



SOUTHVILLE INTERNATIONAL SCHOOL AND COLLEGES
PSYCHOLOGY SOCIETY



Aurora D' Pluma



FIRST SEMESTER A.Y. 2023-2024



COVER ART BY KAREN DEL ROSARIO



Table of Contents

- 1** New Students' and Parents' Orientation
- 3** A.Y. 2023-2024 General Assembly & Breakout Session
- 7** MalaPsychKit Paglingap Drive
- 9** Purple Spirit Week
- 12** Teachers' Day
- 14** Open House
- 16** Psych Navidad
- 19** Christmas Fantasy
- 21** Gift-Giving

New Students' and Parents' Orientation

Gianna Monta

August 30, 2023

And so it begins...

The New Student and Parent Orientation was the official integration of the freshmen and transferees and their parents to the Premier College of Psychology. Hosted by the dynamic duo Francis John Guerzo, the Events Committee Head, and Diego Mendoza, the cutest Southville student, this event successfully introduced not only the academic side of the College of Psychology but also the warm and welcoming community of its students and professors.



The event began with the welcome remarks of the Psychology Society's new president, Christine Ramirez. In her speech, she eased the doubts in the minds of students and parents by stating that despite her dream course being engineering, choosing BS Psychology at Southville International School and Colleges was a good decision. Christine declared that it was "not the right choice, but the best choice."



Next, Ms. Kathleen Calison-Rayandayan introduced the premier faculty of the College of Psychology, all of which are 100% postgraduate degree holders with multiple years of experience in their respective fields. Not only are these professors competent, but they are also compassionate to their students. This fact was supported by their students' cheers and applause as they heard their professors' names being called.



Christine Ramirez, the president of Psychology Society, and Ms. Diana Imperio, the Chairperson of the College of Psychology.

To take a break from all the information shared, the audience was serenaded by Gianna Monta with an excellent rendition of Torete. After the intermission, Ms. Diana Imperio gave the students a brief overview of their academic life ahead—the preparation and benefits that BS Psychology offers to their graduates, the grading system and its components, the outputs to be submitted in every term, and some house rules to ensure the students are in their premier behavior.

Afterward, Noa Vonk broke the ice between the students and showcased the hidden dancing prowess of both freshmen and transferees. In a fun game entitled “The Boat is Dancing”, the students danced to the rhythm of the beat. Whenever the music stopped, they had to group themselves with the specific numbers instructed by Noa. The new students had fun and got surprisingly competitive at the end, which eventually turned into a dance-off between the last contestants.



Ms. Kathleen Rayandayan was once again called upon to introduce the officers of the Psychology Society: the batch representatives, the members of the Events, Writing & Design, and Technical committees, and the core officers. Everyone was especially graced to see the iconic dance move, a Jazz split, of Christine Ramirez, the newly inducted president.

The event continued with the presentation of the past and future events and activities of the Psychology Society discussed by Marianne Canales, the vice president of the organization. To further solidify the newly formed bonds, everyone rose to redo the Psychology cheer done during the morning session. (Oh, Sikolohiya, you're so fine, we love the mind, BSP, ey-ey, BSP ey-ey!!) Finally, Psychology's NSPO session concluded with closing remarks and messages of hope and gratitude from the dean of the College of Arts and Sciences, Dr. Ruel Cajili.



The success of this event was observed in the freshmen, transferees, and old students talking, laughing together, taking photos with each other, and exchanging Instagram handles. There were beaming smiles all across the room, from the professors, the parents, and the students, finally united as one. In the end, there were no “new students” or “old students”. They are simply students of the same supportive community—the Premier SISC College of Psychology.

Welcome to the family, Psych-mates! Here's to sharing more smiles with you in the future!

