



SOUTHVILLE INTERNATIONAL SCHOOL AND COLLEGES  
PSYCHOLOGY SOCIETY



# AURORA

# D'

# PLUMA

SECOND SEMESTER  
A.Y. 2023-2024



COVER ART BY GIANNA MONTA & JADA ESPINUEVA

# Table of Contents

- 01 **Love Fest Bazaar** by Julyanna Matias
- 03 **2nd Semester A.Y. 23-24 General Assembly** by Camille Carrasco
- 05 **2nd Semester A.Y. 23-24 Breakout Session** by Camille Carrasco
- 07 **Candent Learning Haus' Prom** by Gianna Monta
- 09 **Shindig** by Cristianna Manalo
- 10 **MalaPsychKit: Manuyo Dos Fire Donation Drive** by Gianna Monta
- 12 **37th PAPJA Convention** by Cristianna Manalo
- 14 **Open House** by Noa Vonk
- 16 **Mental Health Talk 2024** by Julyanna Matias
- 19 **Outdoor Experience Program** by Cristianna Manalo
- 21 **Psychology Days (Day 1)** by Gianna Monta
- 24 **Psychology Days (Day 2)** by Noa Vonk
- 26 **Psychology Days (Day 3)** by Julyanna Matias



## Love Fest Bazaar



With Cupid's arrow poised and hearts aflutter, Southville International School and College beckons students into a realm of romance and revelry at the Valentine's Love Fest Bazaar 2024. Amidst the bustling stalls and radiant decorations, love finds its home, weaving threads of connection that unite the campus community in a celebration like no other. The enveloping warmth of love had made its way through our amazing school, lasting from the 12th of February to the 16th.

The Bazaar kicked off high as students came back from semestral break, enlightening students as beautifully decorated love-themed booths laid out on the college walkway. It was a nice view to take in the college walkway being filled with happily interested students and staff. It definitely was a refreshing experience for the beginning of a new semester and gave everyone something to look forward to during their breaks.



**Psychology Society's booth, "Mindful Hearts".**

Setting up a booth that radiated with an inviting warmth, the lovely booth offered adorable Lego plants that attendees could build themselves or with a friend. With five plant varieties to choose from, everyone found something that spoke to them. These Lego plants were not just easy to assemble; they also brought a touch of playful February warmth to the scene. Stickers were laid out in case of any creative touches people would like to add to their items. And let us not forget the sweets they had on offer! In various colors and shapes, these sweets melted in your mouth as cupid chocolate lollipops with a deliciously milky flavor and sweet gummy kebabs with joyful bursts of fruity delight, adding a sweet touch to the celebration of love.

Now, what's a Love Fest Bazaar without the Psychology Society's premier twist to it? The College of Psychology gave its students two days to take the chance and grab the opportunity to make their relationship status public giving the option of choosing amongst 11 colors, with each color giving a different meaning. On February 14 and 15, students walked the halls and filled them with lively vibrant auras, bringing a heartwarming scene to those who'd seen.



**Students from Blocks 1 of BSP 3 and BSP 2 wearing their status during the Mufti Days.**

The biggest event that many looked forward to was the Valentine's Spotlight contest, wherein a duo from any college course may perform in front of a crowd and a set of judges to win. Kara Margaux Antoinette Santos from BSP 1 Block 1 and Juliana Nicole P. Joseph from BSP 1 Block 2 represented the College of Psychology in the competition as they presented a love song depicting a love story between childhood friends. They performed the song 'Lucky' by Jason Mraz and Colbie Caillat with vintage-themed outfits. Melodic and delicate feelings ran through the audience as they lit up the stage with the captivating performance, touching everyone's hearts with their harmonious voices.



**Kara Santos from BSP 1 Block 1 and Juliana Joseph from BSP 1 Block 2.**

Love is a feeling everyone experiences, whether it's love for a partner, or friend, partner, or simple admiration for others. It shows itself in different ways, but the most important love of all is self-love. As college students, we face different obstacles amidst our journey to our desired goals, and it is incredibly important to remember that everyone is not only deserving of love but also needs to show it to themselves.

The Love Fest Bazaar does not center around the sole idea of companionship, but rather a simple reminder that we are to also embrace ourselves and that we are loved. The love-themed event drew a large crowd and inspired unity. It was a huge success, ending on the sixteenth to the college department's delight. The event uplifted everyone's mood and set the tone for the month. Special thanks to the Psychology Society for their dedication, to ensuring all students enjoyed the beautiful month of February to the fullest.



## 2nd Semester A.Y. 23-24 General Assembly



What a way to kick off the semester with a bang! Southville International School and Colleges (SISC) College Department celebrated Monarchs' achievements and dedication to academic excellence with an unforgettable event.

On February 28, SISC hosted a General Assembly themed "Nurturing 5Cs through Academic Rigor with Grit and Growth Mindset." With two sessions—one in the morning and one in the afternoon—the day was packed with excitement. The College of Psychology, Nursing, and Tourism started at 8 AM, while the College of Communication Arts, Multimedia Arts, Business, Information Technology, and Computer Engineering took over at 12 PM.

The event began with the Philippine Anthem and an invocation. Hosts Sophia Lumbres, Angela Saludes, and Cyrille Estapia energized the crowd. The department roll call had everyone cheering loudly. Dean Ruel Cajili and Dean Victor Manabat welcomed everyone with inspiring remarks. Ms. Ann Villaruz shared upcoming activities and answered FAQs, followed by Dr. Rolly "Doc Ardee" Donato's talk on the responsible use of AI.

Games like "Guess that Faculty" and "Bring Me" kept the fun going, and the dance battle was a showstopper with Lauren Gonzales and Ricardo Dela Cruz lighting up the floor. Guest speakers Dr. Katrina Francesca Dauden and Ms. Angelica Rose Tan shared their success stories. The Monarchs Dance Varsity wowed us with a breathtaking performance, and Danise Bendoval, Niel Pineda, and Jesse Danielle Zapata from the Psychology Society impressed the audience with their dance moves.







