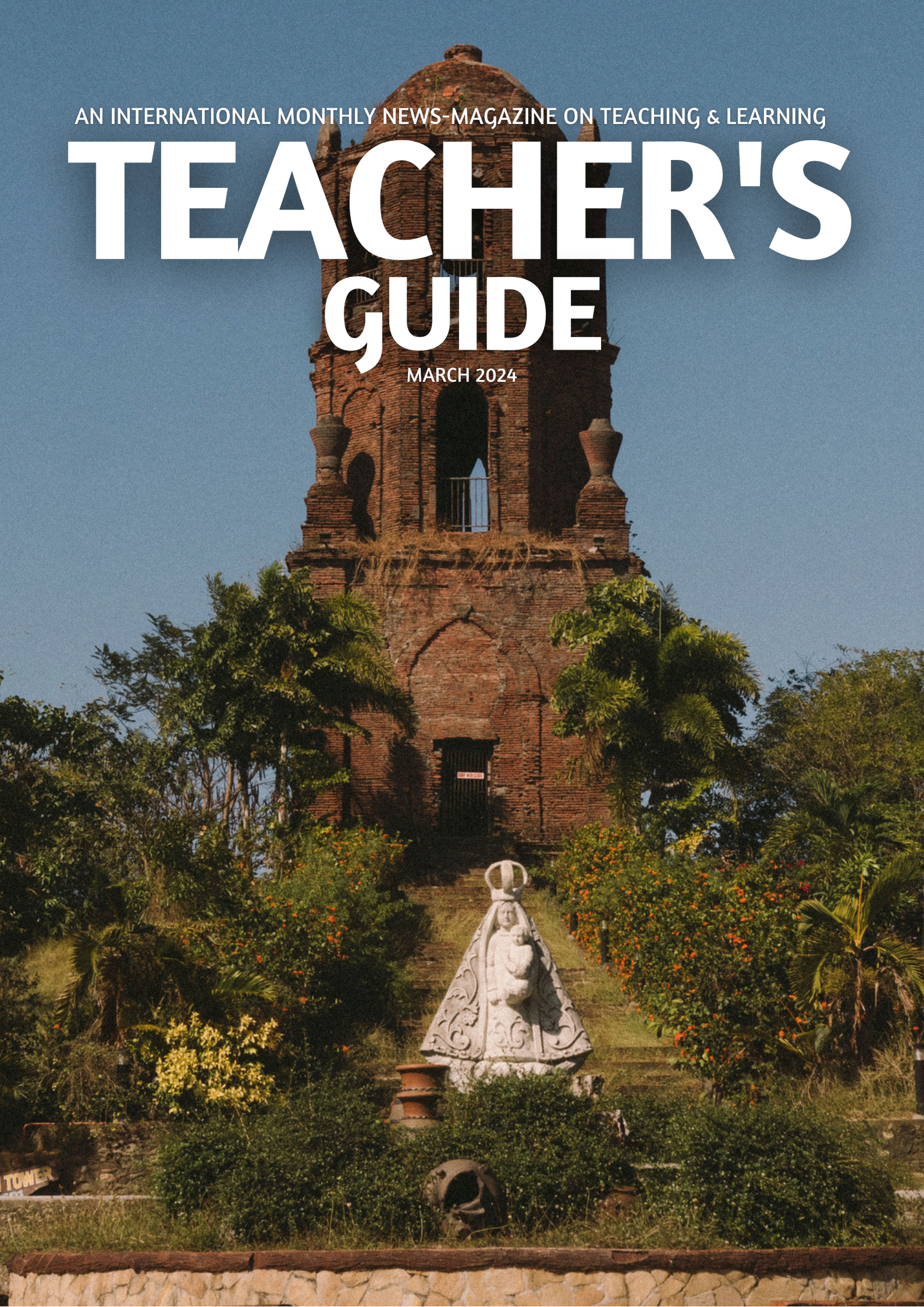


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Teacher's Guide

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Scholarly Article

Revolutionizing Higher Education: The Emergence of Virtual Learning Environments

by Nor Nazeranah Haji Omar Din



Today, learners in higher education institutions are immersed in a digital landscape, surrounded by computers, mobile devices, and the applications that shape their thinking and behaviour (Brown, G., & Foster, C, 2023). In response, Higher Education Institutions (HEIs) are adapting to the twenty-first century by leveraging and emerging the digital connective technologies to support learner capabilities in this digital age (Brown, G., & Foster, C, 2023). One such transformative technology is the Virtual Learning Environment (VLEs).

VLEs are online platforms that offer a comprehensive range of tools and resources for teaching and learning. VLEs are redefining the instructional environment by serving as a centralized centre for course materials, conversations, and assessments, allowing learners and educators to access and control their learning whenever, wherever, and on any device (Scribbr, 2020). This flexibility and accessibility are transforming education to create new possibilities and opportunities for education that were not feasible before.

These platforms offer a more interactive and engaging learning experience, incorporating multimedia elements and fostering collaboration among learners. With the increasing demand for flexible and accessible education, VLEs are becoming essential to revolutionizing higher education by breaking down geographical barriers and offering personalized learning opportunities. By utilizing VLEs, universities and colleges can cater to a diverse range of learners with varying schedules and learning styles. This technology also allows for real-time feedback and tracking of student progress, enhancing the overall educational experience (Purdue OWL, 2020).

VLEs platforms support and enhance teaching and learning through various features and benefits, such as:

- **Content management:** VLEs enable educators to create, upload, and organize various types of content, such as text, images, audio, video, and interactive media. VLEs also enable learners to access and download content according to their needs and preferences (Dabbagh & Bannan-Ritland, 2019).
- **Communication and collaboration:** VLEs enable learners and educators to communicate and collaborate through various modes, such as forums, chats, blogs, wikis, and podcasts. VLEs also enable learners and educators to create and join groups, communities, and networks based on their interests, goals, and profiles (Kim & Bonk, 2006).
- **Assessment and feedback:** VLEs enable educators to design and deliver various types of assessments, such as quizzes, tests, assignments, and projects. VLEs also enable learners to submit and receive feedback on their work, either from the educators, peers, or themselves. VLEs also enable educators to track and monitor the progress and performance of the learners and provide them with personalized guidance and support (Allen & Seaman, 2017).
- **Personalization and adaptation:** VLEs enable learners and educators to customize and adapt their learning experience based on their individual needs, preferences, and styles. VLEs also enable learners and educators to set and achieve their own learning goals and choose their own learning paths and strategies (Dabbagh & Bannan-Ritland, 2019).
- **Gamification and motivation:** VLEs enable learners and educators to enhance their learning experience by incorporating game elements, such as points, badges, and leaderboards. VLEs also enable learners and educators to motivate and reward themselves and others by setting and completing challenges, quests, and missions (Lee, 2018).

There are different types of VLEs that can be utilized in higher education, depending on the needs and preferences of the higher education institutions, the educators, and the learners. Some of the examples of VLEs that are commonly used in higher education institutions are:

- EdApp: A microlearning platform and virtual learning environment that enables you to create, customize, and deploy interactive training content. It also offers a virtual classroom with integrated video conferencing and discussion board capabilities, and a quiz maker to reinforce knowledge and improve retention rates (EdApp, 2020).
- LearnWorlds: An online learning platform that allows you to create an engaging and personalized learning experience for your learners through a course player, templates, eBooks, and a social community. It is especially adept with video learning, allowing you to synchronize transcripts, add quizzes, and other interactive elements (LearnWorlds, 2020).
- Blackboard: A commercial VLE that provides a comprehensive set of tools and features for online education, such as content management, communication and collaboration, assessment and feedback, personalization and adaptation, and gamification and motivation (Blackboard, 2020).
- Moodle: An open-source VLE that enables you to create and deliver online courses, as well as manage learners and track their progress. It also supports various plugins and integrations to extend its functionality and customize its appearance (Moodle, 2020).
- Canvas: A cloud based VLE that offers a user-friendly interface and a rich set of features for online learning, such as content creation and delivery, communication and collaboration, assessment and feedback, analytics and reporting, and mobile access (Canvas, 2020).

In summary, the emergence of VLEs aims to revolutionize the delivery and experience of higher education. These platforms offer a range of features and advantages, empowering both learners and educators to access and oversee their learning in adaptable, user-friendly, and captivating ways. Additionally, VLEs facilitate connections with diverse global communities and foster the enhancement of digital skills and competencies.

However, VLEs also pose some challenges and limitations, such as technical constraints, accessibility barriers, ethical issues, educational and pedagogical quality. Therefore, learners and educators need to critically examine and reflect on the utilization and impact of VLEs on their learning outcomes and experiences. Moreover, higher education institutions, governments and policymakers need to support and promote the effective and ethical use of VLEs, as well as ensure that they meet the needs and expectations of both learners and educators. VLEs are not a panacea for all higher education's problems, but they are a powerful and promising tool for enhancing and

enriching the learning process and environment in revolutionizing higher education.

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Tula Matatag na Pagbabago

ni Aljim B. Lituañas

Sa kalangitang bughaw
Lumipad ang inang lawin
Kami'y sa Tud-ol dinalaw!
Dala'y magandang hangarin.

