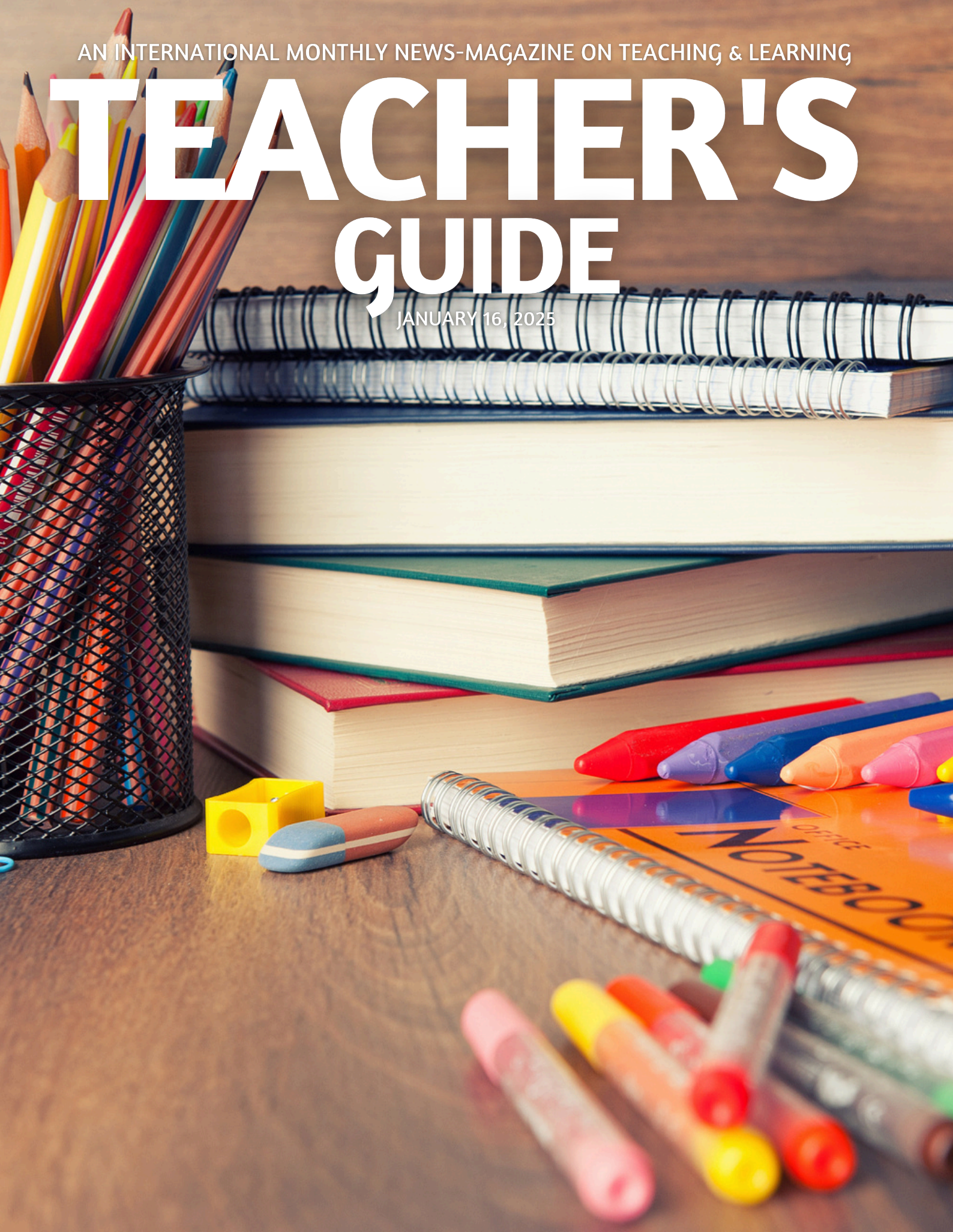


AN INTERNATIONAL MONTHLY NEWS-MAGAZINE ON TEACHING & LEARNING

TEACHER'S GUIDE

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Teacher's Guide

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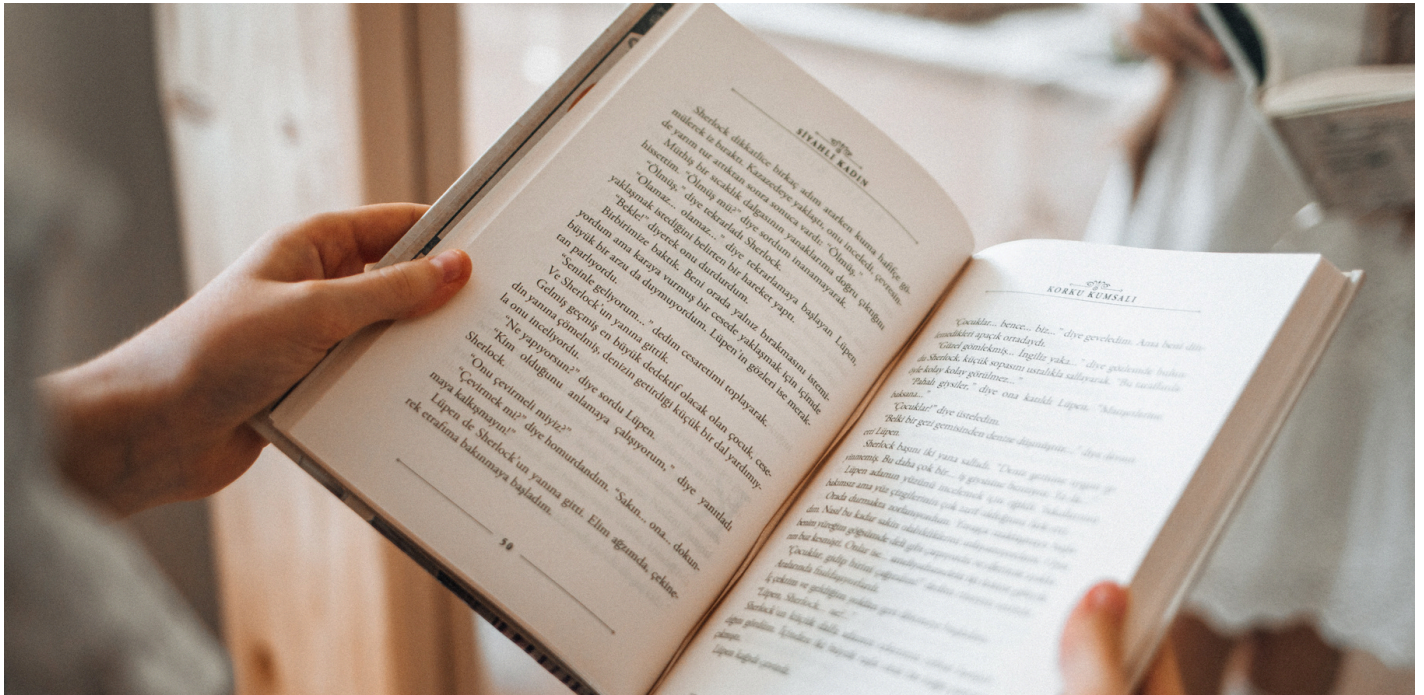
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Essay