*From left to right: Dr. Rene Aligonero, Ms. Marie Mirando, Ramcis Yana, Gianna Monta, Marianne Canales, Cristianna Manalo, Shiela Patayon, Ezekiel Reyes, Russel Molina, Jada Espinueva, Dr. Rolly Donato, and Dr. Ruel Cajili.*



The highlight was the awarding of the Top 10 Dean's Listers, with 8 out of 10 from the Psychology Society. Congrats to Jada Espinueva (Top 10), Russel Molina (Top 10), Ezekiel Reyes (Top 7), Shiela Patayon (Top 5), Cristianna Manalo (Top 5), Marianne Canales (Top 5), Gianna Monta (Top 2), and our Top 1, Ramcis Yana.

Dr. Rolly Donato's closing remarks wrapped up the event, followed by a group photo and the SISC hymn. Graduating students stayed behind for important announcements.

What an epic start to the semester! Let's keep the momentum going, Monarchs!



## 2nd Semester A.Y. 23-24 Breakout Session



After the General Assembly, the Psychology Society held its own breakout session, celebrating achievements and fostering connections. The theme was "The Hall of Fame: Honoring One's Greatest Victory," hosted by the dynamic Gonzales duo, Lauren Gonzales (BSP 3 Block 2) and Zelene Gonzales (BSP 2 Block 1). The event kicked off with a heartfelt invocation by Ezekiel Reyes, followed by a warm welcome from the charming Dr. Samuel Galvez. Our radiant Psych Soc moderator, Ms. Kathleen "Lee" Rayandayan, introduced the College of Psychology faculty, setting the stage for an inspiring day. What an epic start to the semester! Let's keep the momentum going, Monarchs!



Danelle Tecson serenaded us with "Breakaway" by Kelly Clarkson, adding a musical touch to the event. Next up was the exciting Awarding of Top Psychology Students, presented by alumna Ms. Jossa Gallanosa. These awards celebrated those with a GPA of at least 2.75, highlighting the hard work and dedication of our Psych Soc family.

Noa Vonk and Giana Glacita from BSP 2 Block 1 then hosted the fun game "Find the Owl," engaging everyone in a lively hunt. Ms. Lee Rayandayan presented the Dean's Listers awards to students with a GPA of 3.00 or higher, followed by a special tribute to our beloved Dean, Dr. Ruel Cajili, for receiving awards "Honorary Doctor of Philosophy in Behavioral Science", "Doctor of Philosophy in Education Management (Honoris Causa)", and "Outstanding Achievement Award in the Field of Psychology and Educational Administration".



**The Dean of the College of Psychology, Dr. Ruel Cajili.**





Juliana Joseph wowed us with her musical talent during the intermission, leading into the much-anticipated potluck. Gianna Monta blessed the food with a prayer, and kudos to the food committee for ensuring everyone enjoyed the feast. During the break, Psychmates wrote inspirational quotes to motivate each other.

Graduating seniors Diego Mendoza and Francis John "FJ" Guerzo, along with freshman Brent Cruz, entertained us with "Sikolarity," a game testing our compatibility. It was hilarious watching Miss Juli and Dr. Sam "cheat" their way to victory.



To wrap up, Ms. Lee Rayandayan introduced the dedicated Psych Soc officers, and President Christine Joy Ramirez and Vice President Marianne Sheen Canales presented the achievements and future plans. Closing remarks were delivered by our first dean, Ms. Avelina Mandin, who praised the hardworking individuals behind the scenes. Evaluation forms were distributed, and the event ended with a photo opportunity and the Psychology Hymn. Psychmates left with customized foldable fans and inspiring quotes, making it a memorable day for all.



## Candent Learning Haus' Prom



There are many stars in the sky. On the night of March 1st, Psychology danced with the brightest of them all—the students of Candent Learning Haus, a learning institution that caters to students with special needs.

Southville International School and Colleges and Candent Learning Haus have been working together for the past years to create amazing events that foster inclusivity. The most recent collaboration occurred in 2019, a Social Dance with the College of Education and Psychology. This year, the dream of acceptance lives on – with the SISC College of Psychology and Candent Learning Haus partnering once again to facilitate Candent's Masquerade Ball in 2024.

Candent meticulously prepared for the event—arranging the catering, managing attendees, and crafting a memorable and heartwarming program. Southville provided the Luxembourg Hall as a magical venue for this unforgettable night, along with faculty support from the College of Psychology and the student volunteers who would become promenade partners for the Candent students.



**Student volunteers from the College of Psychology.**

These student volunteers from Southville became more than just dance partners; they became companions, forging connections with the Candent students through various activities, from photo opportunities under the balloon arch to engaging conversations at their respective tables. The conversations were as diverse as the night sky, encompassing some of the students' niche interests or the unique lives they have led.

The evening officially began with welcoming addresses from Dr. Ruel Cajili, the Dean of the College of Psychology, a teacher from Candent, and a Candent parent. The words of these people from different walks of life were united by a common theme of gratitude and unwavering hope for the future of individuals with special needs. These opening remarks set the tone for the evening, emphasizing the importance of inclusivity and the belief that every person deserves to have their unique brilliance celebrated.

Throughout the evening, the students from Candent lit up the stage with their awe-inspiring talents. These students shone the brightest as they were performing the hobbies they were most passionate about—singing, dancing, and playing instruments to the rhythm of their hearts. These passionate performances were a testament to their individual gifts and interests and the support that they received from their families and the Candent community.

The joy was shared by everyone; Candent students poured their hearts out performing on stage, met with recognition and enthusiastic cheers from the audience. The tables buzzed with conversation, and a sense of togetherness and belonging was felt throughout the Luxembourg Hall.



