



TARLAC STATE UNIVERSITY

VANTAGE

OFFICE OF UNIVERSITY EXTENSION SERVICES

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AT A GLANCE



323 EXTENSION PROJECTS
ACCOMPLISHED
AS OF 2ND QUARTER



Navigating Career Choices:

AB PSYCHOLOGY STUDENTS LAUNCH INSPIRING CAREER GUIDANCE INITIATIVE AT MANABAYUKAN ELEMENTARY SCHOOL

• Mr. Christopher John L. Ravana | CASS

In the labyrinth of career choices, where countless paths intersect, the AB Psychology students launched a transformative career guidance initiative for the learners of Manabayukan Elementary School (MES) on April 27 to May 13. This project was spearheaded by Dr. Francelle L. Calub as the overall project head and Mr. Daniel T. Dizon, as the project component head for Guidance and Counseling Seminars and Workshops, along with Ms. Mary Joy R. Facun, a psychology faculty expert.

This impactful project went beyond mere guidance, instilling a profound sense of hope and empowerment within the community. AB Psychology students embarked on a meaningful journey to MES where they

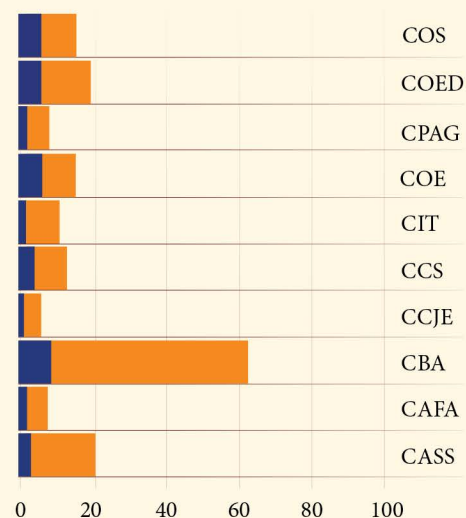
engaged through individual interviews to understand the students' career aspirations. They introduced IP students to a diverse array of professions, from doctors and teachers to artists and engineers, and expanding their horizons and challenging existing stereotypes to pursue their passions without limitations.

In addition, the AB Psychology students hosted a creative storytelling session inspired by the beloved cartoon character, Dora the Explorer with special characters like Ulap, Bapang Bulan at Madalumdum, Stars and Uwak to capture the attention of the students, specifically the kindergarten students. It served not only a way for

VANTAGE POINT

2ND QUARTER UNIVERSITY EXTENSION TARGETS VIS - A - VIS ACCOMPLISHMENTS

■ Targets ■ Accomplished



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Navigating Career Choices: AB PSYCHOLOGY STUDENTS . . .

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career guidance but also as a catalyst for transformation, igniting ambition and empowering IP students to dream big.

Through this journey, students not only gained deeper understanding of human behavior and societal dynamics but also cultivate empathy, cultural sensitivity, and a profound appreciation for the interconnectedness of human experiences. Their engagement with the community fostered meaningful connections across cultural boundaries, laying the groundwork for a future generation of culturally competent individuals.



This collaborative effort aimed to inspire young minds, fostering curiosity, self-discovery, and confidence in their career paths and personal narratives. The culturally immersive experience for the psychology students at MES highlights the transformative power of cultural immersion in education. While this career guidance initiative may have concluded, it marks the beginning of a new journey for the students and residents of Sitio Manabayukan.

Armed with newfound knowledge and inspiration, they are poised to chart their own paths toward a brighter future, supported by their community and driven by boundless potential.



Holistic Formation: CASS COMPREHENSIVE EDUCATION SERVICES AT OLPCS

Ms. Carmela Jane Paragas and Ms. Maria Rosario S. Cudilla | CASS

The College of Arts and Social Sciences, specifically the Department of General Education successfully executed a comprehensive extension project titled, "Educational Services for Our Lady of Peace College Seminary" from January 15 to May 13, 2024.

This project aimed to provide educational experience at Our Lady of Peace College Seminary (OLPCS) by providing specialized courses taught by dedicated faculty experts of the university to its students. The subjects included are Theories of Arts, Contemporary World, Life and Works of Rizal and Computer Literacy.

OLPCS is an esteemed institution

renowned for its commitment to the formation of future clergy and lay leaders. It stands as a beacon of theological and philosophical education, dedicated to nurturing both spiritual growth and intellectual excellence through the unique blend of academic rigor and pastoral trainings.

The faculty experts who volunteered for this project are Dr. Aloysius T. Madriaga, who taught Theories of Arts, Dr. Agnes M. Macaraeg who led the Contemporary World course, and Ms. Cecilia N. Padilla who instructed the Life and Works of Rizal. Dr. Edgar A. Macaraeg, a faculty expert of the College of Science (COS) was also tapped by the college to delve into the realm of computer literacy.



Empowering Resilience: HOW DETERMINED WOMEN ARE RISING THROUGH CULINARY SKILLS

Ms. Rachel Ann Vistan, Mr. Timothy Julian L. Bote, Ms. Christine Janelle M. Santiago | CBA

Empower one woman and she will raise others with her.

Former Vice President of the Philippines, Atty. Leni Robredo

On March 23, the Tarlac Provincial Hospital (TPH) in San Vicente, Tarlac City, buzzed with an infectious spirit of empowerment and learning as the Department of Social Welfare and Development (DSWD) Tarlac Home for Women (THFW) came together for a special culinary event. Hosted by the College of Business and Accountancy's (CBA) Hospitality and Tourism Management Department (HTM), this day was dedicated to equipping these women with invaluable skills for both personal and economic growth.

The extension project began with an engaging workshop led by Ms. Emmery P. Balbas, focusing on veggie bread making. Participants were introduced to innovative techniques for incorporating nutritious ingredients like squash and malunggay into their bread recipes. Under Ms. Balbas expert guidance, participants mastered every step of the process, from mixing and

kneading the dough to achieving the perfect bake. With the support of facilitators Dr. Criselda A. Tonelada, Mr. John Edward S. Estayo, and Mr. Ferdinand Y. Silaran, attendees gained practical experience, transforming simple ingredients into wholesome, delicious bread.

The event continued with a session on veggie noodles making led by Mr. Danilo C. Gacusan. The participants crafted a vegetable-enriched dough, incorporating nutrient-packed ingredients like squash and malunggay. The dough was rolled out, cut into noodles, and boiled to perfection. Mr. Gacusan emphasized the importance of right texture and flavor, while facilitators Mr. Von Rex M. Reyes and Ms. Mary Diane M. Tejano provided additional guidance, encouraging participants to experiment with different seasonings and sauces to enhance their dishes.