Beyond the Covers: Discovering the Joy and Power of Reading *by Rhoda Grace M. Mabunga*



In an increasingly digital world, fostering a love of reading among learners has become more crucial than ever. Reading not only serves as a fundamental skill, but also provides access to knowledge, imagination, and critical thinking. Encouraging a passion for reading can significantly enhance a student's academic performance and personal growth.

A good story lies not just in its ability to entertain but in its potential to educate and inspire. Storytelling serves as a bridge between language and learning. It captivates the imagination of learners, making them more invested in the material. By presenting information in a narrative format, educators can stimulate curiosity and encourage active participation. This engagement is crucial for developing a love for reading, as learners are more likely to explore texts that resonate with their interests and emotions. As an educator, story reading has been a springboard of learning. Teachers continue to explore innovative teaching methods, and storytelling remains a timeless and invaluable tool in the pursuit of literacy. Teachers can use several strategies, such as interactive storytelling, which involves students in the storytelling process by encouraging them to participate through role-playing or retelling stories. This active engagement fosters a deeper connection with the material.

Additionally, it exposes learners to a variety of storytelling genres such as folklore, fables, and modern narratives. Exposure to different styles can enhance their understanding of narrative structures and broaden their reading horizons. And lastly, after storytelling sessions, facilitate discussions that encourage students to reflect on the themes and messages of the stories. This practice not only boosts

comprehension but also promotes critical thinking and communication skills.

A few ways to support the lifetime reading habit include learners' attitudes toward reading, providing them with experiences with different texts, giving them opportunities to select and read resources in school, and assisting them in connecting skills and strategies to interesting and meaningful contexts. Other important considerations include building resilience in literacy learners, finding time to engage children in pleasurable reading across the curriculum, making picture books acceptable and respectable for older students, guiding students to solve authentic problems through reading, conducting book talks, encouraging different interpretations of text, supporting a variety of projects and outcomes, and promoting leisure reading at home. Sanacore (2002).

Ultimately, as learners grow into confident, enthusiastic readers, teachers witness the rewarding transformation of their classrooms into vibrant communities of inquisitive minds, fostering a culture of lifelong learning.

Rhoda Grace Mabunga is Teacher III at Agnay Elementary School in the Division of Romblon

Essay

Transforming Education: The Role of Information Technology in Academe by Jose Carlo Gamboa



Information technology, in general, has become an essential part of modern education; it has completely changed the academic institutions' methods of teaching, learning, and administration. In academe, IT improves efficiency, accessibility, and engagement by changing the face of knowledge delivery and acquisition. In the classrooms, IT revolutionized the ways of traditional teaching. Interactive whiteboards, digital projectors, and online learning platforms have taken the place of chalkboards and paper handouts, making the lessons more intriguing and engaging.

Tools such as an LMS support the educator by sharing resources and conducting assessments online, which leads to instant feedback, thereby bringing about a very interactive learning space. By allowing students to pace their learning within digital modules with resources tailored to their needs, IT enables personalized learning. Beyond classroom walls, IT opens up further access to learning through online or distance learning programs. Virtual classrooms and MOOCs allow remote or underserved students to enjoy quality education. The democratization of learning will thus break the geographical and financial barriers, giving a chance to individuals all over the world to have lifelong learning opportunities.

In research, IT is an inevitable tool for any academic inquiry. Researchers use highly advanced software in data analysis, simulations, and modeling to break down complex problems into manageable entities. Digital libraries and online databases provide scholars instant access to voluminous information so that collaboration and innovation can easily cross disciplines and borders. In academic administration, IT plays an important role as well. Automated systems make possible streamlined processes—admissions, enrollment, and grading—that

lighten staff workload. Many functions, ranging from finance to payroll and including student records, are integrated for easy campus operations. This smooth operation saves both time and delivers an overall rich experience for the students, faculties, and administration. But no system is smooth and problem-free. Digital equity is still a major issue because not all students and institutions have the necessary devices and internet connectivity. Cybersecurity threats also pose risks to sensitive academic and personal data. Institutions must invest in robust security measures and foster digital literacy to address these issues effectively.

There is a huge future for IT in academe because emerging technologies, such as artificial intelligence, virtual reality, and blockchain, promise to further transform education. These innovations have the potential to enhance the learning experience, streamline administrative procedures, and equip students for a technologically advanced world.

IT, per se, is not merely a tool for academe; it is a transforming force. In embracing and adapting to technology, academic institutions can offer better education, engender innovation, and empower the next generation of learners and leaders.

Jose Carlo Gamboa is a dedicated professional with expertise in Information and Communication Technology Management. With a solid background in coordinating ICT projects, he has consistently demonstrated a strong commitment to fostering innovation and efficiency in organizational operations.

Essay

The Life of Marketing Students in College: A Journey of Creativity and Challenges *by Lhea Mae L. Magtulis*



Life as a marketing student in college is a dynamic blend of creativity, challenges, and constant learning. Students hear all the ideas and strategies, really, on the very first day of classes. And most of them learn not just a great deal of stuff, but also discover what makes their voice unique in this ever-evolving world of business. In fact, marketing students are usually kept busy with many tasks, including conceptualizing advertisements, analyzing market trends and consumer behavior, and even attending lectures on brand management or working on group projects and making presentations that may be similar to real business settings. These skills help students to think critically, communicate effectively, and solve problems, all of which are key factors in performing well in this competitive marketing field.

What makes marketing different from other fields is the creativity and innovation it demands. Assignments often challenge students to think out of the box, whether it is designing a promotional video or crafting a social media strategy for a hypothetical product. This creative freedom is exhilarating but can be daunting, especially when paired with tight deadlines and high expectations. Most of the students, however, struggle with the tension between creative desires and the harsh realities of budgets and audience acceptance. The life in college is not limited to classroom studies; there are other co-curricular activities, internships, and participation in business organizations or marketing competitions or even internships in companies. Such experiences don't only decorate their resumes but also add practical insights to them about

the industries. Interacting with professionals while attending networking events helps prepare them for life beyond graduation.