The evening was a celebration of the unique brilliance of the students of Candent, with awards being given to the Stars of the Night, Mr. and Ms. Congeniality, and the coveted Prom King and Queen awards. The closing remarks delivered by Teacher Benjamin Santos were words of gratitude for the camaraderie displayed by everyone and sparks of hope for a future like this night; where everyone works hand in hand to fight for inclusivity.

As the evening drew to a close, the most memorable and unifying moment unfolded—the open dance floor. A large circle of dancing people was slowly formed by encouraging everyone present to join in. Here, everyone, may it be Candent students, teachers, parents, or SISC students, faculty, and staff, got their moment to shine as they took turns dancing in the middle. Everyone was cheering and laughing.

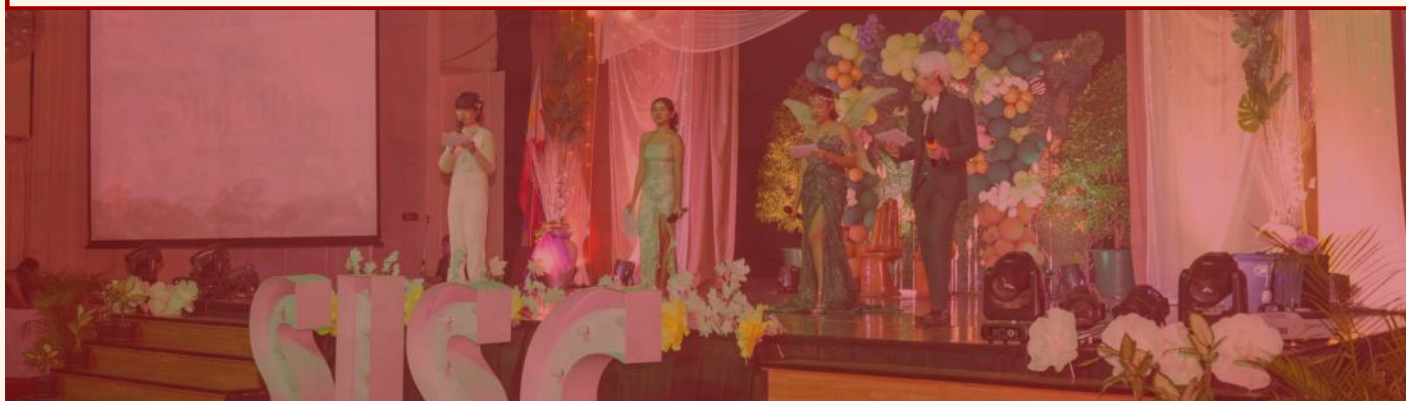
As the dance floor came alive with the rhythm of '80s disco music, all barriers were finally dissolved, forging an unbreakable bond between everyone present; a bond united by a shared vision of a world where inclusivity always reigns supreme.



Each person is a unique star that illuminates the night sky. When people with disabilities get the opportunity to shine, they make the dark sky even brighter and more beautiful. Candent's Masquerade Ball served as the realization of that belief. It was a celebration of every individual's brilliance and a step towards a world where no one, despite their capabilities, is left unseen and everyone gets the opportunity to shine brightly.



## Shindig



Southville's Shindig Night, with its whimsical theme "A Night Party Under the Vines," was a dazzling spectacle that brought a touch of magic to the hearts of first and third-year students alike. Held at the luxuriously transformed Luxembourg Hall last April 12, 2024, the venue glittered with twinkling fairy lights and cascades of verdant vines, creating a spellbinding backdrop for the evening's events. Students arrived at their enchanting best, from ethereal elves to dashing princes and princesses, each costume adding to the fairytale-like ambiance that was sure to amaze all who attended.



**Ezekiel Reyes from the College of Psychology.**

The evening's program was as delightful as the decor, with hosts Stacey Caliwan, Blair Montiero, Ruth Galang, and Ezekiel Reyes brimming with energy and charm, ensuring the night flowed seamlessly. Stacey's elegance, Blair's humor, Ruth's warmth, and Ezekiel's charisma perfectly blended to bring the program to life. The stage came alive with captivating intermission numbers, showcasing the incredible talents of Southville's students through mesmerizing dance routines and enchanting musical performances. Each act was a testament to the students' creativity and spirit, leaving the audience in awe.

Adding to the enchantment were DJs Simon Castro and Hypeman Joshy, who did a spectacular job ensuring the evening was wonderful with their expert music choices and engaging presence. The bubbly hosts kept the energy high, their infectious enthusiasm making sure the enchantment never waned and the audience remained spellbound. Together, the hosts and DJs created an unforgettable experience, making the night a true celebration of talent, creativity, and community spirit.

A highlight of Shindig Night was the opportunity for students from different courses to come together and mingle in this magical setting. The dance floor became a kaleidoscope of joy and laughter, as students twirled and swayed, creating memories that would last a lifetime. It was a night where friendships were forged and the spirit of camaraderie was palpable, reminding everyone that Southville is not just a place of learning, but a vibrant community where magic truly happens. As the night drew to a close, it left everyone dreaming of the next whimsical gathering under the vines.



## MalaPsychKit: Manuyo Dos Fire Donation Drive



*"How does someone find the strength to carry on and start over from a devastating loss?"*

This is a question lingering in everyone's thoughts in the aftermath of the tragic fire that destroyed the communities of Barangay Manuyo Dos and Barangay San Isidro.

On the night of April 1st, 2023, a fire ravaged the communities of Brgy. Manuyo Dos, Las Piñas City and Brgy. San Isidro, Parañaque City, leaving paths of destruction and despair. Houses painstakingly built, cherished belongings, the life they had built, and the future they had planned—all of them went up in flames until the fire was extinguished at 3 a.m. the next day. The sun was rising, but darkness enveloped the minds and the hearts of the 330 displaced families.

