



BULSU GEAR

GATHERED ENDEAVOR AND ACHIEVEMENT REPORT

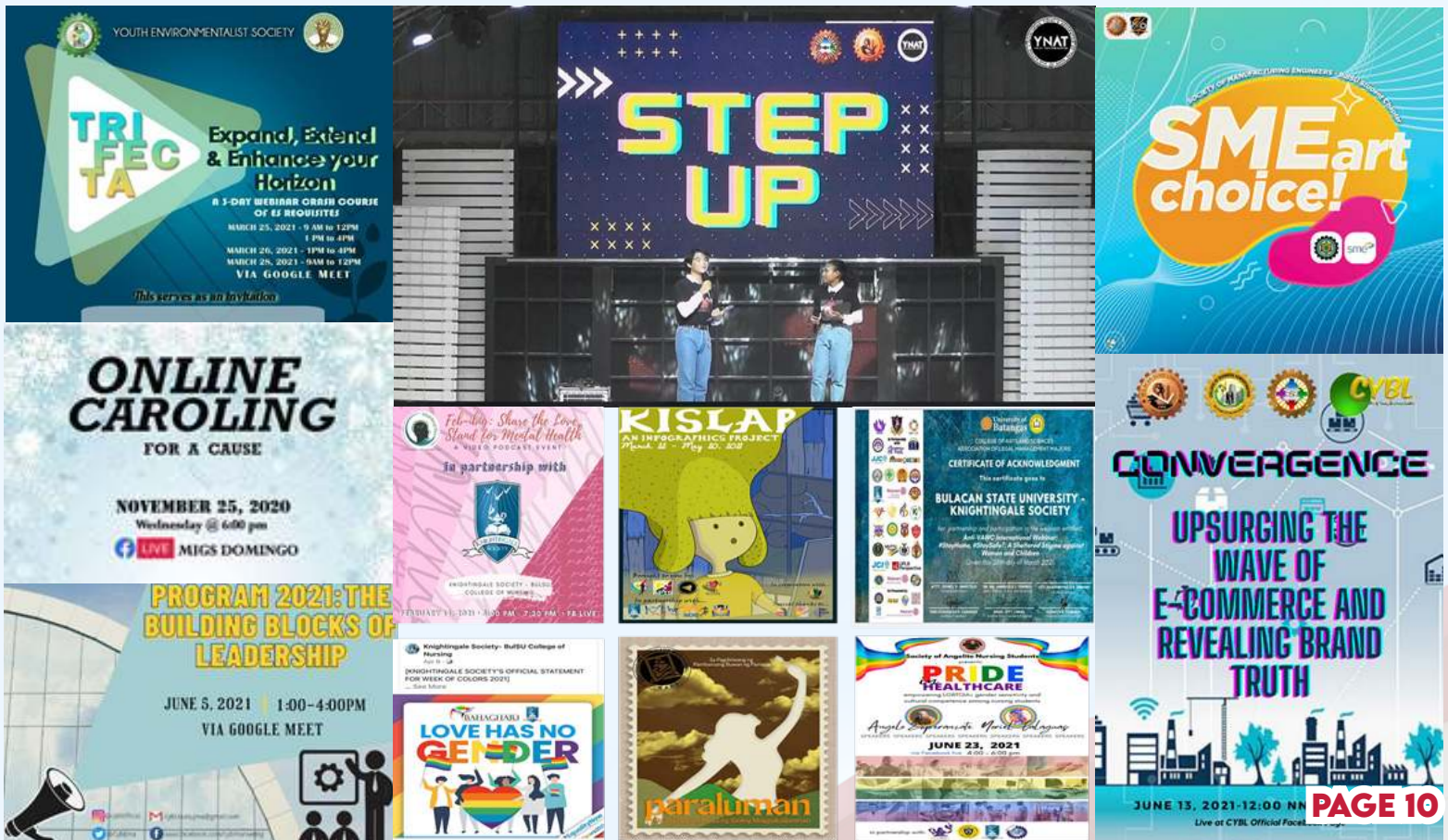
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SUSTAINING SYNERGY AMONG STUDENT ORGANIZATIONS ACROSS CAMPUSES



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EDITORIAL

STUDENT ORGANIZATIONS MATTER

Many would say that the major perk of joining student clubs is to meet other students. Deeper than this, participation in organizations sets the avenue for a lifetime of support, reaching out, and even building connections that link the gaps and barriers.

Most of the student associations in Bulacan State University offer leadership opportunities, learning experiences, and platform to network with professionals. Pulling together all kinds of students under a shared mission is what they do best.

Starting at college can be scary for some, but trying out to join some student guilds can help you transition to college life. You will be surprised on the numerous activities of these groups that will actually interest you.

Even amidst the pandemic, the pool of confident and dedicated student leaders continues to congregate to a common cause and interest at a time when social connections are fundamental. They never get tired of crafting programs and activities, even done virtually, that will advance the professional skills of the members. Ceaseless endeavors that afford competencies which are actually valued by most employers are things that will be of great value in the future.

To name a few, management abilities through event planning and organization and also market research. The abilities that you have acquired through involvement in school societies can set you apart from the pack when you begin your job search.

Finally, joining these groups build affiliations and friendship. The sense of belongingness allows you to share your passions with people who see the world probably with the same lens and lets you expand your views of the world.

The bond within your circle while balancing a full plate of academics and extra-curricular activities helps in shaping self-assurance needed to deal with more challenges.

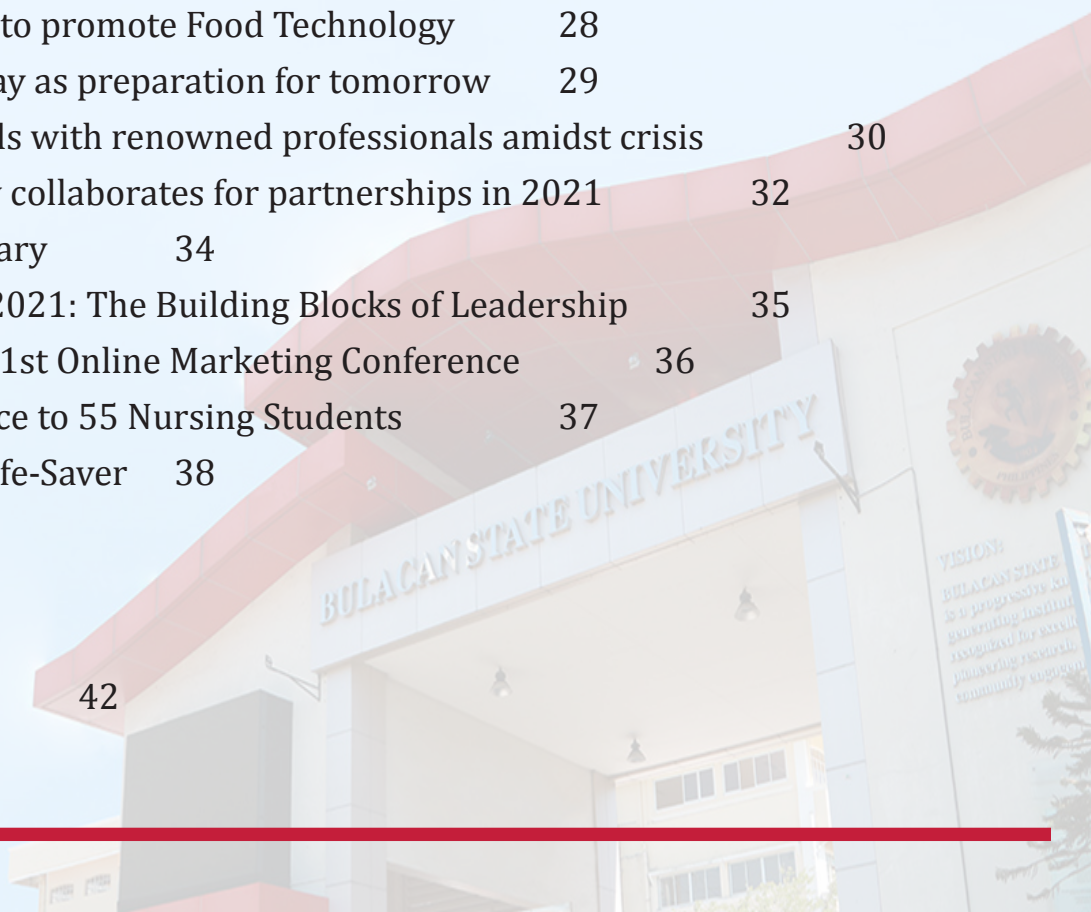
Clearly, participation in student organizations really matter. While your ultimate goal as a student is to earn a degree, college is also a valuable opportunity to try something new.

Be it an academic, cultural, faith-based, sports, political, or public service associations, make sure that you get involved and explore every chance and prospect there is to offer.



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FROM ETHNIC TO PANDEMIC: BALANGAYAN SA UNIBERSIDAD RESILIENTLY SAILS

Assoc. Prof. Joseph Roy F. Celestino
Vice-Chancellor for Student Affairs and Services , Main Campus

Reviving the vital essence of a historical tradition and reshaping it to fit the contemporary times is a clarion call to build a nation. Carrying this call across the heedfulness of today's generation of young people is an arduous challenge, eliciting a favorable response from them. More than a decade ago, Bulacan State University (BulSU) found herself trying to figure out a way to rise to this challenge.

Back then, the institution housed ninety (90) student organizations of diverse advocacies and interests. Shepherding this relatively huge number of student organizations to one vision and goal requires an appealing philosophy with a flexible framework that will fit and embrace diversity and, in the process, will become a way of life complimenting their fundamental roles as students.

The University saw the need to push the boundaries of everyday tasks of recognizing, supervising, and monitoring student organizations. There is so much more that young people can do than just being confined to work within their own created spaces. While some organizations were bursting with vibrant energy pursuing projects here and there, others merely contented themselves with banal activities bereft of dynamism and goal-worthy pursuits. This imbalance in the landscape of student life prompted the university to find an equilibrium and a level playing field where all student organizations can be partners for change and nation-building.

The scale of this vision for the students by the university was frightening at the onset. Sending the wrong signal of student repression was a mistake that the university did not want to commit. Crafting the concept likewise was painstaking as it demanded

careful study and methodical assessment of capacity, equity, and values needed to be espoused, to mention a few. Consequent to that, crafting was to realign it to nationalist ideals.

Fortunately, when the crafting was still in the process, the idea of volunteerism was gaining new ground and becoming a breath of fresh air to the sensibilities of student leaders. Volunteerism, being translated as a new mode of activism, was rapidly gaining form as advocacy among Higher Education Institutions (HEIs). It was brought into a platform of discourses among practitioners of student affairs in many symposia and fora. Hence, volunteerism became the central piece to the concept that was being crafted in BulSU. Admittedly, the idea was not new. It was, in fact, the fundamental idea of what organizations were all about, but somewhere as organizations grow and multiply, the idea was overridden by various interests and agendas. Volunteerism being reborn into the social consciousness of students paved the way to reboot and restart the system. The incarnation of the concept needed a certain branding that has historical roots, a name that profoundly defines the persisting spirit and ageless essence of being a Filipino.

Various cultural names and traditional terminologies of values were submitted for approval, such as bayanihan, sanduguan, kapatiran, and the likes. All these potential brand names were undoubtedly qualified; however, the university was looking for a brand that exemplifies the values of leadership, collectivity, mobility, and selflessness. Thus, after giving a careful thought, doing research, and meticulous deliberation, the term balangayan was unanimously selected. (Continued in the next page.)

Balangayan or *balangay* refers to the sea vessels that navigated during the pre-colonial era. Incidentally, these boats were micro-government units carrying a system of leadership, communal engagement, and economic mobility. The university took inspiration in this lived world of the historical past. Integrating this inspiration into the way of life of student leadership in organized groups was also thought to be a new way of recovering the authentic values of early Filipinos with the hope of perpetually appropriating them in the changing times.

Understanding this rich historical background of the *Balangay* and assimilating the profound essence of this glorious horizon of the past were integral to the university's vision for the formation of student leaders. The *balangay* was chosen to be the definitive model in molding, shaping, and shepherding student organizations. Akin to how this ancient boat is given form and shape to create balance in sailing, the creation of a student organization requires the necessary people to be placed in a balanced structure where both leadership and membership thrive in attaining the goal.

Apart from being a brand, *Balangayan* embodied the collective social action of student organizations responding to the community's needs inside and outside the university.