A.Y. 2023-2024 First Semester General Assembly

Camille Carrasco

September 20, 2023



As Elin Nordegren says, "Education is one thing no one can take away from you." For this reason, Southville continues to deliver the best education every student deserves. To celebrate their accomplishments, the institution holds a general assembly to welcome new students as well as recognize students who finished with high remarks last semester. The General Assembly was conducted on September 20, 2023. The theme was "Nurturing 5Cs through Academic Rigor and Growth Mindset"; and this concludes and commences a fruitful academic year.



For a change, instead of the usual Luxembourg Hall where the past general assemblies were held, this semester's GA took place in the Monarch's Gym because of Southville's growing family. Although the weather was scorching hot, our Monarchs definitely enjoyed the event, especially when it started on a high note. Excitement and overflowing energies filled the atmosphere as the freshmen and seniors enthusiastically delivered their college cheers and showed their pride in representing their organizations. Afterward, the hosts officially welcomed the students with their lively greetings. The masters of the ceremonies were student ambassadors of our institution.

Our very own college director, the beautiful and elegant Ms. Astrid De Leon, gave her introductory remarks to welcome everyone who was present in the assembly. Next, Ms. Mary Joy Martinez gave a few school announcements. Of course, college is not only about studying but also having fun while pursuing our goals and aspirations. With the help of the Office of Student Affairs (OSA), we are able to have fun-filled activities and celebrations. To discuss what is in store for us this academic year, Ms. Ann Villaruz and Coach Rory Mansbridge explored topics about student life engagement and athletics respectively.



Danise Bendoval with the student assistants of SISC, along with some professors of Psychology.

To loosen up a bit, everyone participated in a game of "Bring Me". Essentially, the players needed to bring the items or objects that the hosts state; and the first participant who successfully brought the item would win a cash prize. One of our Psychmates, Danise Bendoval from BSP 3, won the longest belt segment of the game. Congratulations, Danise!

Continuing on, it was about time the students heard some inspirational advice. An alumnus shared their story on how Southville has helped and molded him to become the man he is today

and how he built his career. Despite his hectic schedule, we were honored to hear the testimony of Atty. Mach Jefferson Mancenido, a Political Affairs Officer at the House of Representatives.

Before we moved forward to the exciting part, the announcement of the Top 10 Dean's Listers for the entire college department, there was a Superbowl performance by the Triple Ju. Thereafter, the Top 10 awardees were presented by Ms. Mary Joy Martinez, our school registrar. Among the 10 awardees, 3 of them came from the premier College of Psychology which truly showcased our grit and intelligence. The three awardees were Christianna Manalo (Top 10), Russel Molina (Top 7), and Gianna Monta (Top 5).



As we came to an end, one last final intermission by the College of Nursing was presented. They brought us to the world of rock and roll as they shared their love for music while dreaming of becoming future doctors and nurses. Lastly, Dr. Rolly S. Donato, the SGEN Academic Director, gave his closing remarks to officially end the program.

A.Y. 2023–2024 First Semester Breakout Session

Camille Carrasco

September 20, 2023

"Education is the most powerful weapon which you can use to change the world." — Nelson Mandela

As the morning General Assembly came to an end, breakout sessions from each college department were held. The breakout sessions served as a bonding experience between students and the faculty. At the same time, they reminisce about what had happened the past academic semester. Furthermore, it is a great opportunity to acknowledge students for their diligence and perseverance which have allowed them to excel academically and bring pride to their respective colleges.

For this academic semester, the College of Psychology prepared another spectacular program. The theme of this event was "Embark on a Journey to Greatness: Bon Voyage to New Beginnings!" hosted by our premier fourth-years, Diego Mendoza and Erica Gregorio. The mini theater served as the venue for the event which provided an intimate gathering for the whole PsychSoc family.