When the news of this tragedy reached Southville, the sophomore Psychology Society officers swiftly sprang into action. Led by their block representatives Lhara Ignacio and Julianne Barrion, they rallied the support of all the members of the SISC College of Psychology and other members of the Southville community. Fueled by their empathy for the victims and their dedication to making a difference, their donation drive gathered 242 articles of clothing, 324 bottles of water, and a survival kit with food and hygiene essentials for the displaced families.



**Students from BSP 2 Block 2 while repacking the donations.**





On April 24, a team composed of the sophomore Psychology Society officers, core officers, and the third-year members of Southville Communications Society's documentation team arrived at the fire site to distribute the donations they had collected and offer messages of encouragement and admiration to inspire hope in the hearts of the families.

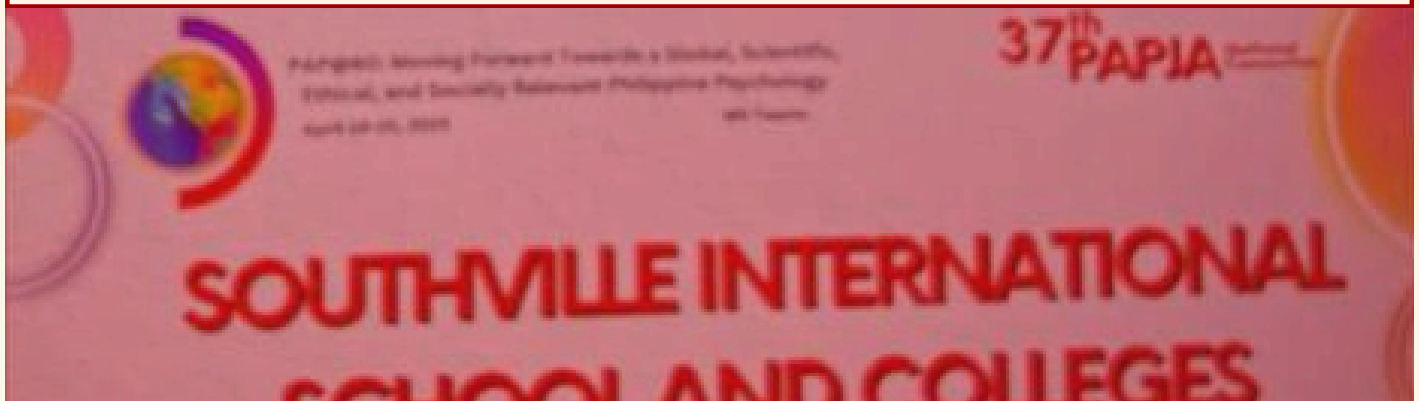
The team braced themselves for scenes of despair. However, the reality that greeted them defied their expectations. Instead of despondency, they found a community, welded together, and stronger than ever. Under makeshift shelters, families were not waiting; they were planning, creating, and dreaming. There were numerous signs of budding hope in the families' actions during the team's quick stay at the fire site. An instance of this was when a mother asked about college scholarships for her daughter. This simple question spoke volumes about their relentless hope. This community, bruised but not broken, was determined to build a brighter future, brick by brick.



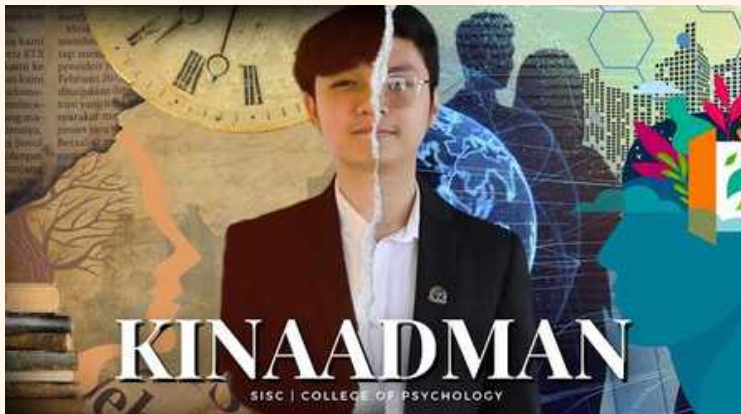
This encounter transformed the purpose of the Psychology Society's visit. They realized their role was not solely to act as benefactors. Instead, the situation revealed a powerful exchange of strength. While their donations provided much-needed relief and helped in providing for the families' survival, the true lesson came from the community itself. In the face of unimaginable loss, the unwavering human spirit shines through: a hope strong enough to rebuild not just homes, but a brighter future.



## 37th PAPJA Convention



The Southville Psychology Society's participation in the 37th Psychological Association of the Philippines Junior Affiliates annual event was marked by exceptional dedication and collaboration. This year's event, themed "Moving Forward Towards a Global, Scientific, Ethical, and Socially Relevant Philippine Psychology," provided a platform for aspiring psychologists to showcase their talents and contribute to the field through creative and scholarly endeavors. Southville's Psychology Society's entries in the Psyclips and Songwriting competitions, as well as their involvement in the National Convention, exemplified their commitment to advancing Philippine psychology.



For the Psyclips competition, Southville presented "Kinaadman," a short film that delves into the legacy of Dr. Virgilio Enriquez, the father of Sikolohiyang Pilipino. The film begins with a group of friends exploring a museum, where Gio, one of the friends, becomes captivated by a photograph of Dr. Enriquez. The narrative then unfolds, highlighting Dr. Enriquez's journey from his humble beginnings to his groundbreaking work in promoting Sikolohiyang Pilipino. Inspired by Dr. Enriquez's passion and challenges, Gio resolves to continue his mission, using both traditional and modern methods to spread awareness and education about Philippine psychology. "Kinaadman" beautifully portrays the parallel journeys of Dr. Enriquez and Gio, emphasizing the enduring impact of their work on the global stage.