This event was not just a culinary workshop but a testament to the enduring strength and creativity of women

throughout history. It served as a reminder that, with the right support and opportunities, women can overcome challenges and drive positive change. The participants left the event not only with new recipes but with newfound confidence and a sense of empowerment.

This event, aligned with Sustainable Development Goals (SDGs) 04 (Quality Education), 10 (Reduced Inequalities), and 17 (Partnerships for the Goals).



COS LAUNCHES COMPREHENSIVE HEALTH AND SOCIAL ENGAGEMENT INITIATIVE

• Ms. Maria Rosario S. Cudilla | COS

In a bold move to enhance community well-being and social cohesion, the College of Science (COS) launched a transformative initiative aimed at enhancing health awareness and fostering social engagement among the residents of Barangay Lalapac in Victoria, Tarlac. This initiative, led by Engr. Estrella B. Pagco, run from December 5, 2023 to April 15, 2024.

The project aimed to engage both elderly and youth residents through a variety of activities tailored to promote physical well-being, mental health, and environmental consciousness.

Prof. Mary Jane N. Rigor, Dean of COS, alongside Prof. Adora N. Obregon and supported by Prof. Jomer V. Manalang and Prof. Elice Jude T. Rosete, led the workshops focused on mental health. These sessions provide valuable coping strategies and insights to enhance *mental well-being*.

Mr. Joey Albert D. David and Ms. Carol-Jane N. David conducted informative sessions on contraceptives and *sexual health*, addressing key aspects of safe practices.

A mini sports competition was facilitated by Prof. Willie I. Alagano, Mr. Lander Alexis B. Bulaon, Prof. Chris Mark V. Catalan, and Mr. Jojo C.



Patricio to *promote physical fitness and teamwork*.

Ms. Vanesa G. Albino, Dr. Alma M. Corpuz, and Ms. Geraldine R. Gamoso spearheaded the workshops on

environmental stewardship, focusing on the 3Rs (Reduce, Reuse, Recycle) and a community clean-up drive.

Dr. Lucila O. Sunga and Prof. Winfred Leah R. Bondoc guided the participants in journal writing and meditation exercises to enhance *mindfulness and self-reflection*.

Seminars on mother and childcare, including breastfeeding education, are being conducted by Ms. Pamela C. Pargad, Ms. Jocelyn G. Ramos, and Ms. Rowena L. Lamorena, aimed at *supporting young mothers*.

Workshops led by Prof. George P. Rabacal and Prof. Claire C. Lagrana on storytelling and detergent-making, alongside art classes and beadwork sessions by Dr. Nancy L. Mati and Engr. Evangeline D. Guaing, are fostering *creativity and practical skills*.

Ms. Mary Katherine A. Apolonio and Ms. Kristine Mae P. Ipan are promoting *food safety and nutritious* cooking practices through interactive seminars.

Prof. Regie S. Jimenez, Ms. Jorlyn J. Cleofas, and Ms. Merlie Q. Espiritu are addressing *HIV awareness and prevention*, aiming to reduce stigma and

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provide critical information on treatment. Prof. Victor M. Serrano and Dr. Erwin C. Mina are focusing on the creation of *social clubs* to strengthen community spirit and engagement.

Singing sessions organized by Ms. Rhea Carla S. Diaz and Mr. Lander Alexis B. Bulaon are designed to foster joy and unity, while literacy and cultural sharing are promoted through *reading sessions and storytelling* by Ms. Maryliz S. Serrano and Prof. George P. Rabacal.

Zumba and exercise workouts, led by Prof. Mary Jane N. Rigor, Dr. Lucila O. Sunga, Dr. Rita E. Pulmano, and Dr. Ma. Socorro D. Valdez are encouraging *physical health* and motivation through engaging group activities.

This extension project is a powerful demonstration of the impact of community engagement and the value of holistic health education. By actively involving residents in diverse activities, Barangay Lalapac is poised to experience notable enhancements in social cohesion, mental health, and health awareness.



Career Guidance FIRST STEPS TOWARDS A BRIGHT FUTURE

• Ms. Maria Rosario S. Cudilla | COS

On May 3, the College of Science (COS) hosted a career guidance seminar at San Jose National High School (SJNHS) titled, "First Steps Towards a Bright Future". This event aimed to empower students with the essential knowledge and skills to set clear, achievable career goals, and pave the way for successful post-graduation journey.

Dr. Alma M. Corpuz, a faculty expert of COS, served as guest speaker for the seminar. She gave emphasis on the importance of effective career planning, highlighting key strategies such as setting specific goals, identifying personal strengths, and developing relevant skills. Dr. Corpuz also provided real-world examples that resonated with the students, illustrating practical applications of these strategies and the significance of continuous learning and adaptability in an ever-changing professional landscape.

The extension activity received positive feedback from the SJNHS students, who expressed their appreciation for gaining a clearer vision of their career paths and understanding the steps necessary to achieve their goals.



LUGUD 2.0 HOSTS INSPIRING HOME-BASED L.A.B SEMINAR FOR SCIENCE AND MATH TEACHERS

• Ms. Joy Abigail A. Gabinera | COED

ARMENIA INTEGRATED SCHOOL –The LUGUD 2.0 Project recently held a transformative training seminar for Science and Math teachers, titled “Home-based L.A.B (Learning at Basics),” on February 15. The event was led by Dr. Cynthia G. Quiambao and Dr. Maria Agnes P. Ladia, with support from Tarlac South A District.

Designed primarily for science teachers, the seminar also attracted enthusiastic math educators. Dr. Quiambao delivered a dynamic presentation that underscored the importance of passion in teaching. She inspired attendees with her message, encouraging them to cultivate a deep love for their subjects, saying “I-like mo yung subject; after that, i-love mo.” Dr. Quiambao’s engaging approach aimed to infuse teachers with renewed enthusiasm and dedication for their work.

The workshop featured interactive elements, including activities that promoted communication and the exchange of ideas among participants. This interactive format made the seminar both enjoyable and highly productive.

As the seminar concluded, Dr. Ladia delivered a moving closing remark.



Her words left a lasting impression on the attendees saying, “Let us remember that the things that we do here are all our service to the Lord. If we believe in God, if we believe in heaven, if we believe in life after death, we know that there’s a reward for all the good things that we do now. And if we believe that we have been saved,

then let us also try to save others.” The seminar not only provided valuable teaching strategies and insights but also reinforced the principles of dedication and service in education. The event was a testament to the commitment of the LUGUD 2.0 Project and its partners in supporting and inspiring educators.

