



SOUTHVILLE INTERNATIONAL SCHOOL AND COLLEGES
PSYCHOLOGY SOCIETY

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FIRST SEMESTER

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FIRST SEMESTER



MALAPSYCHKIT: BRIGADA ESKWELA & TYPHOON CARINA



The success of the MalaPsychKit donation drives stands as a testament to the strength of collective action and compassion.

In moments of both joy and adversity, the Psychology Society, alongside other communities, continuously takes the initiative to come together and create lasting change. This was exemplified through the MalaPsychKit donation drives, initiatives spearheaded by SISC Psychology Society officers Kayla Castañeda and Andrea Tan.

Through this campaign, the organization aimed to reach out to two crucial sectors: the students of Las Piñas North National High School, who were gearing up for the upcoming school year, and families who had been severely affected by the devastation of Typhoon Carina. With the unyielding support of their donors and partner organizations, they were able to make a meaningful impact, touching lives in ways that words alone would not be able to capture.

Back on July 27, 2024, the MalaPsychKit drive, in collaboration with Brigada Eskwela, delivered school supplies to Las Piñas North National High School. It was through the generous contributions of their sponsors that they successfully raised PHP 10,500.00.



Volunteers at Las Piñas North National High School



This financial support enabled them to provide the essential learning materials for the students, including but not limited to bond papers, notebooks, pencils, ball pens, intermediate pads, and other supplies. On the surface, these items may seem simple, but their value in creating a productive learning environment proved to be immeasurable.

In addition to this, the turnover event was filled with warmth and gratitude. They were graciously welcomed by Principal Dr. Jennifer Erispe, alongside dedicated faculty members Ms. Jeanette Daroy, Mrs. Christina Vergara, Ms. Desiree Medina, and Mrs. Maria Quicosa. These educators worked tirelessly to foster an environment where young minds could thrive, and we were humbled by their reception.

For these students, having access to quality supplies meant not just better opportunities for academic achievement, but also a greater sense of empowerment and preparedness. PsychSoc's collective efforts provided them with the tools they would need to succeed.



Just as they extended a helping hand to the students of Las Piñas, the MalaPsychKit drive also responded to a call for help when Typhoon Carina hit, leaving many families in the National Capital Region in dire need. On August 2, 2024, they turned over a second wave of donations, this time directed towards relief efforts for those displaced by the typhoon. In partnership with Tabang Ta Bai, Youth Service Philippines, and the Supreme Student Council Society of the Philippines, the MalaPsychKit drive raised an impressive Php 33,353.00. These funds were used to provide essential relief items, including canned goods, instant noodles, bottled water, coffee, and biscuits.



The aftermath of Typhoon Carina brought uncertainty and hardship to many, and it was in these moments of struggle that their sense of shared humanity would become most vital. Through this effort, they were able to provide not just food and water, but also hope—hope that even in the face of adversity, people would come together to lift each other up.

The success of the MalaPsychKit donation drives stands as a testament to the strength of collective action and compassion. PsychSoc is profoundly grateful to everyone who supported this initiative—whether through donations, partnerships, or volunteering. The ripple effects of everyone's generosity would be felt for years to come, as the students who were helped embark on their academic journeys and the families that were supported begin to rebuild their lives.



At its core, the MalaPsychKit initiative was built on the foundation of giving, not just in material form, but in spirit and in emotional support. Every contribution, no matter how small, made a difference. This is a constant reminder that even in the face of challenges, there is always a way to extend a helping hand. For sure, PsychSoc could not have done it without its members. Without a doubt, PsychSoc and its members will continue standing up for what is right, believing in their mission, and making a difference in the lives of those they serve.

Here's to many more projects to undertake, and many more lives to touch.

NEW STUDENTS' AND PARENTS' ORIENTATION 2024



We wish you all the best on the start of your journey as you begin college life and eagerly await all the endeavors you pursue.

Last August 29, 2024, we at the College of Psychology were able to welcome our incoming freshmen and transferees during the New Students and Parents Orientation (NSPO). To prepare students and their families for this tremendous milestone in life, Southville International School and Colleges (SISC) held an orientation for the incoming college students across all courses at the Luxembourg Hall.

The morning session provided a rundown of the school's policies, an introduction of the faculty members, and answered some of the most frequently asked questions. To show our school spirit, every course performed their cheers, ours being led by Zelene "Shine" Gonzales and Ezekiel Reyes. Audience participation did not end there, as prizes were up for grabs to those who could answer questions based on the information that had been presented. Guests were also treated to a light breakfast of ensaymada and later, ice cream.

After the morning session, students proceeded to breakout sessions for their respective courses to learn more about their department. Psychology students and their parents headed to the Mini Theatre, where the orientation continued and they got the opportunity to meet faculty and older students. Our resident emcees, Shine Gonzales and Ezekiel Reyes, once again took the microphones but this time, to host the session.



Psychology Society president, Clarisse Garcia, was there to welcome the new students alongside a video message from Psych Soc's moderator, Ms. Kathleen "Lee" Calison-Rayandayan. The College of Psychology chairperson, Ms. Diana "Dee" Imperio, and professor, Sir John Benedict "Ben" Caranay, were present to help introduce the department faculty and the Psychology curriculum.



To energize the students, an intermission number was provided by Gianna Monta, and a game of "Spot the Owl" was hosted by Giana Glacita and Noa Vonk. The attendees all actively participated, and a lucky few walked away with prizes. Our premier Dean, Dr. Ruel Cajili, was also in attendance and was able to impart inspiring advice onto our incoming students.



To wrap up the afternoon, we chanted our cheer and made a group TikTok to 'Tiramisu Cake' to commemorate the moment. Nobody left empty-handed as foldable fans were handed out to all, engraved with the Psychology Society logo.



This jam-packed and fun-filled day could not have been possible without the help and support from the Psychology Society officers and faculty members. A special mention to Ms. Lee Calison-Rayandayan, Ms. Dee Imperio, and Dr. Ruel Cajili for their unwavering support in organizing this event. And of course, a warm thank you to all the new students for their attendance and participation. We wish you all the best on the start of your journey as you begin college life and eagerly await all the endeavors you pursue.



The Premier College of Psychology with the new students

Congratulations and welcome to the College of Psychology! Viva Sikolohiya!

MALAPSYCHKIT: TYPHOON ENTENG



Following the devastation of Typhoon Enteng, the College of Psychology family came together to support their own, helping the very employees and scholars who are the heart and the backbone of their beloved alma mater, Southville International School and Colleges (SISC).

The beginning of the Academic Year 2024-2025 was not sunshine and rainbows. Instead, it brought a typhoon that hit close to home, flooding and destroying the houses of 160 Monarchs. Their circumstances were dire, so swift action was essential to provide them support—it was time for another MalaPsychKit initiative, spearheaded by the compassionate duo Kayla Maree Castañeda and Andrea Regina Tan from the College of Psychology.

For years, MalaPsychKit has usually initiated donation drives to communities outside the institution affected by natural disasters such as typhoons and volcanic eruptions. This time, the beneficiaries were not distant strangers, but their own people—the very ones who work tirelessly to keep Southville operating smoothly every day.



Psychology Society officers repacking relief goods



As MalaPsychKit initiatives progress every year, the number of beneficiaries also continues to expand, along with a growing commitment to helping as many kababayans as possible. This time, the scale of efforts is not only larger, but also requires quicker action than the previous initiatives. Because of this, a new strategy was implemented in this MalaPsychKit. In addition to monetary donations, each level was also assigned to bring a specific type of goods.

The first years and second years were asked to bring canned goods; the third years gave instant noodles; and the fourth years were assigned to bottles of water. This ensured the proper number and variety of goods were distributed to the beneficiaries. This donation drive allowed selfless contributions from our Psychmates, from monetary donations to hands-on support in repackaging and organizing goods.