In the Songwriting competition, Southville's entry, "Para Sa'yo," resonated deeply with the event's theme. The song is a heartfelt tribute to the resilience and strength of the Filipino people, sung from the perspective of Sikolohiyang Pilipino. "Para Sa'yo" acknowledges the historical struggles faced by Filipinos and reaffirms the discipline's commitment to serving the nation. As Sikolohiyang Pilipino evolves to meet global standards while remaining ethically and socially relevant, the song promises that its roots will always lie in serving the Filipino community. This musical piece not only showcased Southville's artistic talent but also their dedication to the principles of Philippine psychology.

The National Convention, held from April 19-20, 2024, provided an enriching experience for the Southville Psychology Society members. Spanning from 8 a.m. to 4 p.m. each day, the convention featured a series of mental health and psychological talks. These sessions offered valuable insights and inspired attendees to pursue innovative and ethical practices in psychology. Southville students actively participated in discussions, gaining knowledge that would help them contribute to the advancement of Philippine psychology.



**Students from the College of Psychology attending the 37th PAPJA Convention.**

Overall, Southville's participation in the event was a testament to their hard work and collaborative spirit. Their contributions in the form of "Kinaadman" and "Para Sa'yo" reflected a deep understanding and commitment to the theme, while their engagement in the National Convention highlighted their dedication to continuous learning and professional growth. The Southville Psychology Society not only honored the legacy of Philippine psychology but also demonstrated its potential to shape its future on a global scale!



## Open House



*"Follow the music and let it lead you to your dreams..."*

The College of Psychology was able to host its second Open House for the academic year of 2023-2024 on Saturday, April 27 during the Southville Musikantahan. Prospective students were welcomed to Southville to learn more about the variety of college courses that are offered and most importantly become familiarized with the premier College of Psychology. Like any open house, students were able to inquire about Southville, take entrance exams, and meet with current faculty and students. The day was spotlighted by the musical performance from This Band. To keep the beat going in the Psych Lab, this semester's decor theme was, *\*saxophone riff please\**, Jazz.



Taking a peak behind the curtain, piano key banners were strung around the room with musical notes to accompany them. In addition to the classic black, white, and gold, Psychology's red completed the color palette of the room. Many thanks are given to the Psychology Society officers and volunteers for utilizing their creativity in transforming the Psych Lab into our very own Jazz lounge. Of course, no Jazz lounge is complete without its hosts, Giana Glacita and Lhara Ignacio who lead the presentation of introducing the College of Psychology to multiple batches of prospective students.



**Lhara Ignacio and Giana Glacita from  
BSP 2 Block 1.**



The curriculum, faculty, and policies of the College of Psychology were outlined in the presentation and attendees had the opportunity to have their questions answered by current premier students. Before sending students off, volunteers performed "Salamin Salamin" by BINI as a musical goodbye.



With this being yet another successful event under its belt, the College of Psychology recognizes all those who gave their time and help to make this possible. Psychology Society President Christine Ramirez alongside other officers and volunteers: Dana Poral, Kris de Torres, Marito Gamboa, Francis John Guerzo, John Garcia, Alexis Silva, Julianne Barrion, Gianna Monta, Joachim Miguel Dela Cruz, Shiela Patayon, Cristianna Manalo, Ezekiel Reyes, and Ramcis Yana. As well as from the faculty, Psychology Society moderator, Ms. Kathleen Rayandayan, Ms. Diana Imperio, and our premier Dean, Dr. Ruel Cajili for their guidance and support, this open house could not have been pulled off without them.



The College of Psychology welcomes all new students and enrollees and awaits to see their dreams become a reality. We are ready to welcome you into your new home.

*"This is home." - Sebastian, La La Land.*

Welcome to the College of Psychology. *Viva Sikolohiya!*



## Mental Health Talk 2024



On May 21, the College of Psychology organized a seminar on mental health at Luxembourg Hall with the title Awareness to Action: Advocating for Universal Mental Health. The seminar focused on the theme of universal mental health, aiming to raise awareness and support for mental health issues globally. It emphasized the critical need for recognition, knowledge, and assistance in the field of mental health and psychology on universal mental health.

Universal mental health promotes global awareness and support for mental health, emphasizing public recognition of available psychological resources. It encourages self-care, self-awareness, and resilience, reducing stigma and promoting early interventions. These initiatives lead to personal growth, healthier coping strategies, and a more understanding community.

The seminar featured three notable speakers: Hon. Andre Estanislao from the Department of Foreign Affairs, L&D Professional and ICF Associate Certified Coach Ms. Clarice Cabanlit, and Ms. Judith Acosta who is the founder of Naturopath Manila, each sharing invaluable insights on different aspects of mental health.



**Zelene "Shine" Gonzales and Francis John "FJ" Guerzo as hosts for this year's Mental Health Talk.**



Ms. Judith Acosta focused on the significance of naturopathy, how to integrate nature into our daily routines. She emphasized that connecting with the environment can significantly enhance mental well-being. Small actions, such as appreciating sunlight to boost serotonin levels or breathing clean air to increase energy and reduce stress, can have profound effects on mental health. Her message was clear: living mindfully and appreciating the small things in nature can drastically improve our mental well-being. Naturopathy's holistic approach, addressing mental, emotional, and physical well-being, aligns with advocating for universal mental health. By promoting natural remedies and mindfulness, it offers accessible strategies globally, fostering resilience and well-being for all.



Ms. Clarice Cabanlit highlighted the importance of emotional intelligence, stressing the need to acknowledge and process emotions through various outlets, such as journaling and using emojis for better expression. Properly understanding and validating one's feelings is crucial for managing stress, making informed decisions, and fostering better connections. Her talk underscored that emotional intelligence is essential for navigating life's challenges and enhancing personal relationships. Its relevance to advocating for universal mental health lies in empowering individuals to manage their emotions effectively, fostering healthier relationships and overall well-being.