Inang lawin: dala'y dunong
At madaming mga tulong.
Matatag na panindigan,
Serbisyong maaasahan.

Ang 'yong makisig na pakpak,
Dala ang aming pangarap!
Ang 'yong matalas na mata,
May malasakit sa bata.

O! Mithiing pagbabago:
Isang milyong mag-aaral!
Isang milyong punong-kahoy!
Serbisyong may puso't dasal.

Handog niya'y pagbabago
Biyaya sa kabataan
At hiyas sa kagubatan.
Daghang salamat VP Sara!



Abstract

Implication of Annual Physical Examination Results on Teachers' Performance: Basis for Health Development Activities

by Gloria A. Jalandoni, Precy D. Escobar,
& Rowena A. Sarmiento

The study seeks to identify the implication of annual physical examination results on teachers' performance and further develop health development activities.

This research was conducted at Paharang Integrated School with 41 teachers from junior and senior high school as the respondents. The study employed the descriptive research design. Questionnaire was used to gather the necessary data. To identify the implication of annual physical examination results on teachers' performance, ranking, percentage and Pearson-r were used.

Results showed that there is a significant relationship between the annual physical examination and teachers' performance. Teachers' exemplary performance depends on how healthy and fit the teachers are. The study also revealed that teachers who have health issues still comply with the nature of their work as educators.

The study is limited to Junior and Senior High School teachers of Paharang Integrated School as the respondents. It centred on the result of the annual physical examination for teachers and no other medical result outside DepEd Order no.15 s. 2015 was used.

This study proposed health development activities that may help respondents to be healthier and more active so as to respond accordingly to the nature and complexity of their work.

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Essay

Navigating the Symbiotic Relationship Between Business and Artificial Intelligence

by And Julie D. Rosal

The introduction of novel solutions that improve efficiency, productivity, and decision-making processes is one of the ways that artificial intelligence (AI) is fast revolutionizing a variety of industries, including the business sector. The capability of artificial intelligence to analyze huge volumes of data and develop insights that can be put into action is one of the key implications that AI has had on businesses. Artificial intelligence systems are able to recognize patterns, trends, and correlations in data by utilizing sophisticated machine learning algorithms. This enables these systems to provide businesses with important information that assists them in making informed decisions.

Additionally, the consumer experiences and interactions have been changed by tools and technologies powered by artificial intelligence. The use of chatbots, virtual assistants, and customer service platforms powered by artificial intelligence has become a vital aspect of many enterprises. These technologies enable businesses to provide clients with services that are both personalized and efficient. As a result of these artificial intelligence systems' ability to comprehend natural language, respond to requests, and deliver pertinent information, customer happiness and loyalty could be increased.

Within an organization, artificial intelligence is not just transforming customer-facing applications but also internal business functions. Automated solutions that are powered by artificial intelligence expedite repetitive processes such as data input, document processing, and inventory management. This frees up employees to concentrate on activities that are more strategic and bring more value to the organization. Additionally, artificial intelligence algorithms have the ability to forecast

demand, optimize supply chains, and enhance logistics, all of which can result in cost reductions and increased operational efficiencies for enterprises.

Having the ability to get predictive insights is one of the most significant benefits that can be gained by incorporating AI into business processes. On the basis of previous data and information that is now available, AI models are able to make predictions about future trends, changes in the market, and client behavior. Having this talent of prediction gives organizations the ability to foresee obstacles, recognize opportunities, and proactively alter their strategy in order to maintain a competitive advantage in a market environment that is highly competitive.

However, despite the numerous benefits of AI, businesses also face challenges in adopting and implementing AI technologies effectively. Some of the common challenges include data privacy concerns, ethical considerations, integration complexities, and the need for skilled AI talent. Addressing these challenges requires careful planning, robust data governance frameworks, ethical guidelines, and investments in AI education and training for employees.

Ultimately, the successful integration of AI into business operations requires a strategic approach that aligns AI initiatives with organizational goals, values, and priorities. Businesses must also ensure transparency, fairness, and accountability in AI systems to build trust among customers, employees, and stakeholders. By leveraging AI responsibly and ethically, businesses can unlock new opportunities, drive innovation, and achieve sustainable growth in the digital era.

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.

Essay

Unveiling ChatGPT's Potential in Education

by Benson Liester A. Flores

In the ever-evolving landscape of education, where technology continuously drives change, ChatGPT emerges as a dynamic force poised to redefine the foundations of learning. Developed by OpenAI, ChatGPT symbolizes a groundbreaking leap forward—a sophisticated language model that transcends traditional educational approaches, opening doors to interactive, personalized, and universally accessible learning environments.

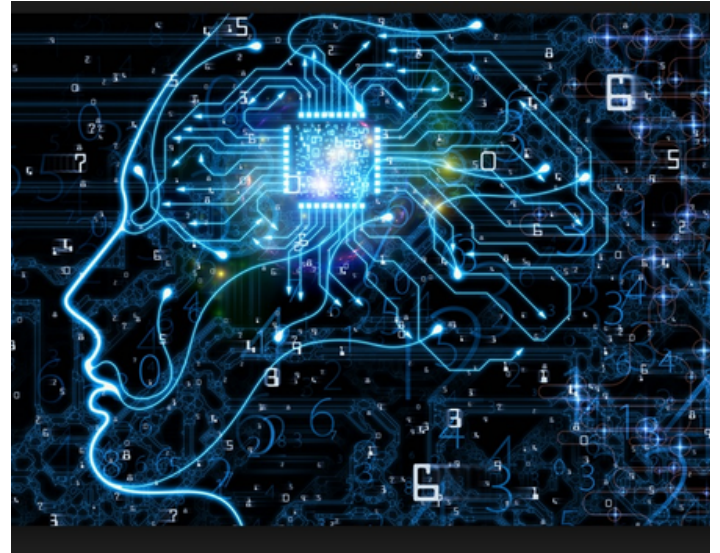
Fostering Engagement and Interactive Learning: Conventional educational methods often fall short in accommodating diverse learning styles, offering a one-size-fits-all approach that overlooks individual preferences. ChatGPT addresses this limitation by introducing an interactive conversational interface, bridging the gap between passive absorption of information and active student engagement. Students are no longer confined to passive lectures; they can now engage in real-time dialogue, ask questions, seek clarifications, and explore topics of personal interest, transforming the learning process into an engaging and dynamic journey.

Personalization for Effective Learning: The hallmark of ChatGPT lies in its ability to personalize learning experiences. Leveraging natural language processing, the model tailors its responses to match each student's unique needs, pace, and preferences. This personalized approach enhances comprehension, ensuring that education resonates with individual proficiency levels, thereby amplifying its effectiveness, relevance, and empowering potential.

Overcoming Geographical and Temporal Boundaries: ChatGPT transcends geographical and temporal barriers, offering continuous availability and global accessibility. It empowers students worldwide to engage with AI-driven learning, breaking down traditional constraints and expanding educational opportunities.

Providing a Comprehensive Learning Experience: ChatGPT excels in generating textual content and supplements understanding through visual aids such as diagrams and images. This multifaceted approach accommodates diverse learning preferences, enriching comprehension and retention.

Nurturing Critical Thinking and Inspiring Creativity: ChatGPT fosters open discussions, encourages diverse perspectives, and stimulates



innovative idea generation. It cultivates critical thinking skills, equipping students with the ability to analyze information and adapt to an ever-changing world.

Ethical Considerations and Responsible Usage: As with any technology, ethical considerations arise, particularly regarding potential biases in ChatGPT's responses. Educators and developers must ensure content accuracy and guard against prejudice and misinformation, upholding ethical standards in its usage.

Pioneering the Educational Frontier: ChatGPT envisions a future of individualized, interactive, and evolving education. Its potential to personalize pacing and foster exploration aligns with each student's aspirations, paving the way for transformative learning experiences.

Lastly Illuminating the Path Ahead in Education: ChatGPT emerges as a beacon guiding innovation, engagement, and personalization in the educational landscape. Its capacity to reshape learning and empower students heralds an era of collaborative, dynamic, and deeply enriching education. As education embraces this transformation, ChatGPT stands as a symbol of progress, embodying limitless possibilities for the future of learning. With ChatGPT leading the way, the road ahead shines brightly with promise, innovation, and boundless potential.

Mr. Benson Liester A. Flores serves as an Associate Professor 1, instructing courses in Business Administration and Information Technology at Pangasinan State University-San Carlos Campus. He completed his Bachelor of Business Administration at Asean Institute of E-commerce Calasiao and earned a Bachelor of Science in Computer Engineering from AMA Computer College Dagupan. Additionally, he attained his master's in information technology from Unibersidad De Dagupan and successfully completed his Doctorate in Business Administration at Lyceum North Western University.

Essay

How gardening/farming relieve stress to teacher and come up with additional income?

by Cecel S. Comendador

Engaging in gardening and farming provides teachers in the Philippines with a dual benefit: it serves as a means to release stress and also offers an opportunity to augment their income. Participating in these activities can cultivate a feeling of calmness and achievement, offering teachers a necessary break from the pressures of their occupation. Engaging in repetitive activities like planting, weeding and harvesting plants fosters mindfulness and a bond with nature.