“Apart from being a brand, *Balangayan* embodied the collective social action of student organizations responding to the community's needs inside and outside the University.”



First *Balangayan* opening ceremony back in 2017.

In 2016, under the guidance of the current University president, Dr. Cecilia N. Gascon, the role of *Balangayan* to student leaders was substantiated by the core values: Service to God and Community, Order and peace, Assurance to Quality and Accountability, Respect, and Responsibility (SOAR). All student activities and student leader formation systems were aligned to these values designed and engineered by the university president herself. SOAR became the university's gold standard in promoting excellence and development in realizing the student's role in nation-building.

Balangayan was fine-tuned to assume a bigger role with a deeper commitment to actively engage students in value-laden programs that are faithful to the historical and cultural heritage of the nation.

Fast forward to the year 2020; the COVID19 pandemic has limited our ways of doing things. It has forced us to draw away from the customary things, including our institutional practices. In the midst of limitations and uncertainties, the underlying grace of creativity has allowed student organizations to find ways to reconnect and bring the vibe and feel of the sailing *Balangayan* closer to all BulSUans via Project FORE BulSU.

FORE BulSU is an initiative of the university which aims to create a platform that puts the Student Organizations of BULSU at the forefront of the university's genuine commitment to reach out to students who are situationally challenged by the new normal. Student organizations were enjoined to submit a maximum of two (2) proposals for review and critique by a selection committee. The proposal must be aimed to bridge the gap brought by the “new normal setup.”

(Continued in the page.)

The content must be calibrated to empower curricular and co-curricular learning thru acceptable means. Proposals must be realistic and feasible. The selection committee will be keen on critiquing the safety and effectiveness of the strategies that will be employed. Any alternative means that have minimal to no physical contact are encouraged. Proposals must entail a monitoring and evaluation mechanism to ensure the efficiency and effectiveness of its implementation. Proposals that will pass the selection committee shall receive a fund allowance to aid the proposal's implementation.

The qualified organizations received an amount of fifteen thousand pesos (PHP 15,000.00), respectively, to operationalize their respective proposals.

This project, guided by the university's Core Values, aims to encourage student organizations of BULSU to shift the traditional activities to more relevant endeavors fostering camaraderie and mutual empowerment by way of genuine service (Service to God and Community).

FORE BulSU encourages students to create strategic means and organized actions to ensure accessibility to lessons possible for those living in remote areas and those without internet access (Order and Peace).

FORE BULSU intended to capacitate student organizations and empower themselves to remain active despite the challenges imposed by the new normal conditions due to the pandemic (Assurance of Quality). In the pursuit of such, an avenue for students is laid down to help each other thru organized support mechanisms in education such as but not limited to tutorials, academic coaching, and mentoring systems hosted by student organizations (Accountability).

Through these activities under project FORE BULSU, students will emerge at the forefronts of new normal conditions and conquer the digital divide (Respect and Responsibility). Truly, Balangayan Sa Unibersidad continues to sail even in the virtual sea, and Bulsuans at the forefront are never left behind.



Students posing for a photo during the Balangayan sa Unibersidad Opening Parade 2019. Photo from BulSU Capture FB Page.

18 VIRTUAL PROGRAMS OF THE STUDENT ORGANIZATIONS IN EXTERNAL CAMPUSES DELIVERED

Prof. Gerald C. Hilario

Vice-Chancellor for Student Affairs and Services, External Campuses



The beating heart of the university is its students. They are the primary reasons why this academic institution exists in the first place. That is why it is uncharacteristic to be in the campus without the physical presence of its students. Yet this has been the case not only in our beloved BulSU but in almost all schools and campuses anywhere else. It has been like that for the past sixteen (16) months and counting.

But the student organizations of the University, in particular, those from the four (4) External Campuses of Bustos, Sarmiento, Hagonoy, and Meneses have been ingenious and proactive by undertaking manifold activities and programs that seek to promote the welfare of their members, aside from coming up with activities that seek to complement their course program curricular offerings.

With the current thirty-nine (39) duly recognized organizations across the campuses as per the Office of the Student Organizations (OSO) for External Campuses, these student organizations had proven to be a strong source of support to their members, by tailor-fitting their activities based on their needs.

They did so with the guidance provided by the Offices of the Chancellor, the Vice Chancellor for Student Affairs, the Campus Director of Student Welfare and Development and the various Heads of Offices serving our students.

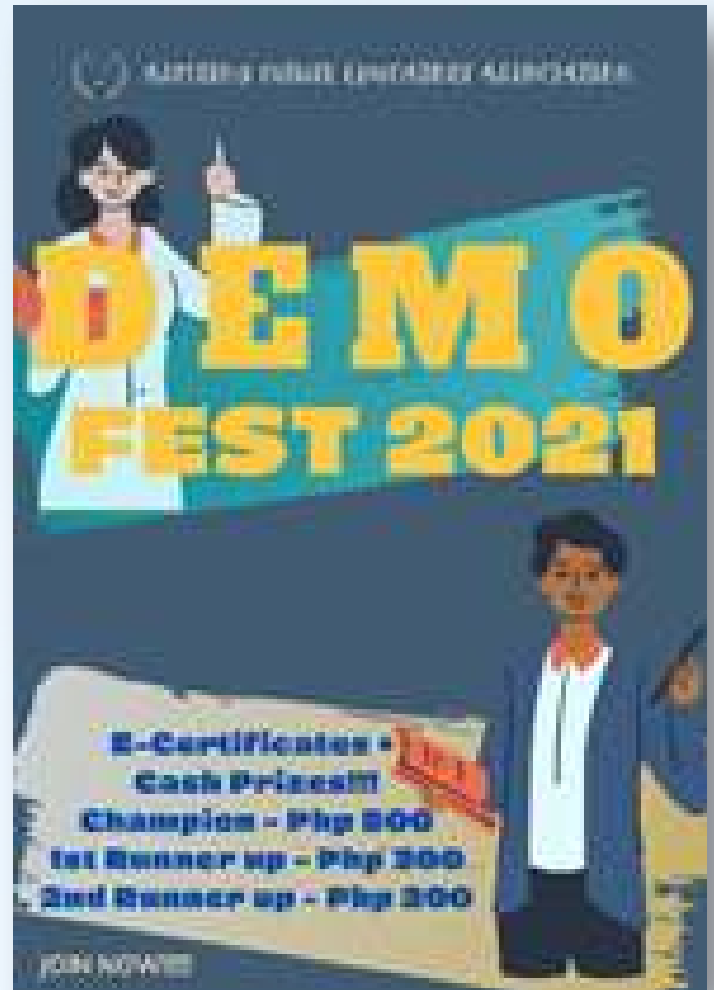
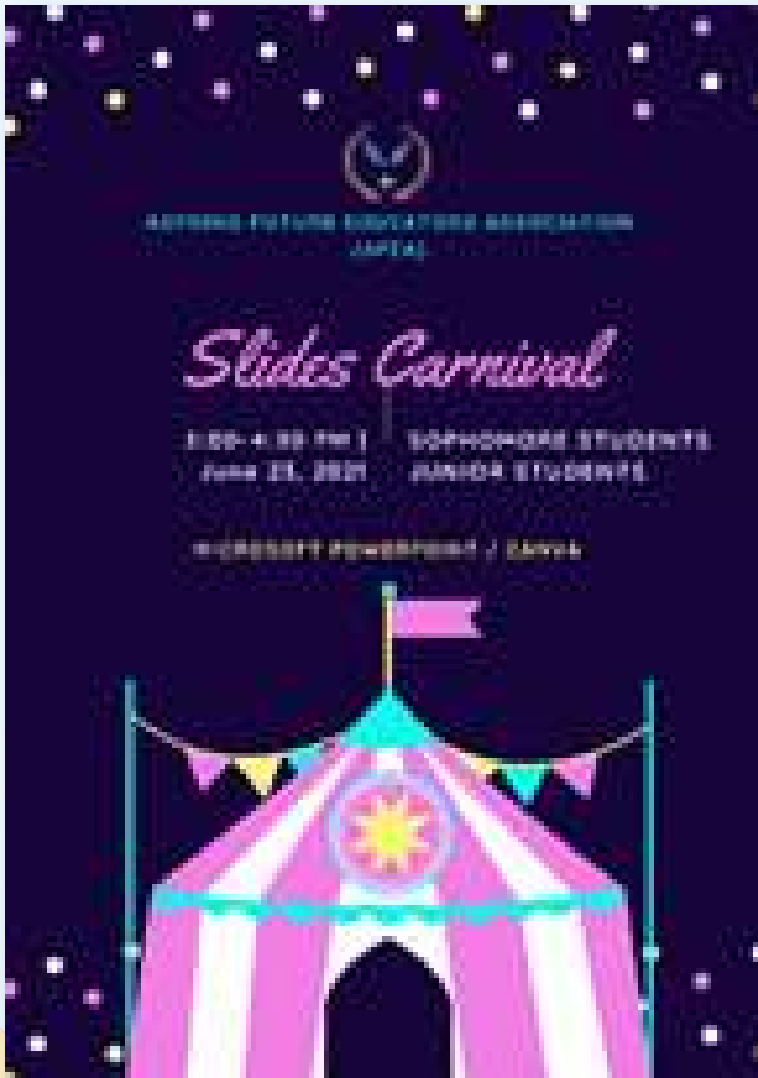
With their combined efforts, the student organizations rolled out eighteen (18) activities in the campuses which was attended by at least 3,300 member attendees.



This is out of the 11,000 plus combined student population for this academic year in the campuses.

Fortuitously, the new university structure which is operational already since the onset of the pandemic early last year, transformed the university into, first, a more agile academic institution by decentralizing its operations; and second, into a more caring agency by exerting significant efforts to be flexible as the needs maybe as expressed in its adoption of flexible learning arrangements.

Truly, it took to heart the manifold situations of its students which call for more humane approach in the way the university partake learning and operationalize its processes.



Moreover, with a parallel set-up for the Main Campus and the External Campuses, the types of services our students received is greatly enhanced. Indeed, the Chancery of the External Campuses in tandem with the student organizations collaborated in essaying their important roles in pursuit of the mandates of the organizations themselves, as the students from the campuses deserve such services especially in this ongoing pandemic.

With the prospect of resuming face to face classes in a year or two (or even sooner) from now in the horizon, the students from the campuses are assured of steady dose of substantial activities and programs meant to enhance their student life while they are still under the caring embrace of the university.

SUSTAINING SYNERGY AMONG STUDENT ORGANIZATIONS ACROSS CAMPUSES

BulSU-OSO

A significant feature of the new structure of the university is the putting up of various counterpart new offices for External Campuses that will cater to all the students of the campuses of BulSU.

One such office is the Office of the Student Organizations for External Campuses (BulSU OSO EC) as among those that were established in 2020.

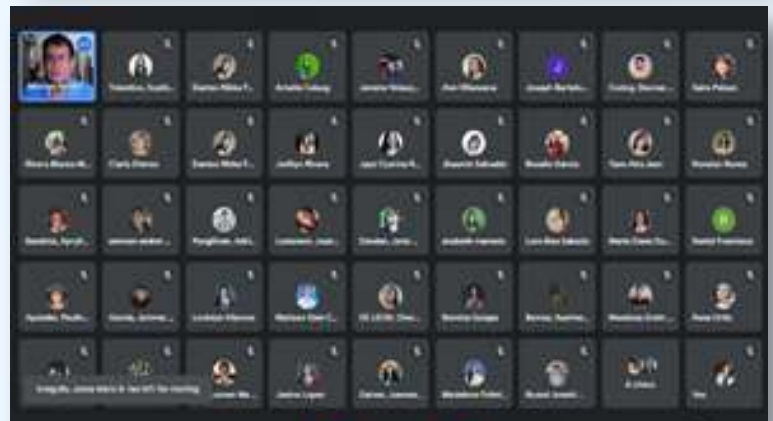
With the guidance of Chancellor Reynaldo Naguit, Vice Chancellor Gerald Hilario and Director Romulo B. Mercado of Student Welfare and Development Office, the office was created to foster the burning spirit of leadership, and improve the skills of student leaders and organizations across campuses, with or without the pandemic.

Under the supervision of Engr. Raevinor Rom Gonzales, it ran its very first exercise as an office including its chairman and former OSO officer from Bustos Campus, James Lawrence Santos, with their very own first ever Executive Board officers.

On March 25, 2021, thirty-nine (39) student organizations were recognized in an online event dubbed "Ascend 2021."

These organizations complied the standard requirements given by the office. By the next academic year, the office will have a set of officers and will open again its registration for new organizations and renewal registration for the existing organization.