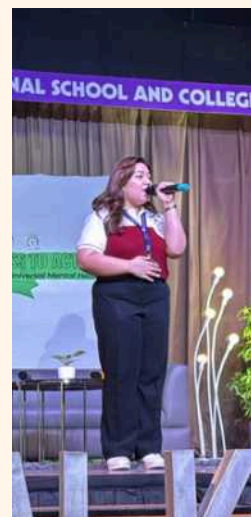


Hon. Andre Estanislao began his talk with an overview of the mental health situation in the Philippines. He acknowledged the perception that the government is not doing enough to prioritize mental health but highlighted the small yet significant steps being taken, such as allocating a dedicated budget for mental health services. He presented statistics on global and local mental health, demonstrating that while the Philippines may not be in a dire situation, there is still much room for improvement. His study with local construction workers exemplified the importance of mental health awareness and its impact on various sectors of society. It underscores the importance of accessible mental health support systems for all, regardless of occupation or socioeconomic status. This demonstrates that advocating for universal mental health requires addressing the specific needs of diverse populations to ensure comprehensive and equitable support for everyone.



**Ms. Diana Imperio, along with the speakers, hosting the Q&A segment.**

During the intermissions, Sir Lester Rodriguez, Ms. Princess Velasco, and Darlene Javier graced the stage with their captivating performances, mesmerizing the audience with their beautiful voices. Each rendition was delivered with precision and passion, evoking a range of emotions among the spectators. Their seamless harmonies and powerful vocal delivery kept the audience thoroughly entertained, making the intermission a memorable highlight of the event.





Raffles were held intermittently throughout the seminar, enhancing engagement and excitement among attendees. Sir Lester and the PR team played instrumental roles in organizing these raffles, ensuring smooth execution and adding a layer of anticipation to the event. Their efforts contributed to the overall success of the seminar, fostering a dynamic and interactive atmosphere for all participants.



The seminar was a significant step towards enhancing mental health awareness and support within the community. The insights shared by the speakers underscored the importance of mental well-being and provided practical strategies for improving mental health on both individual and societal levels. The speakers conveyed a formal and motivational tone by delivering their speeches with professionalism, offering factual information while instilling hope regarding mental health. The seminar would not have been as successful without the hard work and commitment of the Psychology Society participants, and the wonderful sponsors Yellow Cab Pizza Co. and Air Baking Center for making this event the spectacular success it is.



## Outdoor Experience Program



On May 24, 2024, the entire College of Psychology from Southville, spanning first-year to fourth-year students, came together for a day of heartfelt community service and delightful recreation. The Outreach Program, organized by the Southville Psychology Society, kicked off with a visit to the Botanical Garden in Las Piñas. Here, the Psychology students hosted an event for local children from the Social Development Center, filled with a variety of engaging games and delicious food. The picturesque garden served as a perfect backdrop for the activities, as laughter and joy echoed through the vibrant greenery.



Students and children alike bonded over classic games such as sack races, tug-of-war, and treasure hunts, each moment fostering a spirit of camaraderie and mutual happiness. Some students even prepared a dance number for the attendees, leading to a dance-off that had everyone laughing and enjoying! The sight of children's faces lighting up with joy was both heartwarming and enlightening, highlighting the profound impact of even the simplest acts of kindness.







After the morning's festivities, the group made their way to SM Southmall for a sumptuous lunch buffet at Tong Yang. The restaurant, renowned for its wide array of delectable dishes, provided the perfect setting for students to relax and refuel after a morning of energetic activities. The buffet offered a large variety of options, from savory meats and sauces to an assortment of desserts that satisfied every palate. Conversations buzzed with excitement as students shared their morning experiences, discussing the meaningful connections they made with the children. The sense of community and shared purpose was palpable, reinforcing the bonds among students and faculty alike.



**The College of Psychology outside Tong Yang, SM Southmall.**



The day concluded on a high note with an exhilarating movie experience at the IMAX theater, where everyone enjoyed the latest action-packed film, "Furiosa: A Mad Max Saga." The stunning visuals and gripping storyline kept everyone on the edge of their seats, providing an adrenaline rush that perfectly capped off the day's events. This thrilling cinematic experience served as a fitting reward for the students' hard work and dedication. As the credits rolled, the feeling of fulfillment was evident in the smiles and conversations that filled the theater. The Outreach Program was not just an opportunity to give back to the community, but also a day of bonding and joy for Southville's future psychologists, leaving lasting memories and a strengthened sense of unity that they would remember for years to come!



## Psychology Days (Day 1)



The air crackled with excitement as the College of Psychology celebrated another premier year with the arrival of Psychology Days. This three-day extravaganza, held on June 11, 13, and 14, served as a joyous celebration of the Psychology Society's remarkable achievements throughout the academic year 2023-2024. It created an opportunity for students, from wide-eyed freshmen to thesis-focused seniors and professors to come together, strengthen their bonds, share knowledge, and forge lasting friendships. The event was a vibrant tribute to the thriving community that is the Psychology Society and a way to look forward to a future filled with continued success and abundance.



**Thanksgiving Mass presided by  
Fr. Phan Van Tran, s.P.**

Before the official festivities, a Thanksgiving Mass was held on June 6th at the College Multi-Purpose Hall. Presided upon by the MAP's very own Father Phan Van Tran, s.P., this holy ceremony was held to acknowledge the guiding hand of the Lord that steered the Psychology Society towards remarkable success throughout this school year, with the Psychology Society bagging the most awards and especially winning the most coveted Organization of the Year Award during Southville's College Organizational Awarding. Beyond gratitude, the mass also included prayers for continued guidance from the Lord in upcoming events and blessings for more opportunities. This was the spirit of Psychology days – not only celebrating the past but also the exciting possibilities in store in the future.

The Psychology Days commenced on June 11th with the 7th Pinning and 1st White Coat Ceremony—a celebration of the perseverance of the graduating students from both the Bachelor of Science and Master of Arts programs, along with those who successfully passed the recent Psychometrician and Psychologist licensure examinations. Proud families, professors, students, and graduates beamed as they witnessed the official induction of this year's graduating class...the Conscientiousness Batch!