It especially highlighted the strong sense of family within the College of Psychology. This collaboration further deepened their bonds and affirmed the belief that they are truly stronger when they unite as a family, supporting one another.



Their collaborative efforts bore fruit, leading to the successful distribution of 160 bags to 71 scholars and 89 school employees on September 16, 2024. Each bag contained 4 canned goods, 3 pieces of instant noodles, 1 bottle of water, 1 kg of rice, 7 sachets of sinigang mix, and 1 pack of crackers, which are essentials to offer relief during this challenging time.



The MalaPsychKit initiative for Typhoon Enteng offered relief, but most importantly, it became an expression of what it truly means to be a family. The College of Psychology's dedication to helping Southville's employees and scholars showed that being a family is everyone coming together when one of us is in need. Through every donation, every bag delivered, and every hand that pitched in proved that no matter what life brings, they stand strong because they stand together.

This is what it means to be a part of the Southville family: to care, support, and ensure that no one is ever left behind.

1ST SEMESTER GENERAL ASSEMBLY & BREAKOUT SESSION A.Y. 2024-2025



...a community united, inspired, and ready to take on the challenges of the year ahead.

Southville International School and Colleges (SISC) held its highly anticipated General Assembly for college students in Luxembourg Hall on September 18, 2024, as a celebration of academic achievements from the previous semester and community engagement. This event aimed to bring students and faculty together to foster a sense of unity and provide important updates for the academic year.

Dr. Astrid De Leon, the College Director, opened the assembly with an inspiring speech. She applauded the students and faculty for their hard work, especially during challenging times, and reminded everyone of the college's continued commitment to academic excellence.

Ms. Mary Joy Mansbridge, from the Registrar's office, took the stage next to answer frequently asked questions regarding registration.

She clarified common concerns about enrollment procedures, document submissions, and deadlines, ensuring that students are well-prepared for the upcoming semester. She would proceed to recognize the awardees who exhibited academic excellence. The Top 10 Dean's Listers of the college division were announced, with the College of Psychology representatives Russel Louise Molina taking the Top 3, with a GPA of 3.87, and Gianna Rae Monta, who took the top 1 spot with an impressive GPA of 3.898. Both students were commended for their exceptional performance and dedication to their studies, setting a high standard for their peers.



Ms. Jorge Balela, Head of Student Support and Admin Services, addressed various administrative concerns. She provided updates on facilities, academic support services, and upcoming projects aimed at improving student life. This was followed by a discussion on frequently asked questions by Ms. Ann Villarruz, Head of Student Affairs and Discipline, followed by a discussion on frequently asked questions about student services.

She covered topics such as sports, student organizations, and disciplinary processes, reinforcing the college's commitment to holistic student development. To liven up the atmosphere, the assembly featured interactive games, including "Bring Me," "Guess Who," "Trick and Trivia," and "Dance It." These activities created an energetic and fun break from the formal segments, encouraging student participation and team spirit.



An inspiring portion of the event was the testimony of Ms. Ana Therese Coleen A. Matias, a distinguished alumna from the Class of 2023, Bachelor of Science in Business Administration. She shared her journey from college life to professional success, inspiring current students to pursue their goals with determination and confidence. Her story resonated with many attendees, offering valuable insights into life after graduation.



The energy reached its peak with an electrifying intermission number by College of Communications and Multimedia Arts members Justine, Rula, and Franxine, who performed a captivating rendition of 'Finesse' by Bruno Mars and Cardi B. Their performance added a dynamic element to the event, showcasing the vibrant talents of the college community.



Concluding the assembly, Dr. Rolly S. Donato, the Academic Director, delivered his closing remarks. He would come to mention the upcoming possibilities that may allow students to go abroad. Dr. Donato commended everyone for their active participation and reiterated the administration's dedication to enhancing the student experience. His words left the audience motivated and eager for the semester ahead.

The General Assembly was a successful blend of celebration, information-sharing, and community-building, setting a positive tone for the academic year.



Psychology Society officers for A.Y. 2024-2025

As the new academic year dawned upon the College of Psychology, students, faculty, and staff gathered with eager anticipation for the highly anticipated breakout session, "Psych Sparks: Igniting Insights Into the Human Mind." This annual event, designed to welcome both returning and new students, was buzzing with excitement. The atmosphere was alive with curiosity and energy as everyone looked forward to a day filled with engaging activities, inspiring talks, and the forging of new connections.

The event, hosted by the dynamic duo of Noa Vonk and Giana Glacita, third-year students from Block 1, was nothing short of electrifying. Both emcees skillfully kept the audience engaged, blending humor with insightful commentary as they introduced each segment of the program. Their infectious enthusiasm ensured that no dull moment interrupted the flow of the day. Attendees from every year level were introduced, with the newcomers receiving a warm welcome, especially the new and online students who had chosen to attend the event in person for the first time.

The breakout session kicked off with an emotional opening from Ms. Kathleen "Lee" Calison-Rayandayan, Psychology Society moderator, whose heartfelt words resonated deeply with the audience. Though her message was delivered virtually, the sincerity in her tone struck a chord with those gathered in the auditorium. Her speech was met with resounding applause, a collective acknowledgement of the strength and community spirit that bound everyone together.



Following this stirring start, Ms. Avelina "Belen" Mandin, Counseling and Psychological Services (CAPS) Head, took the stage to deliver a motivational speech that would set the tone for the rest of the day. Her words brimmed with encouragement, urging both the returning students and fresh faces to take full advantage of the new academic year.



She emphasized the importance of staying curious, persevering through difficulties, and embracing the journey of self-discovery that comes with studying psychology. The crowd was visibly moved, as her passion ignited a collective sense of determination among the attendees. Next came the formal introduction of new faculty members, presented through a video greeting for passing their board exams, followed by their introduction in person by Sir Danie Garcia.



With the introduction, Sir John Benedict "Ben" Caranay stepped up to personally introduce all the professors in attendance. With a mix of humor and reverence, he helped students put names to faces, making it easier for them to approach their professors throughout the year. It was a chance for the students to feel more connected to the faculty, as Sir Ben's easygoing demeanor made everyone feel at ease.



The celebratory atmosphere continued with College of Psychology chairperson, Ms. Diana "Dee" S. Imperio's presentation of certifications to the newly appointed faculty members, many of whom had recently passed their board exams with flying colors. The room buzzed with pride as applause echoed through the hall,

The energy was kept high with a dance intermission by Xavier Gines from Year 1 Block 2. His vibrant performance brought smiles to everyone's faces, and his rhythm and enthusiasm were infectious. The crowd was energized by his spirited moves, with many students clapping along to the beat, creating a shared moment of pure joy. Shortly afterwards, the momentum shifted to a more academic tone as the top psychology students were recognized with certificates, presented by Sir Danie and Ms. Juli-ann Balmonte. The room filled with admiration as these students were honored for their exceptional academic achievements. This moment of recognition not only celebrated individual excellence but also served as a motivation for others to strive for similar success in their studies.

With the formalities out of the way, it was time for some lighthearted fun, starting with the icebreaker game "Who's the Spy," led by Elijah Martinez and Cristianna Manalo. The game quickly dissolved any remaining tension in the room, as students enthusiastically participated, laughing and teasing each other as they tried to figure out the "spy" among them. The game brought everyone closer, setting the stage for the potluck and open mic session that followed.



During the potluck, the informal atmosphere encouraged students and professors alike to mingle freely. Conversations flowed as easily as the food, with students sharing personal stories, exchanging advice, and making new friends. The open mic session added another layer of connection, as students took turns showcasing their voices.