Consequently, this decreases stress hormones and cultivates a state of tranquility. Observing a development of seeds into flourishing plants instills a feeling of accomplishment and enhances self-assurance, providing a satisfying contrast to the difficulties encountered in the classroom.

Additionally, the physical effort involved in gardening and farming acts as a type of physical activity, triggering the release of endorphins and improving general health and happiness. Engaging in this form of exercise counteracts the inactive nature of teaching and enhances the quality of sleep, thereby further diminishing stress levels. Moreover, the artistic and intellectual stimulation provided by the creative parts of gardening, such as the selection of plants and the design of garden layouts, offer teachers a way to express their creativity and relieve the monotony of their daily routines.

Regarding financial advantages, teachers have the potential to earn extra revenue by engaging in numerous activities associated with gardening and farming. They have the option to promote their agricultural products such as fruits, vegetables, herbs, flowers or young plants, by selling them directly to nearby residents, in nearby markets or via online platforms. Moreover, they have the ability to augment the worth of their products through the process of transforming them into commodities like jams, jellies or sauces. This, in turn, leads to higher profit margins and the extension of selling seasons. Individual who possesses extensive agricultural land have the chance to broaden their sources of revenue by engaging in agritourism ventures, such as organizing farm visits, conducting educational programs or offering glamorous camping experiences. In addition, teachers can disseminate their knowledge and skills by providing gardening workshops or online courses to fellow educators or individuals who are interested.

Nevertheless, teachers who contemplate participating in gardening or farming must diligently allocate their time to harmonize these pursuits with their teaching obligations. Commencing with little endeavors and progressively broadening them as one becomes more at ease and skilled might assist in alleviating the difficulties associated with time management. In addition, teachers must be attentive to legislation that regulate agricultural activities, guaranteeing adherence to the necessary permissions and licenses for the sale of produce or the operation of farm enterprises. Although there is a certain amount of upfront capital required to establish a garden or farm, adopting a progressive approach and expanding operations as income grows can effectively reduce financial uncertainties.

In conclusion, gardening and farming present valuable opportunities for teachers in the Philippines to find solace from stress and supplement their income. By embracing these activities, educators can cultivate not only plants but also a sense of well-being and financial security, enriching both their personal and professional lives.





Essay

Fostering Global Citizenship in Primary School

by Jayson C. Salvatiera

The significance of promoting global citizenship education in primary schools is of utmost importance in a progressively interconnected global society. The introduction of global viewpoints and concepts to younger individuals is widely acknowledged as a means to enhance their ability to navigate and make meaningful contributions to our globalized society.

Global citizenship education is a holistic approach that goes beyond conventional learning of geography and world events. It encompasses the development of empathy, which involves understanding and sharing the feelings of others, fostering an appreciation for different cultures by learning about traditions, customs, languages, and values worldwide, and instilling a sense of responsibility for addressing global challenges such as poverty, inequality, and environmental sustainability.

Multifaceted education prepares people, especially children, to be compassionate, culturally sensitive, and socially responsible global citizens who can improve their communities and the world. Early introduction of these principles in primary schools can help pupils become knowledgeable, active, and compassionate global citizens. Young children are curious and open-minded, making them ideal for learning about other cultures, global concerns, and their role in creating a more inclusive and sustainable society, according to research.

Starting global citizenship education in primary school offers the benefit of influencing children's views and values at an early age.

Primary schools can assist pupils in developing a healthy attitude toward diversity and differences by including global concepts into the curriculum and encouraging intercultural experiences. This early exposure creates the foundation for cultivating a society that is more accepting and tolerant in the future.

Furthermore, implementing global citizenship education in primary schools enables educators to challenge prejudices and biases at an early stage. Children are frequently influenced by their surroundings, such as media depictions and society conventions. Primary schools can assist children in developing a more nuanced awareness of global concerns and challenging myths by offering factual information, fostering critical thinking, and supporting open dialogue.

Another benefit of starting global citizenship education early is that it can have a long-term impact on children's behavior and decision-making as they get older. Primary schools may help shape students into responsible global citizens who want to make meaningful contributions to their communities and the world at large by establishing values like empathy, respect for diversity, and environmental stewardship.

Starting global citizenship education in primary school is crucial for empowering young minds and preparing them for the complexities of our globalized world. By introducing global perspectives, promoting intercultural understanding, and fostering values of empathy and social responsibility, primary schools can lay a strong foundation for students to become active, engaged, and compassionate global citizens. The earlier we start this education journey, the better equipped our young citizens will be to navigate the challenges and opportunities of the 21st century global landscape. Together, we can empower the next generation to build a more inclusive, sustainable, and peaceful world.

Mr. Jayson C. Salvatiera graduated Bachelor of Elementary Education major in Enhanced General Education at Pangasinan State University, Master of Arts in Education major in Elementary Education at Benguet State University, and pursuing Doctor of Philosophy major in Educational Administration at Don Mariano Marcos Memorial State University. Currently designated as Program Chairperson of the BEED Department at College of Teacher Education of PSU-San Carlos City Campus.

Essay

The Enduring Indispensability of Human Resources Stands Resolute

by Jebra Maris B. Sañoza

The simulation of human intelligence processes by machines, predominantly computer systems, is referred to as Artificial Intelligence (AI). This encompasses language comprehension, reasoning, problem-solving, perception, and learning. Numerous industries have been transformed by AI's implementation of sophisticated algorithms, automation, and data analytics. AI has a profound impact on the business sector by optimizing decision-making, refining processes, and increasing overall efficiency.

One significant area where AI has made a substantial impact is in Human Resources (HR) management. HR departments leverage AI-powered tools and systems to improve recruitment processes, analyze employee performance, predict workforce trends, and enhance overall organizational effectiveness. AI algorithms can sift through large volumes of data to identify top candidates, predict employee turnover, and recommend personalized training and development programs.

In addition, routine HR duties have been mechanized by chatbots and virtual assistants powered by artificial intelligence, including responding to employee inquiries, arranging interviews, and carrying out surveys. By utilizing this automation, human resources professionals are able to allocate their time and effort towards strategic initiatives, employee engagement, and talent management strategies.

However, despite AI's capabilities, the role of human resources professionals remains crucial. They bring essential skills such as emotional intelligence, critical thinking, and empathy, which are vital for managing interpersonal relationships, resolving conflicts, and understanding the nuanced needs of employees. The integration of AI into HR practices represents a synergy between technology and human expertise, aiming to create a more efficient, productive, and engaging work environment.

While AI has the capability to streamline operations and automate particular duties, it lacks the capability to entirely supplant the complex and multifaceted realm of human interactions that are inherent in organizational settings. Human resources (HR) specialists are of paramount importance in facilitating the integration of technology with the workforce, guaranteeing that the human aspect is not only preserved but also optimized to achieve the highest levels of performance and success.

Human resources professionals have qualities that are genuinely irreplaceable, including adaptability, strategic foresight, and empathy. HR is responsible for fostering the human element of organizations through initiatives such as talent development and acquisition, as well as the promotion of a positive work environment. They enable the alignment of organizational goals with the ambitions of individuals, promote employee participation, and provide individualized solutions to workplace challenges.

In essence, as the digital era advances, human resources continue to be an indispensable component. While technology undoubtedly shapes the characteristics of work, it is the human element, sagacity, and understanding of HR professionals that ensure the triumph of organizations amidst changes. The amalgamation of artificial intelligence and HR functions as a synergistic alliance rather than a replacement, propelling organizations towards a future where human capital continues to be paramount.

Mrs. Jebra Maris B. Sañoza holds an Assistant Professor IV position, teaching Business Administration and Human Resource Management subjects at Pangasinan State University-San Carlos Campus. She finished her Bachelor of Business Administration major in Human Resource Development Management at Pangasinan State University-San Carlos Campus. She obtained her Master in Business Administration and Doctor of Philosophy major in Business Administration at Virgen Milagrosa University Foundation.



Essay

The Magic of Digital Marketing

by Jofel John G. Lodriguito

Digital platforms are increasingly crucial in strategic marketing due to the fast-paced nature of modern company. Digital platforms offer several opportunities for businesses to engage with customers, reach their target audience, and develop. Digital platforms' ability to increase reach and visibility is a major strategic marketing benefit. Businesses may reach a global audience and increase brand exposure using social media, search engines, and internet advertising. Companies may improve global brand awareness, generate leads, and attract new customers by using these platforms.

Businesses also have the opportunity to engage and interact with their customers in real time through the use of digital channels, which are very unique opportunities. Platforms for social media, for instance, make it possible for businesses to communicate with their customers by hosting conversations, providing feedback, and distributing interactive material. Because of this direct engagement, consumer loyalty is increased, relationships are strengthened, and brand advocates are created who are able to assist in the organic promotion of products and services.

An additional benefit of digital channels is their ability to be customized. By employing customer insights and data analytics, organizations have the ability to customize their marketing communications and incentives to align with the unique requirements and inclinations of each customer. In addition to increasing consumer engagement, personalized marketing campaigns boost conversion rates and stimulate sales.