**Masters of Ceremony,  
Sir Danie Garcia and Ms. Jossa Gallanosa.**



This title embodied the unwavering dedication and commitment to excellence that these graduating students had consistently demonstrated throughout their academic journey. As their names were called, as pins were placed upon the lapels of the BSP students, and as white coats were bestowed upon the shoulders of the MAP students; it served as a beacon of recognition for their relentless pursuit of excellence and an inspiration for those of us following in their footsteps. Congratulations and soar high, Conscientiousness Batch!



After the heartfelt Pinning and White Coat Ceremony, the atmosphere shifted in the Luxembourg Hall, where it transformed from a place of formal recognition to a space buzzing with anticipation for upcoming festivities. The dazzling hosts Zelene “Shine” Gonzales and Francis John “FJ” Guerzo then took the stage, their infectious energy igniting and channeling the spark of excitement in the audience. As they took the microphone, everyone became ready to be swept by the jubilant celebration that was Psychology Days 2024!

To officially open the Psychology Days, our beloved dean Dr. Ruel Cajili was called to the stage, painting a vibrant picture of the next three days that would fan the flames of past achievements, forge new and existing bonds within the community, and ignite the spark of our future success, exemplifying this year’s Psychology Days theme: “Embers of Triumph: Reigniting the Flame Within and Uniting under the Blazing Brilliance of Success.”

But first, a taste of the festivities to come! Shine and FJ, ever the masters of anticipation, unveiled the electrifying schedule for the next three days:



**Ramcis Yana and Andrea Tan commencing the Grand Merientoring.**

The remaining activities for the first day were Merientoring and CinePsych. Merientoring is a unique blend of merienda (snacks) and mentoring! Mentees would sit around in a circle, sharing stories and aspirations while esteemed professors offered guidance, all fueled by delicious snacks. Afterward, CinePsych is a chance to bond as a community while huddling together, watching Elementals, and most importantly, snacking on popcorn!





Day 2 is a day showcasing student talent with Psych Got Talent followed by some friendly team sports competition in the Psych Olympics. Day 3 is the grand finale—a fun-filled evening showcasing Psychology's elegance, grace, and brilliance with Binibini at Ginoong Sikolohiya.

All the excitement changed to pride as the focus shifted to celebrating the Psychology Society's impressive achievements during the past year. Each achievement (there were many of them!) ignited waves of supportive applause from all across the room. Ms. Diana Imperio, the chairperson of the College of Psychology then introduced the heroes of the people who tirelessly worked to make it all happen—the Psychology Society officers. With Ms. Anna Villaruz, the head of the Office of Student Affairs officiating, these dedicated leaders took a renewal oath, their commitment a promise of continued success for our community.



The rest of the afternoon was an afternoon of warmth, fun, and human connection. Merientoring lived up to its name as the College of Psychology strengthened its tight-knit bonds, a strong reminder that in Psychology, no one is alone. Later, under the soft glow of the projector, CinePsych brought everyone closer together as one family. In the cozy darkness of the Luxembourg Hall, with popcorn in hand, we laughed, cried, and experienced a rollercoaster of emotions together as we watched *The Elementals*.

The first day of Psychology Days concluded on a high note! The spirit of unity and camaraderie ignited during Day 1 was the perfect foundation for the days to come. As we Psychmates bid farewell to the first day, we did so with a renewed sense of purpose and excitement, eager to become part of the upcoming activities and the wonderful community that is the Psychology Society.



## Psychology Days (Day 2)



*"Talents are meant to be shared..." - Carol B. Thomas*

Day 2 of the Psychology Days was all about getting to showcase our talents and abilities within the College of Psychology through the highly anticipated Psych Got Talent (PGT) and the Psych Olympics. The morning started off with a bang, filled with performances from not only participants but many surprise acts from faculty and judges during the Psych Got Talent. Later that day the high energy continued as the psych olympics took place seeing the faculty and students teamed up and competing in various games.



**From left to right: Ysabella De Claro, Psych Blooms (Shiela Patayon, Russel Molina, Andrea Duenas, and Sofia Cipriano), Kitties ng Twice (Lhara Ignacio, Giana Glacita, Ricardo Dela Cruz, Mayumi Sekiguchi, Micah Arocena, and Alexis Silva), and Emiliani Cutillar.**

The morning started with showing off the musical talents that the College of Psychology students have to offer. Two singing performances took place, Ysabella De Claro from BSP 1 Block 2 with 'Oo' by Up Dharma Down and Emilani Cutillar from BSP 4 Block \_\_ with 'Skyfall' by Adelle both sang their hearts out, moving everyone with their voices. Two dance groups also performed, the first "Kitties ng Twice", from BSP 2 Block 1 consisting of Lhara Ignacio, Giana Glacita, Alexis Silva, Micah Arocena, Ricardo Dela Cruz, and Mayumi Sekiguchi; and the second, "Psych Blooms" from BSP 2 Block 2, consisting of Shiela Patayon, Andrea Duenas, Sofia Cipriano, and Russel Molina. Each group left the crowd wanting more after performing a Twice remix and a BINI medley respectively.





They were not the only ones to take the stage that day though as every judge proved why they were in their position. Sir Arnel Montablan and Ms. Giermin Sahagun sang whilst Sir Vergilio De Villa danced, all impromptu performances leaving the crowd cheering and on their feet. The final performances came from Darlene Javier and Clobelle Siachua providing the intermission numbers for the event. Ultimately, the Psych Blooms would claim victory in the Psych Got Talent and make appearances throughout the rest of the Psychology Days. It was a morning filled with music and movement that left everyone excited and ready for the many more activities to come.

After lunch, students and faculty were divided into four teams for the Psychology Olympics. Each team was inspired by countries from around the world and at this year's Psych Olympics in attendance were BELLENzuela, AustRUElIA, GIERMy, and InDEEa. Before the team competitions began the annual Batch Cheer took place where each batch had to create their own cheer and were encouraged to utilize their creativity in making a routine. The Third Years blew everyone out of the water with their cheer, snatching up first place for this event.