Diego Mendoza and Erica Gregorio, both graduating seniors, hosted the afternoon Breakout Session for the Psychology Society Family

The invocation was led by Ezekiel Reyes, the batch representative for the third-year students. After, our dearest dean, Dr. Ruel Cajili, gave the opening remarks. To introduce the esteemed faculty members of the premier college of Psychology, Ms. Kathleen "Lee" Calison-Rayandayan called on the professors on stage. Next, Danielle Zapata awed us with her rendition of "Last Hope" by Paramore. Of course, we need to acknowledge the presence of our newest freshmen who will bring more pride to the college and lay the foundation for the next batch of freshmen. Undoubtedly, the PsychSoc family is excited by the talents and skills they can bring to the college. Continuing, one of the most awaited parts of this ceremony, which is the awarding of Top Psychology Students, students who garnered a GPA of 2.75, was presented by Ms. Roxanne Reyes.





A little icebreaker entitled “3 Pics, 1 Hint” was prepared by our Game Masters, Niel Pineda from BSP 3 block 2 and Marito Gamboa from BSP 4 block 2. Following the icebreaker, the awarding of the Dean’s Listers took place. This award is presented to students who have garnered a GPA of 3.00 and above for the second semester of Academic Year 2022-2023. We are truly proud of the achievements of our Psychmates this year, and we hope for them to continue this dedication in the coming years!

Cristianna Manalo from BSP 3 block 1 led the prayer before the much-needed break from the program. Students and professors in this breakout session enjoyed the potluck they brought. While eating, there was an Open Mic wherein students and professors alike sang their hearts out to their favorite karaoke songs.

After the break, the presentation of PsychSoc officers by Ms. Lee, our PsychSoc moderator. Then, the presentation of accomplishments and future planned activities for this academic year was presented by Christine Ramirez, our president, and Dana Poral, our external vice president. Afterward, Aethan Ertugrul, Thalia Perico, and Angel Malvar from BSP 1 gave a wonderful intermission number that displayed the first-year's talent.



Unfortunately, all good things must come to an end. To give the closing remarks, Ms. Belen Mandin, the head of Counseling and Psychological Services (CAPS) and our very first dean in the College of Psychology. We commend the Psychology Society for a very successful breakout session and acknowledge every effort of the officers and other members of PsychSoc in their dedication to make this event a smooth sailing one.



MalaPsychKit Paglingap Drive

Cristianna Manalo

September 30, 2023

Mid-September of this year unveiled yet another eruption of smog by Tagaytay's Taal Volcano, affecting a multitude of residents who lived in the nearby areas and significantly affecting their daily lives. This was reminiscent of the previous smog eruption back in 2019. As such, due to this unfortunate event, the Psychology Society took it upon themselves to conduct yet another MalaPsychKit Paglingap drive, targeted towards providing basic necessities and additional help for the affected citizens and families.



The Department of Psychology's genuine and kindhearted students from each year and block, as well as those from the Basic Education department and MAP, contributed to giving monetary aid, as well as in-kind donations. By the end of the program and in partnership with Ms. Clarice Cabanlit from MAP, Juanquine "Wacky Racho" Castro from Tabang Ta Bai of the Youth Service Philippines, Aira Joshua Pagcaliwangan from Supreme Student Council Society of the Philippines - Batangas Chapter, A1C Jonas V. Villanueva from the Philippine AirForce Civil-Military Operations Group (PAFCMOG), and the Philippine Air Force Air Education and Training Command (AETDC), the drive accumulated a total of PHP 19,834.00 in monetary donations, and was also able to receive material goods. In particular: 1750 face masks, 618 water bottles, 184 canned goods, 305 instant noodles, and 133 packets of hot chocolate and coffee, among a huge amount of other goods. Just from this transparency report, one can see the willingness of the College of Psychology when it comes to being able to help our fellow *kababayans* in need!





PsychSoc and Tabang Ta Bai of the Youth Service Philippines, Supreme Student Council Society of the Philippines - Batangas Chapter, Philippine AirForce Civil-Military Operations Group (PAFCMOG), and the Philippine Air Force Air Education and Training Command (AETDC) work hand-in-hand to ensure the safe delivery of the donations to its recipients.

It was truly a heartwarming moment to witness the handing over of the packed goods to the air force, and to see the pleased smiles on the faces of the volunteers from both sides. The spirit of giving was evident as everyone worked hand in hand to load the packages into the vehicle, definitely showcasing our Filipino value of *bayanihan* as they worked together to be able to help a community in need.