Transforming Connectivity: CCS UPGRADES NETWORK INFRASTRUCTURE FOR LGU ANAO

• Ms. Carlyn T. Nono | CCS



The College of Computer Studies (CCS) of Tarlac State University (TSU) spearheaded an extension program aimed at upgrading the network infrastructure for the Local Government

Unit (LGU) of Anao, Tarlac from January 5 to May 3.

This extension activity titled, “Technical Consultancy and Network Infrastructure Evaluation for LGU Anao”

of Project ConNect under the Network Program Component which involved a thorough process of assessment, design and implementation to optimize the local government’s network capabilities.

The project began with an in-depth assessment of LGU Anao’s existing infrastructure composed of CCS faculty experts namely, Mr. Gilbert G. Gonzales, Mr. Joselito T. Tan, Dr. Rogel L. Quilala, Dr. Alvincent E. Danganan, and Dr. Theda Flare G. Quilala. Other faculty experts who also delivered the extension project are Mr. Carlos P. Flores Jr., Mr. Ronnie B. Mercado, Mr. Lito Alexis M. Tolentino, Ms. Regina P. Arceo, Mr. Wilbert John B. Canlapan, Mr. Kwinno L. Pineda, and Mr. Julius Caesar C. Ramos. In addition, the students of master’s in information technology supported the CCS faculty experts in assisting data collection, site survey, and analysis of building floor plans.

Between January 6 to February 9, CCS faculty experts focused on designing

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BA Communication Leads the Charge: A COMPREHENSIVE APPROACH TO FIRE PREVENTION

• By: BA Communication 2-2 Eve Students

On May 23, students from Tarlac State University (TSU), specifically the BA Communication (BA Comm) 2-2 Eve class launched the “COMMprehensive Electricity Safety and Fire Prevention Project” at Pinasling Central Elementary School (PCES) in Gerona, Tarlac. This initiative was executed in collaboration with Tarlac I Electric Cooperative, Inc. (TARELCO I) and Bureau of Fire Protection (BFP) – Gerona.

The event commenced with warm opening remarks from Ms. Glenda Ballesteros, the School Principal of PCES, who expressed her appreciation to both the organizers and the university students and extended heartfelt welcome to the school community.

During the seminar, representatives from TARELCO I, Ms. Ayoni M. Bunao, the Membership Development Training Officer, discussed the causes of brownouts while, Ms. Jenny M. Sapuay, the Multi-Media and Social Marketing Officer, offered practical advice on reducing electricity bills.

In addition, FO1 Raymond Quinakman and FO1 John Carlo



Quinto from BFP Gerona demonstrated how to extinguish a fire in an LPG tank. They advised against turning on lights, phones, or appliances if an LPG leak is detected to prevent sparking a fire. Additionally, they provided instructions on using a fire extinguisher in emergencies.

The event concluded with the formal handover of the communication materials, including informative

tarpaulins and pamphlets, and the signing of a Memorandum of Agreement (MOA) to enhance the partnership between Tarlac State University and TARELCO I. This significant agreement was signed by the Class Vice Mayor Kathryn Allyssa Lagmay and Faculty-In-Charge Mr. Derich D. Bognot, marking a vital moment in deepening the university’s collaboration with its key partners.



Transforming Connectivity: CCS UPGRADES NETWORK . . .

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the new network infrastructure while considering the components such as switch and router location, access point placements, and data center location. The design process also involved planning the shortest cable paths between devices, creating a network design, and listing the required network paraphernalia, including specifications and quantities.

On February 29, the faculty experts presented the proposed network design and equipment list for feedback from LGU Anao. Then, the design was refined based on the beneficiaries' inputs, ensuring the final plan was well-suited to their specific needs.



The finalized network infrastructure design was presented on April 19, incorporating any last-minute adjustments. The official turnover of the final design and equipment lists occurred on May 3, marking the successful conclusion of the extension program.

This initiative underscores CCS' dedication to advancing local government capabilities through innovative technological solutions. The successful upgrade of LGU Anao's network infrastructure not only enhances its operational efficiency but also highlights TSU's commitment to community development through its expertise and support.

CCJE LEADS WATER SURVIVAL TRAINING FOR CITCP STUDENTS

• Ms. Sunshine B. Paras | CCJE



On May 4, the College of Criminal Justice Education (CCJE) of Tarlac State University (TSU) conducted a pivotal life-saving seminar and water survival training at Dreamwood Resort and Hotel in Magaspac, Gerona, Tarlac. This extension activity is in collaboration with CIT College of Paniqui Foundation, Inc for the Grade 12 students to save lives by ensuring that they are well-prepared to handle aquatic environments safely and effectively.

The initiative was led by esteemed CCJE faculty experts and professional swimming instructors namely, Mr. Francis D. Bicoy and Mr. Jairus C. Soriano. Their expertise was further supported by technical facilitators namely, Ms. Girlie L. Bautista, Ms. Jelly Ann V. Mercado, and Ms. Krizzia Mae P. Areola.

Mr. Soriano kicked off the session with an enlightening presentation on fundamental aquatic safety

principles and techniques. Meanwhile, Mr. Bicoy provided practical training session including the demonstration of fundamental swimming skills and styles, coupled with personalized instruction in smaller groups to engage students as they learned and practiced various techniques.

The seminar concluded with Mr. Angelo Dela Cruz, a teacher and coordinator from CIT Colleges of Paniqui, Inc., expressing heartfelt appreciation to the faculty experts. He stated, "Hindi po magiging makabuluhan at matagumpay ang activity na ito kung hindi dahil sa inyo, ilang taon na po nating ginagawa ito at malaking pasalamat po namin na hindi po kayo nagsasawang suportahan ang aming paaralan. Makakasigurado po kayo na ang mga tinuro niyo sa aming mga estudyante ay magagamit nila sa kasalukuyan at sa hinaharap."

Since its inception in 2020, this collaborative initiative between CIT and CCJE has continued to thrive and is set to make a lasting impact in the coming year.



Enduring Success Through Revitalization REFRESHING OSCA PRODUCTS

• Ms. Rachel Ann Vistan, Mr. Timothy Julian L. Bote,
Ms. Christine Janelle M. Santiago | CBA

PURA, TARLAC- On April 11, a groundbreaking activity was held at the Office of the Senior Citizen Association (OSCA) of the Local Government Unit (LGU) of Pura to revitalize the malunggay and turmeric powder products. This extension project is spearheaded by the Marketing Management and Financial Management departments.