The following photos are just some of the activities recently held which shows that the student organizations across the campuses are ever resilient and creative in terms of using technology, and attesting that pandemic can never be a hindrance in pursuit of relevant student organizations' programs.



The Guild of Leading Elementary Educators (GLEE) of Bustos Campus undertake the event entitled "Tatak GLEE Freshmen Orientation" via Google Meet last May 28, 2021. It was held to welcome and orient the freshmen of the university who are taking said program.



(Continued in the next page.)



From the Aspiring Future Educators Association (AFEA) of Hagonoy Campus. They launched the events namely Quiz Bee, Slides Carnival, and Demo Fest 2021 last June 23, 2021 which aimed to exercise the competencies and capabilities among education students.



Association for Better Advocacy and Toil of Hotel and Restaurant Management (ABATHARM) of Sarmiento Campus undertake the event dubbed Food Photography Contest which was intended for Hotel Management students to show their skills and creativity in food photography. The said event was held on May 21, 2021.



From Society of Physical Education and Recreation Enthusiast (SPHERE) of Meneses Campus. The event entitled "Online Caroling for a Cause" happened last November 25, 2020, via Facebook Live.

The funds gathered through this event were used to buy in-kind donations for the affected families of their fellow students.

AN UNDERWATER TRIP TO LANDSCAPE ARCHITECTURE

Angelo S. Zapanta

Landscape architecture is a broad field that encompasses several disciplines ranging from urban design, architecture, and fine arts up to more technical practices such as engineering, ecology, botany, and psychology.

It is both an art and science that has evolved through the years, focusing on human experience and its relation to the built and natural environment. That is why, unsurprisingly, it has now even reached its way towards the world of underwater gardening, which is commonly known as aquascaping.

Just like landscape architecture, aquascaping is both an art and science of arranging aquatic plants and the craft of designing underwater landscapes such as rocks, pebbles, driftwood, etc., to make them aesthetically pleasing in an aquarium.

Landscape design principles can also be brought underwater to guide anyone who wants to venture into this hobby.



In line with this, the Circle of Landscape Architecture Students-BSU (CLAS-BSU) has decided to launch an informative online talk entitled “AquASKaping: Explore the Art of Underwater Gardening” last February 6, 2020, which is exclusive for Landscape Architecture students.

The talk was initiated by a guest speaker, Mr. Jay-r Huelar, an aquascaper, who shared his thoughts on the setup, methodology, and maintenance needed to start this field.

Moreover, he also focused on the distinctive styles dominating the modern aquascape world, Nature Aquarium style, Iwagumi style, and the Dutch Aquarium. He also put the utmost priority on the technicalities of maintaining aquatic plants.

Through this event, the LA students were able to broaden their knowledge regarding aquascaping and its latest trends and technologies. It also helped them gain a new perspective in design and its possibility to transcend multiple disciplines.

Furthermore, it was able to raise awareness that Landscape Architecture is not limited to landscape design; but is open to more areas and practices.

BIDA KA BEST-IE SA 21ST CENTURY

Elisa Angelika S. Villaroza

For students majoring in Hospitality Management, developing practical skills is one of the most vital parts of competence in this field. Due to the sudden shift of teaching modalities from traditional classroom setup to online classes, field training and school laboratories were halted for the meantime, thus making it crucial for the students to process theoretical knowledge alone. Lack of physical interaction prevents the full potential of growth.

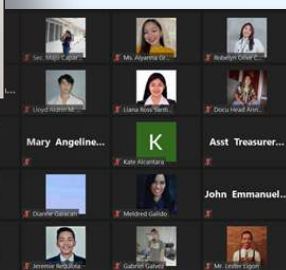
Therefore, to fulfill a gap to the students' proficiency, the Bartending Enthusiasts and Students Team conducted a webinar on May 8, 2021, entitled "Bida Ka BEST-ie sa 21st Century K.S.A. (Knowledge, Skills, Attitude) Webinar" for the students of Hospitality Management. The webinar's goal is to bring closer to the students the realities of Bartending Industry before and during the pandemic.

In addition to that, the guest speakers are not just anybody from the industry. Mr. Lester Ligon has been working as a bartender for seven years. He's also been competing locally and internationally since 2016 that earned him several championships in different contests.



Another bartender that shared life and professional experiences is Ms. Vanessa Rabadon, who's been in the industry for fifteen (15) years. She started her bartending journey when she applied as a receptionist in an Indian restaurant but was rejected because of her chinky eyes but was offered a bartending position instead. The rest is history, as they say. She has also participated in local and international competitions since 2015.

The webinar concluded successfully despite some technical difficulties. Through this webinar, the organization hoped that these bartenders' good points and takeaways would be useful when it is time to enter the real world, like having a job already.



HI, KUMUSTA?

Kim Claibern Mendoza

The United Values Education Community (UNIVEDCOM) conducted an online event entitled "Hi, Kumusta?" on April 28, 2021.

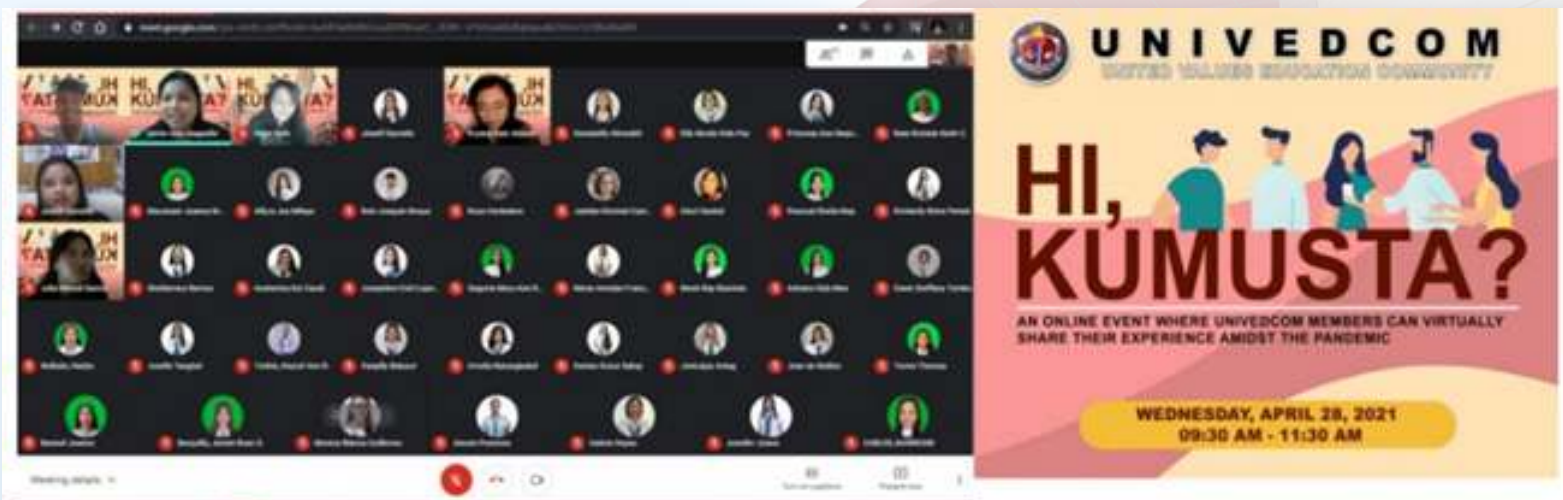
The meeting was held via Google Meet, which was attended by almost half of the organization's members. In the said event, members of the organization were given a chance to share their experiences during the pandemic and how they deal with it. The organization aims and hopes that the experiences shared by some members will give hope and inspiration to the other members. Various motivational videos are also featured in the event, which is very relevant for the participants' reflections. The open flow of ideas and reflection were well organized through the efforts of Ms. Jewell Garcelis, who hosted the event.

On the other hand, the organization's treasurer, Ms. Krystal Rain Ablaza, shared her insights on the topic, "How to Survive Online Class During this Time of Pandemic." Her topic focused on her strategies on how she coped up with the deadlines and pressure in online schooling. Some helpful pieces of advice, ways and tips were also shared with the members. Aside from sharing experiences and giving advice, the members also had a little fun during the online event.

The organization's officers prepared some games and prizes for all the participants, making the meeting like a get-together event also for all the members. The last part of the event, led by Amelia, Jewell, and Julia, opens the opportunity for everyone to share their experiences.

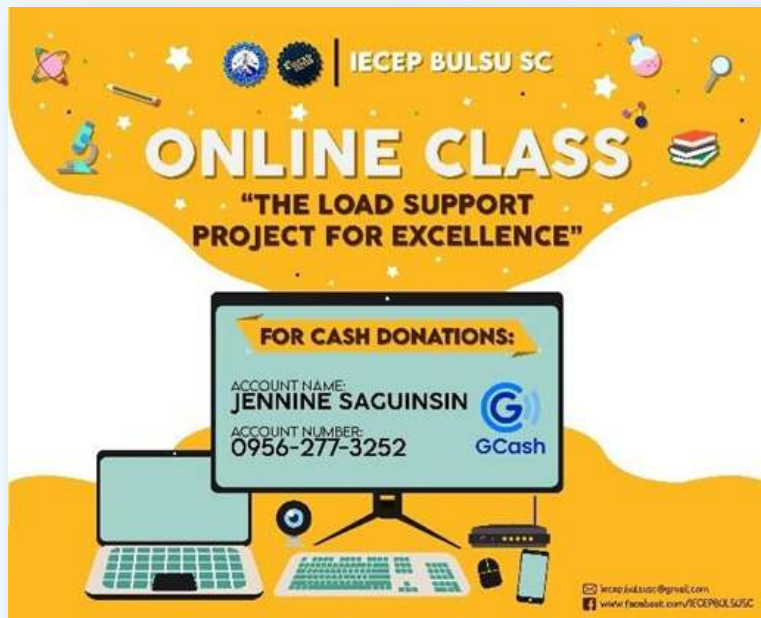
Surprisingly, a lot of members shared their stories which give inspiration also to most of the members. All of these are made possible through the UNIVEDCOM president's effort, Ms. Jamie Rose Magsalin, together with the officers and the participation of the members of the organization. "Hi, Kumusta?" turned out to be a great and meaningful event indeed.

The organization is looking forward to conducting more events like this soon. UNIVEDCOM believes that having the ability to be heard or having a voice to share what you feel makes an individual feel a lot better. Having someone to listen and talk to help release the heavy emotions within anyone and hearing the same story from other people also makes one feel that they are not alone. As an organization of values education majors, promoting mental health awareness, especially among the organization members is a must. The organization will always try to reach its members' hands and will always be available for everyone.



IECEP BULSU SC EASES PURPLE DRAGONS' BURDEN THROUGH LOAD SUPPORT

John Michael B. Sanchez



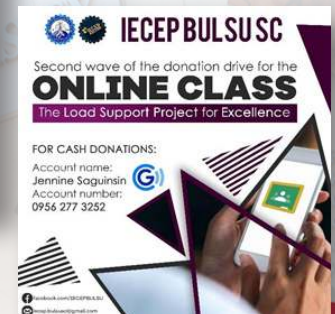
Along with its donors, sponsors, partner organizations, and business partners, this Load Support operation of IECEP BulSU SC has gathered PHP 15,135 during its first wave from August 31 to December 2020. Presently, on its second wave, it already has PHP 15,055 monetary donations. With these amounts, thirty-four (34) students have already been supported and helped with their respective online classes.

According to Nicolie Carlo Capule, the incumbent president of IECEP - BulSU SC, and the entire Executive Officers, this project was inspired by the growing number of financially challenged Electronics Engineering (ECE) students. Those who still want to pursue their studies and get a step closer to becoming licensed professionals. This initiative was formed through surveys and consultations between the Student Organization Officers, Student Organization Advisers, and ECE Students. Beneficiaries were then thoroughly chosen based on the information provided by the students.

Education is a right and not a privilege to be bestowed only to selected people. Republic Act 10931, also known as the "Universal Access to Quality Tertiary Education Act," provides that "quality education is an inalienable right of all Filipinos. It is the State's policy to protect and promote the rights of all students to quality education at all levels. Therefore, the State shall take appropriate steps to make such education accessible to all". However, as the Corona Virus Disease (COVID-19) pandemic devastatingly affects the economy, an increasing number of Filipinos are being left with little to no access to education daily.