Despite the thrilling attractions, a marketing student life is not without its hurdles. The pace of staying updated on trends, mastering new tools, and constantly innovating can be tremendous pressure. Balancing demands of studies with personal life and part-time work require high time management and resilience. However, such challenges foster development within a person and train him for the fast pace of marketing careers.

The college experience of a marketing student is far more than receiving a degree; it's learning to think creatively, facing challenges, and setting up the mind for growth and success. Marketing students with strong determination and passion not only manage their academic journey but also set themselves up for an exciting future in a very stimulating and rewarding profession.

Lhea Mae Labiang Magtulis holds a Bachelor's degree in Business Administration majoring in Marketing Management and a Master's degree in Business Administration. Her expertise lies in teaching Business Administration, with a strong focus on Marketing Management and developing practical business skills.

Essay

The Importance of Personal Health: A Holistic Approach to Well-Being *by Mina C. Siapno*



Personal health is a cornerstone of a fulfilling and balanced life. It encompasses physical, mental, and emotional well-being, and maintaining it requires conscious effort and a proactive approach. In today's fast-paced world, prioritizing personal health is not just a choice—it is a necessity for achieving long-term happiness and productivity. Physical health forms the foundation of personal well-being. Regular exercise, a balanced diet, sufficient sleep, and routine medical check-ups are vital components. Engaging in physical activity not only strengthens the body but also boosts energy levels and enhances mood by releasing endorphins. A nutritious diet rich in fruits, vegetables, lean proteins, and whole grains provides essential nutrients that fuel the body and support immune function. Similarly, adequate rest allows the body to repair itself and maintain optimal functioning, reducing the risk of chronic illnesses.

Mental health is equally critical and often intertwined with physical well-being. Stress, anxiety, and depression are common challenges that can significantly impact overall health. Practicing mindfulness, meditation, or yoga can help manage stress levels and promote mental clarity.

Establishing a support system of friends, family, or mental health professionals creates a safety net for sharing concerns and seeking advice. We should view recognizing the importance of mental health and seeking help when needed as acts of strength, not weakness. Emotional health, though sometimes overlooked, plays a significant role in personal health. Developing emotional resilience, self-awareness, and positive coping mechanisms can enhance one's ability to navigate life's challenges. Activities that bring joy, such as hobbies, volunteering, or spending time with loved ones, contribute to emotional well-being and foster a sense of purpose and connection.

Incorporating preventive measures is also crucial for maintaining personal health. Regular screenings, vaccinations, and staying informed about health risks can help detect and address potential issues early. Educating oneself about health topics empowers individuals to make informed decisions and take control of their well-being.

Adopting a holistic approach to personal health entails comprehending the interconnectedness of all aspects—physical, mental, and emotional. A balanced lifestyle that prioritizes self-care, healthy habits, and meaningful relationships can improve overall quality of life.

In essence, personal health is an ongoing journey that requires commitment and self-awareness. By taking small, consistent steps toward a healthier lifestyle, individuals can build a strong foundation for a vibrant, resilient, and fulfilling life.

Mina C. Siapno is an Instructor and Coordinator of Medical-Dental Services of Pangasinan State University-San Carlos Campus. She finished her Bachelor of Science in Nursing at Virgen Milagrosa University Foundation. She obtained her Masters of Arts in Nursing at Lyceum Northwestern University.

Essay

Strategic Financial Management in Education: Ensuring Institutional Stability *by Jesse P. Velasco*



Financial management in the academic institution remains a very fundamental component in guaranteeing quality education, efficient operation, and sustenance of institutions. The mission of an academic institution, whether it is private or public, calls for prudent management of financial resources because it is very complex in terms of operations and environment. The best financial management in academe begins with sound budgeting processes. We must strategically allocate funds to meet the needs of students, faculty, and infrastructure while maintaining financial health. Budgets should reflect the priorities of the institution, such as academic programs, research initiatives, facility maintenance, and student support services. Planning ensures that resources are used effectively, waste is minimized, and impact maximized.

Another significant area of financial management in academe is the generation of revenues. Colleges and universities are known to draw on a wide variety of sources for their revenues, such as tuition fees, government subsidies, research grants, endowments, and donations. In order to manage the different revenue streams efficiently, the affordability of education has to be balanced with sustaining operations. There is also a need to diversify sources of income and reduce dependence on traditional funding through partnerships with private organizations.

Cost management is equally important. Academic institutions incur a wide range of expenses, from faculty salaries and operational costs to investments in technology and infrastructure. Finding areas for optimization without compromising the quality of education and services is the key to effective cost management. For instance, energy-efficient practices, streamlined administrative processes, and technology utilization can reduce operational costs significantly while maintaining high standards. It further involves

risk management and contingency planning. Academic institutions have to be proactive in preparing for financial uncertainties like fluctuations in enrollment, changes in government funding policies, or even economic downturns. Establish emergency funds and regularly review financial policies to ensure long-term resilience and stability.

Transparency and accountability are essential components of financial management in academe. The spending of money must instill confidence in students, parents, faculty, and funding agencies. Financial reporting should be routine; audits and practices based on ethics promote trust and depict the institution's commitment to responsible resource utilization.

Academic financial management will be more important than ever due to increased competition and fewer resources. For institutions that promote strategic planning and efficient resource use, as well as innovative sources of funding, they are sure to fulfill the mission and the changing needs in education. Academies can survive and provide excellent experiences for their stakeholders through appropriate financial management.

Jesse P. Velasco is a faculty of Business Administration and teaching financial management subjects at Pangasinan State University San Carlos Campus. Currently he is enrolled at Lyceum-Northwestern University finishing his Doctorate degree in Business Administration.

Essay

Strategic Approach to Workforce Optimization

by And Julie D. Rosal



Different companies today face increasing pressure, and they have to try to find ways to conduct operations as effectively as possible. Another prevalent approach is rightsizing—an integrated approach to adopting the workforce from a current and future analytical perspective. While downsizing primarily seeks to lay off employees and thereby save costs, rightsizing is more focused on optimization and probable laterality.