Ms. Reissa Joselle D. Gomez, a faculty expert who served as the consultant, reimagined the OSCA's brand with a fresh and vibrant logo that captured their mission and commitment to supporting senior citizens. Ms. Gomez's contributions extended beyond traditional branding. She launched an engaging Facebook page to foster community interaction, developed a comprehensive marketing calendar to streamline promotional activities, and designed eye-catching posters and tarpaulins to increase the OSCA's visibility. Her achievement was the introduction of an innovative stick-design packaging. This versatile packaging, available in sleek pouches and elegant glass jars, was crafted to meet the diverse needs of their target market, seamlessly combining practicality with visual appeal.

Ms. Christine M. Santiago, a faculty expert who served as a technical facilitator, played a crucial role in addressing the financial aspects, ensuring

the rebranding strategy was both feasible and sustainable. The combined efforts of Ms. Gomez and Ms. Santiago not only revitalized OSCA's product line but also created new economic opportunities for senior citizens.

The initiative was also driven by the contributions of Mr. Ivan F. Dizon, Ms. Roshuela Marie B. Estuiesta, Ms. Christine Joy V. Dativas, Ms. Zharalyn M. Corpus, and Mr. Herald G. Tayag as student trainees.

Reflecting on the day with profound emotion, OSCA President Feliciano Lambus remarked, "Nakakatuwang makita ang aming mga produkto na may bagong packaging. Para sa amin, parang muling nabuhay ang isang bahagi ng pagbebenta ng malunggay at turmeric powders; ito ay tungkol sa aming kwento, aming pagsisikap, at sa hinaharap na patuloy naming binubuo."

This success was further highlighted in the television coverage of Global Media Arts (GMA) Network, showcasing the extension project's impact and innovations.

This project supported the Sustainable Development Goals (SDGs) 8 (Decent Work and Economic Growth), 9 (Industry Innovation and Infrastructure), and 17 (Partnerships for the Goals).

"Aging is not lost youth but a new stage of opportunity and strength."

Betty Friedan



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COS PROVIDES EXPERTISE AT BSANHS-SHS RESEARCH FESTIVAL

• Ms. Maria Rosario S. Cudilla | COS

College of Science (COS) faculty experts were present at the inaugural Benigno S. Aquino National High School- Senior High School (BSANHS-SHS) Research Festival on May 2, at Orchard Valley Resort in Sto. Cristo, Tarlac City.

The event is organized by the BSANHS-SHS featuring presentations from senior high school students and COS faculty experts played a key role in guiding and evaluating student research.

Dr. Alma M. Corpuz delivered a keynote address in the opening program, highlighting the empowerment of amateur research through research publications. She emphasized research's vital role in fostering critical thinking and problem-solving skills, setting an inspiring tone for the festival and underscoring its mission to cultivate a culture of inquiry and scholarly excellence.

The festival featured the esteemed panel of COS expert, including Dr. Lucila O. Sunga, Engr. Estrella B. Pagco, Prof. Chris Mark V. Catalan, Dr. Nancy L. Mati, Mr. Lander Alexis B. Bulaon, and Ms.



Maryliz S. Serrano. The panel evaluated student presentations across various research categories, offering valuable feedback that helped refine research skills

and broaden academic perspectives. Their guidance also ensured the maintenance of high standards of originality and academic integrity in the students' work.

CAFA CELEBRATES ACHIEVEMENT OF 40 NEWLY LICENSED ARCHITECTS

• Ms. Lalaine Rose F. Santos | CAFA

The Architecture Department of the College of Architecture and Fine Arts (CAFA) is celebrating a major milestone with the success of Project BUKLAT, which has resulted in 40 newly licensed architects following the June 2024 Architecture Licensure Examination. The program achieved an impressive institutional passing rate of 53.33%.

Project BUKLAT, a key extension initiative of the Architecture Department, plays important role in preparing students for the Architecture Licensure Examination (ALE). From April 16, to May 30, 2024 house review sessions and mock board exams conducted online. These sessions were designed to enhance

the candidates' preparation and boost their chances of success.

The success of the project highlights the Architecture Department's steadfast commitment to delivering high-quality education and fostering economic growth. By focusing on long-term development and professional licensing in the field of architecture, the department continues to advance both individual careers and the industry as a whole.

Furthermore, the project aligns with the Sustainable Development Goals (SDGs), specifically SDG 4—Quality Education and SDG 8—Decent Work and Economic Growth.



DBTI WELCOMES COED EXPERTS FOR TRANSFORMATIVE SEMINARS

• Ms. Joy Abigail A. Gabinera | COED



Faculty experts of the College of Education (COED) at Tarlac State University (TSU) shared expertise during a series of transformative seminars hosted by the Don Bosco Technical Institute (DBTI) in Tarlac City. The sessions were designed to elevate teachers' skills and enhance their research capabilities, offering valuable insights and practical strategies for professional development.

He stressed the importance of setting clear objectives based on students' knowledge and preferences as role models, quoting, "Learning is loop-meaning, it has no end." to emphasize the perpetual nature of learning.



Classroom-Based Research and Research Paper Critiquing

On March 18, Dr. Jasper Jay N. Mendoza led a seminar titled "Writing of Classroom-Based Research and Research Paper Critiquing." Dr. Mendoza revisited essential research methodologies and classroom issues, outlining the benefits and challenges of different research approaches.

Student Discipline and Educational Policies

In another engaging seminar, Dr. Erwin P. Lacanlale addressed the topic, "Student Discipline and Related Educational Policies and Laws." on March 18. Dr. Lacanlale engaged attendees with these comprehensive explanations of student discipline and related policies. He stressed the importance of understanding student behavior and maintaining consistency in disciplinary actions because what is wrong in the eyes of the child

becomes right when is done by an adult and concluded the seminar with a biblical reference saying, "Train up a child in the way he should go: and when he is old, he will not depart from it" (Proverbs 22:6), reinforcing the value of guiding students correctly.

Supervision of Learning Assessment

Dr. Maria Agnes P. Ladia shared her expertise in the seminar titled, "Supervision of Learning Assessment" with 70 participants on May 10. Dr. Ladia began by asking about the teachers' experiences in teaching and explored the principles and types of learning assessments. She discussed the challenges of assessment and provided strategies for effective design and implementation. Encouraging active participation, Dr. Ladia facilitated a discussion where participants shared their insights.