Furthermore, in terms of measuring and analyzing marketing performance, digital channels offer robust instruments. Monitoring and analyzing in real time key performance indicators (KPIs) including customer engagement metrics, website traffic, click-through rates, and conversion rates. By employing a data-driven methodology, organizations are capable of evaluating the efficacy of their marketing strategies, pinpointing areas that require enhancement, and terminating campaigns with well-informed judgments.

In contrast to conventional marketing channels, digital channels provide more economically viable alternatives for attaining specific target audiences. For example, online advertising platforms enable organizations to allocate precise financial resources, focus on pertinent target audiences, and monitor the real-



time effectiveness of their campaigns. By implementing such a system of transparency and control, organizations are able to optimize their marketing expenditures and increase their return on investment (ROI).

Successful businesses stay agile and adaptable, leveraging new technologies and innovations to stay ahead of the competition. By embracing digital trends such as artificial intelligence (AI), chatbots, augmented reality (AR), and voice search optimization, companies can stay relevant and competitive in the digital age.

Digital channels play a pivotal role in strategic marketing by expanding reach, engaging customers, personalizing experiences, measuring performance, driving cost-effective campaigns, and adapting to market trends. Businesses that harness the potential of digital channels effectively can unlock success, drive growth, and achieve their marketing objectives in today's dynamic and competitive business environment.

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Essay

Telehealth and Remote Care

by Mina C. Siapno

In recent decades, telehealth and remote care have grown as game-changing innovations in healthcare, connecting patients with their doctors even more effectively, especially in difficult circumstances. Patients in all kinds of settings now have more options than ever before in terms of accessibility, efficiency, and convenience because of technological advancements in healthcare delivery. The worldwide health crisis has highlighted the significance of remote healthcare solutions, which has contributed to the rapid growth in the use of telehealth and remote care in recent years.

A key driver fueling the expansion of telehealth and remote treatment is the proliferation and falling cost of various types of digital communication. With the widespread availability of smartphones and desktop computers, patients can now have remote conversations with their healthcare practitioners. This accessibility is especially beneficial for individuals residing in underserved or rural areas, where healthcare facilities are often scarce.

Patients with long-term health issues or mobility issues have found that telehealth and remote care greatly enhance their access to healthcare and the quality of treatment they receive. Reduced reliance on in-person consultations and hospitalizations is possible thanks to digital health records, remote monitoring of vital signs, and virtual consultations, all of which allow healthcare personnel to remotely evaluate patients' problems, monitor their progress, and administer prompt interventions.

Overcoming geographical constraints, resolving healthcare personnel shortages, and improving overall healthcare delivery efficiency have all been demonstrated by the positive results of telehealth and remote care adoption in the Philippines.

Better access to healthcare services, particularly for people living in rural or hard-to-reach areas, has been made possible through telehealth, which is particularly helpful for the huge population scattered throughout various islands and diverse regions.

Additionally, specialty care fields including telepsychiatry, telecardiology, and telemedicine for chronic disease management have seen significant growth in the Philippines' telehealth projects. Patients are now able to get the consultations and treatments they need from experts without having to travel great distances, thanks to these specialized services. This has greatly improved patient satisfaction and outcomes.

The Philippines still has a ways to go before telehealth and remote care become the norm, due to problems with infrastructure, slow internet connections, and a lack of digital literacy. Efforts are being made to tackle these difficulties by enhancing internet access, investing in communications infrastructure, and educating and training healthcare professionals and patients on telehealth technology.

The use of telehealth and remote care has the ability to completely transform the way healthcare is provided in the Philippines. These innovations have the ability to make services more accessible, efficient, and patient-centered. Expanding healthcare access, improving health outcomes, and enhancing overall quality of care for all Filipinos will be made possible by the growing importance of telehealth in the evolving healthcare system and technological landscape.

Ms. Mina C. Siapno holds an Instructor position, 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

Teenage Pregnancy: Love's Most Notorious Killer

by Haidee P. Malalis

Love is in the air, as we breath with giddy excitement of the February vibe. Nothing sets the loving mood better than the celebration of love. Young love is sweet, too sweet, that most often it leaves a bitter aftertaste.

You are young and he is young. You look good together. You are at your most beautiful physical version and he is at his. You are starting to bloom body, face and personality. You found power in knowing that you are at the best time of your life.

Everything you touch turns beautiful. The promise of yesterday is fulfilled in you.

What could go wrong? you love him and he adores you. The feelings are too strong to resist. This is novel and this is exciting.

It started as a crush, and the feelings are just too overwhelming. You want to see him often. And seeing him eye to eye, is a piece of heaven.

The stolen glances, the meaning loaded smile, the occasional eye to eye moments. the holding hands, the occasional hugs and the constant chatting feels like you are almost to explode with love and all the beautiful accompanying emotions. You are in love. And you are loved back. What could go wrong? Everything is perfect. Everything is swell.

The stolen glances and all the protestations of love turns concrete. You kiss, you touch and you love. It feels like you are about to burst from being assaulted with too much happiness. Could love really be this sweet?

Then you wake up nauseated. Your senses have gone overdrive. Why can you smell the garlic from your neighbor's cooking? Why is it that you feel too emotional? Why is it that you feel too sensitive? Your temper rises? You are feeling your emotions too strongly. You like to sleep and you feel under the wind all the time.

Then your shapely young body begins to add proportion. Your stomach swell, you breasts bigger. Gone was the shapely you. You add weight and your belly becomes rounded.

Then both you get scared. Tempers fly when your parents know. Hopes are dashed. Future becomes bleak. And he got scared. He wants to end your pregnancy. He goes in his merry way while you changed into a monstrosity of a human being.

Things you do not give attention to before becomes a reality. You have a responsibility. Suddenly, you are the conversation piece for friends, acquaintance and relatives. Neighbors made judgments and snide remarks. You suddenly become popular but not in a good way.



From the ideal perfect situation things changed. He changed together with it. He is still frolicking with his friends, he still has his life but yours is changed forever.

You suddenly felt the insecurity of your situation. Things you do not think before like money, danger of birthing, backbites, judgments and the finality that you are "sayang" as if your life has become a permanent failure, are your daily piecemeal.

His love has gone awry. You have seen him in the light you never expect to see him. He buckles from the responsibility. He disappears. He no longer gives you the loving look. Suddenly he gets cold, distant and almost 360 turn from what you used to know about him.

Where did the loving go? How about the promises? He gives that loving look, you see it, but no longer in your direction.

All the memories of love totally have a different meaning. You failed to see that you based your decisions on temporary emotions.

Your situation made you see things. You see how responsibility changed you, changed him and the love you shared. You used to have the upper hand in your relationship but this time he has it. You are dependent on his acceptance. You are at mercy of his decision to whether or not to support you at this time of your life.

You see love murdered over and over again. You see now clearly that it is the physical relations that he wants from you. He was besotted by your shape and your beauty. And you now you see pregnancy is the ultimate love killer.

Haidee P. Malalis is a passionate advocate for social justice, mental health awareness and empowerment. With a background in law, psychology and counseling, Haidee is dedicated to supporting individuals in their journey towards healing and self-discovery.

Through writing, speaking engagements, and community outreach, Haidee strives to break the stigma surrounding mental health issues and foster a culture of compassion and understanding.

As a lifelong learner, Haidee is committed to staying informed about the latest research and developments in the field of psychology and law. She believes in the power of education and awareness to promote positive change and resilience in individuals and communities.

In her free time, Haidee enjoys reading, writing, watching film, singing and spending quality time with loved ones. She hopes also volunteer at local mental health organizations, providing support and resources to those in need.

Connect with Haidee on Facebook, X, WhatsApp, YouTube, Telegram, Viber to join her journey towards mental health advocacy and empowerment and social justice.

Essay

The Impact of Inclusive Education

by Chesed S. Oriendo

Inclusive education is a philosophy and approach to education where all learners, regardless of any differences or disabilities they may have, are provided with meaningful and equitable opportunities to learn together in the same class setting. It promotes diversity, respect, and acceptance aiming to meet the needs of all learners through appropriate accommodations, support and adaptations.

Republic act no. 11650, an act instituting a policy of inclusion and services for learners with disabilities in support of inclusive education, establishing inclusive learning resource centers of learners with disabilities in all school districts, municipalities and cities, providing for standards, appropriating funds therefor, and for other purposes was approved last March 11, 2022. Republic Act no. 11560, another policy of inclusion was inked last March 15, 2022, stated that all learners with disabilities whether enrolled in public or private schools, shall be accorded services and reasonable accommodation based on the Individualized Education Plan (IEP) and shall have the right to avail of the appropriate support and related services. In connection with this, the Department of Education was mandated to implement the program. The system was supported by UNESCO for the smooth implementation especially in capacitating the teachers in handling learners with disabilities.

It's been two years that the system offers inclusive education. And, some of the implementers also questioned the reliability of the program. There is more research on the outcomes of inclusion for learners with disabilities and less for learners without disabilities in inclusive settings.