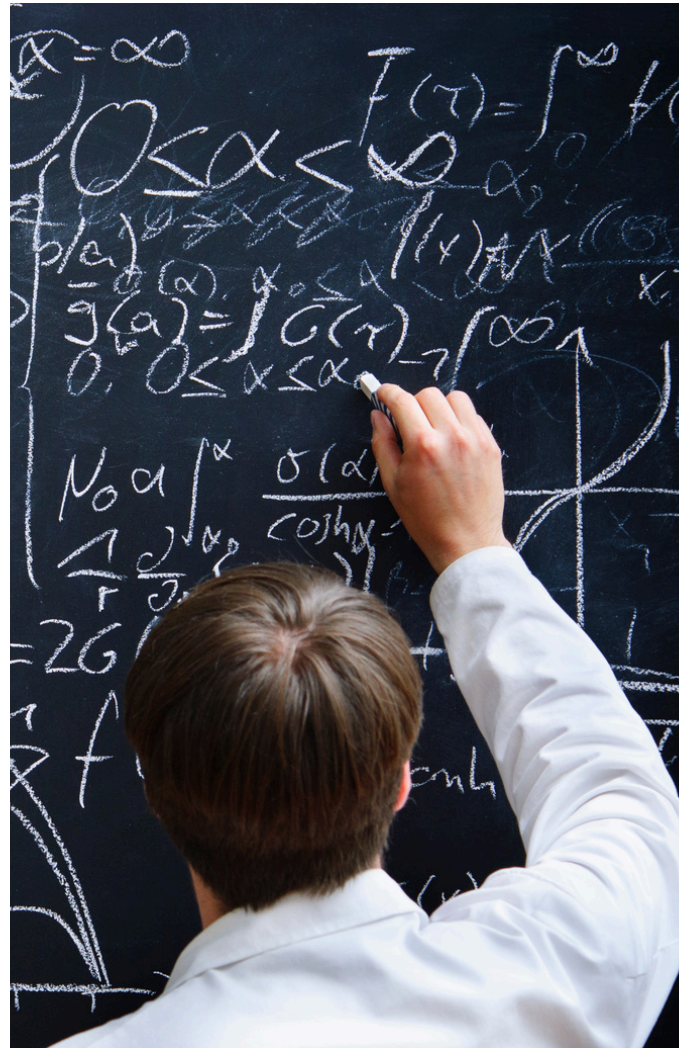
The efficient process of rightsizing involves several steps, starting with evaluating and developing strategies. This entails mapping the organization's objectives, workforce competencies, and market requirements to develop a model of workforce requirements that aligns with business and market visions. Throughout this phase, it is crucial to practice free communication as it dispels resistance to change and fosters trust among employees. Once completed and fully implemented, the implementation stage comes next. It may entail staff relocation to the right positions, provision of courses to close skill mismatches and organizational changes. In certain situations, the organization may declare a buyout or early retirement to the workers who are not useful to the company's new direction. It requires constant supervision and assessment so that the necessary changes will impact productivity and organizational effectiveness.

Consequently, rightsizing has various advantages that positively impact the organization's well-being and competitiveness. Firstly, it enhances the organization's workflow by strategically placing each employee or team in their most effective roles. It also aligns employees with the tasks that require their specialized skills and eliminates instances of extravagance, such as overstaffing. Secondly, rightsizing also makes the organization leaner and more suited to adapting to the market conditions and

new technologies. However, emphasizing redeployment and developing new skills instead of dismissals proves the organization's concern for the employees' further professional development, encouraging organizational culture enhancement and professional growth. Examples of best practices of rightsizing seen in the actual corporate environment explain the possibilities of this approach. For example, a mid-sized tech company that lost revenues and experienced rising competition initiated a vast rightsizing process. By re-evaluating the current staff and reorganizing positions to align more closely with the company's overall objectives, they were able to increase efficiency, motivate the employees, and ultimately return to profitability. In the same way, a retail company decided to implement rightsizing for making according to its operations in some sectors, leading to more points of share and customer satisfaction.

Dr. And Julie D. Rosal is a distinguished professional with a diverse academic background, having graduated with degrees in BS Accountancy, BS Physical Therapy, BS Information Technology, Master in Business Administration, and Doctor of Administration. Currently, he holds the position of Research Coordinator at the Faculty of Business Administration, Pangasinan State University, San Carlos City Campus, where he continues to contribute significantly to research initiatives and academic excellence. Dr. Rosal is known for his passion for research and his commitment to fostering scholarly endeavors within the university community.

Practical Wisdom: Life Values Learned from Mathematics *by Rozsi P. Tobias*



Research Abstract

Utilization of Functional Literacy Assessment Tool (FLAT) among Grade Seven Students in a Secondary School in the City of Taguig: Basis for an Intervention Program

by **Maricris B. Popanes**



Reading has a huge impact on the performance of students and every institution. To address the reading difficulties of struggling readers, the school should take the initiative in creating a stabilized reading intervention program that will benefit the learners at the forefront of any educational paradigm.

The study used the descriptive quantitative method, using the Functional Literacy Assessment Tool (FLAT) for the pretest and post-test. It had two groups of respondents composed of 30 grade 7 students and a survey questionnaire for the 19 grade 7 teachers. The data were statistically treated using frequency, percentage, weighted mean, ranking, and the Chi-square test.