After the official group warmup to raise everyone's energy each team had a muse walk to hype up the crowd kicking off this year's Psych Olympics. Teams competed in party games such as 'Grab the Cup' and 'Suot Lusot', a relay race, and the crowd-favorite dodgeball. Throughout the day, the events were accompanied by commentary from Marito Gamboa and Zack Quianzon adding a new entertainment aspect to the event. Each game offered the teams a chance to earn points which would determine the overall champions of the day, up for grabs were cash prizes and grocery goodies. After a fierce competition, BELLENzuela claimed victory gaining the most points during this year's Psych Olympics.

The success and enjoyment of these events would not have been possible without the committee heads and organizing teams behind them. Special thanks and congratulations are given to the following for spearheading their committees, Diego Mendoza, Joachim Miguel Dela Cruz, Francis John Guerzo, for the PGT, and Clobelle Siachua and Brent Cruz for the Psych Olympics. Thanks are also given to the committee members Julianne Barrion, Tania Laureta, Clobelle Siachua, Lauren Gonzales, Lhara Ignacio, Ramcis Yana, and Julyanna Matias for the PGT. The same is given to Christine Joy Ramirez, Tania Laureta, Darlene Javier, Noa Vonk, Ramcis Yana, and Rafael Gutierrez for the Psych Olympics. Day 2 of the Psychology Days overall allowed us to highlight the stars we have amongst us in the College of Psychology through fun and friendly competition. We hope everyone seized the day and is inspired for next year's events.



## Psychology Days (Day 3)



On June 14, 2024, the College of Psychology gathered at Luxembourg Hall for an evening of elegance and charm. Representatives from all years and blocks competed for the coveted titles of "Ginoong Sikolohiya" and "Binibining Sikolohiya," showcasing their talents, creativity, and poise.



Representatives for Binibini at Ginoong Sikolohiya (from left to right): Thalia Perico, Mikiel Chico, Bianca Molon, Noa Vonk, Edilro Lamadrid, Cristianna Manalo, Elijah Martinez, Jose Rafael Angco, and Diego Mendoza.

The pageant featured nine outstanding contestants: Thalia Perico and Mikiel Chico from BSP 1 Block 1, Precious Bianca Molon from BSP 1 Block 2, Noa Vonk from BSP 2 Block 1, Edilro Jascar Lamadrid from BSP 2 Block 2, Cristianna Manalo and Elijah Martinez from BSP 3 Block 1, Jose Rafael Angco from BSP 2 Block 2, and Diego Mendoza from BSP 4 Block 2. Hosts Zelene Gonzales and Francis John Guerso kept the audience entertained throughout the night. The judges for the evening were Ms. Choy Jamias, Ms. Nina Basilio, Ms. Ella Caramoan, Mr. Lester Rodriguez, and Mr. James Ong.



The event kicked off with a dynamic dance performance by the candidates, capturing everyone's attention. Diego Mendoza and Elijah Martinez won the "Best in Production Number" award, wowing the crowd in their light blue jeans and white shirts. The first intermission to follow featured a soulful rendition of "Tu" by Maye, performed by Juliana Joseph.



The candidates then showcased their casual attire, accompanied by self-introduction videos. Diego Mendoza and Elijah Martinez again stood out, winning "Best in Introductory Video." During the next intermission, Judge Mr. Lester Rodriguez delighted the audience with his performances of "Shut Up and Dance" by Walk The Moon, "Take On Me" by A-ha, and "Do You Remember" by Jay Sean.



The creative ramp segment saw each contestant presenting their unique themed outfits, captivating the audience with their originality. Jose Raphael Angco and Elijah Martinez were awarded "Best in Creative Ramp." This was followed by a dance performance and a heartfelt song by Cozyivy, brother of Judge Sir James Ong, who sang "Ako'y Sayo, Ika'y Akin Lamang" by First Circle.

Next, the contestants changed into their formal attire, while behind-the-scenes footage of their photoshoots played on screen, along with encouraging messages from their respective blocks. Diego Mendoza and Elijah Martinez clinched the "Best in Formal Attire" award.

The Question and Answer portion allowed contestants to showcase their eloquence and quick thinking. Jose Raphael Angco and Noa Vonk excelled, winning this challenging segment. While the judges deliberated, Ms. Eliza McGee, a College of Psychology alumna from Batch 2018, performed her original song "As Above So Below." She also introduced the reigning Ginoo and Binibining Sikolohiya, Julia Palma and Ezekiel Reyes, for their farewell walk. The last intermission number would walk on stage with judge Ms. Nina Basilio singing We Belong Together by Mariah Carey.

As anticipation grew, all contestants and judges were called to the front of the stage to receive certificates of appreciation. Special awards followed: Thalia Perico and Edilro Jascar Lamadrid won the "People's Choice Award," and Thalia Perico and Diego Mendoza were named Mr. and Ms. Congeniality. Each contestant received personalized awards, celebrating their unique qualities: Thalia Perico with the "Tiktok Superstar" award, Bianca Molon with the "Radiating Smile" award, Noa Vonk with the "Elegant Darling" award, Cristianna Manalo with the "Charming Princess" award, Elijah Martinez with the "Dancing Queen" award, Mikiel Chico with the "Workout Warrior" award, Edilro Jascar Lamadrid with the "Courageous Thinker" award, Jose Rafael Angco with the "Bookishly Brawn" award, and Diego Mendoza with the "Campus Cutie" award.

Finally, the moment everyone had been waiting for arrived. Mikiel Chico and Noa Vonk were the first runners-up. Diego Mendoza was crowned Ginoong Sikolohiya, and Elijah Martinez was crowned Binibining Sikolohiya. The evening's success was a testament to the dedication of the students and the hard work of the Psychology Society. Special thanks go to our sponsors, Beans & Blossoms, Yellow Cab, and Air Baking Center.







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