



PHASES



A Newsletter of The Center for Research and Development

Riverside College, Bacolod City

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The Riverside College Staff: Standing Tall and Proud!

“Career satisfaction is a critical but often overlooked ingredient of happiness and well being.”

The question poses, why you want to start a new career when you've steadily climbed the ladder of the field you're in now?

No matter how much hard work or how much money one makes, the answer always lies whether one has both the heart and the skill put into the challenge he is faced with, that, is the essence of self-empowerment.

The recently concluded semestral break brought the staff and the non-teaching personnel of the college to a seminar of different facets. Likewise, it was a venue for some C staff to give in-service training to their colleagues.

The learning sessions started with “Bringing Christ into the Workplace” by Mr. Giovanni Garde of the Campus Ministry Office, “The Importance of English in the Workplace” by Mr. Ignatius Marie Layoso of the CAS office and “Microsoft Publisher, An Effective Tool at the Workplace” by Mr. Ian Ong, Subject Area Head of the Computer Department.

The NOPSSCEA Educational Task Force as well sponsored “Communication in the Workplace,” a one-day Seminar-Workshop facilitated by Mrs. Lourdes V. Rodriguez, HRD Head of Riverside College. Positive reviews revealed the satisfaction and the insightful learnings of the NTP participants coming from different NOPSSCEA schools.

The last leg was the seminar conducted by Ms. Vicky Rallos to the Student Services Personnel last October 27, 2008 on “Healing the Eight Stages of Life.”

The series of talks and workshops led to the following considerations: Assessing the situations in an academic workplace, doing a reality check, getting to know the personalities one works with, psyching oneself up and appreciating the lessons of the talks given.

POWERING & EMPOWERING



STUDENT SERVICES HOLDS IN-HOUSE TRAINING

Ms. Vicky Rallos, a practicing Counselor-therapist was the speaker for the in-house training held last October 27, 2008 with twenty (20) participants from various areas under Student Services namely the Guidance area, Student Discipline, Health Services, Student Activities, and RC Learning Center for Children. Invited too were guest- participants from the Human Resource Office, Mrs. Ma. Lourdes Rodriguez and Gio Garde from the Campus Ministry.

The seminar/workshop entitled "Healing the Eight Stages of Life" tackled Erik Erikson's Psychosocial Stages using the psycho-spiritual approach. According to Ms. Rallos, our present behavior has something to do with our childhood experiences happy or painful experiences make the person we are today. With each phase that an individual undergoes, he needs to resolve certain issues associated with that stage in order to move on to the next level successfully.

Every participant was able to share her/his story during group activities incorporated with the lecture of the speaker. Although the seminar was just a half-day affair, everyone enjoyed and suggested to make another go at it with a bigger audience and more time for sharing of experiences.

And the School Potters had it from the POTTER'S WAY...

The 2-day seminar workshop of MS. SELENE L. YU on S-Leadership: The Potter's Way last Nov. 24-25, gave 84 participants of the NOPSSCEA Member schools a "refreshing" course on learning and relearning themselves as academic persons, school leaders, civic-oriented individuals and administrative staff.

Coordinated by the Center for Research and Development of Riverside College and chaired by Dr. Ervie S. Gallespen, NOPSSCEA Commissioner for Educational Task Force for Administration, participants went through a series of self-assessment activities, group dynamics and outputting within an 8-hour session per day. Fr. Garry Neil Fuentebella, LMRS, principal of the St. John's Institute culminated the 2nd day session with the following remarks: "Ms. Selene is like a battery charger, her empowerment and Spirit-filled enthusiasm has totally recharged the participants."

ZERO TARDINESSES

- Charlotte Jones C. Badrina
- Jessie C. Canillo
- Emmanuel D. Hagoriles
- Sally G. Tranquillero
- Rosalyn G. Macainan
- Janet B. Villanueva
- Mary Grace S. Castidad
- Catherine E. Aguirre
- Josefina M. Balsicas
- Germanuel E. Laud
- Reginita C. Salveron
- Rene B. Amarante
- Alexander A. Mahinay
- Arturo P. Apas
- Leda M. Morcillos
- Serafin B. Toleco
- John Paul Castelo
- Perlil Guzman
- Lolita Rojo
- Noveele Ross P. Hibaler
- Julie Nelle V. Ocampo
- Kellyn F. Delez

MONTH

OF OCTOBER

"Always see the HAND behind the EVENT..."