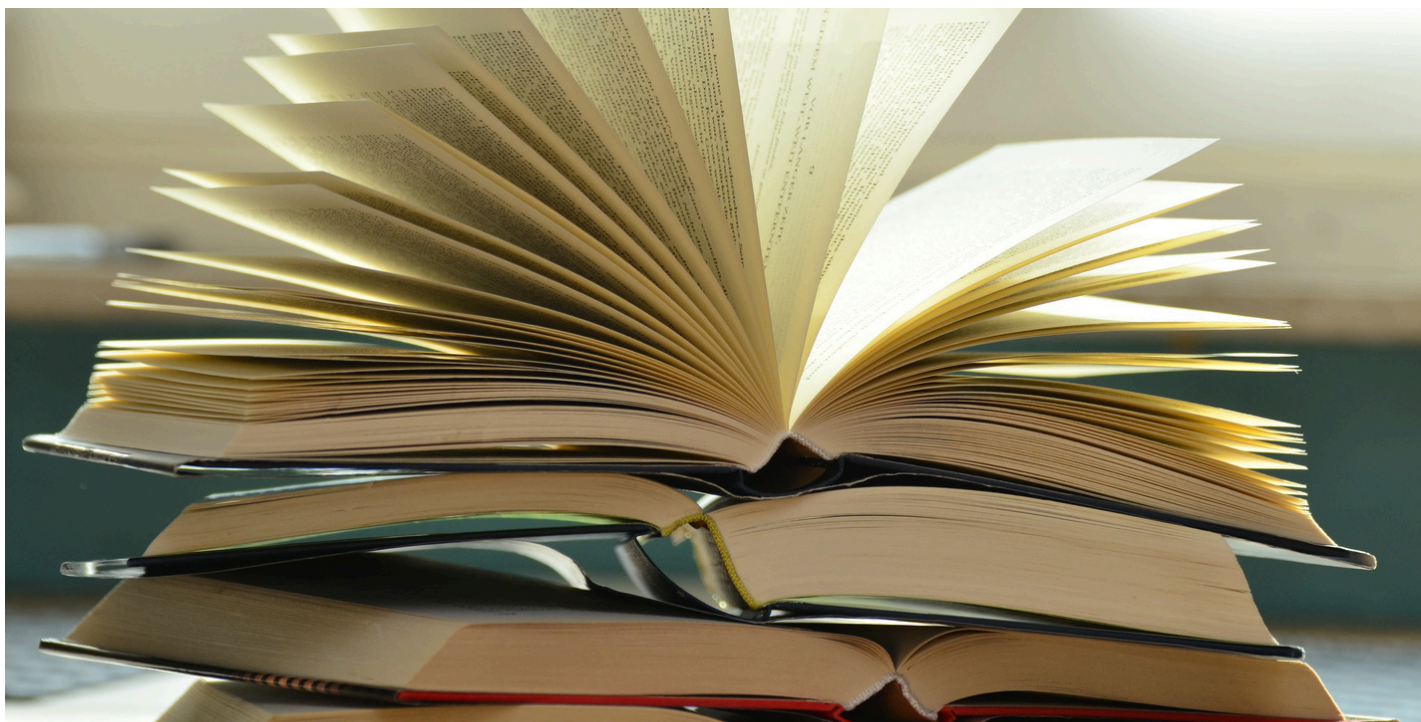
The study's findings showed that in terms of the demographic profile of the grade 7 students, most of the student-respondents are 13 years old, male, speak Filipino, have an income of 5,000-9,999, and are not part of an ethnic group. All respondents answered to be exposed to reading materials and resources (print and non-print). Based on FLAT, there is a significant improvement between the pretest and posttest of the grade 7 students. There is a significant relationship between age, sex, socio-economic status, language spoken, and the functional literacy of the students. The Functional Literacy Assessment Tool (FLAT) was found to be effective for the students in terms of their reading skills, reading comprehension, and as a reading intervention. FLAT as an intervention program is highly effective.

As a result, the researcher made an action plan utilizing the FLAT as an intervention program to address the reading needs of those struggling readers.

Maricris B. Popanes is currently teaching at Kapitan Eddie T. Reyes Integrated School in Taguig City. She holds a masters degree major in Educational Management.

Research Abstract

Tekstong Biswal ng Panitikang Rehiyunal bilang Interbensiyon sa Kasanayang Pagbasa ng mga mag-aaral sa Baitang 7 ni Aehln Cleir D. Garcia



Ang layunin ng pag-aaral ay makabuo ng isang biswal na teksto bilang interbensiyon sa pagbasa. Random Stratified sampling ang ginamit sa pagpili ng kalahok sa baitang pito na may bilang na 310 gamit ang slovins formula na sasagot ng sarbey at isinagawang pilot test ng instrumentong biswal na teksto. Isinagawa ang Pilot test upang matukoy ang kabisaan ng biswal sa teksto. Inalam ang datos gamit ang mean at makabuluhang ugnayan ng kanilang marka sa pauna at pangwakas na pagtataya gamit ang T-test. Ang mga instrumento na ginamit sa pag-aaral ay dumaan sa pagsusuri ng mga dalubhasa bago ito gamitin sa mga mag-aaral. Lumabas sa resulta ng datos na mabisa ang biswal na teksto dahil sa makabuluhang pagkakaiba ng iskor sa pauna at pangwakas na pagtataya. Natuklasan sa pag-aaral na mainam at malaking ambag ang pagkakaroon ng interes ng mga mag-aaral sa pagbasa upang mas madaling maisakatuparan ang pagsasagawa ng mga interbensiyon sa pang-unawa ng mga mag-aaral sa pagbasa, kaya iminumungkahi ng pag-aaral na unahin ang mga interbensiyon na makapupukaw sa interes ng mga mag-aaral sa pagbsa.

Si Aehln Cleir D. Garcia ay kasalukuyang Guro sa Filipino ng Mataas na Paaralan ng Tondo, nagtapos nang kaniyang Masterado taong 2024 sa Pamantasang Normal ng Pilipinas. Nagkamit ng ikatlong gantimpala "Gurong Mananaliksik" noong Oktubre 12, 2024 sa isang Pambansang Seminar ng PASADO -Pampelikulang Samahan ng mga Dalubguro dahil sa kaniyang pag-aaral na may pamagat na "Tekstong Biswal ng panitikang rehiyunal bilang interbensiyon sa kasanayang pagbasa ng mga mag-aaral sa baitang 7." Kasalukuyan siyang kasapi sa KAGUFIL bilang kapisanan ng mga guro sa Filipino. Naging Kalahok sa pagsasanay na maging manunulat ng Lathalain at Dagli sa SENARA learning taong 2020 na nagbunga ng dalawang kathang sulat na Dagli na may pamagat na "MIKMIK" at lathalain na "ELAIT". Isang balidator o Tagapagsuri ng ilang mga piling pag-aaral sa kolehiyo ng Unibersidad ng Maynila at National Teachers College. Naging isa rin siyang Hurado sa isinagawang pagsusulit na Oral sa pananaliksik ng Senior High taong 2020 sa Phillipine School in Greece.

Kasapi sa Pamunuan ng Filipino sa Mataas na Paaralan ng Tondo. Naging kalahok siya sa Training ng mga guro sa Matatag Kurikulum bilang guro ng baitang pito, at natapos ang kaniyang pag-aaral sa Masterado na may pamagat na "Tekstong Biswal ng Panitikang Rehiyunal Bilang Interbensiyon sa kasanayang Pagbasa ng mga mag-aaral sa Baitang 7". Sa Kasalukuyan ay nais niyang ipagpatuloy pa ang pag-aaral ng Doktoral habang nagtuturo sa Kolehiyo.

Dagli

Elait ni Aehln Cleir D. Garcia

Malakas ang kabog ng dibdib ni Desa, Narinig niyang tinawag na ang kanyang Pangalan, bawat hakbang pag akyat ay mabigat, lumakad sa gitna ng entablado at umawit. Buong tapang na umawit at binuhos lahat ng galing sa pagkanta.