One of the day's most anticipated moments came with the awarding of the Dean's List certificates. This was a deeply significant moment for the students who had worked tirelessly to earn their spot on the list. The audience's applause was a clear sign of their respect and admiration for their peers' dedication and hard work. Immediately after, Carylle Puro from Year 1 Block 2 performed an unforgettable rendition of ABBA's iconic hit "Dancing Queen," sending waves of nostalgia and pure joy through the crowd.

Students could not help but sing and dance along, making this one of the most memorable parts of the day.

Another game, led by John Garcia and Dianne Francisco from BSP 4B, followed. This time, it was a lively round of Pinoy Henyo with a psychological twist. The laughter that ensued as students guessed psychology-related terms brought renewed energy to the room, preparing everyone for the final presentations.



Ms. Dee then took the stage to formally introduce the new officers of the Psychology Society (PsychSoc), building excitement for what was to come. Psych Soc President Hannah Clarisse Garcia and Vice President Shine Gonzales followed with a detailed presentation of the upcoming events for the academic year 2024-2025. Their enthusiasm was contagious, and it was clear that the students were already looking forward to participating in the activities planned by their student government.

The day concluded with the College of Psychology Dean, Dr. Ruel Cajili's closing remarks. He expressed his gratitude to all who had worked tirelessly to organize the event and his hope for a fruitful and successful academic year. The event wrapped up with a photo opportunity, where the faculty, students, and officers who helped make the day possible were acknowledged for their dedication and hard work.



The smiles and camaraderie captured in these final moments perfectly summed up the spirit of the day—a community united, inspired, and ready to take on the challenges of the year ahead.

PURPLE SPIRIT WEEK 2024



This week may have been quite short, but it certainly did leave yet another lasting mark of victory for the College of Psychology.

No one does Foundation Week quite like Southville does. When Purple Spirit Week rolls around, we all get the chance to engage in fewer classes and more fun activities. This year's festivities and celebration feature a colorful display of dance and music in our Grand Salvo flash mob performed by our beloved student leaders, Monarch's Dance Troupe, and professors. The performance brought the Monarch's Park to life to celebrate Southville's 34th Birthday.

Right after the exhilarating performance of our student leaders, our Cosplay 2024 contestants stole the show! The display of craftsmanship was incredible! Our cosplay-savvy Owls faced off in the Cosplay Competition, with Erika Sablay of BSP 2B cosplaying as "Gojo" from Jujutsu Kaisen, Julyanna Matias as "Neon" from Valorant, and Daphne Ocampo from BSP 1A winning as the Cosplay Competition's champion with her adorable Kuromi cosplay.

It would not be quite a celebration without good music and performances, and this the College of Psychology provided! With overwhelming victories on Day 2 of 3 of Purple Spirit Week, the College of Psychology once more claims victories in the Street Dance Competition with our dance troupe: "Psyche Steps!" Thank you to Danise Bendoval (BSP 4B), Lauren Gonzales (BSP 4B), Dianne Francisco (BSP 4B), Miguel Kuong (BSP 3B), Shiela Patayon (BSP 3B), Erika Sablay (BSP 2B), Thalia Perico (BSP 2A), and Xavier Francisco (BSP 1B) for becoming the 1st runner-up and winning against the tough competition.



Psyche Steps in the Street Dance Competition



Thalia Perico and Psyche Steps

Victory is even sweeter when every winning team is home to a few of our premier students. Niel Pineda (BSP 4B) from "Mix n Match" and Margaret Baul (BSP 2A) in "Magic Miggy" were fierce competitors in their respective dance groups against our Psych Dance Troupe.

Psychology is not only home to electrifying street-dance performances but also to the champion in the SISC Singing Idol! Thalia Perico from BSP 2A shook the crowd with her magnetic stage presence and whiskey-smooth rendition of Michael Bublé's "Feeling Good". Throughout every performance, you could hear the heart and soul of our Premier students loudly cheering their classmates on. It was an awesome display of support for our winners.



Ezekiel Reyes and Elijah Martinez for Mr. and Ms. SISC

The return of Mr. and Ms. SISC was also widely celebrated this school year! Psychology, like other courses, was represented by our dashing Ezekiel Reyes and Elijah Martinez from BSP 4A. Dressing up in a burning red throughout and providing a show-stopping racing-themed sports attire! Their skill, finesse, and stage presence bore the Premier title of the College of Psychology. Elijah even won the People's Choice Awards.

This week may have been quite short, but it certainly did leave yet another lasting mark of victory for the College of Psychology.

MENTAL HEALTH TALK 2024



Mental Health Month is an international celebration to raise and promote awareness of the importance of mental health in society.

All for one, one for all. Let's break barriers with the green ribbon!

In line with the celebration of Mental Health Month, the Premier College of Psychology held its Mental Health Talk 2024 with the theme, "Breaking Barriers, Building Support (SDG 3 - Good Health and Well-Being)", on the 28th of October 2024 at Luxembourg Hall of Southville International School and Colleges.

Mental Health Month is an international celebration to raise and promote awareness of the importance of mental health in society. The students of Psychology were seen wearing the green ribbon pin, which symbolizes a sign of participation to promote Mental Health Month, and a movement to raise awareness of the impact of mental health on physical, social, and psychological well-being of people in the community.

Two distinguished speakers, Sir Michael Jimenez from De La Salle University - Dasmariñas, Associate Professor of Clinical Psychology, and Mx. Mary Anne Portuguese from YMP LeaD and famously known as "The Millennial Psychologist", were introduced in the event to tackle significant issues about mental health.



Guest speakers Sir Michael and Mx. Riyan



"You have to have the power of labeling your emotions."

Sir Michael focused on what emotions are in a person's life. He thoroughly explained that it is important to create an assessment about emotions to fully understand what feelings are experienced in certain situations.

It was also mentioned in his talk that the Psychological, Emotional, and Social components are contributing factors to label emotions of a person. The speaker pointed out that if someone can label their emotions, they have the ability to control them as well. Sir Michael integrated scientific terms such as the amygdala, the part of the brain that is responsible for emotions, which is also affected by the prefrontal cortex. One notable feature of Sir Michael's talk was when he made the audience relax and close their eyes for a minute. During that activity, the speaker explained that it is crucial for the brain to relax, so that the emotions of a person will be calm as well. Taking a rest is something that helps regulate the emotions, so that they can be controlled and regulated.



"People talk about self-care, but collectivist care is also important."

Mx. Riyan Portuguese emphasized the importance of collectivist care in the community. Collectivist care was derived from collectivism—a social behavior where people tend to prioritize the needs of others rather than themselves. The Millennial Psychologist pointed out that collective care is crucial as Filipinos have the ability to mentally heal with the peer support from their loved ones.

Although self-care is a sort of new trend for today's generation, collective care may also be a contributing factor towards a healthy environment for mental health. The speaker raised the concern of the minimal population of mental health care workers in the Philippines. It was pointed out that the ratio of mental health workers to patients is very low.



Members of the SISC Peer Mentors Organization

From the talk, 3.6 million Filipinos suffer from depressive disorders. Mx. Riyan encouraged the psychology students to continue the pursuit of a career in psychology, as they are needed now in the country.

Carylle Puro, Ysabella De Claro, and Ms. Chelsea Coventry bedazzled on stage with their impressive talent in singing the songs "Di Ka Sayang" by Ben&Ben, "The Climb" by Miley Cyrus, and "If I Ain't Got You" by Alicia Keys, respectively. Each song chosen by the singers represented the theme of the Mental Health Talk and captivated the emotions of the audience. Their harmonious notes captured the attention of everyone in the event, connecting their voices to the hearts of each person.



With the help of the PR team of Southville, raffles were held during the talk. The prizes featured the merchandise of the school that the students may use in their everyday activities. The Psychology Society is also thankful for Koryana Merch.ph, Lil Orbits Mini Donuts, and Tahoe Klasiko - BFRV for being the sponsors of the event.