This event alone shows how our students embody the 5Cs of Southville. We have been Creative enough to establish our own drive to help the affected citizens. We showed Collaboration and Commitment to achieve by working together to be able to accumulate enough donations for the drive. Lastly, we showed Character and Competence in ensuring that we saw the drive through to the end and had the donations successfully sent to the affected families. What a wonderful way to exercise the values taught to us by our very own alma mater! *Ipagpatuloy ang inyong malasakit, ating minamahal na mga estudyante!*

Purple Spirit Week

Julyanna Matias

October 23-27, 2023

Like all fine institutions, Southville International School and College celebrated its 33rd Foundation Anniversary by launching Purple Spirit Week. Full of creative contests and interactive fun booths, Spirit Week was packed with joy and open to everybody in Southville College. Additionally, it was a huge success for the College of Psychology, winning many events that were held.

It started with The Grand Salvo, with all the college deans taking time to dance, soon turning into a giant flash mob that included street dance participants, students, and staff members. Catching our attention almost instantly was the energy they all emitted despite the light drizzle that continued, drawing our admiration for their desire to go on with the show.

The Cosplay event followed shortly after, with many fictional personas blowing our minds with the effort to look like their chosen characters! This being the first cosplay event in Southville, there were no College of Psychology students who participated, but nonetheless, it was a fun, interesting, and eye-catching experience. Everyone hopes to see another event next year again!

The most anticipated event started once the Cosplay Event had ended, the Salo-Salo. The preparation of food from all colleges coming together to celebrate 2023 Purple Spirit Week came with amazing energy. A feast was prepared for everyone to share and enjoy, and many different kinds of food were prepared with many tables from each college department, craving to eat the arrangement of appetizing edibles laid out.



Some members of the Food Committee in charge of the College of Psychology's table in the Salo-Salo.



The following day was dedicated to the students' studies and rest. Although! Just because there was not an event, doesn't mean that there was nothing to look forward to...The opening of exciting booths on the college walkway had started! All of the college booths had interactive themes for students with any kind of interest; the Psychology booth was spooky and fun! Made with care down to the last detail, the booth carried a black standing border with cut-outs of scary figures and spider webs all around!

With three interactive games of Darts, where people throw darts at balloons, Shoombie, participants stand at an assigned spot and attempt to knock down cans using a Nerf gun, and lastly, the Pop-it game, wherein the participant will be given a pop-it toy and must be able to push down buttons with 5 stages. The booth also sold merchandise that hooked students almost instantly; the booth was able to win Best Booth! From the designs to the pleasant and welcoming auras of the students who would handle the booth, everything was on point!



The succeeding day, the Style-O-Ween contest commenced. Creative costumes were shown, interesting films were chosen, and eye-catching performances ensued. The College of Psychology was represented by a great group of freshman students from block 1, with the theme of Five Nights at Freddy's. Each student played an important character in the game series: Janit Flores as the player or security guard, Aethan Ertugrul as Springtrap, Lyanne Lee as Chika, Angel Malvar as Ballora, and Brent Cruz as Sun. Thanks to the amazing performance of the group, they were able to leave the venue as champions!

Afterwards, the Street Dance competition started energetically, with participants showcasing their skills from the beginning. Every step the College of Psychology representatives took blew the audience's mind away, having everyone screaming at the striking and spectacular moves; already capturing attention with the first duo to the concluding slow beat moves as a team. With the group's name laying as The Mindful Movers, Angel Mikael "Kael" Malvar (BSP 1 block 1), John Ricardo "Rikki" Dela Cruz (BSP 2 block 1), Joachim Miguel "JM" Dela Cruz (BSP 2 block 1), Elijah Tan "Eli" Martinez (BSP 3 block 1), Danise Andrei "Dan" Bendoval (BSP 3 block 2), Niel Martin Pineda (BSP 3 block 2), and Jessie Danielle Robyn "Dani" Zapata (BSP 3 block 2). They placed passion into each motion, earning them the 1st runner-up title!