“At ang tatanghaling Kampeon sa Tondo Idol, ay walang iba kundi si, Desa Jin Andal”, sigaw ng emcee, malakas ang dinig niya sa palakpakan at hiyawan ng kanyang mga Fans, Ngiting abot langit sa tuwa ang kanyang naramdaman nang biglang bumagal ang galaw ng mga tao sa paligid, at may humatak sa kayang likod. Hinatak siya sa likod ng kanyang katrabaho, at sumenyas--

“Gising na tapos na break time mo”, habang iniaabot ang bago nilang uniform”

Napangiti si Desa ng makita ang bago niyang uniform, binasa ang tatak.

ELAIT, Friendly Deaf Workers.

-Aria

Si Aehln Cleir D. Garcia ay kasalukuyang Guro sa Filipino ng Mataas na Paaralan ng Tondo, nagtapos nang kaniyang Masterado taong 2024 sa Pamantasang Normal ng Pilipinas. Nagkamit ng ikatlong gantimpala “Gurong Mananaliksik” noong Oktubre 12, 2024 sa isang Pambansang Seminar ng PASADO -Pampelikulang Samahan ng mga Dalubguro dahil sa kaniyang pag-aaral na may pamagat na “Tekstong Biswal ng panitikang rehiyunal bilang interbensiyon sa kasanayang pagbasa ng mga mag-aaral sa baitang 7.” Kasalukuyan siyang kasapi sa KAGUFIL bilang kapisanan ng mga guro sa Filipino. Naging Kalahok sa pagsasanay na maging manunulat ng Lathalain at Dagli sa SENARA learning taong 2020 na nagbunga ng dalawang kathang sulat na Dagli na may pamagat na “MIKMIK” at lathalain na “ELAIT”. Isang balidator o Tagapagsuri ng ilang mga piling pag-aaral sa kolehiyo ng Unibersidad ng Maynila at National Teachers College. Naging isa rin siyang Hurado sa isinagawang pagsusulit na Oral sa pananaliksik ng Senior High taong 2020 sa Phillipine School in Greece.

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Dagli

Mikmik ni Aehln Cleir D. Garcia

“Maglalaro lang tayo Selia” saad ng lalaki, Hawak ang papel na umuusok, sinisinghot singhot, inaaamoy at nilalanghap ang bawat usok. Maglalaro sa usok at apoy na magbubunga ng isang sanggol.

Hawak ni Pepay ang manikang sanggol na binigay ni Selia, nakaupo siya sa sahig kasama ang kanyang Ina at kapatid na si Popot.

“Gusto mo?” alok ni Popot kay Pepay at iniabot ang Mikmik, binuksan ni Popot ang isang Mikmik at dalidaling hinigop na halos mapaubo, kaunting usok na pulbos ang binuga ni popot

Pinunasan ni Selia ang bibig ni Popot, binaba ang pamunas at paisa-isang nililigpit ang mga kalat sa sahig,

Lumapit si Pepay para tingnan ang hawak na Mikmik na sinisipsip ni Popot, sinilip ang laman sa loob.

Mapapadikit ang ulo sa dibdib ni Popot sa pagsilip.

“Ui! Ano ba akin to e!, buksan mo yung sayo”, at ituturo ang mikmik na binigay siya kay Pepay.

Nakatitig lamang si Pepay sa Mikmik na binigay sa kanya. Tila naguguluhan si Pepay.

“Si papa kasi sinusunog niya yung mikmik, tapos pinapaamoy niya sa akin yung usok para daw may energy ako, bago kami maglaro ng kasama niya, Para may Pera kami” Medyo paos at nahahapo sa pagsasalita habang pinapakita ang paggamit ng mikmik na itinuro ng kanyang ama.

Napatitig si Selia sa payat na katawan ni Pepay, lubog na pisngi at paos na boses, Naisip ang ginawa sa kanya ng kanyang kinakasama na ginawa rin sa naging anak nila.

Bumukas ang Pinto!, tumunog ang maingay na palawit.

“Papa! Sigaw ni Popot” at yumakap sa paaanan ng kanyang tatay.

“Selia, nakakulong na ang tatay ni Pepay, sa atin na siya titira, hindi na siya makukuha sa atin ng adik niyang Ama, tatanggapin kong tunay na anak si Pepay.

- Aria

Si Aehln Cleir D. Garcia ay kasalukuyang Guro sa Filipino ng Mataas na Paaralan ng Tondo, nagtapos nang kaniyang Masterado taong 2024 sa Pamantasang Normal ng Pilipinas. Nagkamit ng ikatlong gantimpala “Gurong Mananaliksik” noong Oktubre 12, 2024 sa isang Pambansang Seminar ng PASADO -Pampelikulang Samahan ng mga Dalubguro dahil sa kaniyang pag-aaral na may pamagat na “Tekstong Biswal ng panitikang rehiyunal bilang interbensiyon sa kasanayang pagbasa ng mga mag-aaral sa baitang 7.” Kasalukuyan siyang kasapi sa KAGUFIL bilang kapisanan ng mga guro sa Filipino. Naging Kalahok sa pagsasanay na maging manunulat ng Lathalain at Dagli sa SENARA learning taong 2020 na nagbunga ng dalawang kathang sulat na Dagli na may pamagat na “MIKMIK” at lathalain na “ELAIT”. Isang balidator o Tagapagsuri ng ilang mga piling pag-aaral sa kolehiyo ng Unibersidad ng Maynila at National Teachers College. Naging isa rin siyang Hurado sa isinagawang pagsusulit na Oral sa pananaliksik ng Senior High taong 2020 sa Phillipine School in Greece.

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Poem

Bridging the Divide: The Skills HR Students Seek

by Jebra Maris B. Sañoza

There stands a gap where challenges conspire,
In HR, where the students aspire
A chasm wide, that skill gap too,
Between books' promise, and industry's tide anew

Theories go flowing in lectures' halls.
But industry has a different, unique glow to enthrall
Theoretic acumen, a perfect base,
Industry needs, pace faster than an academic pace.

Soft skills for communication, keenly sought
More than the pages of books
Industry craves adaptability
to navigate this world.

In the world of HR, where talents are crucial,
The job market asks for something more than a
university.
Problem-solving, strategic mind
Not that hard to find on the corporate grind.

Tech evolution is a fast tide,
Students find it hard to cope with the changing guide.
Analytics, data, the digital shift
There's still a gap, knowledge rift.

Recruitment subtleties-a delicate art,
Outside class, where challenge starts.
Networking, negotiation-an art so thin,
Industry seeks an advance as refined as in.

Leadership skills-not abstract theory
How to put this into practice that's the key.
Team synergy-a very necessary note
Inside this industry's rhythm, they allocate.

Call to mentors-guiding hand, they say
So that there would be bridging of the way
Insight into industry-virtuous gem
To aid students entering swift.