These seminars highlighted DBTI's commitment to professional development and continuous improvement in educational practices. The collaboration with leading experts from TSU's COEd underscores the institute's dedication to providing teachers with practical tools and advanced knowledge. This partnership not only enriches teaching methodologies but also significantly contributes to the academic success of students,

approach innovative learning environment.



KAYAGAPE: KAAGAPAY SA LARANG NA PROPESYON PROJECT

• Ms. Joy Abigail A. Gabinera | COED

The KAYAGAPE: KAAGAPAY SA LARANG NA PROPESYON PROJECT is spearheaded by Dr. Jessica Marie I. Dela Peña, has been a transformative initiative aimed at advancing the professional development of day care educators. Running from March to September, this project offered a series of specialized workshops designed to equip teachers with innovative tools and strategies to enhance early childhood education.

Simplified Math Problem-Solving

The project kicked off on March 25 with a workshop led by Dr. Nancy L. Mati, focusing on simplified math problem-solving techniques for day care pupils. Dr. Mati's session provided educators with practical methods to teach mathematics in a way that is engaging and accessible for young children. The session focused on foundational skills, ensuring that teachers could effectively introduce math concepts in a playful and understandable manner.

Teaching Social Studies

On April 8, Dr. Chona P. Conte led an interactive workshop on the principles and methods of teaching social studies. Her session was characterized by dynamic activities that



combined education with entertainment, enhancing the learning experience for both teachers and their students. By incorporating interactive elements, Dr. Conte ensured that the participants gained valuable insights into making Social Studies engaging for young learners.

Evolving Teaching Skills

Ms. Shindy Abigael P. Morales led a session on April 15, sharing her insights into modern teaching skills. Her workshop focused on practical strategies to address the evolving demands of today's educational environment. Ms. Morales' presentation provided teachers with actionable strategies to adapt their



teaching methods to meet contemporary challenges.

Fostering Multiple Intelligences
Dr. Dela Peña continued the series with a workshop in April 20 with a focus on fostering multiple intelligences among day care workers. This session introduced creative and hands-on activities designed to support diverse learning styles and developmental needs. Dr. Jessica's approach emphasized the importance of a holistic educational experience for young children.

Game-Based Learning for Pronunciation

Dr. Jeanette M. Baquing introduced game-based learning techniques on May 6, aimed at making pronunciation practice enjoyable for young children. Her session encouraged interactive participation and provided educators with fun, effective strategies to enhance language skills through playful learning.

Physical Education in Early Childhood

On May 13, Dr. Zuriel C. Tabian presented a lively workshop on physical education activities for day care students. He demonstrated safe, engaging exercises and games that promote physical health and well-being. Dr. Tabian's session highlighted

Physical Education in Early Childhood

the importance of integrating physical activity into daily routines for young children.

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KAYAGAPE: KAAGAPAY SA LARANG NA . . .

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the importance of integrating physical activity into daily routines for young children.

Music and Performance in Education

Mr. Aris G. Madrid explored the role of music and performance in education on June 24. His workshop began with a captivating musical introduction and sparked a discussion on how to incorporate music into the classroom. Mr. Madrid's session underscored the benefits of using music to enrich the learning environment.

Understanding Educational Policies and Laws

The project concluded with comprehensive overview of educational policies and laws of Dr. Maria Agnes P. Ladia. Her session highlighted the crucial role of day care teachers in understanding and applying these regulations. Dr. Ladia provided valuable guidance on navigating educational policies effectively in the classroom.

The KAYAGAPE Project has proven to be an invaluable resource for day care educators, offering diverse and practical tools to enhance teaching practices to improve educational outcomes for young learners.



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• Ms. Stephanie S. Carmen | COE

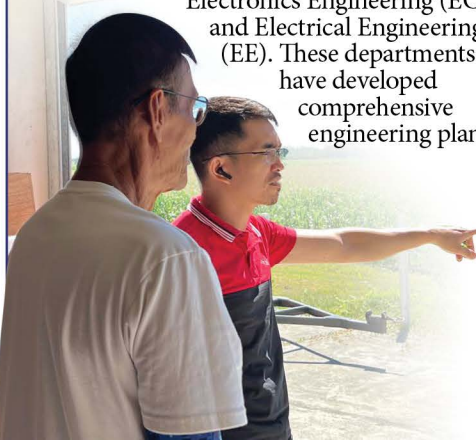


In line with its commitment to support Micro, Small, and Medium Enterprises (MSMEs), the College of Engineering (COE) at Tarlac State University (TSU) has extended its expertise through an extension service project to improve the mongo-based hopia processing facility of the Caut Farm Field School Marketing Cooperative. This project, running from January to July, aims to elevate the cooperative's operations.

The collaboration between the Department of Agrarian Reform (DAR) Tarlac and TSU has been instrumental in providing agri-extension and business development services. Their partnership has previously focused on creating food safety-compliant facility layouts for processing centers under the Village Level Farms-focused Enterprise Development (VLFED) Projects, benefiting organizations such as Pindangan II PMPC, AMIA Cruz Agriculture Cooperative, and Cabayaosan Farmers Agriculture Cooperative. For 2024, DAR-Tarlac and TSU have selected the Caut Farm Field School Marketing Cooperative for the mongo-based hopia project, focusing on facility layout and bill of materials preparation.

Based in La Paz, Tarlac and registered under number 9520-03019643, the Caut (FFS) Marketing Cooperative has been operational since May 20, 2011, and is led by Chairperson Mr. Alex Cancio with 150 members and employees.

This extension project is composed of five key components, each handled by different departments of the college namely, Industrial Engineering (IE), Mechanical Engineering (ME), Civil Engineering (CE), Electronics Engineering (ECE), and Electrical Engineering (EE). These departments have developed comprehensive engineering plans



to improve the mongo-based hopia processing facility.

The project commenced by the IE Department, spearheaded by Engr. Renz P. Quiambao, Engr. Anna May angeles, Engr. Ann Jeannette Lopez, and Mr. Aljon lusong, who designed a food safety-compliant facility layout to ensure efficiency and productivity.

Consequently, the CE Department, under Engr. Ryan layug and his team—including Engr. Marie Wendy frany, Engr. Susa Nina sapat, Engr. Emy vasquez, Engr. Edwin Dela vega, Engr. Leonides tatu, and Engr. Randy Policarpio—developed the architectural, structural, and plumbing plans, along with the bill of materials based on the layout endorsed by the IE Department.