Some researches show academic and social gains for students with disabilities, but there is less clarity regarding the influence of inclusion on general education. Circumstantially, it benefited the two sides of the coin. This has been proven effective in helping all learners even the challenge to implement it remains. It can help all the learners feel accepted, supported and valued. This also involves promoting tolerance and understanding among learners, teachers, and the community. It encourages collaboration among teachers, families, and community members to create inclusive programs. Collaboration helps to identify and address barriers and promotes the sharing of best practices. The program emphasizes creating inclusive environments that contribute to positive self-esteem and mental health by reducing the stigma, isolation and discrimination.

The impact of inclusive education extends beyond the classroom, contributing to the creation of more inclusive societies and fostering the development of compassionate, empathetic, and socially responsible individuals.

Ms. Chesed S. Oriendo is Teacher I at Liki Elementary School.



Essay

Catch-Up Friday: Bridging Learning Gaps in Philippine Education

by Leah D. Ilagan

Addressing learning gaps has long been a top concern in education. Because of their varied upbringings and educational experiences, learners have differing degrees of conceptual understanding and mastery. The Department of Education implemented various creative interventions to close these educational gaps. One of such activities is "Catch-Up Friday." Many educators believe that this practice has become essential as they strive to ensure that every child receives a high-quality education.

"Catch-Up Friday" is a dedicated day during the school week where learners can revisit and strengthen fundamental concepts they struggled with earlier in the week or semester. This allows for targeted remediation, allowing learners to increase their practice, review the content at a slower pace, and receive one-on-one assistance from educators or their peers.

Catch-Up Friday's flexibility and responsiveness to each learner's unique demands are two of its main benefits. Since not every learner advances at the same rate or understands topics in the same way, this intervention enables teachers to modify their lesson plans to match the unique requirements of each individual student. Catch-Up Friday enables individualized education, ensuring no learner falls behind, through engaging reading and learning activities, small group activities, or one-on-one tutoring.

Furthermore, Catch-Up Friday is a useful instrument for encouraging learners to take responsibility and ownership of their education. Learners who are taught that intellect is not fixed but may be improved through effort and determination are encouraged to adopt a growth mindset.

Furthermore, by encouraging cooperation and peer support, Catch-Up Friday helps to create a healthy school environment. It has become one of the opportunities for teachers, school administration, parents, and the community to work together. Teachers may collaborate and exchange strategies to benefit the learners. This improves the learners' comprehension of the subject matter while also developing critical communication and social skills that are useful outside of the classroom.

Catch-Up Friday, from the perspective of the teacher, provides a methodical framework for tracking learners' progress and modifying teaching methods as necessary. Teachers may pinpoint learning gaps and discover trends and patterns by routinely evaluating their comprehension and promptly delivering feedback. This enables focused intervention and assistance.

With all these mentioned, Catch-Up Friday, when properly implemented, can become an effective intervention for closing learning gaps and fostering learning achievement. It gives every learner the chance to realize their full potential by allocating specific time for review, reinforcement, and individualized assistance, enabling them to take charge of their education. As the field of education changes, interventions like Catch-Up Friday will continue to be critical weapons in the fight for academic success and equality for all students.

Leah D. Ilagan holds a Master in Education degree with a specialization in Educational Administration at Golden Gate Colleges, where she graduated in 2013. She is Teacher III, Early Language Literacy and Numeracy (ELLN) Coordinator and ICT Coordinator at Sorosoro Elementary School. An award-winning educator, she was an Outstanding Teacher of Sorosoro Elementary School, Best Online Teacher (Primary Level), Best Brigada Class Implementer, Best LDM2 Teacher's Portfolio, and Best Project Implementer (Online Kwentuhan), among others.



Essay

Adapting to Change: Trends in School Management in the Post-Pandemic Era

by Fe Junio-Rosario

The COVID-19 pandemic has profoundly reshaped daily life and education in the Philippines and globally. This crisis has accelerated the integration of technology in education, with virtual platforms, video conferencing, and digital assessment becoming essential tools. Post-pandemic, schools are expected to continue prioritizing technology to enhance teaching quality, invest in reliable learning systems, digital materials, and data analytics for personalized learning.

Conventional educational norms were disrupted, leading to the rapid adoption of hybrid learning models combining in-person and virtual instruction. Prioritizing adaptability is crucial post-pandemic, with schools implementing flexible schedules to accommodate diverse learning preferences and prepare students for a dynamic job market.

The pandemic highlighted the importance of addressing students' social-emotional well-being. Schools are emphasizing Social and Emotional Learning (SEL) to help students manage stress, build resilience, and foster interpersonal connections. Post-pandemic, integrating SEL into the curriculum and providing mental health support will remain essential through instructor training, mindfulness practices, and nurturing school environments.

Addressing equity and inclusivity gaps exacerbated by the pandemic is imperative. Schools are committed to providing equitable access to technology, resources, and support services post-pandemic, including providing gadgets and internet access to underserved communities, supporting at-risk students, and promoting diversity-affirming teaching methods.

Effective school administration requires collaborative leadership and community engagement. Post-pandemic, schools are adopting collaborative decision-making models involving teachers, parents, students, and community members to foster creativity, confidence, and stronger school-community relationships.

Prioritizing health and safety protocols in educational settings has become paramount. Post-pandemic, schools are implementing comprehensive measures to mitigate illness



transmission, including cleanliness protocols, ventilation system improvements, and vaccination advocacy. Additionally, resources are being allocated to develop remote learning strategies to ensure uninterrupted education during health emergencies.

The post-pandemic era presents both challenges and opportunities for school administration. By embracing technology, fostering adaptability, prioritizing social-emotional learning, advocating for equity and inclusion, fostering collaborative leadership, and emphasizing health and safety measures, schools can navigate the evolving educational landscape effectively. These adaptations signify a shift towards a more resilient, adaptable, and student-centered approach to school management in response to the pandemic.

Fe Junio-Rosario earned her Master of Education degree with a major in Educational Management in 2020 and completed her academic requirements for a Doctor of Education with a major in Educational Management (2023) at Marikina Technological University. She currently serves as the Head Teacher III at Araling Panlipunan and has held the position of officer-in-charge at San Juan National High School since 2016. She also served as the chairperson for MAPEH and the English Department at the school. She served as one of the SDO Rizal Learning Resource Evaluators in Araling Panlipunan 8 in the development of PIVOT 4A Learner's Packet (LeaP) for Quarter 4, SY 2020-2021, and evaluator of the Cainta Sub-Office Quarterly Assessment Test, SY 2022-2023. She is the school's focal point for school-based management (SBM) and enhanced school improvement plan (ESIP).

Poetry

Twice the Square of Eight

by Joy Zenith F. Macalma

carved out of a once ancient tree
throbbing emblem of mystery
engulfed in esoteric lines
the orb of life in chartreuse vines
ask the poet – everything tell
then hear his voice from the tomb yell
the secret that has long been kept
since that epoch my muse has wept
reveal how did it come about
please free this reeling mind from doubt
utter the sounds i ought to hear
let the vague conundrum be clear
and if the weaver in the end
she falters still and still unbend
haunt your nights, o silent dreamer
'til the last autumn leaf quiver

Joy Zenith F. Macalma graduated from President Ramon Magsaysay State University with a degree of Doctor of Education, Major in Educational Management. Currently, she is the Vice President for Academic Affairs and Student Services and College Dean of Magsaysay Memorial College of Zambales, Inc. She hopes to contribute to humanity's advancement through various academic and literary works.



Research Abstract

The Back Story: An Ethnographic Study of the Culture Among High School Campus Journalists

by Richard Brian B. Tutor

This study used an ethnographic design to explore organizational culture among campus journalists at Casimiro A. Ynares Sr. Memorial National High School in Taytay, Rizal. Four campus journalists were interviewed during the second quarter of the school year 2021–2022. These students were affiliated with either the English or Filipino publications and had been actively involved in student publications for a duration of four years. The study delved into the organizational culture and practices of these campus journalists.

Though the results cannot be generalized to encompass the experiences of campus journalists in all high schools in the province, the research revealed that the campus journalists at Casimiro A. Ynares Sr. Memorial High School exhibited a high degree of cooperation and aspirations, which played a significant role in establishing cultural congruity within the organization.

Moreover, the effective leadership of publication advisers and the editorial board, as well as the cultural congruity of these norms, were identified as predictors of organizational culture within a school setting. This study supported functionalist and critical philosophy, multicultural perspectives, and conflict resolution education.

This research could provide educators, students, and administrators at the high school level with an in-depth understanding of the diverse perceptions and experiences of campus journalists involved in student publications.

Richard Brian B. Tutor is Master Teacher I at Antonio C. Esguerra Memorial National High School in Taytay, Rizal. He is presently conducting research for his dissertation at Central Luzon State University, Nueva Ecija.



Poetry

Pangarap na Binubulong sa Hangin

ni Eufemia B. Porque

Sa malayong landasin, ako'y naglalakbay
Sa isang sulok ng mundo, sarili'y isinasiksik
Mataas na pangarap, patuloy na sinasaliksik
Sana ito'y matupad na binubulong sa hangin,

Bawat pangarap, pagsubok hinaharap
Patuloy na nagtitiis, pilit lumalaban
Alang-alang sa pangarap, na nais makamtan
Ang tanging minimithi, magtagumpay sa mundong malupit.