In this regard, the Institute of Electronics Engineers of the Philippines Bulacan State University Student Chapter (IECEP - BulSU SC) officially relaunched Online Class: The Load Support Project for Excellence last April 11, 2021. To continuously pave the way for a more inclusive and accessible free education during these trying times.

Capule also stated that he and the entire IECEP - BulSU SC hope that their Load Support Project will serve as an avenue to learn how to extend our hands and reach out to those in need in whatever way and whenever we can. That little by little, as a community, we can make free education more inclusive and accessible so that no student, regardless of economic status, is left behind, especially in these trying times.



IECEP BULSU SC SEEKS HELP, NORMALIZES MENTAL HEALTH TALKS

John Michael B. Sanchez

Being in a third-world and Christian country, mental health is one of the most affected yet stigmatized aspect of human life. In the Philippine culture, mental health issues are often associated with lack of faith and too much time spending on worldly things than following the teachings in the Holy Book.

The norm of brushing someone's mental illness aside by saying to sleep or wait for it to shake off itself often does no good at all.

In this regard, the Institute of the Electronics Engineers of the Philippines Bulacan State University Student Chapter (IECEP - BulSU SC) spearheaded Hiraya Manawari 2.0: Mahiwaga last March 3, 2021 in a fight of breaking the stigma that surrounds mental health, especially now in the surge of COVID-19 pandemic. Along with its Board of Directors (BOD), Public Relation Officers (PRO) External, Manila Student Chapter (MSC) Ambassador, IECEP - BulSU SC's Hiraya Manawari 2.0: Mahiwaga made its first stream on Facebook.

For this project, several inspirational speakers from various fields and professions were invited. Through a pre-recorded video, a Registered Psychometrician, an author, and student-leaders had shared their battles. How mentally affected they were and the things they practiced to overcome those phases in their lives. Ms. Ma. Amparo Ractis, a registered psychometrician, and her fellow speakers reiterated the importance of acknowledging different mental health illnesses and should not be associated with just lack of faith. And that none should be ashamed of seeking mental health help from mental health experts and professionals, as mental health is as important as physical health.



Aligned with United Nations' Sustainable Development Goal (SDG) #3: Good Health and Well-being and SDG#17: Partnership for the Goals, this project aimed to be a platform in instilling mental health awareness to the youth, reaching their soul, and boosting their morale. As per Joshua Edmark Jacinto, IECEP - BulSU SC Vice President for External, since Facebook nowadays seems to know no age, IECEP - BulSU SC saw it as the fittest and most suitable platform. "We chose Facebook to be our main platform because even a 7-year-old kid and those in their 70s have their Facebook account. It [Facebook] offers a larger reach of audience compared to other social media platforms. And our primary goal for Hiraya Manawari 2.0 is to spread awareness and normalize mental health talks to as many people as possible", Jacinto stated.

“And that none should be ashamed of seeking mental health help from mental health experts and professionals, as mental health is as important as physical health.”

JUNIOR JAYCEES DISPLAY FILIPINOS' MARK

John Michael B. Sanchez

Aside from hospitality, helping even they themselves are challenged is in every Juan's bloodstream.

Despite the weight of their own battles, Filipinos still have the tendency to reach out to those in need regardless of how little they have left for themselves, most would still find ways to share.

Few months even before the implementation of DepEd's Modular Distance Learning, challenges especially on the side of teaching personnel arose especially in the printing of modules.

This and other similar situations are the inspirations behind the Project SiKaP: Simbolo ng Katuparan ng mga Pangarap, a donation drive of Junior Jaycees of Bulacan State University (JJC BulSU) which benefited Calumpit National High School (CNHS) and Iba National High School (INHS).

Project SiKaP started last December 09, 2020, of which the primary objective is to give aid to the public schools in Bulacan by giving printers and reams of bond paper. CNHS and INHS both received one printer and three (3) reams of bond papers last April 23, 2021, which were given personally by JJC BulSU.



According to Marielle Camarce, the incumbent president of JJC BulSU, beneficiaries were thoroughly chosen with the following considerations: 1) schools who have been affected by the Typhoon Ulysses last November 2020; 2) number of printers and the supplies of the schools have and; 3) the budget of school for modular distance learning.

During the four (4) months of operation, Project SiKaP has collected a total of Php 13, 000 of monetary donations from various sponsors, donors, and partner organizations.

This initiative of JJC BulSU mirrors some of the good values that a typical Filipino has: No matter how challenged he currently is, he would still find ways how he could help his fellow Juan, because helping and sharing are only a few of the lessons Filipino parents teach their children.



ISIE IGNITES THE 1ST LEG OF IEMPOWERMENT WEBINAR SERIES

Jericho Cardejon
Anjielyn Cortes

The Integrated Students of Industrial Engineering (ISIE) kicked off its 1st IEmpowerment Webinar Series: Social Media Etiquette and Personality Development last May 13, 2021.

BulSU IE students and several faculty members join the webinar, which talked about the importance of valuing, recognizing, and responding to mental health issues and highlighting the value of one's personality development. An article published by U.S National Center for Biotechnology Information in 2019 reports that 14% of Filipinos with disabilities have identified mental disorders. However, this only includes the disabled population, and other mental health-related cases were remained unreported in the Philippines.

Ms. Michelle Abundo, a registered psychologist and psychometrician, talked about addressing mental health issues on oneself and people with a mental health problem. "Ang pwede lang magdiagnose is yung professional... dini-discourage natin yung paggamit ng online questionnaire, e.g., yung mga depression anxiety stress scale, na feeling nila pag naka-10 points sila, meron silang severe depression pero 'di ganon, dini-discourage natin [online diagnostic tests] kasi may mga tinatawag tayo na psychological tests na standardized, na 'yon talaga yung ginagamit na tools for diagnosing patients or individuals having mental health problems, 'di ka pede mag-self diagnose, kailangan pa rin mag-see ng [professional] help."

“Ang unang gagawin is to acknowledge them, and then yung second thing to do is understand...”



Numerous factors discourage people from seeking professional help. Many Filipinos seek more help from their families before trained professionals.

There is also a shame present with mental illness due to ongoing stigma scene, resulting in some people hiding them and causing their mental health to worsen. "Ang unang gagawin is to acknowledge them, and then yung second thing to do is understand, makinig ka lang pero kunwari yung friend mo is gusto na nya magpakamatay or patayin sya, that is the time to break the confidentiality at kailangan na sabihin 'yon sa guidance counselor n'yo, advisor n'yo, sa class or sa org, pero' pag ang concern nya is more on a personal problem, makinig ka lang then pwede naman sila i-refer sa mga tamang tao na pwedeng kumausap sa kanila kasi minsan nagkakaroon tayo ng personal bias, so akala natin nakakatulong yung advice natin kaso hindi, mas nagwo-worse lang yung situation niya so mas better na i-refer natin sila sa tamang tao..."

Downplaying the symptoms or the effects of mental health problems may have caused more harm instead of relief to oneself. "So ginaganon [downplaying] nila, 'di sila naniniwala, so focus ka nalang sa pagtulong, lalo na pag malapit sa inyo yung tao, kausapin mo nalang sya. Then 'yong sa mga nambabash, so hayaan mo nalang sila, kasi kailangan natin magfocus sa mga bagay na kaya natin kontrolin, which is yung ating sarili", Ms. Abundo added. (Continued in the next page.)

On the topic of social media consumption, and dealing with attacks on online platforms, she reiterates that people should have 5-15 minutes physical breaks to prevent burnouts or fatigue on workloads.

"Always have time for a physical activity, at least 5-15 mins magkaroon ka ng break or at least nagkakaran ka ng break at para di ka rin maburnout sa ginagawa mo."

Social media attacks or trolling had been persistent and increased during the pandemic. Moreover, she advised refraining from engaging with internet trolls, instead of wasting energy playing their game.

"Kapag inattack ka sa social media, mas maganda na 'wag ka nalang magreact, so hayaan mo nalang sya kasi the more na magreact, mas sinasatisfy mo lang yung ego nya. Siya 'yong maapektuhan sa mga bagay na sinasabi nya."

On the other hand, Mr. John Ian Susi, a campus missionary and life coach, talked about developing one's personality. He emphasized the acronym LIFE, which denotes Leadership, Influence, Faith, and Excellence which are important factors in personal development. "Personality Development is a lifelong process...you cannot push yourself na dapat madevelop 'ko na yung certain area na 'to. para mamaster ko na, para maging magaling na ko."



Currently, many influencers are cancelled as their unlikeable personality is exposed. When asked about the cancel culture, he pointed that no one has any right to cancel someone. "I believe it is not the person who's been canceled...we do not have the right to cancel anyone because we are all the same in the same level. Siguro iba-iba lang yung status pero generally speaking we are all human beings, personality development is also character development."

One of the things which was emphasized is excellence, and part of achieving it is grabbing opportunities that are coming our way, yet most students are afraid of taking risks. One of the factors influencing it is whether that certain opportunity is a calling or not.

"Opportunities will surely come pero again opportunities, yung open doors ay nangyayari lang minsan pero if that happens, the only way for us to be able to assess if it is the right opportunity, kasi ito yung calling ko, ito yung dapat 'kong gawin, is to ask my Creator. Kasi Siya 'yung mas nakakaalam kung ano yung wiring ko...Yung magulang ko ginawa lang din naman sila ng Diyos, ibig-sabihin may wisdom sa experience nila, pwedeng maging mouthpiece sila ni God...pero yung 100% assurance and peace ay hindi pa rin from them manggagaling."

He added that for us to determine what we are doing is right, and we should feel peacefulness even in the long run. Additionally, as personality development is a lifelong process, it is a journey with people beside us, and that's where the community comes in.



ISIE-BULSU COMMENCES 2ND EPISODE OF IEMPOWERMENT WEBINAR SERIES

Kriz Louraine Samillano
Eldrin Gulapa

The IEmpowerment Webinar Series of the Integrated Students of Industrial Engineering (ISIE)-BulSU made headway with its second episode entitled "IEmpowerment: Steps to Achieve Financial Freedom in your 20s" last June 5, 2021.

Participants of the second webinar, established active and participative coordination with the host and speaker the whole duration of the event just like the previous episode about Social Media Etiquette and Personality Development.

ISIE-BulSU Adviser, Engr. Jeremy Laurence Banez started the event-proper with brief but warm opening remarks to welcome the ISIE students, faculty, and the guest speaker.

In line with this, the College Dean of Engineering Department, Dr. Ma. Magdalena V. Gatdula gave her meaningful insights regarding to the topic of the said webinar by emphasizing the importance of forming and developing good money habits in the 20s to be in a much better financial position later in life.

"Being financially-prepared, you can make life decisions without being excessively concerned about the financial consequences. Rather than being governed by your finances, you can take charge of them", Dr. Gatdula said.

Highlighting the very essence of the webinar, Engr. Erika Jade Dela Pena, an IE graduate, and a licensed Financial Consultant foreground and discussed the benefits of having financial freedom and tips to achieve the goal as early as 20.

Engr. Dela Pena asked the participants what is financial freedom to them? One of the participants answered "financial freedom is having control on finances". While one of the freshmen said "financial freedom is when you know how and where to spend

"Being financially-prepared, you can make life decisions without being excessively concerned about the financial consequences. Rather than being governed by your finances, you can take charge of them"

your money". Participants of the webinar actively share their different answers.

However, according to Engr. Dela Pena, "There's no right or wrong answer because financial freedom has different meaning to different people and it differs in their priority, budget, budget allocations, investments, and values."

She said that financial freedom gives us control and security.

"Binibigyan n'ya tayo ng control over our time, and to pursue yung mga passion natin," she emphasized. "Syempre because of this, we can take more risk." she added.

According to her, there are six important steps in achieving financial freedom, naming setting life goals as the first one.

"Kung wala tayong goal, wala tayong pupuntahan." she stated. But for her, it's not just about making financial freedom a goal but as well as happiness. "Somehow, money is essential because money can buy "some" of our happiness."

(Continued in the next page.)



As the speaker plot the journey through financial freedom, the second step is cashflow. She noted that there are many ways to increase cashflow, naming business, trading, freelance jobs, and even personal passions as examples.

“It is important to have a cashflow, but the true challenge in that is the planning and managing of it. Meron tayong two options, it’s either to decrease the expenses or to increase the income,” Engr. Dela Pena emphasized.

On the third step of achieving financial freedom, which is to analyze debts, she discussed the difference between the good debts and bad debts to furthermore enlighten the participants especially about the misconceptions regarding this.