The EE Department, led by Engr. Maan B. Florendo and supported by Engr. Crispin Flora, Engr. Leo piao, Engr. Cid lapuz, Engr. Rafael yumul, Engr. Miriam galvez, Engr. Enalyn Domingo, Engr. Louise Faye Galang-Ramos, Engr. Michael tomas, Engr. Mervin Mohammed, and Engr. Nick Raymond velasco, crafted the electrical plan and bill of materials.

The ECE Department, led by Engr. Aldrin Joar Taturan and his team—including Engr. Alejandro Caranto, Engr. Mark Benz Pineda, Engr. Robert Marcos, and Engr. Raul Canlas—designed the fire detection and alarm system (FDAS) plan with material specifications and cost estimates.

Lastly, the ME Department, guided by Engr. Shaye Caroline manlupig along with Engr. Romel martinez, Engr. Stephen Immanuel galang, Engr. Rhexter quiani, and Engr. Raymond tiamzon, developed the exhaust and ventilation system, including the bill of materials.

The completed plans and bill of materials have been submitted to the partner-beneficiary and DAR-Tarlac.

This extension project contributes to Sustainable Development Goals (SDG) 9: Industry, Innovation, and Infrastructure, by enhancing the cooperative's production and processing capabilities, and SDG 17: Partnership.



Empowering Abilities CIT FACULTY LEADS SEMINAR- WORKSHOP FOR SAMAHAN NG MGA MAY KAPANASANAN SA RAMOS

• Mr. Roberto D. Santiago, Jr. | CIT

by introducing the necessary competencies and techniques in using tools safely and effectively. He then provided critical safety tips and methods for carrying out the maintenance through hands-on experience. Meanwhile, Mr. Ibanez expounded the significance of being environmentally conscious and implement prevention plans. Then Prof. Estrada stressed the requirement of safe restaurant by implementing food facility sanitation protocols and practices in the industry.

On the second day, Mr. Sarabia conducted hands-on learning experience and highlighted the safety starting and shutting down of the equipment such as mixers, and oven. Meanwhile, Mr. Ibañez Jr. toured the facility, offering valuable insights onto designing and arranging environments with a focus on ergonomics and Prof. Estrada Jr. unveiled the disadvantageous configuration of doors as well as other areas to improve safety and usability in the workplace.

Members of the Samahan ng mga May Kapanasanan sa Ramos extended their gratitude especially to the organization's officers and the TSU faculty experts for all the hard work, and expertise they have provided.

This seminar-workshop was conceptualized to inspire personal transformation and motivate participants to renew their efforts and enhance their productivity.

On April 6 and 8, a seminar-workshop was held to enhance the skills of the members of Samahan ng mga May Kapanasanan sa Ramos specifically in equipment operation and maintenance, safety protocols and environmental

impact awareness. Faculty experts of the College of Industrial Technology (CIT) of Tarlac State University (TSU), namely, Prof. Federico M. Estrada Jr., Mr. Ray Vincent T. Sarabia, Mr. Alfredo P. Ibanez Jr., and Mr. Dennis Michael Gutierrez delivered the extension service requested.

During the seminar-workshop, Mr. Sarabia successfully laid the groundwork



COS EMPOWERS CHURCH COMMUNITY THROUGH SEMINAR-WORKSHOP ON VALUES AND VIRTUES OF LEADERSHIP

• Ms. Maria Rosario S. Cudilla | COS

Incorporated (CDCCPI), held on May 2. This activity aimed to equip White Ladies support group of CDCCPI with the essential leadership skills and ethical frameworks to support the church management and enhance their ability to inspire and guide other members.

Dr. Erwin C. Mina, a faculty expert, served as the keynote speaker. He provided insights into the core values and virtues essential for effective leadership. His engaging presentation sparked lively discussion and deep reflections among participants.

To support the learning experience, participants were provided with printed materials and reference guides. These are designed for ongoing use, helping

participants to internalize the lessons and apply them to their leadership roles in church. Also, the seminar-workshop concluded with a renewed sense of purpose and enthusiasm among the participants.



San Fabian, Pangasinan – The College of Science (COS) of Tarlac State University (TSU) shared their expertise in the Transformative Seminar-Workshop on Values and Virtues of Leadership as requested by the Crusaders of the Divine Church of Christ, Philippines

CAFA FACULTY EXPERTS, STUDENTS ENGAGE IN LA PAZ NORTH DISTRICT'S SITE DEVELOPMENT PLANS

• Ms. Lalaine Rose F. Santos | CAFA

In a transformative initiative aimed at revitalizing public spaces, the College of Architecture and Fine Arts (CAFA) at Tarlac State University (TSU) has spearheaded a project to enhance the facilities and grounds of ten (10) schools in La Paz North District. Running from December 1, 2023, to May 14, 2024, this project sought to optimize and expand the limited spaces within the school campuses, fostering a more sustainable community environment.

During the implementation phase, CAFA faculty experts demonstrated their expertise and creativity by developing site development plans tailored to the needs of each school in the district. The architecture students have teamed up to create and presented their design proposals, which were formally handed over at La Purisima Integrated School. The event was attended by principals and representatives from all ten (10) schools, who received the completed architectural design outputs.

This initiative underscores CAFA's commitment to community service and the enhancement of educational facilities. Students from Architectural Design 6—Sections 3A, 3B, 3C, 3D, 3E, and 3G—worked under the mentorship of faculty experts Ar. Garry M. Advento, Ar. Paul E. Villegas, Ar. Alexis Norman M. Lowe, Ar. Rico T. Mariano, and Ar. Sherwin Bryan M. Si. These faculty experts provided essential professional guidance and support, contributing significantly to the improvement of the school facilities.

In a statement of



gratitude, Ms. Jocelyn B. Madriaga, OIC-Public School District Supervisor of La Paz North District, remarked, "Thank you so much, TSU-CAFA. This time, our structural buildings will be fixed for good."

This extension project aligns with the Sustainable Development Goals (SDGs), specifically SDG 8—Decent Work and Economic Growth, and SDG 9—Industry, Innovation, and Infrastructure.



COE EMPOWERS RNS FARM WITH SOLAR ENERGY SOLUTIONS

• Ms. Stephanie S. Carmen | COE



In response to the growing demand for sustainable energy solutions, the RnS Family Farm is set to enhance its operations through solar energy, thanks to the technical support from the College of Engineering's (COE) Electrical Engineering (EE) and Electronics Engineering (ECE) departments. This initiative, running from February to June 2024, aims to integrate solar technology to help the farm manage rising energy costs.