Matatarik at mapuputik na daan,
Ang siyang sumusubok sa aking tapang
Binubulong ko sa hangin na tuloy ang laban
Sa bawat oras na paghihirap

Sa gitna ng gubat, nakatingala sa mga makikislap na bituin
Ako'y nawawala sa litong-lito isipan
Patuloy na bumubulong sa hangin anong dapat gawin
Umaasa na may Liwanag sa landas na tinatahak

Kahit sa mga sandalling naghihirap
Pag-asang hinahangad na may halong lungkot sa mukha
Nawa'y magpatuloy sa bawat buhay na tatahakin
Puno ng pag-asa na binubulong sa hangin.

Eufemia B. Porque holds a Master of Arts in Education degree in Filipino from Notre Dame of Tacurong College and Doctor of Philosophy in Filipino from the University in Mindanao in Davao City. She is a faculty member at Sultan Kudarat State University, Tacurong Campus.



Essay

Empowering Learning: Munting Ilog Integrated National High School's PROJECT IDAC

by Rochelle P. Legaspi

In the bustling halls of Munting Ilog Integrated National High School (MIINHS), headed by Dr. Cristina M. Austria, the heartbeat of learning pulses through its corridors. The management of the school's library, a sanctuary of knowledge and a hub for exploration, often goes unnoticed amidst the eager minds and bustling activity.

Running a library is no small feat. It requires meticulous organization, attention to detail, and a keen understanding of evolving technologies. These challenges are not merely obstacles, but opportunities for innovation for the librarian of MIINHS.

Project IDAC: Interactive Dashboard Access Catalog—a pioneering initiative that promises to revolutionize the way MIINHS manages its library resources.

Libraries, much like living organisms, must adapt to survive and thrive. In an era defined by rapid technological advancements and changing user behaviors, traditional methods of cataloging and organization no longer suffice. Librarians must embrace innovation to meet the evolving needs of their patrons.

Recognizing this imperative, MIINHS embarked on a journey to transform its library management systems. Students were increasingly bypassing traditional card catalogs, once a staple of library navigation, in favor of direct shelf searches, a trend that not only prolonged search times but also led to disorganization.

Project IDAC, a sophisticated yet accessible solution, emerged in June 2023 as a beacon of change, designed to streamline library operations and enhance user experiences. IDAC is an offline public access catalog that houses a comprehensive repository of library holdings, providing essential bibliographic information at users' fingertips. But IDAC is more than just a cataloging tool; it's a gateway to knowledge—a digital bridge connecting students, educators, and administrators to a wealth of resources. Whether it's locating a specific book or browsing through available journals, IDAC empowers users with unparalleled access to information.

Moreover, IDAC's offline capabilities ensure uninterrupted access, even in environments with limited connectivity—a crucial feature for



institutions like MIINHS, where budget constraints often dictate technological investments.

At its core, Project IDAC is about more than just digitizing library catalogs—it's about empowering learning. By automating administrative tasks such as acquisitions, cataloging, and circulation, IDAC frees up valuable time for librarians to focus on what truly matters—nurturing a culture of curiosity and inquiry.

As MIINHS continues its mission to educate and inspire future generations, Project IDAC stands as a testament to its commitment to innovation and excellence. By embracing technology and reimagining traditional paradigms, MIINHS is not just shaping the minds of today but laying the foundation for a brighter, more enlightened tomorrow.

At Munting Ilog Integrated National High School, the journey towards knowledge knows no bounds—and with PROJECT IDAC leading the way, the possibilities are endless.

Rochelle P. Legaspi holds a Master's degree in Education with a major in Administration and Supervision, specializing in English. She is a Grade 10 English teacher at Munting Ilog Integrated National High School. Additionally, she has served as a coach for speech competitions, guiding students to excel in public speaking and communication.

Research Abstract

Implication of Annual Physical Examination Results on Teachers' Performance: Basis for Health Development Activities

by Gloria A. Jalandoni, Precy D. Escobar, Rowena A. Sarmiento

Exploring the correlation between annual physical examination outcomes and teachers' performance unveils a nuanced perspective on holistic faculty well-being. This research endeavors to shed light on how educators' health profiles influence their effectiveness in the classroom, serving as a foundation for tailored health development initiatives aimed at optimizing teacher performance. Hence, Jalandoni, Escobar, and Sarmiento, sought to identify the implication of annual physical examination results on teachers' performance and further develop health development activities.

This research was conducted at Paharang Integrated School with 41 teachers from junior and senior high school as the respondents. The study employed the descriptive research design. Questionnaire was used to gather the necessary data. To identify the implication of annual physical examination results on teachers' performance, ranking, percentage and Pearson-r were used.

Results showed that there is significant relationship between the annual physical examination and teachers' performance. Teachers' exemplary performance depends on how healthy and fit the teachers are. The study also revealed that teachers who have health issues still comply with the nature of their works as educator.

The study is limited to Junior and Senior High School teachers of Paharang Integrated School as the respondents. It centred on the result of the annual physical examination for teachers and no other medical result outside DepEd Order no.15 s. 2015 was used.

This study proposed health development activities that may help respondents to be healthier and more active so as to respond accordingly to the nature and complexity of their work.

Gloria A. Jalandoni is a Master Teacher I at Paharang Integrated School in Batangas City. She holds a master's degree in education.

Precy D. Escobar is a Teacher III at Paharang Integrated School in Batangas City. She holds a complete academic requirements with 45 units.

Rowena A. Sarmiento is a Teacher III at Paharang Integrated School in Batangas City. She holds a master's degree in education.



Poetry

Pangarap na Bituin

ni Eufemia B. Porque

Sa isang bulwagan ng paaralan, hinaharap niya ang panlalait at alitan,
Binubully at minamaliit, lumalaban sa bawat araw ng buhay.
Ginawang katatawanan dahil sa kanyang mga hangarin,
Gayunman, nananatili sa kanyang puso ang nag-aalab na pangangailangan.

Nanatili siyang determinado sa kabila ng pagdurusa,
Pinilit niyang umunlad mula sa bawat balakid at karanasan.
Bawat panlalait na nararanasan, insulto na biro ay tinanggap,
Pinalakas lamang ang determinasyon na buo ang tiwala sa sarili.

Sa paglipas ng mga taon, nanatiling hindi natitinag ang kanyang determinasyon.
Kahit sa pinakamadilim na gabi, nagawa niyang tahakin ang kanyang landas.
Pagbabagong anyo ng pagdurusa tungo sa katatagan,
Ginawa niyang inspirasyon ang kanyang sakit na nararanasan.

Dahil sa kawalang katarungan na kanyang dinaranas araw araw,
Gumawa siya ng resolusyon na bumangon at lumaban.
Nagtiyaga siya sa kabila ng kalaliman ng kawalang pag asa,
Sa bawat kabiguan, lalo lang siyang naging marahas sa tuwina.

Siya ay bumangon mula sa abo ng pagdurusa.
Ginamit niya ang batas bilang sandata ,
Para ipagtanggol ang Karapatan at protektahan ang bawat isa
Sa pagtitiis at paghihirap na ipinadarama ng iba.

Hayaan ang kanyang kuwento na magsilbing inspirasyon
Pinahirapan at nadurog, subalit lumaban at bumangon
Dahil ang kadakilaan ay maaaring lumabas mula sa kalungkutan,
Pangarap na bituin ay naabot, ngayon ay isang abogado na rin.

Eufemia B. Porque holds a Master of Arts in Education degree in Filipino from Notre Dame of Tacurong College and Doctor of Philosophy in Filipino from the University in Mindanao in Davao City. She is a faculty member at Sultan Kudarat State University, Tacurong Campus.



Essay

Mathematics and its Connections and Applications to Music Theory and Performance

by Xyrus Ulysses M. Villanueva

For a long time, the areas of music theory and performance have been a fertile ground for mathematics and its intricate network of concepts. These domains have shown profound connections that have the potential to enhance both our understanding of and pleasure of both subjects. What is at the core of this relationship is the fundamental link that exists between music and mathematics, which is the harmony that exists between numbers and sound. Pythagoras and his pupils in ancient civilizations were the ones who made the discovery of the mathematical ratios that supported consonant musical intervals. This is when the connection between the two was established. Whether a musical interval is discordant or harmonic is determined by these ratios, which are expressed as fractions. This provides melodies and chords with a mathematical foundation for harmony.

It is also true that mathematics is included into musical compositions, which gives composers access to a vast variety of mathematical tools that they may employ to construct their masterpieces. Musical genres provide a platform for the presentation of mathematical notions such as symmetry, proportion, and patterns. This may be seen in the balanced symmetry of Bach's fugues as well as in the structures inspired by the Fibonacci sequence in contemporary compositions. Mathematics is used by musicologists to study works in order to uncover intricate symmetries, rhythmic patterns, and harmonic progressions hidden within the music. The underlying mathematical beauty that supports and improves musical creations is brought to light by this technique.