In the space between, competition blooms,
With passion, one may find hopes in it, a bloom
HR students, soon ready to stride
To take industry needs forward with pride

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Poem

Mia Pieta by *Ferdinand T. Glor*

I wish to rest at colossus' deepest sleep of uncertainty;
where my right is forever wrong.

And I neigh for bereavement of my good name's breath
due to my blindness for truth;
just like white is black though it makes me blue.

But the reality is what the opposite is;
That placidity is dangerous as calmness is turbulent,
The everlasting aridity remains unquenchable
Even I make myself a water.

And so, I now commend to you Zeus my heaven and earth;
As I summon to lend me your ship
to bring me to the threshold of what is end.

Ferdinand T. Glor is a Public Schools District Supervisor in the Department of Education Quezon Province Division. He holds a PhD in Educational Leadership and Management from the Pearl of the Orient Theological Seminary Colleges, Inc. He graduated Master of Development Management from the Development Academy of the Philippines and Master of Arts in Educational Management from Far Eastern University.

Poem

Loving You by Leila C. Cortez

Loving you has given me the difference
Of living a life that is full of sense
For you offered a love that is so intense
That made me not resist the essence

As we continue loving each other
There is one thing that I ask in my prayer
That no matter what life has to offer
Our love will always be and will last forever

Leila C. Cortez is an instructor at Don Honorio Ventura State University in Bacolor, Pampanga. She holds a Master's Degree in Education major in Educational Management

Poem

My Gift to Humankind by Leila C. Cortez

For thirty-three years, I've witnessed them grow,
From timid steps to a confident glow,
A garden of minds, with seeds I sow.
Each lesson taught, each story shared,
The values taught, a success declared
Their laughter and noise everywhere are heard
The chalk-stained hands, the sleepless nights,
The endless plans, the guiding lights,
All worth the smiles, the soaring flights.
Now as I pause and look behind,
A life well-lived fills heart and mind,
Teaching, my gift, to humankind.

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Poem

Love Song by Leila C. Cortez

A love song starts with a gentle tune,
Like life's beginning under the moon
A promise of hope, a promise of bloom
The melody weaves through joy and pain,
Like sunshine longing for rain
Each note a step, each chord a gain.
Love song is what life is
Longing for our life to bliss
That anyone should not miss
As the song ends, it lingers still,
Like memories carved by heart and will,
A timeless echo, comes a life that is fulfilled.

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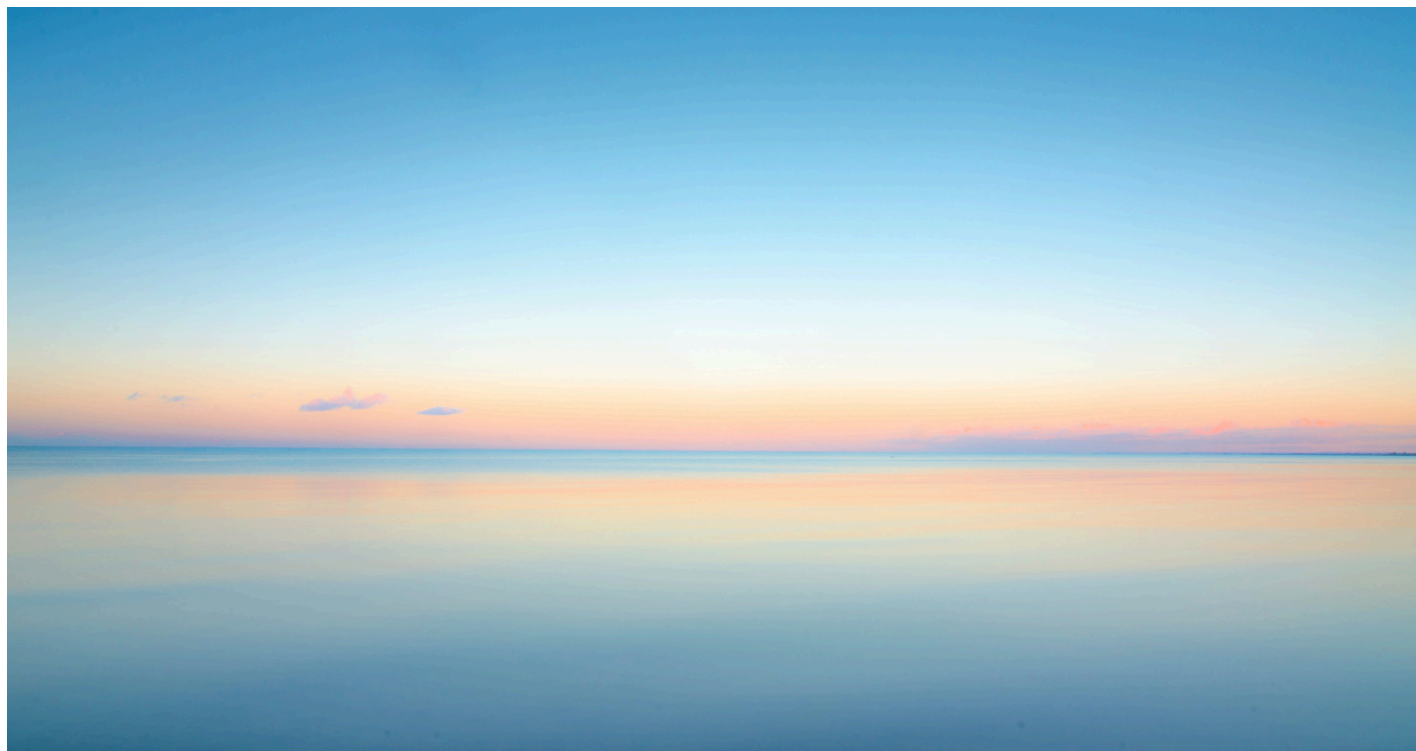
Poem

For I Know I Am Not Alone *by Leila C. Cortez*

When troubles rise like waves at sea,
I hold to God, I know He carries me,
For always His love will calm the storm in me.
Through darkest nights and paths unknown,
I trust His plan, I know I'm not alone,
For always His strength will guide me, stone by stone.
With faith in Him, I stand secure,
No trial's too great, I know His grace is sure,
For always in every test, His hope is pure.
With every step, His love prevails
Through faith, I know I'll never fail
For always in His embrace, my heart regales.