RnS Family Farm, a prominent player in agricultural ventures, not only sells a range of agricultural products but also offers free consultancy services to local farmers. The farm is currently expanding its operations by establishing a model farm that showcases integrated farming systems and employs low external input sustainable agriculture (LEISA) practices to promote ecological balance.

In 2021, the farm collaborated with the ECE department to design and install an Off-Grid Solar Photovoltaic (PV) System and DC Solar Pump System. The renewable energy generated by this system is utilized to power the farm's water system for irrigation and fish farming as the farm continues to grow, its demand for electrical supply is also

increasing.

The new phase of the project involves replacing the current battery of the Solar PV System and installing an additional solar PV array. The EE department assisted in the upgrading, which includes load profiling, sizing of PV modules and batteries, overcurrent protection, testing, commissioning, and ongoing monitoring.

The project began on February 8, with an initial meeting with Mr. Redemptor G. Toledano, the farm owner, followed by a site inspection and the signing of a Memorandum of Agreement (MOA) on February 13, at Blk. 1, Brgy. Balingcanaway, Tarlac City.

Engr. Leo Piao led the EE Department's efforts, supported by Engr. Maan Florendo, Engr. Crispin Flora, Engr. Cid Lapuz, Engr. Rafael Yumul, Engr. Miriam Galvez, and Engr. Analyn Domingo, in designing and installing the upgraded Off-Grid Solar PV System with detailed material specifications.

Simultaneously, the ECE Department, coordinated by Engr. Piao and including Engr. Aldrin Joar Taduran, Engr. Mark Benz Pineda, and Engr. Idris Jeffrey Manguera, handled the design, installation, and calibration of the solar battery system, complete with material specifications and cost estimates.

This extension project supports Sustainable Development Goal (SDG) 7: Affordable and Clean Energy.



EMPOWERING BHWS WITH VITAL SKILLS

• Ms. Maria Rosario S. Cudilla | COS



person's health status.

This was followed by the practical demonstration led by Mr. Jojo Patricio. He focused on the accurate techniques for measuring vital signs such as temperature, pulse rate, respiration rate, and blood pressure. This hands-on session ensured that BHWs could confidently perform these measurements with precision.

Then, Prof. Jomer V. Manalang provided an in-depth overview of the normal ranges, empowering BHWs to detect deviations that might indicate underlying health problems. The BHWs were given handouts that served as valuable references, reinforcing the information shared during the seminar. Meanwhile, Prof. Regie Jimenez and Prof. Mary Jane Rigor facilitated the practical experience with guidance to ensure that participants could confidently assess and address health concerns.

The success of this event highlights the importance of continuous education and training for BHWs. As they return to their respective barangays, the health workers carry with them not only the tools and knowledge to better serve their communities but also a renewed sense of purpose and confidence in their vital role as frontline health providers.

Tarlac City – The College of Science (COS) organized orientation and seminar on vital signs for the Barangay Health Workers (BHWs) of San Roque and Mapalacsiao on April 5. This activity is in collaboration with the UPM SHS Tarlac Community Scholars to equip the participants with critical skills to enhance

their capabilities in community health monitoring.

The orientation kicked off with an insightful presentation by Prof. Emmanuel Dominic Raymond Bugayong, who introduced the fundamental concepts of vital signs. His session covered the importance of vital signs as indicators of a

Technical Assistance on Computer Laboratory Installation: A SUCCESSFUL EXTENSION ACTIVITY AT BGSHS

• Mr. Roberto D. Santiago, Jr. | CIT



Bonifacia G. Soliman High School (BGSHS) in Brgy. Balanti, Tarlac, recently experienced a significant enhancement in its educational resources, thanks to the dedicated faculty experts from the College of Industrial Technology (CIT). The extension activity, titled "Technical Assistance on the Installation of Computer Laboratory", was initiated in response to a request from the school principal, Mr. Jonathan Bartolome, who sought help in restoring and setting up 15 computer units.

Mr. Bartolome emphasized the crucial need for a fully functional computer lab to improve the students' learning experience.

Acknowledging the importance of this request, CIT faculty experts promptly responded. They carried out a thorough inventory assessment, testing, and evaluation of the existing computer resources at the school. During the assessment, they identified several missing parts and components essential for the lab's efficient operation. Then, the faculty experts meticulously documented their findings and provided a detailed list of the missing parts along with recommendations for procurement. After acquiring the necessary components, the faculty experts proceeded with the installation, ensuring that each computer unit was operational and ready for use.

To maximize the benefits of the new equipment, a turnover user orientation session was conducted. This training session equipped the school's staff and students with the knowledge needed to effectively use the technology, thereby enhancing their learning and teaching experiences. This not only revitalized the computer laboratory but also underscored the value of academic partnerships in advancing educational development.

The school principal, teachers, and staff expressed their gratitude for the CIT faculty experts for thorough and efficient work. The successful completion of the project has paved the way for future collaborations between CIT and BGSHS, symbolizing the spirit of teamwork and community engagement.



LUGUD 2.0 HOSTS INNOVATIVE TECH S.I.A SEMINAR AT BUROT INTEGRATED SCHOOL

• Ms. Joy Abigail A. Gabinera | COED

BUROT INTEGRATED SCHOOL - In a continued effort to advance professional development with the Department of Education (DEPED) Tarlac City specifically the South A District, the LUGUD 2.0 Project hosted a transformative seminar on integrating technology into classroom instruction on March 27.

