your medium.

I love testing out different approaches to art! For life drawing, I enjoy charcoal to create a mood: dirty and edgy sketches. For scenery, paint breathes life to my work; watercolors are my go-to medium. These methods became something I am proficient at, thanks to various trials and errors on my part. I encourage every budding artist to try experimenting with other mediums! Think of paint and charcoal as various treatments we deploy to help our clients in the future. The more we educate ourselves by researching, the easier it is for us to find what we want to specialize in. Right now, I am preparing myself to practice art therapy or child psychology exclusively. With knowledge in Special Education, teaching, art, and psychology under my belt, I am convinced that the universe is nudging me for this path. Should the day come that this gentle push becomes unsuitable for me, the universe will get a stern scolding.

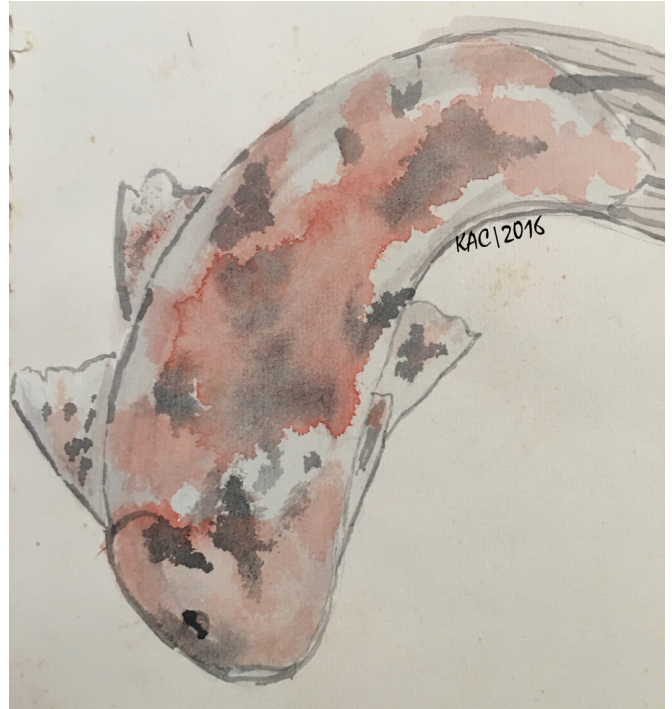
Master of Arts and Psychology (cont.)

By Kathleen Anne N. Calison

Even though it took me some time to find myself in this position, I cannot lie and say I am surprised. The opportunity to be artistic has always been there, no matter what stage of life I was in on my career.



Tree, 2016



Koi, 2016

Art conveys emotion - it has its psychology behind every work.

Art IN Psychology?

I found it through the years of developing it as a skill, observing, and experimenting.

What about you?

Did you fulfill your youthful passion or are you still finding ways in keeping your childhood spark?



Watercolor Summer Colors Trial, 2016

Passing the Baton

From One President to Another

It's been an up and down year for the entire country, as well as for me. Many people have lost their jobs as a result of the retrenchment of businesses that were forced to close due to the economic downturn caused by the Coronavirus outbreak. Although this crippled most of us, we, the Southville Master of Arts in Psychology Society have bridged the gap in those trying times. We have successfully launched programs and assistance for mentally challenged individuals in Estrellas, Quezon City, aided typhoon victims of Ulysses and Rolly, giving toiletries to Taal volcano eruption victims and most importantly, shared a handful of pocket Wifis to financially disadvantaged scholars.

Amazing, isn't it? I couldn't do it all by myself. This is due to the fact that we are united as one. We are steadfast, like a broom ready to sweep away life's obstacles.

Even though I am now turning it over to Jing as the new president of the MAP Society, I intend to maintain the fire blazing within me. I'll still be here to help if anything goes wrong. It was both a gratifying and humbling experience to serve as President. Thank you so much for the chance to serve as President of this wonderful organization.



Cathy Redido
MAP PsychSoc President
AY 2020-2021



It is with an overwhelming sense of gratitude and humility that I accept the position of President of the MAP Psychology Society, along with the responsibilities that come with it.

I thank Cathy for her selfless service in the past year. It was no easy feat leading a team of officers through a pandemic, but she did it, a true testament to her able leadership. Truly, I have big shoes to fill.

As we forge ahead in this new school year, your officers and I will continue to live up to our purpose of promoting the study of Psychology within SISC and the wider community through the conduct of webinars and other educational fora. We will help foster collaboration and camaraderie among students, faculty and alumni through fun and meaningful activities. We will continue to give back to the community through MalaPSYCHkit and the establishment of our Mental Health and Wellness Center.

It is my hope that each one of you will continue to support your officers as you have always done so in the past.

Together, we can make a difference.
Viva Sikolohiya!



Jing Climacosa
MAP PsychSoc President
AY 2021-2022

Meet the Officers

AY 2021 - 2022



Jing Climacosa
President

Director, Willis Towers Watson

Loves to cook and eat :-)

"I hope to become a psychologist so I can make a positive impact in the lives of others."



Jordan Manlapaz
Vice-President

Research Teacher, Adamson University

Loves watching series and movies in Netflix

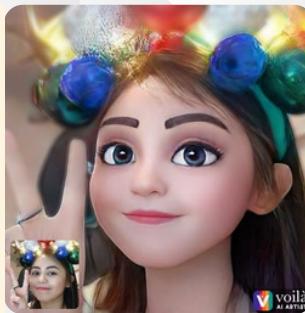
"I hope to be a licensed professional teacher and registered psychometrician and psychologist."