The attendees and the committee of the Mental Health Talk 2024

This event became a significant aspect in helping to break the barriers of stigma towards mental health, and taught the audiences to build support for the improvement of mental health care in society. All audiences, faculty, and speakers were bonded together by the green ribbon during Mental Health Month to achieve greatness in spreading awareness about mental health.



Bonded by the green ribbon, everyone broke barriers and built support towards success!

MALAPSYCHKIT: TYPHOON KRISTINE



Every item donated served as a reminder that even in the face of calamity, compassion remains a force stronger than the storm.

When nature's fury strikes, it often leaves behind more than broken homes—it leaves shattered routines, disrupted dreams, and uncertain tomorrows. This was the reality faced by many communities in Batangas City following the devastation brought by Typhoon KristinePH.

In response to the urgent humanitarian needs, the MalaPsychKit Donation Drive was organized through the joint efforts of the Southville International School and Colleges (SISC) Psychology Society and the Southville International Organization for Nursing (SION). The initiative was launched in support of Lingkod ni Maria Nurturing Farm Foundation's call for assistance, aiming to provide critical aid to affected residents and students across multiple barangays.

Relief efforts reached a wide range of beneficiaries, beginning with 39 families from Barangay Aya. Additionally, 84 students from various barangays were supported, including 55 students from Barangay Sampaloc, 10 from Barangay Balas, 3 from Barangay Sta. Maria, 5 from Barangay Bucu, 4 from Barangay Caloocan, 5 from Barangay Banga, and 2 from Barangay Leynes. The drive also extended help to 20 families from Barangay Balakilong, as well as evacuees currently housed at the As-Is Evacuation Center in Batangas City.



Dr. Ruel Cajili, the Dean of the College of Psychology, and the volunteers of this MalaPsychKit

Typhoon Kristine caused widespread disruption to the daily lives, livelihoods, and educational access of countless individuals. In light of this, a total of P49,670 in donations was raised—an amount that enabled the distribution of essential supplies to those most in need. These included 13 sacks of rice, 520 canned goods, 239 bottles of water, and 550 packs of noodles. Along with these were blankets, clothes, bedsheets, and other basic necessities to help communities cope with the aftermath.



Donations from SISC Psychology Society and Southville International Organization for Nursing (SION)

The MalaPsychKit initiative not only addressed the physical needs of those affected, but also contributed to their psychosocial recovery. By helping restore comfort, dignity, and a sense of normalcy, the drive reflected the values of empathy, service, and solidarity that lie at the heart of both psychology and community care.



Beneficiaries from Talisay and Laurel Batangas receiving the donations of MalaPsychKit (photo from Lingkod ni Maria Nurturing Farm Foundation)

The overwhelming generosity shown through this campaign stands as a powerful testament to the enduring spirit of bayanihan. Every item donated served as a reminder that even in the face of calamity, compassion remains a force stronger than the storm.

TEACHERS' DAY CELEBRATION 2024



Superheroes do not always wear capes. Some are unsung, wielding whiteboard markers instead of weapons and shape futures instead of fighting crime. This year, these unsung heroes were recognized in a Teacher's Day Celebration with a theme: "Unmasking Greatness: The Superheroes Who Shape the Future." This day was a tribute to the real-life heroes who dedicate their hours, efforts, and lives to guiding, inspiring, and empowering students and changing the world for the better.

The story began with the superhosts Tricia Junsay and Nichole Sierra taking up the mic and lighting up the stage with their superhero-inspired outfits and infectious energy.

As Dr. Jocelyn Tizon, the president of Southville International School and Colleges, delivered her opening speech through video. The spotlight was on the teacher-heroes, honoring their selfless commitment and dedication to the noble profession of teaching.

No superhero story is ever complete without epic quests and challenges, and the teacher-heroes showcased their wit, teamwork, and competitive streak with games prepared by Jacques and Moira from the Junior Philippine Institute of Accountants (JPIA) and Casey and Princess from the School of Business. The highlights of those games were definitely one for the comic books!



Sir Ben Caranay and Ms. Khryzelle Lorilla, alumni of Psychology and current faculty members of SISC

Every superhero movie deserves the most legendary soundtracks. Today's soundtracks were electrifying performances from Rula del Rosario and Justine Geronimo from the College of Communications got that covered with their renditions of "Better When I'm Dancing".

After their heroic feats and quests, the heroes needed a recharge from all their surprises for today, with a feast prepared in their honor! As they savored their food, a tribute video by their beloved students played onscreen filled with gratitude and positivity which became like a mirror showing that their efforts – they – are seen, valued, and celebrated.



Finally came the heroes' awarding, which is similar to their homecoming, where their heroism, sacrifices, and individual strengths were recognized and celebrated by their students and colleagues.



Faculty members with their certificates for specialized awards.

As the celebration came to a close, there was one universal truth realized: that teachers are the real superheroes of our world. They always go beyond teaching subjects as they mold students – not just their minds, but their hearts and their futures. Their impact is not measured in grades or money, but in the lives that they transform, the dreams that they ignite, and the power of helping their students to believe in themselves.



No amount of celebration can truly account for their service, but, even so, it's but a small way of expressing every student's gratitude. The real tribute lies in their legacy and in every student and success story that they help to write.

To our teachers, our heroes, thank you for unmasking greatness in all of us.

1ST SEMESTER OPEN HOUSE 2024



...this event was an unforgettable experience for aspiring Psychmates eager to explore the path of mental health advocacy.

Hana, Dul, Set! Annyeonghaseyo! Premier Psychology-imnida!

The College of Psychology took center stage during the Youth Fest 2024 Open House held on November 16, 2024, showcasing the dynamic and vibrant world of psychology with a K-Pop twist! Fueled by the creativity and passion of our Psychology students, this event was an unforgettable experience for aspiring Psychmates eager to explore the path of mental health advocacy.

The Psychology classroom was transformed into a dazzling K-Pop wonderland. Inspired by the glitz and glamour of the Korean entertainment industry, the space was decked out with neon lights, colorful posters, and interactive photo walls featuring famous K-Pop groups. Guests were welcomed into the Premier College of Psychology by students dressed as their favorite idols, channeling the confidence and charisma that perfectly embodied the theme.



Hosts Anna Mancia (BSP 2B) and Giana Glacita (BSP 3A)

With the enthusiastic guidance of our wonderful hosts, Giana Glacita from BSP3A and Anna Mancia from BSP2B, visitors were taken on a journey to discover the exciting programs Southville has to offer. From an engaging introduction to the curriculum to meeting our esteemed faculty, attendees gained a comprehensive understanding of the College of Psychology's mission to nurture future mental health advocates.

One of the highlights of the Open House was the interactive session, where visitors participated in psychology-inspired activities with a K-Pop twist. These activities allowed guests to explore their unique personalities and learn about the role of psychology in understanding human behavior. Volunteers and members of the Psychology Society enthusiastically guided the participants, sharing insights about their own experiences and journeys.



The day concluded with a question-and-answer session, where attendees had the chance to address their curiosities about the program, the learning environment, and the opportunities awaiting them. Before leaving, visitors were treated to delicious snacks and received keepsakes to remember the day.



BSP volunteers for the Open House



Project Heads: Giana Glacita (BSP 3A), Clarisse Garcia (BSP 4A), and LJ Ignacio (BSP 3A)



The Youth Fest 2024 Open House was a remarkable success, thanks to the hard work and dedication of the Psychology Society, student volunteers, and faculty members. To our future students, welcome to the Premier Psychology family! We are thrilled to have you join us and can't wait to see the difference you will make.

Kamsahamnida!

CAA GIFT-GIVING 2024



...this event was an unforgettable experience for aspiring Psychmates eager to explore the path of mental health advocacy.

Love, joy, and hope.