Furthermore, the study of music theory is aided by the precision and rigor of mathematics, which provides analytical frameworks for interpreting complex musical occurrences. This is a significant advantage for the field of music theory. Set theory is a mathematical technique that may be used by music theorists in order to study the underlying structure of scales, chords, and melodies. The practice of set theory offers a systematic approach to the examination of pitch groupings and

linkages. Additionally, graph theory is used in the analysis of musical networks, which demonstrates the interrelationships between motifs, themes, and variations that are included inside compositions. Through the use of mathematical models, music theorists are able to reduce the complexities of musical syntax and semantics, so enhancing our comprehension of the composition tactics and stylistic advancements that are seen in a variety of musical traditions.

The mathematical study of acoustics not only sheds light on the fundamentals of sound creation and transmission, but it also offers insights into the construction of instruments, resonance phenomena, and the alteration of timbre and dynamics. In order to enhance their timing, intonation, and phrasing, musicians make use of mathematical ideas. This is done with the goal of achieving precision and consistency in their interpretations. To add insult to injury, the world of contemporary music production and performance has been fundamentally revolutionized by the introduction of digital tools and computational algorithms that are founded on mathematical principles. These technologies give artists with creative tools for audio processing, improvisation, and composition.

The connection between music and mathematics transcends the boundaries of academic disciplines and fosters a deeper comprehension of the human condition and cultural history. This is in addition to the technical aspects of the relationship. In order to uncover new creative outlets that integrate abstraction and emotion, logic and intuition, musicians and mathematicians interact across disciplines to find new creative outlets. Through avant-garde compositions and multimedia performances that are inspired by mathematical concepts such as information theory, chaos theory, and fractals, artistic creativity and experimentation are pushed to their absolute limits.

The profound relationship that exists between logical thinking and creative expression is shown by the interaction that is mutually beneficial between mathematics and music theory and performance. The interdisciplinary relationship between mathematics and music never fails to astonish and amaze, transcending academic boundaries and increasing human experience. Some examples of this discussion include looking into the algorithms of electronic music, the rhythms of a jazz improvisation, or the symmetry of a sonata.

Xyrus Ulysses M. Villanueva is now writing his dissertation for Ph.D. in Mathematics Education. He holds a master of arts degree with specialization in Mathematics and is a Mathematics Education graduate of University of the Philippines Diliman. He is an associate professor at the Nueva Ecija University of Science and Technology.

Essay

SYMBO Game as Game-Based Activity in Teaching Chemistry

by Sara Jane DL. Galang

This generation thrives on engagement and competition, making games a natural fit for learning. Games tap into their desire for fun and challenge, transforming passive activities like memorization into active participation. This approach resonates with students accustomed to a world filled with interactive experiences, making education more enjoyable and leading to a deeper understanding of complex concepts. This powerful tool can be leveraged in the classroom to transform dry lectures and rote memorization into an active and enjoyable learning experience. Educational research increasingly emphasizes the effectiveness of game-based learning, particularly in subjects like chemistry. This approach capitalizes on our natural human tendencies, fostering active participation and a deeper understanding of complex concepts. The SYMBO game exemplifies this concept by providing a dynamic and interactive platform for students to acquire foundational knowledge of chemistry in a fun and engaging way. The SYMBO or Symbol Bingo is a card game where students match element symbols with their names. The SYMBO game is similar to the Bingo game, but students have cards with element symbols or details instead of numbers. They compete to match these symbols with their corresponding names (like matching B-12 on a bingo card).

One of the initial hurdles introductory chemistry students encounter is memorizing element symbols. The seemingly endless list of symbols can feel overwhelming, hindering their understanding of the periodic table. The SYMBO game tackles this challenge head-on by transforming memorization into a fast-paced and exciting competition. Divided into teams, students receive cards containing either the element name or its corresponding symbol. The objective becomes a race against time – to be the first team to match all their cards correctly. Through this engaging activity, students solidify their recognition of element symbols. Matching names and symbols create a mental connection that strengthens memorization and builds a strong foundation for understanding the organization and significance of the periodic table.

The true beauty of the SYMBO game lies in its versatility. It goes beyond simply memorizing symbols. A point system can be implemented to

reward teams for accurate symbol-name matches, adding a layer of friendly competition and encouraging teamwork. This motivates students and fosters collaboration and communication skills, which are valuable assets in any learning environment. Furthermore, the game can be easily expanded to incorporate more complex concepts.

The game transcends symbol recognition by introducing cards containing additional information like atomic number, group number, or element classification. It delves deeper, fostering a comprehensive understanding of the periodic table's organization and the underlying principles that categorize elements with similar properties. Matching symbols with these additional details strengthens foundational knowledge while introducing students to new concepts. Imagine the excitement of a student correctly matching a symbol with its name, atomic number, and group number, solidifying their grasp of the periodic table's structure and the trends within it.

The SYMBO game is a compelling example of how game-based learning can revolutionize chemistry education. The game fosters active engagement and a deeper understanding of fundamental chemical concepts by transforming rote memorization into a stimulating competition. Students move beyond passively absorbing information and actively participate in their learning journey. Additionally, the adaptability of the SYMBO game empowers instructors to tailor it to specific learning objectives. This flexibility allows teachers to address diverse learning styles and target specific areas where students need additional support. For example, if the class struggles with group number trends, the instructor can introduce a set of cards focusing solely on group numbers and their corresponding properties. This targeted approach allows students to focus on a challenging concept. Ultimately, the SYMBO game can be a valuable tool for igniting a passion for chemistry within students, transforming a potentially intimidating subject into a fun and rewarding learning experience. By incorporating an element of play, the game fosters a positive association with chemistry, motivating students to delve deeper and explore the fascinating world of chemical reactions and the building blocks of our universe.

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Essay

Bridging the Gap Between Text and Touch: How Realia Enhances Learning in Biology Classrooms

by Sara Jane DL. Galang

A picture of students trying to memorize facts from textbooks is frequently painted in traditional biology classrooms. However, there is a more engaging and effective way to foster critical thinking and a deeper understanding of the natural world. This approach involves the synergistic combination of the inductive method and realia.

The inductive method is turning traditional teaching upside down. It immerses students in observation and data analysis rather than presenting them with defined rules or concepts. For example, understanding plant anatomy or examining specimens under microscopes may involve dissecting a flower. Students actively discover the underlying biological principles through guided discussion and analysis. This approach transcends rote memorization, fostering critical thinking, problem-solving skills, and a more profound comprehension beyond textbooks.

Realia, the term used to refer to real-world objects in education, plays an important role. Realia can encompass various items in a biology classroom, from plant and animal specimens to microscopes and models. Students can build a more solid connection between abstract concepts and the physical world by incorporating realia into their lessons. This approach enhances vital skills, such as critical thinking. By analyzing data and observations, students learn to question, evaluate evidence, and form well-supported conclusions – a skill set essential for success in all walks of life. Problem-solving also flourishes. As students analyze real-world objects and data, they develop the ability to identify patterns, consider different possibilities, and, ultimately, find solutions.

Realia encourages thorough examination and analysis of details in addition to superficial observation. The students learn to identify the essential features, such as a cactus's spiny exterior or a tropical orchid's broad leaf. This detailed examination allows them to draw evidence-based conclusions based on their observations. For example, when comparing these two plants, students are aware of the differences and begin to understand how these adaptations allow plants to survive in their specific environments by conserving water in deserts and maximizing the absorption of light in rainforests. They can bridge the gap between abstract ideas and the world by enabling students to see, touch, and even

reward teams for accurate symbol-name matches, adding a layer of friendly competition and encouraging teamwork. This motivates students and fosters collaboration and communication skills, which are valuable assets in any learning environment. Furthermore, the game can be easily expanded to incorporate more complex concepts.

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Essay

Homogeneous Vs. Heterogeneous Class Group: Unlocking the Potential of Every Learner

by Sara Jane DL Galang

As a teacher, I strive to create a classroom environment where every student thrives. One of my biggest challenges is tailoring instruction to meet the diverse needs and learning styles within a single class. In the evolving world of education, we, teachers, constantly seek to optimize each student's learning environment. The question of the grouping strategy often arises due to this pursuit: homogeneous or heterogeneous? While both approaches offer some advantages, it is essential to understand their strengths and weaknesses to develop robust learning strategies through strategic integration of them.

Homogenization grouping, also called ability grouping, is a way for students to be grouped according to their level of expertise. There are several benefits to this approach. First, it allows for specific guidance to be tailored according to the group's individual needs. Imagine a biology lesson in the complexities of equations. In a homogeneous setting, teachers may adjust the pace and depth of explanation to ensure that all students can grasp basic concepts. This targeted approach can be particularly beneficial for students still developing foundational skills, as they won't feel overwhelmed by a faster pace or more advanced topics.

In addition, there may be a sense of comradeship and shared experiences among learners in homogeneous groups. Students benefit from a calmer environment where they are more comfortable than feeling intimidated by their classmates with higher levels of knowledge, enabling them to develop the same approaches and strategies for dealing with problems. In particular, this can help foster the participation of shy and less confident students in more diverse groups who may hesitate to participate.