“Sa ating mga Pilipino, mayroong misconception na sobrang bad nito (debt). Actually, kailangan muna nating isipin kung saan ba natin gagamitin yung utang. Kasi yung end result nya (debt), yun talaga ang magresult para maging good debt siya. Kung susugal man tayo sa bad debt, analyze muna nating mabuti kung kayang-kaya siya ng cashflow natin.” she added.

Additionally, she included having emergency funds and protection as the fourth and fifth steps, respectively. This is to avoid having financial burden especially on uncertainties and unexpected situations.

“If we are trying to achieve financial freedom, kailangan din nating maging independent and magkaroon ng capabilities to any uncertainties,” according to her. “Kasi usually, ‘pag walang protection, minsan ang nangyayari eh nagiging malaki ang impact sa financial stability nila (Filipinos)”, Engr. Dela Pena explained.

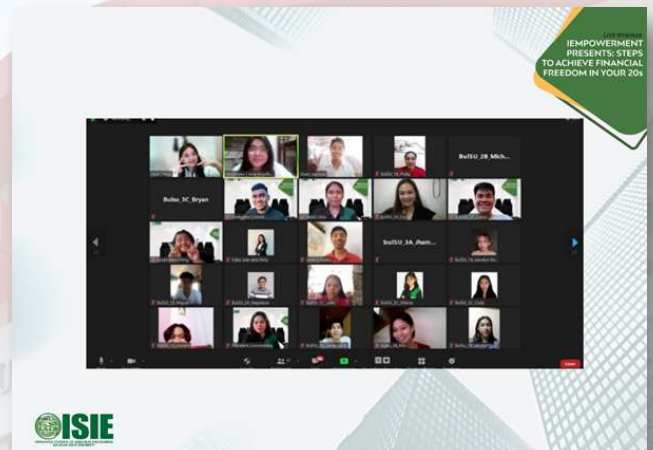
The age of 20 is a pivotal age, and also an ideal age to begin investing, Engr. Dela Pena emphasize why so.

She said that investing as the last step in achieving financial freedom, gives opportunity for exponential growth and gives protection from inflation. In investing, people who invest can enjoy the compounding interest and magic of securing money in right investment.

“Kailangan n’yo rin tandaan na as much as possible, you have to invest in yourself. Kailangan natin magkaroon ng growth, personal growth para maachieve ‘yun financial freedom”, she added.

According to her, the key to achieve financial freedom is to have a growth mindset, positive mindset and self-awareness this can be achieved through actions, sacrifices, and investing to yourself.

Life is a journey, as well as having a financial freedom. Managing finances for the first time can be overwhelming— as well as earning money. But making right moves in 20’s can save you from years of frustration and also an essential for long-term success.



TEAM BULSU IE, LUMAHOK SA PIIE NATIONAL CONGRESS, BULSU ITINANGHAL BILANG THIRD OVERALL CHAMPION SA REGIONAL CONGRESS

Julie Anne Villanueva, Anjielyn Cortes

Nagpamalas ng angking husay at determinasyon ang mga BulSU IE students sa idinaos na PIIE Northern and Central Luzon Student Chapter 11th Regional Congress 2021 tampok ang iba't ibang kategorya sa tema na ALPAS: The Execution of Boundless Talents of the Contemporary Industrialists matapos tanghalin bilang Third Overall Champion ang Bulacan State University noong Enero 29-31. Ginanap din ang National Congress 2021 kung saan umabante ang Team BulSU sa National level ng Quiz Bee at Research Competition na idinaos sa pamamagitan ng Zoom Meeting noong Marso 26- 28.

Sa unang araw ng Regional Congress, isinagawa ang Quiz Show kung saan itinanghal na kampeon sina Eldrin Gulapa, Francis Rueda, Angeline Flores, Lance Joseph Pascual, at Amiel Cueva na sila ring lumahok bilang National level finalists sa nasabing Quiz Competition.

“Bilang isang kalahok noong nakaraang regionals sa quiz show, sobrang saya ko dahil napagpatuloy ng batch namin ung panalo ng quiz show as Champion, kahit na sobrang kaba namin bago magsimula yung contest. Masasabi ko talagang worth-it yung pagod, yung sakripisyo at turo ng mga prof at alumni. Iba pa rin talaga yung saya mo sa pag-represent ng Industrial Engineering Department at ng BulSU sa patimpalak na ganito,” pahayag ni Cueva.

“Tinuloy lang namin yung ginagawa namin noong regionals, but this time mas nag- focus kami sa weaknesses namin at pinagbuti pa namin sa mga subjects na alam namin na kaya namin. Naglaan din kami ng one (1) week pull out before the competition para makapaghanda kami talaga ng maayos,” dagdag nito.

Para sa ikalawang araw, idinaos ang Research Competition na nilahukan nina EJ Sotto, Nina Gabriel, Jobert Lajato, at Jayrous Ubaldo na ‘di kalaunan ay nakamit ang Championship at itinanghal na Fourth Placer, para sa

National Level ng Research Competition. Nakamit naman ni Raymon Morante ang First runner-up para sa kategoryang Digital Poster Making para sa kaniyang obra na humakot ng maraming reaksyon mula sa Social media.

Ayon kay Gabriel, unang beses ng bawat isa sa kanila na lalahok sa Regional Level at masaya na sa kabila ng pandemya ay nakuha nila ang kampionato.

“Given in our situation right now, I can say that we did our best to show outstanding performance. I know that our team pushed ourselves to present splendidly because we want to win and make our department proud,” pahayag ni Gabriel.

“All we had to do at the national level is reconsider the recommendations we received at the regional level. We changed some things in our presentation and the paper itself. We practiced more. We talked deeply about our opinions to make our presentation better and compensate for what we lacked in our first presentation,” dagdag nito.

Naganap naman sa ikatlo at huling araw ang mga webinars na kung saan ay nilahukan ng iba't ibang IE Students mula sa iba't ibang Unibersidad. Isinagawa rin ang Feasibility Study at Spoken Word Poetry sa magkaibang araw.

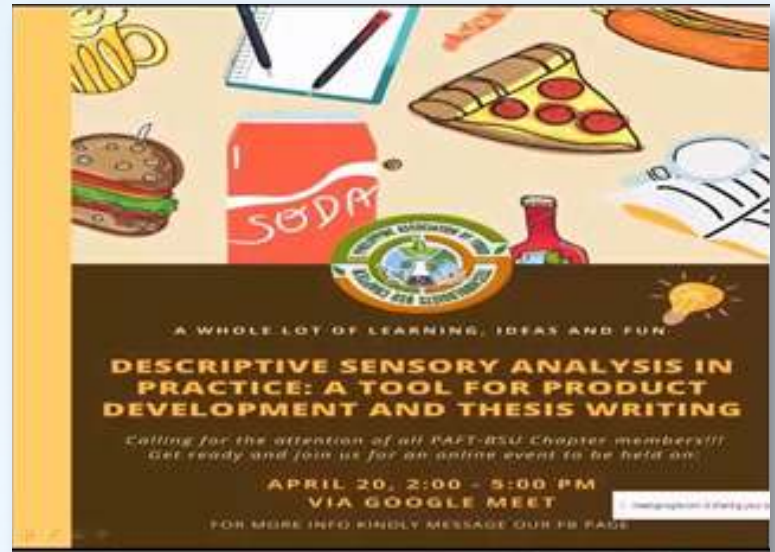


PAFT-BULSU'S PRODUCT DEVELOPMENT WEBINAR

Product development is the life-blood of companies and societies. In a world progressing in many ways, it is vital to give quality items that will satisfy the needs of the consumers. As we all know, change is constant, and people will always look for better things, hence development as a series of experiments that eventually lead to raising our standards, is important.

One of the most important areas we can develop as professionals is competence in accessing and sharing knowledge; hence a webinar regarding descriptive sensory analysis was held by the Philippine Association of Food Technologists-BulSU (PAFT), of which is a valuable tool for providing information relevant on appearance, aroma, flavor, taste, and texture of food products to ensure the quality, for the future Food Technologists of College of Science.

The webinar themed “Descriptive Sensory Analysis in Practice: A Tool for Product Development and Thesis Writing” was conducted on April 20, 2021, via Google Meet and FB Live streaming.



As the theme implies, various descriptive sensory evaluations were clearly illustrated by a very competent guest speaker, Mr. Jao Del Rosario, the Board of Director of The Philippine Association of Food Technologists, Inc. Mr. Del Rosario even provided some brain teasers regarding the subject that helped the listeners engaged actively in the discussion.

During the consultation, the guest speaker capably responded to the questions and clarifications from the participants, and most of us from BS Food Technology students got a lot of information about this event.



MFE PROMOTION 2021

Kyle C. Almodiel

FEBRUARY 27, 2021. SME BULSU SC, in partnership with BULSU COE LSC, conducted an MFE Webinar Course Discussion through Zoom and Facebook Live held through SME BULSU SC Facebook page.

The event started from 1 p.m. and ended at 6 p.m. Attended by Senior High school students, the affair advocates its mission to promote Manufacturing Engineering course to graduating SHS students, to invite more students to take the course, and to introduce possible careers for MFE graduates.

The host requested Engr. Crizza Darlene Asilom and Engr. Antonio DV. Lucas Jr. as special guest speakers to share their journey and experiences as alumni and former MFE graduates.

The organization established partnerships with eight schools around Bulacan to serve as the audience and beneficiaries of the program.

These schools are Pres. Corazon Cojuanco Aquino Memorial National High school, Next Generation Technological College, School of Mount St. Mary (San Miguel), San Miguel National Highschool, St. Martin de Porres Catholic School of Norzagaray Inc., Sacred Heart Academy (Sta Maria), St. Peregrina Highschool (Pulilan) and San Rafael National Trade School.



Games thrilled the event as prizes exhilarate winners. Interaction with speakers and communication engagements are available through Q and A portions. Attendees were given a certificate of participation.

"My advice is to be always curious about things; you must explore and learn many things yourself. Always remember that engineering is not a destination. It is a beautiful journey with good memories." said Engr. Agatha Domingo, a Production Planner at Steel Asia Manufacturing Corporation, at an interview at SMEArT Choice Series 2021 as a part of MFE promotion.

"We're rooting to see more engineers willing to make the future better together", shown at SME BULSU SC page as they posted FAQs about Manufacturing Engineering.



ART AND PASSION PAINTED AS ONE

Andrea A. Barcelona

"It is not what you look at that matters; it is what you see. Art is unquestionably one of the purest and highest elements in human happiness. It trains the mind through the eye, and the eye through the mind".
– Pablo Picasso.

Through the eyes of many, one can create a symbolic façade. May it be transpired through hope, predicament, or happiness extracted from the deepest roots. It is always hinged with the creator's inspiration and aspiration – through his point of view and inner thoughts.

Shell Philippines, a national brand known for its fine engine oil, always acknowledges hard work drivers. This year, the recently held 53rd Shell National Students' Art Competition with the theme "Hope in our Art" is inspired by today's misery in the face of a pandemic. Still, they believed that through the fusion of art and passion, the nuisance that burdens everybody would eventually perish, just like challenges.

The competition was joined by hundreds of universities around the country and presented different categories, Oil/Acrylic, Watercolor, Sculpture, and Digital Fine Arts Category.

John Mhar Santos, a third-year Manufacturing Engineering student, and the department's pride brought home the first place with his piece entitled "Foresight."

The education's new normal setting influences his artwork under the Oil/Acrylic category. Santos used his mastery in oil painting to labor his contemporary work for a week magnifying our national hero Dr. Jose Rizal's "Kabataan ang pagasa ng bayan" legendary pronouncements and inspired his work with the current pandemic situation.

"It's just a basic technique that I always use while working with my artworks. I keep on chasing my dream." Santos said.

The first placer received 60,000 cash, a gold medal, and a plaque. The second placer received 40,000 cash, a silver medal, and a plaque, as the third placer also received 20,000 cash, a bronze medal, and a plaque. Finalists excluding the winners received a Certificate of Merit and a cash prize worth 2,000. Meanwhile, all participants will receive a Certificate of participation.

The entire department of Manufacturing Engineering raised his glorious triumph as one of the department's honors. They also received a special grant for first place winner's department worth 20,000 as an inclusion of the Faculty Development Program.