Bayanihan, deeply ingrained in the Filipino psyche, serves as a cornerstone of Filipino society. This unique cultural value, emphasizing communal unity and selfless cooperation, transcends mere altruism. Exemplified by acts of selfless assistance, this fosters a strong sense of social solidarity. The inherent spirit of cooperation not only strengthens social bonds but also empowers communities to navigate challenges with remarkable resilience.

This was proven true by this year's MalaPsychKit's gift-giving program, which is made possible by the collaborative endeavor encompassing the entire College of Psychology, facilitated by the MAP Society, and Psychology Society. Its primary purpose is to build community spirit by granting the wishes of the children this Christmas season.

Prior to this event, a list of 150 preschool students from CAA Phase IV-B Day Care Center was collected, containing their lovely Christmas wishes. This was obtained with the help of their class advisers, Teacher Myra and Teacher Mallen. The list was then shared with all BS and MA Psychology students and professors. With the full cooperation of the College of Psychology, all of the children's wishes were being granted. This shows how Southville's students of Psychology are always open to share their blessings, emphasizing the importance of helping in the season of giving.



Volunteers of CAA Gift-Giving

This made a great step towards the success of making the children's wishes come true. With the generosity and efforts of the MAP students together with the MAP Society, the parents were able to be given Noche Buena packages to add delicious feasts to their table for Christmas Eve.

The event finally kicked off on the morning of December 11, 2024, in CAA's Narra Court. The program was led by emcees Giana Glacita and Lhara Ignacio, followed by a prayer by Rowela Pineda. To make the program more enthusiastic, Ezekiel Reyes led the ice-breaker, which made the kids dance with joy. With the help of MAP students, Sir Danie Garcia and Ms. Khryzelle Lorilla, and BSP students Andrea Tan, and Shiela Patayon, together with the MAP Society and Psychology Society officers, the gifts and Noche Buena Packages were given to each child smoothly. Of course, the day was filled with fun as the officers played with the kids throughout the event.



MalaPsychKit's gift-giving program beautifully encapsulated the true spirit of Filipino Christmas—a spirit deeply rooted in bayanihan and the joy of giving. As the personalized gifts like vibrant toys and shoes, and abundant Noche Buena packages, were lovingly transferred from the hands of the volunteers to the eager recipients, it became evident that the program's significance transcended the mere distribution of material possessions.



The experience served as a powerful reminder for all involved that the act of giving spreads love to the children and parents, joy to all the faces of those people in the event, and the burning hope that this season is something that Filipinos always unite for.



CHRISTMAS BAZAAR, KANTA-TA, PSYCH NAVIDAD, MERIENTORING & YEAR-END PARTY 2024



December 2024 was a shining example of the College of Psychology's vibrant and unified community.

December 2024 was a magical and unforgettable time for the College of Psychology. The department came together to celebrate the holiday season with a series of events that captured the spirit of unity, creativity, and joy. From glowing lights to heartwarming gatherings, the festivities reflected the vibrant and close-knit community that defines the college.

The month kicked off on December 9 with the much-anticipated Christmas Tree Lighting Ceremony at the Luxembourg campus. The grand Christmas tree, standing tall in the heart of the campus, became a beacon of hope and joy as it was illuminated under the night sky. Students, faculty, and staff gathered in awe, their faces lit up not just by the lights but by the shared spirit of the season. The ceremony symbolized the beginning of a festive journey, setting the tone for what would be an extraordinary month.

Simultaneously, the Christmas Bazaar opened its doors on the general education building walkway, running from December 9 to 13. The bustling marketplace saw college organizations showcasing their creativity through beautifully designed booths. Among them, the Psychology Society stood out with their Filipiniana-themed booth titled "Psych-reto ng Pasko."



This booth celebrated Filipino culture and ingenuity, offering unique items like stickers, ID lanyards, and tote bags. The meticulous design and cultural charm of the booth earned the Psychology Society the prestigious 'Best Booth Award', solidifying their position as a highlight of the bazaar.

The excitement did not end there. The same day, the campus resonated with the sounds of holiday cheer during the Christmas Kanta-ta, an annual acapella competition. Representing the College of Psychology was the talented group from BSP 4A, "Parokya ni Pavlov," composed of Clarisse Garcia, Amaryah Racinez, Jada Espinueva, Cristianna Manalo, Ezekiel Reyes, Alieza Shane Sanchez, Andrea Tan, Kayla Castañeda, Rafael Gutierrez, and Ramcis Yana, who won second runner-up. With a spirited medley of Christmas classics, including "Jingle Bells", "Rockin' Around the Christmas Tree", "Rudolph the Red-Nosed Reindeer", and more, the group captivated the audience. Their harmony and enthusiasm were infectious, spreading holiday cheer and showcasing the musical talent of the college.



"Parokya ni Pavlov" members



Psych Navidad hosts

As the month progressed, the College of Psychology hosted its grand Christmas party, "Psych Navidad," on December 17 at the Tropical Gym, with Noa Vonk and Alexis Silva serving as project heads. This year's theme, "All Aboard the Polar Express," brought a whimsical touch to the celebration, with attendees donning festive pajamas that added warmth and charm to the event. Hosted by the charismatic BSP3A students, Shine Gonzalez and JM Dela Cruz, the party was packed with activities that kept spirits high throughout the day.

The program began with a heartfelt prayer, followed by inspiring opening remarks from the Psychology Society President, Hannah Clarisse Garcia. Guests enjoyed dynamic dance intermissions, a lively game of Family Feud and PsychPics, and multiple raffles that had everyone on the edge of their seats.



A particularly meaningful moment was the Grand Merientoring session, where students gathered in small groups with their mentors to share their experiences, reflect on their journeys, and spread positivity. This session underscored the supportive and nurturing environment of the College of Psychology, leaving participants with a renewed sense of connection.



The celebration also featured an appetizing lunch, more raffles, and the awarding of the Merientoring winners. The day concluded with heartfelt closing remarks from the College of Psychology's Chairperson, Ms. Diana Imperio, who took the opportunity to thank the hardworking Psychology Society officers. Their dedication and effort were instrumental in making every event a resounding success.



Psychology Society officers

Following the main celebration, the Psychology Society officers gathered for their exclusive Year-End Party, with Julianne Barrion and Ramcis Yana serving as project heads. Continuing the Polar Express theme, this intimate gathering was a chance to reflect on the achievements of the year, strengthen friendships, and celebrate their collective efforts. Filled with laughter, games, and camaraderie, the event served as a well-deserved tribute to the officers who worked tirelessly to make December an unforgettable month for everyone.

December 2024 was a shining example of the College of Psychology's vibrant and unified community. From the dazzling lights of the Christmas tree to the meaningful moments during Grand Merientoring, every event brought people closer together. The memories created during this festive season will undoubtedly inspire and carry the college forward into an even brighter 2025.

SECOND SEMESTER



LOVE FEST CELEBRATION 2025



Psychology Society paints the campus with love in this year's colorful and heartfelt College Love Fest.

Cupid struck as classes opened once again for the second semester of Academic Year 2024-2025. The Psychology Society was right there to celebrate the season of love with the College Love Fest organized by the Office of Student Affairs. This year, the celebration spanned the whole week with a "wear your love language" Mufti fundraiser from February 18 to 19, 2025, and the Spoken Word Poetry Contest on the 21st.

Straying away from the typical pink and red or wearing your relationship status, the Psychology Society added a fun psychology twist to the Mufti Days. Students wore the color that corresponded to any of the five love languages they associate themselves with most. Pink represented speaking words of affirmation, green was for doing acts of service, orange meant giving and receiving meaningful gifts, blue meant spending intentional quality time, and red for developing closeness. It was a colorful and lively celebration all around, which helped raise funds for the Psychology Society.