Moving forward came The Singing Idol competition and everyone's breathtaking performances shocked the audience and judges. It truly felt like a concert as everyone showcased their beautiful and unique voices, placing us in a daze with each stunning performance. Four astounding contestants from different years represented the College of Psychology: Darlene Javier as 1st Runner up with the song "Listen" by Beyoncé, Thalia Perico as 2nd Runner up with the song "Upuan" by Gloc-9, Zhaska Ong with "Open Arms" by Journey, and Ysabelle De Claro with the song "Set Fire to the Rain" by Adele. Their chosen songs displayed their vocals, exhibiting their determination and passion for the activity.



With a fun-filled week, the College of Psychology earned non-stop back-to-back awards! All the participants exhibited their determination, bringing the audience along with them to have interactive fun. From the opening ceremony and Grand Salvo, with Dr. Ruel Caliji, our dean's amazing and captivating performance, the eye-catching costumes from Style-o-ween, with the explosive moves at the Street dance competition, to the expressive vocals of the Singing Idol contestants, and the creative and interactive Psychology booth, everyone surely enjoyed that week to the fullest. We could not have enjoyed the 2023 Spirit Week without the efforts of the Psychology Society!

Teachers' Day Celebration

Cristianna Manalo

November 11, 2023

Deep in the heart of our esteemed Southville International Schools and Colleges is a group of exceptional people who show us, every single day, that creativity and intellect can easily collide: our esteemed college professors and instructors. We, the students, lift our hearts in appreciation and thanksgiving for all of you who, in addition to imparting knowledge, teach us lifelong skills and lessons that we are sure to bring along with us for the foreseeable future.

So, what better way to show our professors our appreciation than to throw an amazing Teacher's Day party for them? On the 11th of November, 2023, Southville's Luxembourg Hall was decorated according to this year's "70s Retro Disco Magic" theme, with our dear instructors dressed to the occasion in their own stunning, vibrant outfits! Our teachers had an absolutely amazing day, complete with a free photo booth that captured a ton of special memories and vibrant disco lights that created the ideal dancing mood! Given by PsychSoc and MAP and to further establish the students' and the campus' appreciation for their hard work, each professor from the Psychology department, as well as selected GenEd faculty, was given a token of appreciation that symbolized the acknowledgment of the countless hours spent educating the younger generations. Truly, they play one of the most important roles in helping shape a better, brighter future.



The event itself proved to be an amazing success, as joyous smiles and rambunctious laughter continuously echoed throughout Lux Hall. The party consisted of a bunch of lively games that provided opportunities for each professor to truly showcase their abilities. Delicious food ranging from delectable side dishes and a variety of drinks to colorful, mouth-watering pastries kept everyone's stomachs full and energized. The dance floor was also jam-packed with bodies dancing to a variety of timeless hits, with our attendees showing off their dance skills to our cameras as well as their colleagues. And of course, who could forget the fun-filled Bingo portion of the event, where the professors competed for a chance to win cash prizes? Definitely sought out each participant's Illusion of Control (wink, wink, Social Psychology!), that's for sure!

Specialized awards were then granted near the end of the party to each professor, ranging from titles such as 'The American Idol' award, all the way to 'The Problem Solver' award. Truly, this just goes to show how grateful we are for the hard work of our professors. We see you not just for the subjects you teach, but in the way you interact with us, your mannerisms, and how each of you would take it upon yourselves to go above and beyond for the students you have vowed to enlighten in your profession. Finally, the mandatory photo op marked the end of the event, and the large smiles on everyone's faces as they posed for the camera are truly a testament to the celebration's success!



Faculty members with their certificates for specialized awards



With this in mind, the students would like to once again greet a Happy Teachers' Day to our masters of academia, our role models who not only impart knowledge to their students, but also do their part in molding future leaders, innovators, and critical thinkers. Thank you for your continuous hard work, dedication, and patience when it comes to us students. Truly, Southville is very lucky to be able to have individuals as amazing and as talented as you!