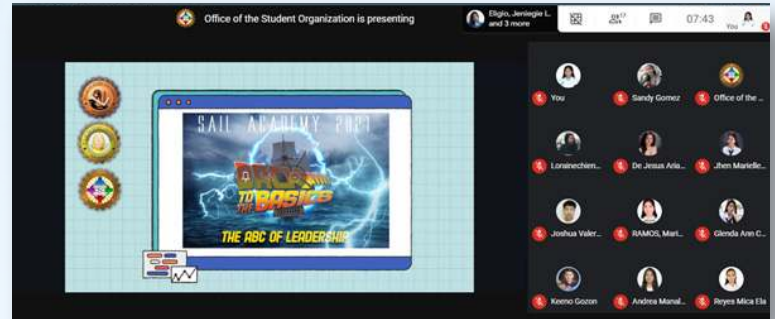
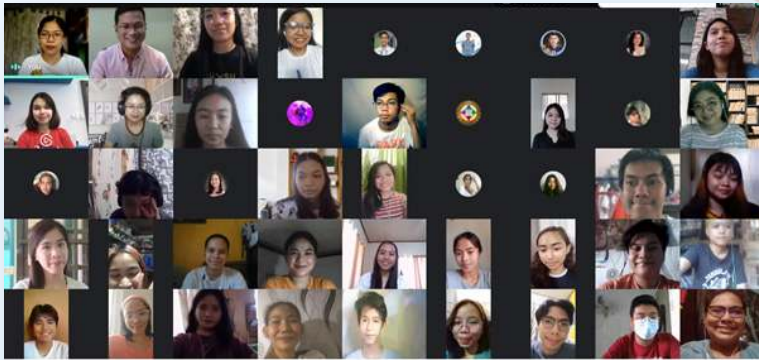
STUDENT LEADERS OF BULSU ATTEND SAIL ACADEMY 2021

Norie Lyn M. Dela Cruz

The Office of the Student Organizations and Activities conducted SAIL Academy 2021 with the theme: "Back to the Basics: The ABC of Leadership," held last April 10-May 1, 2021, from 8:00 am to 12:00 pm via Google Meet, participated by 78 student leaders from the different organizations inside the University. The program aims to equip a range of student leaders with extensive knowledge and holistic leadership development. After the program, each leader is encouraged to make an activity proposal for a home organization to present the visions and knowledge of the program.

The event was facilitated by four (4) different resource speakers; Dr. Sherwin M. Pariñas, Mr. Ryan Michael Estrella, Mr. Masahiro R. Kobayashi, and Atty. Aloi Renz P. Santos. The topics included in the four (4) consecutive Saturday's Leadership Workshop are Ethical and Decision Making, Time Management, How to handle conflicts within the Organization, and The Leaders Toolkit: Integrity, Empathy, Genuineness, and Humility.

"Nakakatuwa yung SAIL kasi the OSO EB finds a way to still unite the student organizations despite the difficulties of the "new normal" set-up. Ang gagaling ng mga speakers na nagsalita at talagang dedicated pa yung iba sa agenda nila. May nag message kasi sakin, to answer my question. May webinar session as the first part, informative, and may interactive part din sa second part kaya fun," Joshua Valeroso, a participant from Mathematics Society, stated.



According to Gozon, Chairman of the BulSU-OSO EB, they faced many challenges for this event to be pushed through, but still, they managed to execute it with pride and honor because of the good results. "We, the Executive Board batch 12 of the Office of the Student Organizations and Activities – Main Campus along with the 80 recognized student organizations walked on an unknown journey. An unknown challenge that we faced towards the unknown journey. We strive forward, and together we start to unravel this unknown journey.

"It is a journey to the new normal due to the Covid-19 pandemic trying its best to beat us down. Some of us fell and stopped moving forward, but it doesn't mean that we already lost. Us, the student of Bulacan State University, never loses but instead we learn, we plan, we decide, we act, and we win. On this journey, we successfully and proudly accomplished the E-Balangayan sa Unibersidad and Student Aiming for Integral Leadership (SAIL) Academy 2021.

"This triumph is not only for us in this journey, but this triumph is the guide for the next generations that will boldly walk and take the next challenge", he added.

The event consisted of open forums, games, activities, and Activity Proposal contest where different student leaders attended to learn and share their knowledge about leadership with the 78 participants of the program, BulSU-OSO Executive Board, and faculty from different colleges, which also served as the resource speakers. (Continued in the next page.)

"The most useful aspect of the seminar was that within four days of having a leadership camp, they taught us the basic skills and knowledge on how to become an effective leader.

"Those skills, for example, on how I can manage my time properly, are essential for me to do all the things I need to accomplish on that specific day.

"In addition, even though the main topic of these seminars is back to basics, it is not just a typical seminar. Still, they also help me to know more about myself. How I can be an effective leader to my fellow Bulsuan," Crystal Marie Arnaiz, a participant from Legal Management Society, added.

BulSUan student leaders were divided into groups before the program started for the different activities conducted after every session. They will accumulate specific given points according to their work which were tallied on the program's last session.

The event was concluded by the awarding of certificates to the participants, organizers, and Best Sailors. Group InsPIRATeTional, Elizabeth Anne S. Valenzuela, John Patrick C. Benedicto, Ray Angel Lyn B. Cabral, Julian Elaine R. Estrella, Renef Joseph H. Destreza, Jamaica J. Marinas, Jhon Kien Anjelo S. Ramos, and John Elbert C. Veneracion grabbed the third place for Best Sailors category. Group Turtle, Glenda Ann G. Coria, Claire Ann P. Inao, Desiree Mae DC Sadaya, Francis France T. Austria, Mycah S. Santos, Darie Ann J. Maon, Yoly May B. Mendoza and Monika Ruffina M. Cruz seized second place for the Best Sailors.

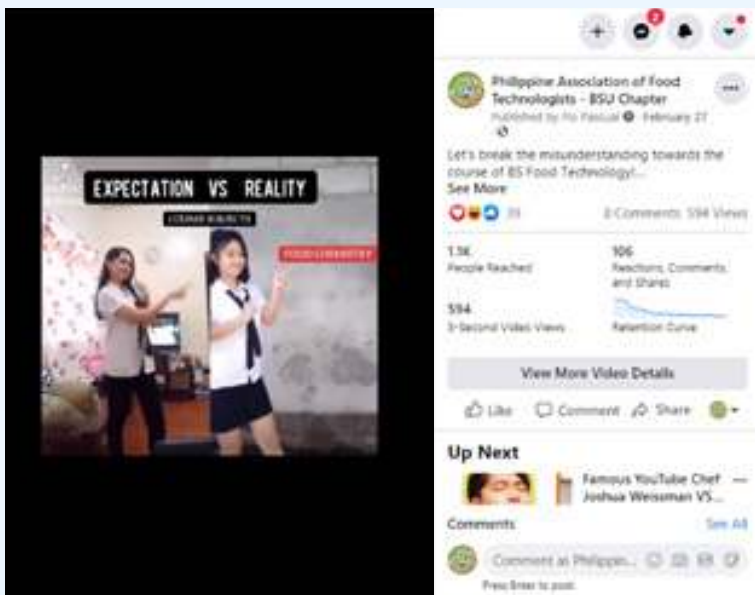
Finally, group KATIG, Diana Jhane Bondoc, Jestlle Diaz, Rainiel Dionisio, Justine Mae Garcia, Rachel Anne Hernandez, Joanne Mantes, Jhen Marielle Masanguid, Arnieboy Sanchez, and Rayniel Villamor dominated the SAIL Academy 2021, which led them to be on top among the ten (10) groups of SAILERS.



PAFT-BULSU USES TIKTOK TO PROMOTE FOOD TECHNOLOGY

TikTok became one of the most popular applications these past few months during pandemic. Majority of the teenagers nowadays has an account in TikTok and the Philippine Association of Food Technologists (PAFT)BulSU Chapter took this as an opportunity to use this platform to conduct their activity.

On February 27 of 2021 the PAFT BulSU uploaded their tiktok video on their Facebook Page entitled “PAFT-tok: Expectation VS. Reality of Food Technologists”. The board of executives of the organization year 2020-2021 participated in the video with the purpose of showing their own creative and unique ways of what people are ‘expecting of them’ to do compared to what ‘they actually do’.



“We want to raise awareness to everyone about our course, Bachelor of Science in Food Technology is not just about cooking, because we are often misunderstood about the purpose of the course or mistaken with other courses,” Ms. Florilyn Pascual, current President of PAFT- BSU Chapter says. According to her, it is within their intention to show what they are really doing and studying in their degree and to help the incoming freshmen students know their role in the industry.

As the video garnered a lot of reaction from their members and other followers of their Facebook page, Ms. Pascual said that it will not be the last time they will promote and raise awareness of their course to let everyone know the role of a Food Technologist in the society and the world of science.

CYBL-BULSU JMA HELD ITS FIRST ONLINE MARKETING CONFERENCE



Last June 13, 2021, Chamber of Young Business Leaders-BulSU Junior Marketing Association (CYBL-BulSU JMA) brings off the first online Marketing Conference to BulSU community entitled, “CONVERGENCE: Upsurging the Wave of E-Commerce and Revealing Brand Truth”.

It is a 5-hour conference that talks about how business world diverges with e-commerce and how businesses make up their brand. This is also an official entry of the organization to the PJMA Marketista Awards.

The CYBL’s conference made possible with the help of the FORE BulSU Project, a financial assistance of the Bulacan State University (BulSU) to the student organizations to continuously conduct an activity. Ms. Jean Pauline Guillermo, president of CYBL 12th Executive Board, is the project head of the event.

The said event was prepared altogether with the officers of CYBL BulSU JMA, and supported by their organization’s adviser, Dr. Mary Ann Carranza, and Ms. Ruth Sealmoy, together with the program chair of Marketing Management, Ms. Ma. Lilibeth Lee, and the Dean of the College of Business Administration, Dr. Emerlita S. Naguiat.

The event is composed of different guest speakers that came from different business industry and shared their experiences and knowledge to all the attendees. It consists of Ms. Marilyn Ventenilla, the Senior Director of Communication and Marketing of Teleperformance, Ms. Kankan Ramos, the Managing Partner of Invictus PH, Mr. MJ Panganiban, the Chairman of E-Commerce Committee from Fintech PH, and the CEO of Shoppertainment Live, Ms. Yas Neri-Soyao.

The CYBL truly made history in this event as this is the first online Marketing Conference of their organization. Amidst the pandemic, CYBL truly look for an opportunity to continue served with passion and commitment to their members.

This marketing conference was attended by students coming from different college department, and for making the event more exciting and engaging to the students, CYBL BulSU JMA also prepared guest performer to serenade the attendees and gave an online game and some lucky attendees won the game.

The event was wrapped up as Ms. Guillermo stated her closing remarks. She also left a message to everyone especially to her fellow marketers, “Truly that the Marketing world is very diverse, we always need to be in the drift for us to get along. As a future business leader, we should know our brand early today so that we can enter the world of the upsurging wave of ecommerce prominently.”

YNAT, INSTILLING HOPE TODAY AS PREPARATION FOR TOMORROW

Fatima Mae S. Dela Cruz
Alyssa DR. Morata

Year 2020 created a drastic change in each person’s life. We learned to adjust our ways and be flexible in giving our excellence in order to conform to the new normal set up without compromising the quality of what we do. The Youth for the Nation (YNAT) committed in this academic year to be one of Bulacan State University’s religious organizations that will contribute to the development of today’s generation as the hope of our nation.

In line with this, here is the recapitulation of what they have accomplished for the second semester after their successful launching on the welcome party. First is the Step Up with the objective of encouraging the participants to start moving forward from their current situation. It happened on the 6th day of March, 2021. These days have been a battle in the mind among those wishing to get back to the old ways, staying where we are at the moment or stepping up to the new journey unfolding in front of us.

YNAT invited some alumni to share their working experience during the pandemic set up and they inspired the listeners how God can bring us to places we are destined to be.



“I have to accept change, dahil this is part of life. Kaya kung ano man ang ibato sayo ng buhay, you don’t have to be bitter about it. You just have to accept it and do kung ano ang kaya mong gawin” said Ms. Mariel Panganiban who is currently working at Accenture ATCP. It successfully ended with lots of learnings on how to cope with the new and unprecedented things that occurred.

Mr. Ike Serapio, the guest speaker, gave a confirmation message to not wait for the situation to change but rather to do our best at the moment. The things around us may change but the purpose of God in our lives remain the same.

To wrap up the success of this academic year, YNAT held its last and final online event last June 05, 2021 entitled: Finish Strong.

Victories do not only come in the form of massive applause or grand appreciations rather it is also in the silent cries of overcoming small battles and the triumph of being a better version of oneself amidst the things happening.

(Continued in the next page.)