The Spoken Word Poetry Contest, care of the Office of Student Affairs, was also not to be missed. Two psychology students proudly represented our department, with both claiming victories. BSP 2A student Janit P. Flores won 1st Runner-up with her piece entitled "A Love Letter to Myself". Cristianna Mari Manalo from BSP 4A ultimately claimed the Grand Champion title with her heartfelt piece "The Greatest Liar I Know", dedicated to her mother. Both performers touched the hearts of everyone in attendance and left a lasting impression on the judges with their tales of love.



Janit P. Flores (1st runner-up)



Cristianna Mari Manalo (Champion)

The eager participation of our Psychology family in the Mufti Days and the Spoken Word Poetry Contest allowed for this Love Fest to be truly one for the books. A big thank you is given to Janit P. Flores from BSP 2A and Brent John Cruz also from BSP 2A for their creativity and planning for spearheading this year's mufti. Once again, congratulations to our representatives in the contest for showing that the College of Psychology is truly premier and reminding us of the essence of love.

2ND SEMESTER GENERAL ASSEMBLY & BREAKOUT SESSION A.Y. 2024-2025



...students gathered to reflect, reconnect, and realign with their goals as future mental health advocates.

On May 7, 2025, the College of Psychology held its much-anticipated General Assembly and Breakout Session, an event that celebrated both the academic achievements of the past semester and the shared commitment to continued growth in the upcoming term. With the theme "GAME ON: Reloading for the Next Challenge," students gathered to reflect, reconnect, and realign with their goals as future mental health advocates.

The General Assembly recognized outstanding Psychology students who demonstrated excellence in academics, leadership, and community involvement during the first semester. Their accomplishments were a testament to the perseverance and dedication upheld by the College. Furthermore, the Psychology community was recognized as the "Best Cheerer," highlighting the vibrant unity and enthusiasm that define its student body.



Fourth-year students at their last General Assembly





Gianna Rae Monta (Top 2) and Russel Louise Molina (Top 5) from BSP 3B, and Margaret Elise Baul (Top 7) from BSP 2A included in the Top 10 Dean's Listers of the College Division

Following the recognition ceremony, the Breakout Session served as an opportunity for deeper engagement and dialogue. In small group discussions, students exchanged insights, shared challenges, and voiced their aspirations for the second semester. These sessions provided a supportive environment for self-reflection and community-building, empowering students to strengthen their sense of purpose and responsibility.



As the second semester unfolds, the College of Psychology moves forward with a clear goal: to continue shaping individuals who are not only academically competent but also compassionate advocates for mental health and well-being.



This second semester is another chance to show what we are made of. With new lessons ahead, we face them not alone, but together, as one solid team. With every level we unlock, we move closer to becoming the future mental health advocates we are meant to be. Let us take this energy with us and move forward with confidence.

2ND SEMESTER OPEN HOUSE 2025



The success of the Open House was a testament to the collaborative spirit and dedication of many.

Mananatili... mananatili sa Cup of Psych!

The halls of Southville International Schools and Colleges buzzed with excitement on March 15, 2025, as the Premier College of Psychology opened its doors for a unique and engaging OPM-themed Open House. As a vibrant component of the larger Summer Fest Y3 celebration, the event offered senior high school students a captivating glimpse into the world of psychology, promising both insight and inspiration.

Inspired by the popular Filipino band Cup of Joe, the Psychology department meticulously designed their open house to echo the band's album aesthetics and soundtrack, creating an atmosphere that was both familiar and inviting. The creative theme, "Cup of Psych," successfully blended academic exploration with a touch of contemporary Filipino culture.

The program, expertly hosted by Janit Flores of BSP 2A and Giana Glacita of BSP 3A, kicked off with an engaging ice-breaker that immediately set a lively tone. Students enthusiastically participated in a game of guessing Cup of Joe songs using only emojis, sparking laughter among the attendees.



Beyond the fun and games, the Premiere College of Psychology seized the opportunity to present the department's ambitious vision and highlight the impressive array of achievements the college has accomplished. This segment underscored the academic rigor and promising future awaiting prospective psychology students.

The success of the Open House was a testament to the collaborative spirit and dedication of many. The College of Psychology extends its heartfelt gratitude to everyone who contributed their time and effort to make this event a resounding success.

Leading the charge was Psychology Society President Clarisse Garcia, and was ably supported by a dedicated team of officers and volunteers, including Alexis Silva, Eloisa Ilao, Brent Cruz, Charlotte Chua, Rowela Pineda, Isahbela Nolasco, Margaret Valencia, Christine Laritrit, Andrea Duenas, Julianne Barrion, Joachim Miguel Dela Cruz, Lhara Ignacio, Mayumi Sekiguchi, Janit Flores, Giana Glacita, Rikki Dela Cruz, Ronuel Quimsing, and Ramcis Yana. Their tireless efforts, from planning to execution, ensured a smooth and memorable experience for all attendees.



Equally vital was the guidance and support from the esteemed faculty. Ms. Kathleen Rayandayan, Ms. Diana Imperio, and Sir Danie Garcia provided invaluable direction and expertise. The department also extended special recognition to their premier Dean, Dr. Ruel Cajili, whose unwavering guidance and support were crucial in bringing the Open House to fruition.



Volunteers of the Open House from Psychology Society

The House at Southville's Premiere College of Psychology was more than just an informational session; it was an experience. It successfully demonstrated the vibrant and promising journey awaiting future psychology students at Southville.

CANDENT PROM 2025



A night of magic, music, and meaningful connection, Candent Prom 2025 celebrated inclusion in its most beautiful form.

Once upon a March evening, a story unfolded—not in a castle from a distant land, but within the warmly lit halls of Luxembourg Hall.

On March 22, 2025, the College of Psychology of Southville International School and Colleges, in collaboration with Candent Learning Haus, brought to life an event that transcended the ordinary and ventured into the extraordinary: Candent Prom 2025.

Draped in the enchantment of the theme, "Magic & Moonlight", this unforgettable night transformed the venue into a dreamscape where wonder danced alongside warmth. Twinkling lights, flowing gowns, and gentle music created a space where students from Candent Learning Haus were celebrated, seen, and embraced—not merely as attendees, but as the heart of the evening. Accompanied by Psychology students as their prom dates, they were guided not only with grace but with deep sincerity and respect.

The program opened with a heartfelt ceremony, setting the tone with the national anthem, a prayer, and words of welcome. Soon after, the excitement took form on the dance floor, as paired students shared a beautiful group dance to *Beauty and the Beast*, their movements filled with intention and joy.



Faculty members from Candent Learning Haus and the College of Psychology

Between dances, the audience was treated to a series of special intermission numbers, such as musical and theatrical performances that showcased the diverse talents of the students. Familiar melodies like "A Whole New World", "My Favorite Things", "I See the Light", and "Ariang" graced the stage, sparking wonder and applause. These performances were not just entertainment but also declarations of creativity and confidence, proof that every student had something meaningful to share.

As the night went on, the room shifted into a moment of reflection with a prayer before the meal, followed by a warm and lively dinner accompanied by open mic performances, music, and laughter shared from table to table. The evening continued with a highlight that added sparkle to the celebration: the awarding ceremony. Titles such as 'Star of the Night', 'Prince and Princess', and 'King and Queen' were bestowed, affirming not only appearances but the radiance of presence, spirit, and connection.



Awarding for the Stars of the night from the College of Psychology

More than a celebration, Candent Prom became a living expression of empathy and inclusion. Every shared laugh and every step on the dance floor spoke of a world where companionship knows no barriers and joy is a shared experience. The presence of Psychology students, hand in hand with their Candent peers, gave rise to moments that reinforced the power of human connection—moments that mattered, moments that healed.



Events such as this one reflect the deeper mission of psychological education: not simply to understand behavior, but to cultivate spaces that nurture belonging, uplift the human spirit, and foster transformative relationships. The prom served as a gentle but powerful reminder that emotional well-being thrives in environments where difference is met with dignity and celebration.