Open House

Noa Vonk

November 25, 2023

"You're exactly what this family needs" — Bruno Madrigal.

As the College of Psychology continues to grow, we welcomed prospective students to the Casita De Sikolohiya during the Southville Extravaganza, this semester's College open house last November 25th, 2023. With the help of our Psychology Society, attendees were introduced to the exciting programs that Southville has to offer. Visitors were transported into the enchanting realm of psychology when they stepped into our psychology laboratory as its decor was inspired by the Disney movie "Encanto". The room was adorned with flags, flowers, and vibrant colors to go along with the magical theme. There was even a wall draped in fairy lights and streamers. Students part of the program also dressed up as specific characters representing the family Madrigal with their playful attire.



Visitors were given the opportunity to learn more about the various programs that the College of Psychology offers from our Psychology Society officers and volunteers. Before entering, visitors registered outside but once they stepped through the laboratory's glowing door, they were officially in the Casita De Sikolohiya. Attendees were oriented on the vast curriculum, introduced to our talented faculty, and given an overview of what life would be like at SISC.





Afterward, visitors were encouraged to ask questions in the question and answer portion as our students were prepared to answer any queries they may have. Nobody left empty-handed as visitors were given snacks and a souvenir as a token for attending the college open house. Kudos to Ezekiel Reyes and Clarisse Garcia, our very own Antonio and Luisa Madrigal, the ever-talented and wonderful hosts for acting as our visitors' guide.



Students from BSP 3 block 1 dressed up as characters in the Madrigal Family



Volunteers from the College of Psychology who were behind the success of the Open House.

This semester's open house was an overall success and could not have been pulled off without the help of our Psychology Society officers and student volunteers. Thank you to all those who volunteered their time, attended, and showed their support for the College of Psychology.



To all our new enrollees, welcome to the psychology family! We truly cannot wait to see your gifts and talents. Cheers to another successful Open House. Viva Sikolohiya!

Psych Navidad

Julyanna Matias

December 7, 2023

A special party that many looked forward to, came on the 7th day of December 2023. The College of Psychology's Christmas Party, Psych-Navidad: Let it Snow with Joy and Cheer! We kicked off the event with the entrance of our amazing hosts Zelene "Shine" Gonzales and Francis John "FJ" Guerzo from the Events Team!



The party kicked off with eye-opening remarks from Ms. Kathleen Calison-Rayandayan and followed with some community dancing. With everyone standing to let out all their energy with a dance video of "All I Want For Christmas Is You" by Mariah Carey. Later on, there was a fun game where pairs had to think alike and say the same thing when a category was revealed.



Followed was one of three raffles, and then an intermission before lunchtime. To stay entertained while eating, the Psychology Society held an open mic with 5 Pesos per song. It was an upbeat and delicious lunch as everyone feasted on the food that was brought to the venue.

Later on, with everyone settled, Merientoring came along. Everyone got into their little groups with their mentors for 30 minutes as they shared their perspectives and experiences with one another.

Once the Merientoring was over, came an intermission with the College of Psychology's own Mindful Movers, Kael Malvar (BSP 1 Block 1), Rikki Dela Cruz (BSP 2 Block 1), JM Dela Cruz (BSP 2 Block 1), Eli Martinez (BSP 3 Block 1), Dan Bendoval (BSP 3 Block 2), Niel Pineda (BSP 3 Block 2), and Dani Zapata (BSP 3 Block 2)! They showed the same explosive moves they did at the Street Dance Competition that won them 1st Runner Up

The second round of three raffles started right after the intermission and followed was the second game! The game's instructions had everyone dancing and moving around in a circle as they followed the secret leader's steps. The secret leader played as a secret Santa and three people were chosen to stand in the middle of the circle and were asked to guess who was the "Santa" the three people played as children.