“Kahit na gaano pa tayo nahihirapan, or kahit na gaano pa tayo kadaming ginagawa, never ever leave the Lord in the process of achieving your goals and dreams in life.” Ms. Janella Sarmiento, a third-year BS Biology student and a life group leader, said as she shares her journey in her academic life this quarantine.

Weekly meetings of life group contributed a lot in having the right people throughout this college life. Indeed, excellence will never be defined by numerous victories unless it made us genuinely fulfilled at the end of the day, and it is something that we, youth have to take note: the fulfillment which most of the people were searching for can only be found when you made God the center of everything you aspire to achieve.



“It’s just a matter of setting the right mindset... and choosing the right choice.” as Sir Emman Doctor answered when he was asked about the things he did in fulfilling the tasks and responsibilities as a teacher, as an individual and most of all as a Christian. Each of them has challenged the YNAT members and youth in general to keep fighting and striving for their dreams even if everything around us seems to bring us down. There is no other choice but achieve all our endeavors and reach the finish goal with the grace of the Lord.

Ms. Rosario Gabriel, the adviser of Youth for the Nation for two consecutive years, bid her farewell to the students and congratulated the whole community of BulSU for a very successful year. It is indeed hands down for everyone in giving out boundless efforts to bring out the best results in all kinds of activities. Both of these large gatherings were done through Facebook Live Stream and were able to reach out almost 2,500 viewers consecutively.

Ellysa Mae F. Saludo
Rochelle Ann Linga

YESOC REINSTATING ES STUDS WITH RENOWNED PROFESSIONALS AMIDST CRISIS



As the global pandemic crisis relentlessly steal the campus life of the BULSUans---students, particularly Environmental Science majors whose course involves working outside, lose out on a variety of school activities and adventures.

In a bid to keep pace with the “new normal” set-up despite this circumstance, the Youth Environmentalist Society (YESoc) under the College of Science launched a three-day web seminar crash course for the Environmental Science requisites entitled “Trifecta: Expand, Extend and Enhance your Horizon”, last March 25-28, 2021.

The Youth Environmentalist Society (YESoc) is a student organization founded in 2018 headed by the Environmental Science undergrads. The organization showcases and cultivates every student’s ability to save, conserve, and protect our environment. The knowledge and strong will of students in the organization give faith and draw a brighter image in restoring our habitat, Earth.

“It was certainly a challenge, to conduct an activity in this time of pandemic, especially with our organization that aims to focus on extension activities and the skills that can be shared to the BS Environmental Science students like us.” Guinevere Constantino, President of YESoc, truthfully said as she was asked about how they come up with this event.

She admitted that it was quicker to make preparation for the seminar itself online mainly because they didn’t make any venue arrangements.

“...the main struggle in the online set up is the internet connection definitely. Technical difficulties can’t be avoided because usual difficulties are internet-related.

... Audience interaction is also our main conflict because it’s hard to keep their interest at peak when you’re only connected to them virtually”, she then added.

They were thankful enough that behind those difficulties, they have the CS faculty behind their back.

“Actually, some of our instructors played a role in helping us conduct the activity. We were able to get help from our instructors, Mr. Raymond Baldonado and Ms. Ma. Lourdita Boñgol to endorse us to some of their close professors whom they have contact information”, Constantino proudly said.

The organization walked on hurdles brought about by the pandemic with the help of the ingenious minds and skills of the executives and members, as the web seminar was held via Google Meet due to the compliance of community quarantine guidelines.

(Continued in the next page.)

“Luckily, the professors we invited from different universities were really kind and supporting enough to grace us with their expertise in this type of complex set up. I was very grateful and honored that we were able to invite them.”, Constantino proudly said.

Armed with expertise and wisdom, the invited lecturers from various universities exhibited different approaches in presenting their designated topics. Dr. Jones T. Napaldet from Benguet State University discussed Systematics and Biodiversity; Dr. Rey Donne S. Papa from the University of Santo Tomas shared his experiences in Limnology along with the professors from the University of the Philippines, Los Banos, as Ms. Marjorie Delos Reyes tackled Botany and Mr. Mark Anthony Rabena prepared an interactive discussion in Terrestrial Ecosystem and Management.

The lecturers intended to help the young professionals widen their knowledge and insights on the topics mentioned above.



Moreover, Ms. Marjorie Delos Reyes undoubtedly agreed that there is rampant human abuse in our forest and stressed that this is no longer one person’s responsibility but everyone’s liability.

“We should elect government officials that have the environment in mind,” Reyes added.

On the other hand, the recently concluded webinar aimed to expand and enhance the audiences’ minds from the new learnings that can help them in their journey as Environmental Science students.

ES studs and instructors who participated actually enjoyed the event and have fruitful insights and feedbacks for the organizers. Truthfully, learning doesn’t stop at school. Even with this “new normal” set-up, we, students are still entangled to education, putting big steps for our own aspirations.



In the open forum segment of the webinar, Dr. Rey Donne S. Papa responds to a question about the rehabilitation of the Marilao River, “...in terms of restoration, it’s possible, but the question is how much effort will the concerned community put into the restoration and rehabilitation...we also need government support for the proper wastewater disposal and solid waste management to reassure that there will be no waste entering the said river”.

He also stated that his driving force for continuously doing several kinds of research is the desire and curiosity to explore further.

Moreover, Ms. Marjorie Delos Reyes undoubtedly agreed that there is rampant human abuse in our forest and stressed that this is no longer one person’s responsibility but everyone’s liability.



CON-KNIGHTINGALE SOCIETY COLLABORATES FOR PARTNERSHIPS IN 2021

Cecille Cordero
Eshban Blasco

The Knightingale Society, the official college organization of the College of Nursing, opened and started multiple partnerships with different colleges and universities during the first half of 2021.

Ms. Hanna Sayson, a junior student nurse and the chairperson of the Knightingale Society, expressed her appreciation regarding the cooperation of their organization with other several organizations. She stated, "I am pleased with the KS' partnerships with various organizations from all over the nation to be a part of their significant projects. That means that we are growing and embodying our motto. It's an excellent way to start this year of 2021!"

Starting February 2021, the organization has forge a partnership with WeMind PH in their event entitled "FEB-IBIG: Share the Love for Mental Health." This video podcast event was held virtually through their Facebook page last Valentine's Day, 5:00 pm to 7:00 pm. WeMind-PH is "a youth-led volunteer non-profit organization that aims to raise awareness regarding the mental health of the Filipino people through a series of information drives, online and offline activities with all sectors of the society," as described in their Facebook page.

In March, they have partnered with UP CAMP Alliance in Wellness and Sports of Students of the Allied Medical Professions (AWSAMS) in their event, KISLAP: An Infographic Project that lasted for about three months, from March 22 - May 20, 2019. "AWSAMS is a non-profit student organization that promotes sports and wellness among CAMP [College of Allied Medical Professions] students."

Before the month ended, the UB Association of Legal Management Majors tied-up with the Knightingale Society with their event, Anti-VAWC International Webinar.



Top: from left to right: Feb- We Mind PH; March- UPCAMP AWSAMS and UB Association of Legal Management Majors. Bottom: left to right: April- BulSU Bahaghari; May- UP C SSP FSTC; June- Holy Angel's University – Society of Angelite Nursing Students

The Knightingale Society, with its officers, also participated in the webinar with a theme "#StayHome, #StaySafe?: A Sheltered Stigma against Women and Children" held on March 28 this year.

By April 9, the organization extended a hand for partnership with a local organization in the university, the BulSU Bahaghari, for their event entitled "Week of Colors 2021." BulSU Bahaghari is the "first LGBT student organization" recognized in their university.

With the National Heritage Month in May, the Knightingale Society agreed on a partnership with UPD College of Social Sciences and Philosophy Freshie, Shiftee, and Transferee Council (CASP-FSTC) on their month-long online art exhibit and fundraising event entitled "Paraluman: Innag Bayan, Musa ng Sining Magpakailanman."

The event featured artworks from CCSP FSTs and students from Lumad Bakwit schools.

(Continued in the next page.)

CON-KNIGHTINGALE SOCIETY COLLABORATES FOR PARTNERSHIPS IN 2021

For the month of June, the college organization participated and partnered with Holy Angel's University - Society of Angelite Nursing Students' event entitled "Pride in Healthcare: Empowering LGBTQIA+ Gender Sensitivity and Cultural Competence Among Nursing Students."

In total, they have affiliated with seven events from different organizations, inside and outside the campus, all of which entail the need for only sharing or participating with the event. Moreover, there is no money involved with every partnership.

Ms. Sayson reassures the continuity of participating and collaborating with different organizations despite the ongoing pandemic, with the approval of the new chairperson and guidance of the advisers. She further added, "One thing is for sure. KS would be thriving as time strengthens our experience."

CLASBSU PAGLAGO: E-LIBRARY

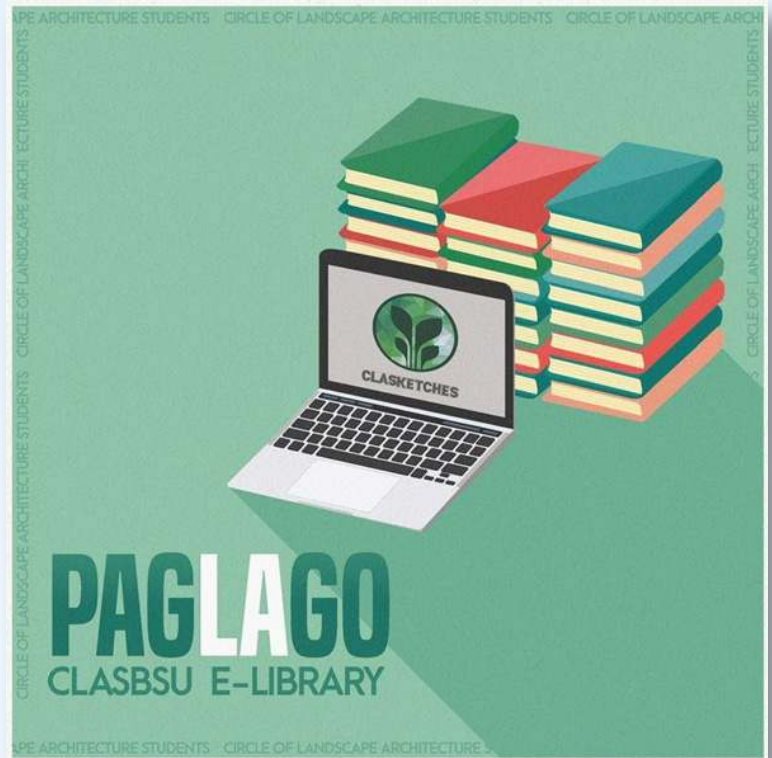
Angelo S. Zapanta

With the pandemic keeping everyone locked in their own homes, learning has been quite hard, especially for students that rely on outdoor experience or fieldworks.

Hours of sitting are spent on rooms trying to keep up with deadlines and activities. Although this may be considered as the new normal, its effects are still undeniable as it is both physically and mentally draining.

The lack of resources is yet another factor that adds up to the anxieties that most students experience. That is why up to this day, the online setup has proved to be challenging for everyone for this past year.

To help landscape architecture students ease their problems, the Circle of Landscape Architecture Students-BSU (CLAS-BSU) has launched another project entitled "CLASBSU PagLago: E-Library" last April 26, 2021.



This project aims to aid their learning throughout the course of the new normal set-up. This was achieved by compiling e-books that are important in their field. This basically allows all landscape architecture students to have free access to an E-Library without worrying about copyright infringement.

To avail for the books in the E-library, a student must fill-up an online form providing basic details about himself/herself. Then, he/she will be redirected to the list of books provided by the organization.

The books are then compiled and sorted according to their respective topics which provides easier time for the students. Once they have submitted their forms, this will be reviewed by the organization until access is granted.

While this may be a simple project, the organization believes that it is a big step towards making this new normal setup more possible.

Through this, they are hoping to reach more students and to inspire them to learn more and to maintain their dedication in pursuing their dreams.

LEAD TRAINING PROGRAM 2021: THE BUILDING BLOCKS OF LEADERSHIP

The Chamber of Young Business Leaders BulSU Junior Marketing Association (CYBL BulSU JMA) performed their annual leadership training online last June 5, 2021 via Google Meet.

The training program entitled LEAD, which stands for Leadership, Exploration, and Development Program. It is an avenue created for the students who aspires to become an officer of CYBL BulSU JMA.

The goal of the organization for this event is to develop and enhance the potential leadership skills of the student.

This training program includes seminars with honorable speakers, workshops with the current officers of the organization, and activity that will determine their ability and discover their expertise.