Candent Prom 2025 stands not only as a magical evening of fairytales and memories, but as a shining example of how meaningful interaction can become a bridge to greater understanding. It is in these shared moments—where kindness is deliberate and inclusion is practiced—that true transformation begins.

38TH PAPJA NATIONAL CONVENTION



This convention brought out the best in our students, growing camaraderie and friendships while inspiring healthy competition.

The 38th PAPJA Convention is back on-site! With it, the SISC Psychology Society, along with other schools, flocked to the Mall of Asia's SMX Convention Center to celebrate the momentous gathering of Psychology enthusiasts nationwide. Our Premier students were able to enjoy quality time with their peers, electrifying performances from the Transcendence finalists, puzzling questions from our Quiz Bee Finals, and a day full of meaningful learning from the heads and idols of the Psychological Association of the Philippines (PAP) themselves! They gave an eye-opening conversation about online presence and loneliness. Seeing as media presence is such a significant factor for our young people, Riyan Portuguese – also known as 'Your Millennial Psychologist' and chairperson of the LGBT Psychology Special Interest Group of PAP – gave their insights on how these media factors and the politics behind them are, in many ways, beneficial and harmful for our well-being.

Our psychology students fought hard in the competitions, brought home a 41st out of 107 ranking in the Inter-School Psychology Quiz Champion, and secured a close podium spot in the Psy-Clips competition, ranking 4th out of 90 competing schools! These talented and creative students, guided by equally creative professors, brought to light that Southville is a competitive school ready to face off against globally competitive institutions!



We would like to thank Marianne Sheen Canales, our overall PAPJA Project Head, for leading our Owls in making and planning these wonderful outputs. We would also like to acknowledge our Project Heads for the competitions: Miguel Kuong for the TrascenDance, Marianne Canales for the Psy-Clips, Ezekiel Reyes for the Inter-School Psychology Quiz Champion, and Thalia Perico for the Songwriting Competition.

We acknowledge our director and Project Head, Marianne Canales, and the team: Janit Flores, Clarisse Garcia, Andrea Tan, Kayla Castañeda, Zelene Gonzales, Ezekiel Reyes, Cristianna Manalo, Gabrielle Papasin, Lhara Ignacio, Giana Glacita, Brent Cruz, Joachim Dela Cruz, Ramcis Yana, and Ronuel Quimsing for their Psy-Clips short film, "Bagwis." The film was able to capture the impact of therapy and its versatility in any medium. Our actors and actresses conveyed the message of seeking help and spreading its availability beautifully.

To Thalia Perico, for heading the Songwriting Competition and providing her insights on songwriting and music video direction, and the team: Clarisse Garcia, Gianna Monta, Rania Arabiyat, Betina Sambat, Julianne Barrion, Colin Arriola, Margaret Baul, Nicola Kare, Rowela Pineda, Amaryah Racinez, Luis Delos Santos, Kim Tan, and our music video editors Jada Espinueva and Ramcis Yana for their lovely song, "Ang Pag-Ibig ay Atin"! The heartfelt harmonies and kilig-inducing music video about two girls finding their company in one another highlights the inclusivity of unconditional love!

To the project head of the Transcendance, Miguel Kuong, for instructing and composing the dance routine with the help of Niel Pineda, Ezekiel Reyes, Elijah Martinez, Margaret Baul, Xavier Gines, Erika Sablay, Macaela Abalos, Ruth Suaverdez, Shiela Patayon, Thalia Perico, and Danise Bendoval. Your performance was exhilarating! Your smooth, quick, and energetic moves were truly exciting to watch!



SISC College of Psychology's entries for the 38th PAPJA National Convention.



To Ezekiel Reyes, Jada Espinueva, Cristianna Manalo, and Gianna Monta for giving their all in the Inter-School Psychology Quiz Champion, to the PAPJA Quiz Bee Trainee, Brent Cruz, for making significant contributions to learning and preparation for future competitions, and to Ms. Chelsea Coventry and Ms. Rhea Joverez for their guidance and rigorous training in helping teach and recall these psychological concepts.

Additionally, we would like to recognize the newly graduated students from batch 2024, who submitted their research paper in hopes of receiving the title of 'Best Undergraduate Thesis': Christine Ramirez, Dana Poral, and Joshane Garcia. Their thesis papers entitled "Psychological Empowerment and Self-Efficacy of Women Student Leaders", "Psychological Resilience and Culture Shock of Filipino College Students from Abroad Studying in the Philippines", and "The Influence of Childbirth Satisfaction on Mental Health Outcomes Among Middle-Aged First-Time Mothers", respectively, made a significant contribution to our field. Indeed, your efforts did not go unnoticed!

This convention brought out the best in our students, growing camaraderie and friendships while inspiring healthy competition. With the newfound lessons they have learned, they too can be a driving force in making global changes and milestone achievements for psychology wherever they may be.

THANKSGIVING MASS, RIBBON-CUTTING, BLESSING, GRAND MERITORING & PAPJA AWARDING



In a momentous and heartfelt celebration, Southville International School and Colleges (SISC) officially inaugurated the College of Psychology's new home on the 5th floor of the Luxembourg Campus on April 11, 2025. The event was more than just a formal opening of a physical space. It represented the department's continuous growth, its vibrant sense of community, and its unwavering commitment to excellence in the field of psychology.

The new floor includes modern classrooms, counseling spaces, faculty offices, and collaborative areas, all intentionally designed to foster learning, research, and mentorship. Each room carries the energy of a space created with purpose and passion, ready to support the academic and personal growth of psychology students.

A mass was first held in honor of the new milestone. It was a time of thanksgiving, not only for the facility but also for the journey that led to its completion. This was followed by the ribbon-cutting, which reminded everyone of the shared vision and collective effort that made the dream of a dedicated Psychology floor possible.



The day continued with the blessing of the newly designated floor, led by a spiritual leader who walked through the hallways, offering prayers and blessings for all who would study, teach, and grow within those walls. Faculty, students, and guests quietly gathered in reflection and gratitude, hopeful for the future this space would cultivate.

The atmosphere soon shifted to one of celebration during a potluck gathering, where tables were filled with colorful, home-cooked dishes brought by students and faculty members. Conversations and laughter filled the room, with people from different year levels and areas of the college bonding over food and shared experiences. The potluck was a true reflection of the warmth and closeness of the Psychology community at Southville.



A meaningful part of the event was the Merientoring session, where students met with their assigned mentors in small groups. These sessions were dedicated to open discussions about academic challenges, personal struggles, and future goals. The floor buzzed with conversation and quiet reflections, as mentors offered guidance and students shared their stories. It was a powerful reminder of the importance of connection, support, and understanding in a student's academic journey. To honor the efforts and engagement of students in the mentoring program, an award for the 'Most Engaged Mentee' in each group was given. These individuals stood out for their active participation, honesty, and growth within their mentor-mentee relationships.



Grand Merientoring and awarding of the PAPJA contestants

One of the most touching moments of the day was the awarding of participation certificates to the students who represented Southville in the Psychological Association of the Philippines - Junior Affiliates (PAPJA) competition. The awardees included members of the dance troupe, the film crew, the songwriting team, and the participants of the quiz bee. These students were recognized for their creativity, dedication, and hard work, which brought pride and honor to the institution. The audience cheered as each participant came forward, a celebration of not just talent but also teamwork and school spirit.

The celebration came to a close with a group photo opportunity, where everyone came together in one frame. With smiling faces and the newly opened 5th floor behind them, students, faculty, and administrators captured a moment of shared success and hopeful beginnings.



The official opening of the College of Psychology's 5th floor marks a new chapter in Southville's commitment to mental health education and student development. More than just a space, it stands as a symbol of the institution's dedication to nurturing future psychologists who are not only skilled and knowledgeable but also compassionate, resilient, and driven by purpose.