With 2 rounds of the game down, came another intermission from the College of Psychology's Darlene Javier who won this year's Singing Idol as 1st Runner Up. She sang as the PsychSoc prepared the long-awaited exchange gift! The exchange gift went with everyone picking out a number and all the gifts being labeled. Afterward, the third raffle commenced with everyone getting excited about the final raffle, energy being tossed around in anticipation.



Members of the Technical Committee taking a "groufie" with the president of Psychology Society and other professors of the College of Psychology during Darlene Javier's performance.

The third and final game began right after, with duos from every year and a group of staff. The game included each duo being grouped with another, having to work together to stack their thumbs in a tower and move their hands up, and down, in a circular motion, and finally have the top hit down with all the members removing their hands immediately. If someone was hit while the top hand sped down, the group would get a minus point. The objective of the game would be to not have anyone from the group get hit.





The game was a cover so there would be time to prepare the acknowledgment of the birthday celebrants amongst the College of Psychology staff! Ms. Juli-Ann Balmonte's birthday was on the 8th, Ms. Roxanne Reyes' birthday was on the 9th, Ms. Lalie Rosales', Ms. Dee Imperio's, and Ms. Jing Climacosa's birthday were all on the 10th, Sir Dominic Javier's birthday was on the 11th, and Sir John Benedict Caranay's birthday was on the 18th. We wish you all the best and for more birthdays to come!



As the party came to an end, beautiful and moving words were given by our college dean, Dr. Ruel Caliji. Together, all the participants sang Psych Navidad to bring closure to the eventful party. Smiles and laughter echoed through the room as the hosts decided to end our gathering. With the event completed, it was surely a success thanks to the hard work and contribution of everyone from the Psychology Society officers! All the students and staff of the College of Psychology who attended helped bring joy to this party. Happy Holidays from the Psychology Society!



Christmas Fantasy

Cristianna Manalo

December 12, 2023

What's the Christmas season without a little competition to bring each course's sense of unity a jolly good shake? Last December 2023, the College of Psychology won back-to-back as proud champions of Southville's Deck The Halls and Christmas Kantata contests! Amazing, right?!



Yes, it is indeed a great feeling to taste victory in the face of such invigorating competitions, but do you know what really stood out amidst these events? The willingness of each student to help decorate the halls of the fifth floor, as well as cheer their participants on for the chorale contest! The spirit of Christmas definitely shone brightly as each student gifted their time and effort in order to produce amazing designs and performances that impressed our judges! Imagine vibrant paper decorations alongside a makeshift Christmas tree, colorful parols, and a spectacular belen (a religious model of the nativity scene) on display...all with the echoes of students singing and practicing their chosen Christmas songs!



Deck The Halls had our dear PsychSoc officers greeting the judges as soon as they stepped foot on the staircase—allowing them to see the fruits of the hard work the students put into decorating. The presentation included an informative speech alongside a short, playful skit where students reenacted Filipino culture such as gift-giving, celebrating feasts, and playing *tumbang preso*. Afterward, the students all got together to sing for the judges, even going as far as to pull the judges into doing the ‘Yuyuyu’ Tiktok dance challenge with them! Way to immerse the judges and win first place, Psychmates!



And what of the Kanta-ta? As the sun began its descent and the stage was set, eight talented individuals from BSP 4 block 2 shone particularly bright amidst the throng of contestants! Krisjaene de Torres, Julia Li, Dana Poral, Christine Ramirez, Jan Marito Gamboa, Francis John Guerzo, Diego Mendoza, and Zack Quianzon, sang their hearts out to a medley of Christmas songs, namely "Silent Night", "All I Want For Christmas Is You", "Winter Wonderland", "Here Comes Santa Claus", and "Jingle Bells". So captivating was their performance that they truly did wow the judges, thus bringing home the trophy! The Psychology Society definitely could not have achieved all this without the neverending support and efforts from the beloved Psychology students!



Photos of the College of Psychology's Kanta-ta champions, "Singing Sleigh-cologists", during their performance and their well-deserved awarding.