To attain LEAD trainees its first objective which is the seminar, the CYBL brings Atty. Aloiz Renz P. Santos.

He is an Attorney IV at the Commission on Human Rights, Region III Office, and a BulSU alumnus, imparts wisdom and knowledge to all of the LEAD Trainees.

He discussed things a leader must have, must provide to his members, and what a leader can do in his leadership.

As a former student leader, Atty. Santos shared his experiences in leading an organization during his college days, he also imparts that leadership is not only to lead your organization, but a leader should serve with compassion and lead with commitment.

CON-ESO SHARES ASSISTANCE TO 55 NURSING STUDENTS

Cecille Cordero
Knightingale Society

March 5, 2021; 8 AM. The College of Nursing-Extension Services Office (CON-ESO) persisted in its mission by sharing assistance simultaneously to fifty-five (55) nursing students' families affected by the late Typhoon Ulysses.

It is in line with their project, "CON KAMAI Project: Relief Distribution and Donation Drive, with a theme – Love is Sharing," spearheaded by Mr. David Bote, head of the College of Nursing Extension Services Unit.

The project gained success through the collaborative effort not only of Mr. Bote but also of two other faculties: Mr. Alex Borrromeo and Mr. Anjelo Tolentino, with the support of three (3) students from the Knightingale Society: Ms. Hanna Sayson, Chairwoman; Mr. Jairo Agustin, Vice-Chairman; and Ms. Paula Ciano, Treasurer.

Through a chat interview, Mr. Borrromeo, the Assistant Coordinator of the ESO, has further highlighted the essence of logistics planning toward a fruitful implementation of the activity.

He reported how Mr. Bote led the entire group, in coordination with the College Dean, Dr. Gina Panganiban, from sourcing out funds through the extended financial assistance of CON Administration and Faculties, buying the necessary goods, repacking, up to the delivery of the goods to the students.

Borrromeo added, "As one of its [CON-ESO] projects, 'CON KAMAI Project: Relief Distribution and Donation Drive,' fulfills its commitment and compassion of reaching out not only to the CON students but also to the faculty members, admin staff, and alumni through a community service extension program with its partners in the community and the BulSU institution itself."

Distribution of donations happened synchronously at the Apalit and Calumpit area, Hagonoy Area, and BulSU Main Gate, each supervised with the three faculties involved with the project.

Each family was able to receive a set of goods consisting of the following: four (4) packs of instant noodles, four (4) canned sardines, and one 10-piece pack of instant coffee. Moreover, an additional five (5) kilos of rice were given to severely affected families.

The activity ended at noon, and those unclaimed items were distributed among the students and faculty involved, including other Bulacan State University Campus personnel.

It was early in November last year when Typhoon Ulysses had made landfall in Bulacan, and Bulakenyos, unprepared for the calamity, bore the worst impact.

CON-ESO has also initiated three (3) donation drives last December 2020, helping those affected by the destructive typhoon.



EVERY BLOOD DONOR IS A LIFE-SAVER

Kristine Maclang



In line with its goal of extending a helping hand amidst the pandemic, the National Service Training Program (NSTP) held a blood-letting activity with the theme “Every Blood Donor is a Life Saver” in partnership with the Philippine Red Cross and University Infirmery at Bulacan State University (BulSU) Athletes Dormitory building, last February 16, 2021.

The activity was carried out in collaboration with the BulSU National Service Reserve Corps (NSRC) officers, volunteers, BulSU Security Staff, and Electrical Department.

Safety protocols were observed, and defogging was conducted right after the event. BulSU NSRC, along with the NSTP faculty, expressed gratitude to all the donors who participated in the activity. Twenty-five (25) people have undergone screening and collected approximately twenty (20) bags of blood donations for the Philippine Red Cross.



NEWS BITES

LINANGIN STARTUP INCUBATEES GETS READY FOR THEIR DEMO DAY

June marked the end of the twenty-two (22) weeks of mentoring sessions in the Linangin incubation Program.

Before venture teams prepare for their pitch, a session on Finance was led by their mentor Ms. Annabelle Blanco, a business development consultant. During the session, there were discussions on Financial Basics and Projection, Pricing, Financial Planning, and Management.

This last session signaled the 2-week preparation of teams before they presented their ventures to a panel of experts. After that, they will move up to the next phase of incubation where they will be further assisted in connecting with the industry and the market.



HUAWEI MEETS BULSU STUDENTS AND TEACHERS ON ICT

Huawei Technologies is the world's leading provider of Information Communication Technology (ICT) infrastructure and smart devices.

In the Philippines, one of their goals is to support key influencers to drive better usage of Huawei Mobile Services (HMS) towards being fully adopted by the entire community.

For the month of June, through their HMS Foundation Course, Mobile App Development Program, they met with students and teachers in Bulacan State University and trained them on development skills, digitalization, and the development of mobile applications.



SIESTAMUSTAHAN JOINED BY TWO MODERN KATIPUNERAS

In celebration of the country's 123rd Independence, Siestamustahan came up with a session with a theme: Startup as Modern-day Heroes.

The quest founders talked about how they are making a difference in today's societies. Present in this month's session are the CEO and founder of Saliksik Ph, Ms. Jill Manapat, and CEO and cofounder of Coffee for Peace, Ms. Joji Pantoja.

Their startup missions have melted the hearts of the participants. Not to mention they have inspired the attending students and teachers to start working and a startup that could elevate lives in the country. Saliksik Inc. is a platform that caters various needs of Filipino researchers in funding, networking, and licensing, while the Coffee for Peace Inc. is a community of peacebuilders, business owners, and farmers who are practicing and advocating inclusive development principles in the coffee industry. Both startups are creating a big impact and change in Filipino's lives.



MOVIE REVIEW



BLOOD RED SKY

Dyan Grace O. Crespo

This film is one of the most popular films here in the Philippines today. This movie was released last July 23, 2021, and lasts for two hours and three minutes. The movie director and co-writer is Peter Thorwarth together with his writer Stefan Holtz.

The movie's beginning is very sinister. It is known that Germans have an evil and intriguing effect in their movies, and in this movie, it was well executed.

The story thriller movie is something. In the first part of the movie, the plane that the men reportedly hijacked was landing. The soldiers are preparing to save the people (if there are any). But, a boy instead goes down to the plane. A flashback of what happened on the plane was followed.

The trip is supposedly the answer to her illness; however, when the plane was hijacked, and her son's life is threatened, the maternal instincts kicked in.

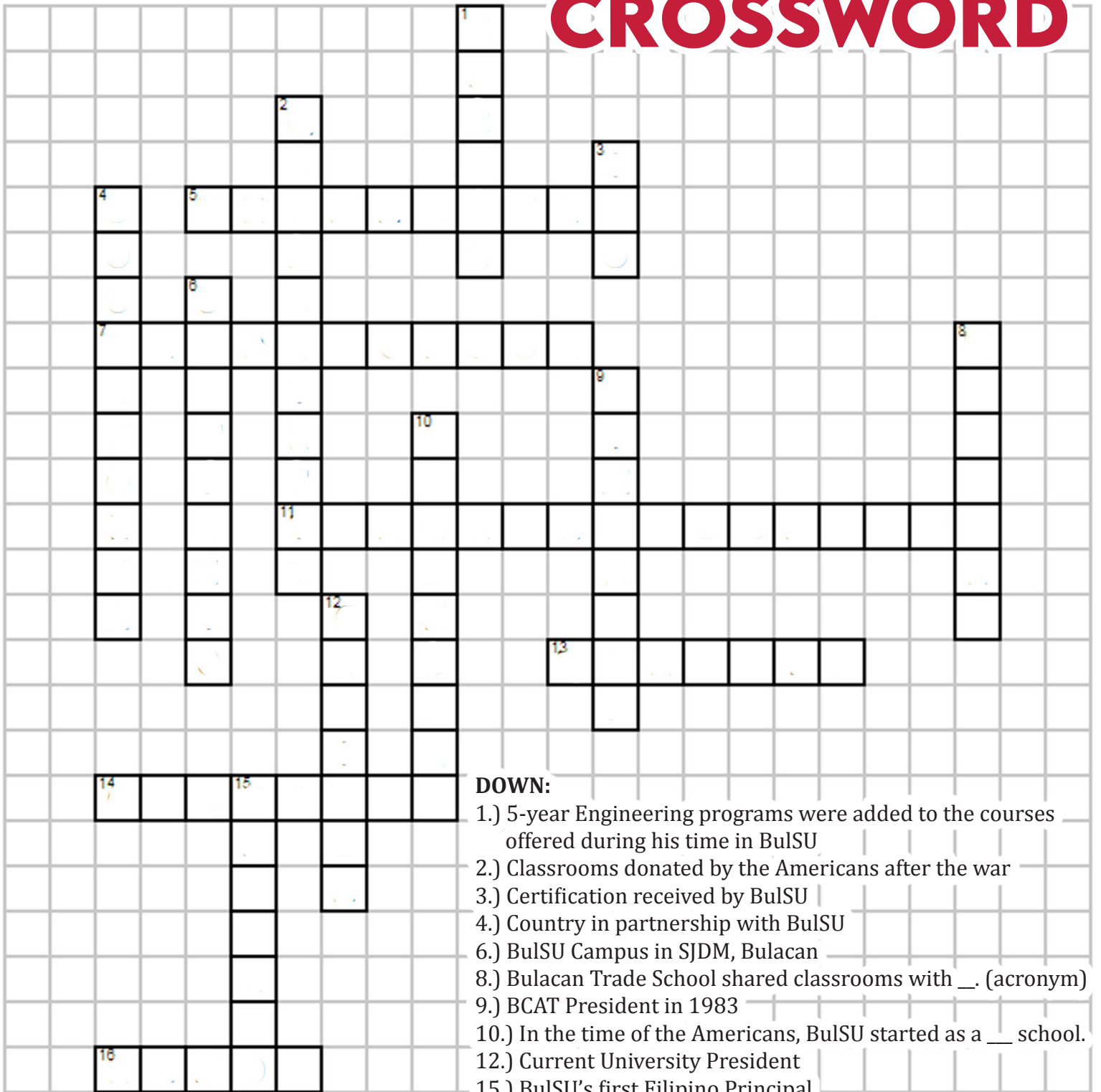
Germans are very good at inflicting terror to their audience, and in this movie, the gloomy effect in the beginning of the story made the viewers look forward for something even more. The way they kill people in this film is very savage.

The movie is worth watching. The plot of the movie is different from the usual. The character choice is also superb! Peri Baumeister, the mother, gave justice to her character. The storyline is also great. It is fun to watch. One of the notable things about this movie is that the look of the vampire is based on Nosferatu. Nosferatu is part of the German Expressionist movement in the 1920s. A vampire is evil-like, and they cannot control themselves the more they drink blood.

This vampire is not like the typical vampire movie like Twilight, The Originals, and Legacies. This movie is recommended to fans of horror and vampire films.

(Photo from Netflix Website.)

CROSSWORD



DOWN:

- 1.) 5-year Engineering programs were added to the courses offered during his time in BulSU
- 2.) Classrooms donated by the Americans after the war
- 3.) Certification received by BulSU
- 4.) Country in partnership with BulSU
- 6.) BulSU Campus in SJDM, Bulacan
- 8.) Bulacan Trade School shared classrooms with __. (acronym)
- 9.) BCAT President in 1983
- 10.) In the time of the Americans, BulSU started as a __ school.
- 12.) Current University President
- 15.) BulSU's first Filipino Principal

ACROSS:

- 5.) American Teachers of Bulacan Trade School
- 7.) BulSU in 1909
- 11.) Course offered by Pulilan Extension
- 13.) BulSU Campus in Bulakan, Bulacan
- 14.) BulSU is recognized _____.
- 16.) Pres. _____ signed RA 7665

WHAT TO LOOK FORWARD TO:



TWITTER

Bulsuans, did you miss us?

To make the information dissemination easier, we are now on Twitter!

Follow us now @BulSU_OP.



LITERARY ENTRIES

Do you have any literary works (drawings, flash fiction, poems, picture, and short stories) that you want to share with our BulSU community?

Send us a message us so we can include them in the literary section of the 3rd issue of BulSU eNewsletter.



FEATURE STORIES

Not all inspiring stories are just found in *'Magpakailanman'* and *'Maalaala mo kaya?'*.

Some stories are also found here in the BulSU community. Do you have inspiring stories of love, success, and friendship, or do you know someone who has?

Share your stories to inspire our fellow BulSUans.

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