8TH PSYCHOLOGY PINNING & 2ND WHITE COAT CEREMONY 2025



Through these ceremonies, we are able to recognize each other's hard work and bond through a shared goal.

Our Premier students have once more risen to the occasion last May 9, 2025, for the long-awaited 8th Pinning Ceremony and 2nd White Coat Ceremony, themed "Empowering Minds, Embracing Future". In this event, our BSP, FLEX, and MAP students donned the coveted symbols of growth, responsibility, and commitment to their discipline as they climbed the stage to be presented to their loved ones with pride, honor, and recognition. The momentous event not only celebrated the successes of Southville's most Premier students but also the College of Psychology's newly registered Psychometricians and Psychologists.

Thanks to the leadership of its project heads, Anna Mancina and Bianca Molon, we were able to enjoy grand decor and excellent accommodations from our first and second-year volunteers. They showcased that initiative, creativity, and diligence in psychology are found everywhere. The ceremony was even blessed with the presence of our hardworking alumni: T. Jorge, Nurse Renz, and Ms. Lucille. These individuals have exemplified being Premier even in the workplace, serving as an inspiration for the upcoming batches of students ready to take the next step in their careers.

Each batch of SISC Psychology's Premier students and newly registered Psychometricians and Psychologists gave awe-inspiring speeches and inspired the coming generation of Psychology professionals in their professional journey.



Each batch had a story to tell about their current journey in psychology, from Gianna Monta in the 3rd year, Clarisse Garcia from the 4th year, Ms. Zheela Montecillo from the MAP, Ms. Rhea Joverez from the newly registered psychometricians, and Sir Ehric Quintana from the newly registered psychologists. Each of them told a story of resilience, hope, and finding meaning in their journeys instead of looking at the end goal of it all.

Our 4th year Psychology Society core officers from BSP 4A, Marianne Canales, Kayla Castaneda, and Andrea Tan, represented the organization as they received the award, congratulating the officers for this academic year on their remarkable efforts. Their president, Clarisse Garcia (BSP 4A), was awarded the Leadership Award for her exemplary leadership in the efforts of Psychology's Premier student organization.



This showcase of talent not only highlighted the College of Psychology's ability to be effective student leaders but also provided the opportunity for a song performance commemorating growing up and leading the charge in their respective journeys in their professional careers. Thalia Perico (BSP 2A) and Ms. Chelsea Coventry gave powerful performances, their voices astounding the audience.

The solemn celebration not only recognized the great achievements of SISC's College of Psychology through these symbols but also told stories of sweet success. Through these ceremonies, we are able to recognize each other's hard work and bond through a shared goal.



BSP and MAP students from A.Y. 2024-2025, along with the newly registered psychometricians and psychologists



Our Premier students gathered at the end of the program to sing their batch song "A Million Dreams" from the film "The Greatest Showman" as a reminder of the value of hope, drive, and passion in pursuing one's goals in life.

The Premier flame of passion was lit and burning brightly in every person in the room. It goes to show that our students are destined for greatness with the values our college instilled in them.

PSYCHOLOGY DAYS 2025



This event presented an opportunity for our Psychmates to destress amidst the pressure of the final term.

The Psychology Society kicked off its most awaited annual Psychology Days event last June 19 to 20, 2025! The event sports celebrations and camaraderie through meaningful events that deepened our Psychmates' relationship with one another. With the theme: "Sulong Sikolohiya: Expanding Horizons and Soaring Beyond", it was no wonder that we were able to witness the expansive showcase of skills of our Premier troupe of talented owls.

Day 1 was full of events, bringing together our Psychmates with shared activities. Through the Opening Ceremony, Psych Got Talent, and CinePsych, we saw nothing but endless support for each other. The Opening Ceremony felt lively and reintroduced the Psych Days with performances and cheerful games. The Opening Ceremony was not only held with a lively program, but also a grand get-together feast and the oath-taking for our Psychology Society officers.

The Psych Got Talent brought out the best in our peers, too, in terms of their showcases. There was singing, dancing, acting, and so much more that made the entire Lux Hall breathless with exhilarating performances! The winner of it all, though, came from a band called "Freudian Slip" – which is a very clever name. Freudian Slip featured jaw-dropping guitar action and stellar harmonies from Thalia Perico from BSP 2A, beautiful rhythm and percussion by Ronuel Quimsing from BSP 3A and Russel Molina from BSP 3B, stunning bass lines by Amaryah Racinez from BSP 4A, and powerful vocals from Danise Bendoval of BSP 4B.



The CinePsych featured a heart-stopping romantic comedy titled "The Life List". Each romantic moment and life lesson moved our Owls and gave everyone a wonderful narrative, as well as valuable life advice about family, trust, and companionship.



Day 2 was the Psych Olympics held at the Tropical Building, a most-awaited competition among Psychology students looking to bring brain and brawn together. Fierce but friendly competition ensued among the four color-coded (and theorist-oriented) teams. Each team was represented by its dazzling line-up of muses. Trisha Rosales from BSP 1A representing the White Wundts, Cia Dajoya from BSP 2B for the Yellow Jungles, Lyanne Lee from BSP 2A representing the Green Horneys, and Margaret Baul from BSP 2A representing the Blue Rogers.

Friendly and fierce competition ensued among the various teams, and everyone truly gave it their all. There was fierce dribbling and high-tension shooting in mixed basketball, hype-worthy action in volleyball, quick and powerful strikes in badminton, and strategic throwing and retreat in the dodgeball showdowns! Ultimately, the Blue Rogers came out on top, followed by the White Wundts, the Green Horneys, and the Yellow Jungles.



The Yellow Jungles, Green Horneys, White Wundts, and Blue Rogers

This event presented an opportunity for our Psychmates to destress amidst the pressure of the final term. With the friendly competition, our students were able to strategize and think critically and creatively for each sport. Our professors were able to join in on the fun activities as well! This momentous event provided a safe space for fun where the entirety of the College of Psychology worked together on equal footing to simply enjoy ourselves.

OUTDOOR EDUCATIONAL PROGRAM 2025

The 2025 OEP was a successful reminder that learning and growth can take place beyond the classroom...

The College of Psychology held its much-anticipated Outdoor Educational Program (OEP) on June 25, 2025, providing students and faculty with a meaningful blend of learning, leisure, and psychological reflection. Designed to promote holistic wellness beyond the academic setting, the day's activities combined insightful discussions and shared experiences outside the classroom.

The program began on the 5th floor of the college building with a wellness talk titled "Beyond Books: A Survival Kit for Self-Care" delivered by Ms. Zheela Montecillo. In her talk, Ms. Montecillo emphasized the importance of prioritizing mental and emotional health amid academic pressures. She offered practical strategies for self-care, including mindfulness techniques, emotional regulation, time management, and boundary-setting. Her message served as a reminder that self-care is not indulgent but necessary for maintaining personal well-being and academic success.





After the session, students and faculty boarded buses to Alabang Town Center (ATC) in Muntinlupa. The group enjoyed lunch at Buffet 101, providing a relaxed space for students and staff to unwind and connect.



The highlight of the afternoon was followed by a screening of the newly released FI movie, a film that thrilled viewers with high-speed drama and underlying emotional depth.



BSP students before and after the movie screening

Although centered on the world of racing, the film subtly explored psychological themes such as perseverance under pressure, the burden of expectations, and the mental discipline required to perform at elite levels. These elements sparked meaningful reflection on personal ambition, motivation, and the psychological resilience needed in high-stress environments.

The group returned to campus feeling energized and inspired. The 2025 OEP was a successful reminder that learning and growth can take place beyond the classroom, and that even in fast lanes and quiet conversations, psychology finds its place.





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