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Poem

A New Horizon *by Leila C. Cortez*

I once held books and chalk in hand,
Teaching lessons strong and grand.
Now screens and keys light up my day,
A new path calls; I find my way.
The tools are strange, the steps unsure,
Yet learning opens every door.
With every click, I start to see,
A world of endless possibility.
Though years have passed, my heart stays bright,
Embracing change, seeking the light.
For in each challenge, I can find,
A way to teach, to grow, to bind.

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Tula

Pusong Pinagtagpo, Pusong Magkasuyo ni Leila C. Cortez



Napakarami ng taong nagdaan
Hindi ko namalayan sa aking orasan
Na ikaw mahal ko na laging panagimpan
Ang siya pa ring katuwang sa bawat kasiyahan

Hindi namalayan sa pagdaan ng mga araw
Na kay tatag na pala ng pag-ibig na halaw
Sa pagkakaibigan at pagsasamahan
Ng ating mga pusong labis ang pagmamahalan

Bawat pagsuyo na itinakbo ng panahon
Ay parang pahina na nagbubukas ng hamon
Sa bawat paghihirap at mga pagsubok
Pagmamahalan ang sagot sa mga dagok

Napakasarap isipin, napakasarap bigkasin
Ang mga katagang sa iyo rin nanggaling
At pakatandaan sa bawat araw na magdaan
Ang pag-ibig sa isa't isa ay di kalilimutan

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Tula

Pighati ng Puso ni Leila C. Cortez



Sa bawat araw ng buhay ko
Ala-ala mo ang kapiling ko
Mga sandaling ating pinagsaluhan
Inspirasyon sa aking kandungan.

Sa ating pagkakalayo
Pighati ang hatid sa puso
Bawat sandaling wala ka sa piling ko
Tinik na bumabaon sa dibdib ko.

Kinailangan mong mangibang bansa
Para sa aming iyong pamilya
Titiisin lahat ng paghihirap
Maabot lang ating mga pangarap.

Bawat pagsuyo na itinakbo ng panahon
Ay parang pahina na nagbubukas ng hamon
Na maging matatag sa pagtugon
Upang ang sinumpaa'y di maging kugon.

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Maikling Kwento

Paano ba Maging Masaya sa Gitna ng mga Responsibilidad? *ni Mary Jean A. Apuhin*



Ang buhay ay puno ng tungkulin-trabaho, pamilya, pangarap, at personal na pangako. Sa bawat paggising, tila may bagong listahan ng mga bagay na kailangang gawin. Nakakapagod. Nakakakuba. At kung minsan, parang nagiging robot na lang tayo-ginagampanan ang bawat papel nang walang espasyo para huminga, magtanong, o magtanong sa sarili: “Masaya pa ba ako?”

Maraming tao ang nakatira sa isang siklo ng paggawa at obligasyon. Nagsusumikap sa trabaho para sa pamilya, ngunit sa kabila ng tagumpay at mga papuri, nararamdaman pa rin ang isang puwang-isang kawalan ng tunay na saya. Paano nga ba magawa ang lahat nang hindi sinasakripisyo ang sarili? Paano ba manatiling masaya sa gitna ng lahat ng responsibilidad? May karapatan pa ba na maging masaya?

Ang pagtanggap ng simpleng katotohanan: hindi tayo perpekto. May mga araw na hindi matatapos ang lahat, at ayos lang yon. Hindi kailangang bitbitin ang bigat ng mundo sa iyong balikat. Kailangan mong itanim sa isipan na ang “pahinga” ay hindi kahinaan kundi isang biyaya para sa sarili. Ang pagiging masaya ay hindi nangangahulugan ng kawalan ng problema; ito ay ang pagtanggap na ang bawat hakbang, gaano man kaliit, ay sapat na.

Sa gitna ng abalang buhay, madalas nating nakakaligtaan ang maliit na bagay na nagbibigay-kulay dito. Napansin mo ba ang ngiti ng iyong anak kaninang umaga? O ang amoy ng kape habang umiinom? Napansin mo ba ang aliw ng init habang papunta sa trabaho? Ang mga sandaling ito ay hindi simpleng bahagi lang ng araw; ito ang nagbibigay dahilan para magpatuloy.

Kapag natutunan mong magpasalamat sa maliit na bagay, mas madarama mo ang kasiyahan sa kabila ng mga hamon. Sa halip na tumuon sa mga hindi nagagawa, purihin ang sarili para sa mga maliit na tagumpay. Natapos ang isang task? Magdiwang. Nakausap mo ang isang mahal sa buhay? Yakapin ang sandaling iyon.

Madalas, ang kasiyahan ay hindi nawawala; nawawala lamang ang ating koneksyon sa layunin na ginagawa natin. Bakit ka nagtatrabaho? Para sa mga mahal mo sa buhay? Para sa iyong pangarap? Kung nawawalan ka ng saya, tanungin ang sarili: “Ano ba ang dahilan ko.” Kapag malinaw sa iyo ang iyong layunin, ang bigat ng trabaho ay magiging magaan, at ang bawat hakbang ay may direksyon.

Hindi makasarili ang maglaan ng oras para sa sarili. Ang simpleng pag-upo nang tahimik, pagbabasa ng paboritong libro, o paglalakad sa parke ay maaaring magbigay ng panibagong lakas. Ang kasiyahan ay hindi palaging magarbo, ito’y nasa simpleng gawain na nagpapalakas ng iyong puso at isipan.

Huwag ding kalimutan ang mga taong nagbibigay - inspirasyon sa iyo. Maglaan ng oras sa pamilya, kaibigan, at sa taong nagdadala ng liwanag sa iyong buhay. Ang tunay na kasiyahan ay matatagpuan sa mga koneksyong ito-hindi sa mga materyal na bagay, kundi sa pagmamahal na naibibigat natatanggap mo.

Sa huli, ang sikreto ng kasiyahan ay nasa kasalukuyan. Hindi natin hawak ang kahapon, at ang bukas ay isang misteryo. Ngunit ang ngayon-ang sandaling ito-ay pagkakataon para magpasalamat, magpahinga, at magpakasaya. Huwag hayaang makulong ang isip sa “dapat gawin.” Sa halip, itanim sa puso an “dapat maramdaman” - ang saya, ang pagpapahalaga, at ang pagmamahal sa sarili.

Tandaan: Ang tagumpay ay walang saysay kung hindi ito kaakibat ang tunay na kasiyahan. Hanapin ang balanse, at mula rito ay matutunan mong gawing makulay ang bawat araw, sa kabila ng mga hamon sa buhay matuto kang ngumiti at sumaya!

Si Dr. Mary Jane A. Apuhin ay isang dalubhasa sa Filipino. Siya ay kasaluyang Associate Professor sa Capiz State University Burias Campus.