However, homogeneous grouping also has limitations. A potential concern is the creation of a "ceiling effect." Educators could inadvertently limit students' exposure to various learning styles and problem-solving approaches by surrounding learners with peers at the same level. This can negatively impact the development of students' critical thinking skills and ability to be creative and cope with new situations. In addition, a sense of

complacency may occasionally arise for advanced students due to the common grouping. They might not have the motivation to push themselves out of their comfort zones and experiment with new ways of thinking – manipulate natural specimens, models, or pictures. Imagine how different it is to memorize a flower anatomy diagram and to dissect a natural flower, to identify its various parts, and to understand its functions in person. The physical experience strengthens the abstract idea and makes it more memorable and relevant. Realia's more than just seeing an object. It encourages students to become meticulous observers. Careful attention to detail is needed to examine preserved insect specimens under a microscope. Students learn to identify critical features, like the number of legs or the structure of wings. This focus on observation translates into a valuable skill – the ability to critically analyze the world around them and draw informed conclusions based on what they see.

Beyond achieving high scores on biology tests, these advantages are much broader. The skills acquired through inductive methods and realia are the basis of lifelong learning for students. They're developing the ability to think critically, analyze information, identify patterns, and draw conclusions based on evidence. As students learn how to solve problems by observation and analysis, problem-solving has become second nature.

Integrating the inductive method and realia signifies a significant shift towards a more engaging and effective way to teach biology. It prepares students for the 21st century by equipping them with not only a wealth of knowledge but also the ability to think critically and solve problems. By bringing biology to life through real-world objects and student-centered learning, educators can inspire a generation of curious and critical thinkers who are not just memorizing facts from textbooks but actively discovering the wonders of the biological world around them.

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Essay

Redefining Success in the Post-COVID Era

by Juan Primitivo P. Petrola

The world is changing—it dynamically changes as it has always been and will be. As constant changes occur, higher education institutions ought to be flexible while maintaining or even surpassing their standards of quality and excellence.

The transition to the new normal placed us in a state of bewilderment and made abrupt changes in the way we did things. The COVID-19 pandemic has had a devastating impact on education. We cannot dispute that the quality of education was on the verge of collapse if education agencies had not made the impossible possible in terms of pedagogy, learning modality, and instructional resources. It was not easy. Failure threats. One of the many lessons learned is this: Learn to Love What Is Difficult!

We cannot achieve excellence without experiencing failure. Many of us are terrified of failure. Failure, however, is a learning opportunity. If we see it as a stepping stone to self-improvement, we have the right perspective on life. Success takes time. Today's world has more to give than our imaginations can contain. With caution, not all appealing chances and temporary offerings are worth pursuing.

Hard work, determination, endurance, honesty, and holiness are all required for personal and professional success. It is savory to achieve success through the sweat of our hard work and industry. To be successful, we must also help others succeed. With the temptation to embrace mediocrity, we must make the right choice to accept and love what is difficult!

Unfortunately, there is a need to redefine success. To do this, HEIs, as seedbeds of intellectuals, must revisit their core values. The majority define success using our materialistic society's concept. True education would show us that material possessions and wealth do not define success and excellence. We have ideas of successful people and their desire for more is unquenchable. So, as professionals, how can we achieve success and excellence?

The American philosopher Ralph Waldo Emerson affirms what success is. To be successful (and excellent), he said: "To laugh often and much; to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty; to find the best in others; to leave the world a bit better, whether by a healthy child, a garden patch, or a redeemed social

condition. To know that even one life has breathed easier because you have lived. This is to have succeeded."

In the true sense of the word, professionalism forbids us from being professionals who are schooled yet uneducated. We must adapt to the needs of the times without compromising morality and dignity. Being globally competitive entails developing beyond one's intellectual limitations. Intellectual monsters are people who, despite having the best academic credentials, lose sight of their origins and reject the urge to serve. The world needs people who can compassionately bring about constructive change and societal transformation through morals, ethics, and values.

There is a relentless need to persevere and do what is right, even amid the bandwagon of predatory pleasures of instants. Nothing can ever replace the value of hard work, determination, and grit. When there is rightful resilience and committed perseverance, at the end of the day, gratitude is sweetest and faith not only in the Divine but also in one's potential and innate capacity to learn and relearn is renewed.

Every challenge that confronts us today, therefore, is a compelling invitation to conscientiously concretize the quality of education that higher education institutions possess and profess—to be successful is to continue to LOVE WHAT IS DIFFICULT.

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Maikling Kwento

Sa Asul na Sasakyan

ni Abigaile P. Pimienta

Nailalarawan ang mga elemento ng kuwento (tauhan, tagpuan, banghay) | F3PBH-Ie-4 | F3PB-IIb-e-4

“Apat pa po! Kasya pa!” Ito ang araw-araw na linya ni manong drayber.

Siksikan na naman sa loob ng asul na sasakyan, matanda man o bata ay magkakatabi at hindi iniinda ang init na kanilang nararamdaman. Halo-halong amoy ang nalalanghap ng lahat ngunit walang reklamo ang maririnig sapagkat gusto na ng lahat na makauwi o makarating sa kanilang pupuntahan.

Sa araw na ito, ako ay maagang nakakuha ng aking uupuan.

Habang naghihintay ng kasama sa dyip, napansin ko ang mag-amang sumasakay.

Hawak-hawak ng ama ang kanyang anak. Nasa walo hanggang siyam na taon na ang batang lalake ngunit mapapansin na kakaiba ang galaw nito.

“Anak, halika dito. Huwag kang magulo, nakakahiya,” sabi ng tatay nito na malumanay lamang ang pagsasalita sa anak na panay ang lakad sa loob ng sasakyan.

Puno na ang sasakyan. Paandar na ito ng biglang hinawakan ng bata ang aking kamay at nginitian ako.

“Ate, ate, maganda po ikaw. Gusto ko ikaw ate ni ako,” sambit ng batang habang nakangiti sa akin.

Napangiti ako sa mga salitang binitawan ng bata. Humingi ng paumanhin ang ama.

Habang umaandar ang dyip ay patuloy kami sa kuwentuhan. Nalaman ko na may kapansanan pala si Makisig kaya ganoon na lamang ang pagsasalita at galaw nito. Nanggaling daw sila sa paaralan kung saan nag-aaral ang bata at laging siya daw ang nagbabantay dito.

“Manong, para po. Dito na po kami.” dali-daling sabi ng ama ni Makisig. “Mauna na kami Melissa.”

Tumango ako at ngumiti, sabay wagayway ng aking kamay habang pinagmamasdan ko ang mag-ama. Ako ay humanga ako sa katatagan ng loob at pasensia na ibinubuhos ng isang ama sa kanyang anak kahit pa ito’y may kapansanan.

Isang araw, nagmamadali ako upang habulin ang dyip dahil kailangan ko ng makauwi at may sakit ang aking nanay. Mabuti nalang at naabutan ko ang isang asul na dyip na kung saan isa nalang ay lalarga na.

Nang saktong ako’y paupo na, may humawak sa aking kamay sabay sabing, “Ate! Ate! Tignan mo ito, may medalya ako. Ganda no?”

Nagulat ako ng makita kong muli si Makisig kasama ang kanyang ama. Napakaganda ng ngiti ng bata habang hinahawahan ang medalya.

Nanalo daw si Makisig sa paligsahan ng pagsayaw sa kanilang paaralan. May talento pala si Makisig sa pagsasayaw! Akalin mo iyon, may kapansanan nga ang bata ngunit hindi ito naging hadlang upang itago niya ang kanyang talento.

Ilang beses ding nakakasabay ko ang mag-ama sa asul na sasakyan. Tuwa at galak ang aming pinagsaluhan sa mga sandalling kasama ko sila.

Hanggang sa lumipas ang ilang araw, lingo, at buwan, hindi ko na muling nakita pa si Makisig at ang kanyang ama. Hanggang sa isang araw, nakasabay ko ang ama ni Makisig.

Ngumiti ako, at ngumiti din ito pabalik ngunit tila may lungkot sa kanyang mga mata.

“Kumusta po kayo? Nasaan po si Makisig?” “tanong ko.

“Melissa, wala na ang anak ko. Kinuha na siya ng Panginoon,” maluhaluhang sinabi nito.

Nanlaki ang mata ko ng marinig ko ang mga salitang iyon. Para akong nabuhusan ng malamig na tubig nang malaman ko ang nangyari kay Makisig. Lalo pa akong naawa sa ama nito nang nalaman kong namatay pala ang asawa nito sa panganganak kay Makisig, at ipinangako ng ama nito na mamahalin niya ang bata ng walang pag-aalinlangan. Nalungkot ako ngunit ako ay humanga sa kanya. Hanggang sa tumigil na ang dyip.

“Paalam Melissa!”

“Paalam po!”

Doon ko napagtanto na ang buhay ay saglit lamang at kailangan kong gamitin ang talentong ibinigay ng Dios sa akin. Si Makisig nga na may kapansanan kayang-kayang ipakita ang talentong meron siya, ako pa kaya na buo at maayos?

Simula noon, hindi na ako nahihiyang ibahagi ang aking talento sa kahit kanino. Naging inspirasyon ko ang isang batang nagpinta ng ngiti sa akin na nakilala ko sa isang asul na sasakyan. Isang batang kalianman ay di ko makakalimutan.

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