These events have definitely taught everyone involved that the real meaning behind Christmas isn't the trophies we win or the accolades we obtain - it is the feeling of uniting to work and enjoy together because this is not a holiday that should be spent alone. Truly, as JJ Heller once sang, "Sing it out loud, sing it out clear, Christmas is here!"

Gift-Giving

Gianna Monta

December 13, 2023



The greatest gift of all...

The spirit of Filipino Christmas has always been *bayanihan* and giving. This year's gift-giving program of MalaPsychKit exemplified this from the beginning to the end. This was an initiative of the College of Psychology, involving all the students from the graduate and undergraduate levels, with the help of the college's dedicated faculty and staff. This initiative was made possible due to the leadership of Ms. Clarisse Cabanlit, Mr. Vincent Yumul, and Ms. Dina Pagkalinawan for the graduate students and Ms. Christine Ramirez and Ms. Dana Poral for the undergraduate students.

Officially beginning in November, it started off with a list of 157 preschool students from CAA Phase IV-C and their Christmas wishes, which were collected by their class advisers: Ms. Malen, Ms. Janine, and Ms. Myra. These wishes were then shared with the entire College of Psychology—the students from both the BS and MA programs, and their professors. The goal was simple, yet impactful – every child's Christmas dream must come true. Because of the generosity and the camaraderie that everyone demonstrated, this goal was promptly realized.



This generosity extended beyond the children of CAA. In addition to the personalized gifts, the parents of these children received a Noche Buena package to ensure that each family would get to have a *salu-salo* of Filipino spaghetti during the night of December 24. This was made possible by the MAP students with our generous sponsors, which was spearheaded by Ms. Clarice Cabanlit and Mr. Vincent Yumul, the president and vice president of the MAP society respectively.

The spirit of *bayanihan* and goodwill was also demonstrated even outside Southville, through diverse institutions sponsoring the different parts of the program. The generous sponsors that helped make the Noche Buena packages possible were SkyHawk Security Services, Inc., Mental Health First Response, Espasyo Diseño, Palawan Pawnshop - Palawan Express Pera Padala - Palawan Pay, and Mega DIVIPA.1017.

The gifts and sponsors did not end there. There was also a kind benefactor who ensured that this program extended beyond gifts and feasts. This compassionate supporter donated sets of colored pencils that ensured that not only will the hearts and the stomachs of children be filled this Christmas, but also their minds.



The students, professors, and the Dean of the College of Psychology along with the class advisers of the preschoolers from CAA.

On the morning of December 13, volunteers from the College of Psychology gathered in the San Antonio de Padua Chapel and were greeted by the children, their parents, and their class advisers. The children were a sight to behold! Their faces were beaming with excitement as they waited for their names to be called, their little hands were slightly shaking as they opened the wrappers, and finally, their smiles showed contentment as they got exactly what they wished for.

The spirit of *bayanihan* was felt even during the gift-giving proper. As Mr. Danie Garcia announced the name of the recipient, the class adviser and the parents would point to the child, while the gifts and the Noche Buena packages were passed from the front to the delighted recipient, with the help of the volunteers. In the end, everyone left with smiles on their faces and love in their hearts. Their Christmas will be, indeed, merry.



Throughout the duration and the culmination of MalaPsychKit's gift-giving program, the true spirit of Filipino Christmas came alive through *bayanihan* and giving. As the carefully chosen gifts, colored pencils, and the Noche Buena packages found their way from the volunteers' hands to the hands, homes, and hearts of the excited children and their parents, the essence of the program was not only about the tangible gifts anymore. Being a part of MalaPsychKit's gift-giving program helped everyone realize that the act of giving is the greatest gift of all.



Writing & Design Committee



Jada Espinueva
HEAD



Gianna Monta
WRITER
DESIGNER



Camille Garrasco
WRITER
DESIGNER



Noa Vonk
WRITER
DESIGNER



Julyanna Matias
WRITER



Cristianna Manalo
WRITER