Jessica Vicedo
Secretary

Medical Information Specialist, PPD

Enjoys reading books and listening to music. Plays with her dogs and trying to learn new languages

"I hope to become a psychologist so I can help more people. My family is very important to me."

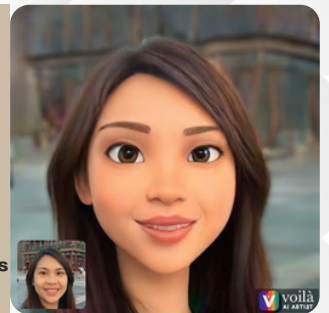


Shannen Tee
Treasurer

IT, PS Bank
Full-time K-popper

Enjoys baking and collecting photocards

"The most important thing for me now is good health for my family. :-)"

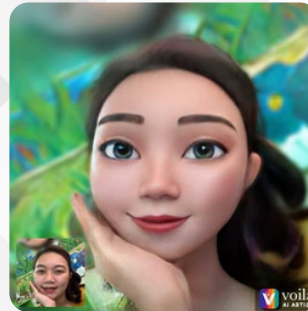


Jette Naval
On-board Student Representative

Director of Guidance Center,
Trinity University of Asia

Bakes cookies and develops cookie recipes that is uniquely Filipino

"I hope to finish MAP, pass the board exam and make professional mental health services readily accessible to people in my workplace."



Tethresh Garcia
Off-board Student Representative

Guidance Associate,
Mother Theresa School

Streaming and playing mobile games like Mobile Legends or Call of Duty

"My current goal and priority is to finish my MAP and I am looking forward to have my own clinic in the future."

Tin Felipe
Events Representative

Psychological Content Lead,
Mind You Mental Health Systems Inc.

Certified Plantita!

"My goal is finish my thesis, get that MAP degree & become an RPsy."



Amy Montañó
Outreach Representative

Psychometrician, De La Salle Zobel
Board of Director, CDAP
Independent Board for Psychometrician, PAP
Senior Trainer and Quality Assurance
Monitoring Officer, MHFR

Loves to listen to music, talk to friends and spend time with family

"I live to learn and share."

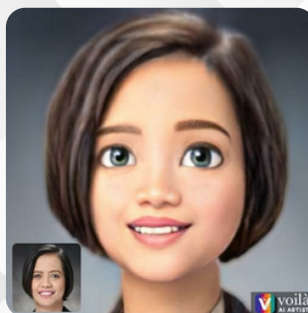


Jan Dalawampu
Alumni Representative

Professor,
SISC College of Psychology

Consumes Korean dramas on a daily basis

"To be happy and pursue my interests - which are too many to mention. HAHA!"



Ms. Juli-ann Alonso-Belmonte
Moderator Extraordinaire

Professor,
SISC College of Psychology

Loves the arts

Congratulations, Graduates!

Grit and Resilience

Batch 2019-2020

Eunchong Kim
(not pictured)



Jan Dalawampu
Bene Meritus



Mike Lotivo
Meritus



Merizza Reyes

Psychological Empowerment

Batch 2020-2021



Kathleen Calison
Dean's Merit



Julie Nolasco
Dean's Merit



Aire Yukdawan
Dean's Merit

Mike Lotivo



Dr. Clyde Rebadulla



Philemon Gonotee



Antonette Dy

Virtual Tribute for Graduates

MAP Events

Last June 21 saw the MAP family coming together to pay tribute to the graduating students of the Psychological Empowerment Batch 2020 - 2021 via the Virtual Pinning Ceremony and Send-off 2021. The graduates are Dr. Clyde, Julie, Lee, Mello, Philemon, and Toni.

Though a departure from the traditional pinning ceremony, it was nevertheless a memorable event. Dr. Sam Galvez led the ceremonial pinning with each graduate wearing their pin - a true symbol of their hard work and achievement. Special and academic awards were given to the graduating batch, a true testament to each one's premier quality.

The graduates looked back at the trials and tribulations they faced as MAP students as shared by their batch representative, Mello, in her testimonial. They then took a stroll down memory lane through a photo collage video from MAP PsychSoc. Adding to the fun mood was the games played during the event, as well as the fun awards given to each graduate.

Their batch song was truly apt and encapsulated their experiences as MAP students, the "mountains they moved, the walls they crashed through, and the dragons they fought".

**Long Live,
Batch
Psychological
Empowerment!**



*We hope you smile when you look back to today.
We hope you smile whenever you remember.*



Thanksgiving Mass

MAP Events

"We live forever when we love and serve."

This was the message imparted by Father Jayson David, SDB in the MAP Thanksgiving Mass held last June 26 via Zoom.

The mass was offered to give thanks for blessings received in the past academic year, for the healing experienced by faculty and students alike, and to pray for continued strength, courage and wisdom as students face new academic challenges. Likewise, the mass was offered for the eternal repose of the souls of loved ones and friends who have gone ahead to be with the Lord.

Held during the last day of the academic year, it was both a fitting ending to the academic year and a beautiful reminder to, in the words of Fr. Jayson, "**Love, love, love and serve, serve, serve**".