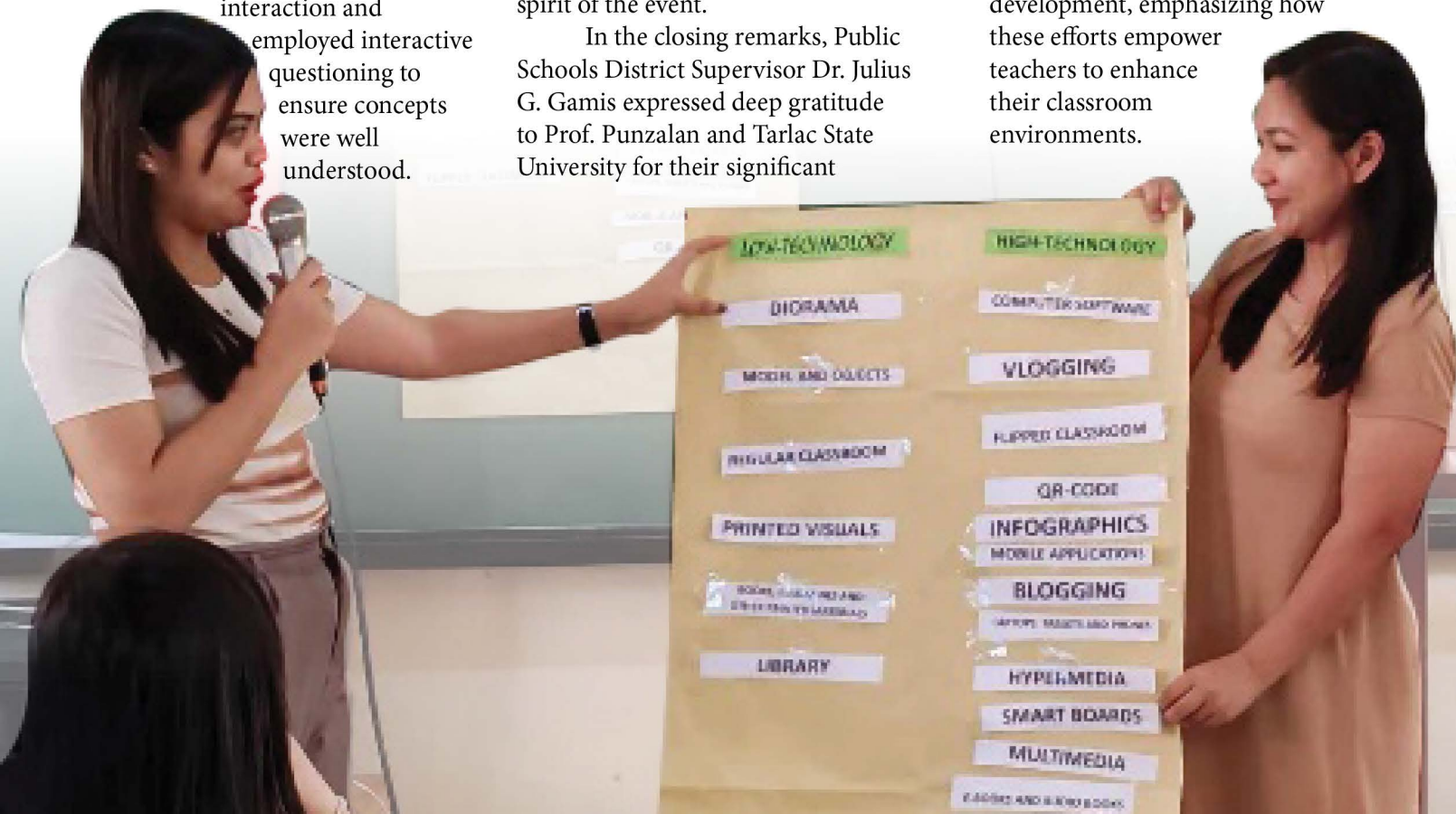
Sixty (60) dedicated Science and Math teachers from nine (9) local schools gathered to enhance their technological skills and instructional methods. The seminar featured Prof. Jayson Y. Punzalan, who delivered a compelling presentation titled, "Technology-Stimulated Instructional Aids (TECH-S.I.A.)". Prof. Punzalan began with a hands-on group activity that illustrated key concepts and fostered collaborative learning among the participants. Throughout the session, Prof. Punzalan encouraged active engagement and interaction and employed interactive questioning to ensure concepts were well understood.



The seminar concluded with a recap of the key points, and representatives from each participating school were invited to contribute their insights, reinforcing the collaborative spirit of the event.

In the closing remarks, Public Schools District Supervisor Dr. Julius G. Gamis expressed deep gratitude to Prof. Punzalan and Tarlac State University for their significant

contributions to transformative learning. He highlighted the LUGUD 2,0 Project's ongoing commitment to advancing educational practices through innovative technology and professional development, emphasizing how these efforts empower teachers to enhance their classroom environments.



Empowering Future Creatives: VIDEO AND PHOTO EDITING SEMINAR AND WORKSHOP AT BBHS

• Ms. Carlyn T. Nono | CCS

From April 28 to May 13, Baras-Baras High School (BBHS) in Tarlac City buzzed with excitement and creativity as it hosted a Seminar and Workshop on Video Editing and Photo Editing. This program supported by Tarlac State University – College of Computer Studies (TSU-CCS) as the extension provider, aimed to empower students from Grades 9 to 12 with the knowledge and skills to navigate and excel in the dynamic world of digital media.

The seminar and workshop were designed to offer students advanced knowledge and hands-on experience in video and photo editing. By incorporating the latest technologies, the program aimed to enhance students' abilities to handle both personal and professional projects, thereby enriching their educational experiences and broadening their future career prospects.

Participants were introduced to leading software programs, including CapCut for video editing and PicsArt for photo editing. Through hands-on sessions, students gained familiarity with these essential programs and learned critical techniques such as composition, color grading, and storytelling. This approach not only refined their technical skills but also bolstered their confidence in their

creative abilities.

The extension activity's success was significantly driven by the expertise of the TSU-CCS team composed of Ms. Xylyn Joy P. Abrajano who is an expert in video editing tools, focused on CapCut, providing in-depth sessions on its features and best practices, guiding students through its various techniques



and best practices and Mr. Larsen B. Dignos who is an expert professional in photo editing tools, focused on PicsArt, sharing his extensive knowledge and helping students understand and apply advanced photo editing techniques served as resource speakers. Meanwhile, Ms. Ronalyn T. Domingo, Mr. Julius Caesar C. Ramos, and Mr. Rengel V. Corpuz served as facilitators to ensure smooth execution of the workshop. Their hands-on guidance was crucial in fostering

an engaging and productive learning environment for the students.

The program featured a blend of theoretical instruction and practical application, with students working on real-world projects under expert supervision. At the conclusion of the seminar, students presented their projects, showcasing their newly acquired skills and creative talents.

The impact of this initiative on the students of BBHS was profound. The program not only provided them with valuable technical skills but also sparked a new level of creativity and innovation. As they move forward, these students are now well-prepared to approach digital media projects with confidence and skills, paving the way for their personal and professional growth. This initiative, supported by TSU-CCS, marks a significant step in the school's commitment to delivering a well-rounded and future-focused education.



CCJE EMPOWERS LA PAZ COMMUNITY WITH ESSENTIAL LIFE-SAVING SKILLS IN FIRST AID SEMINAR

• Ms. Sunshine B. Paras | CCJE

La Paz, Tarlac – In a commendable move to bolster community safety and preparedness, the Tarlac State University- College of Criminal Justice Education (TSU-CCJE) hosted an intensive first aid seminar for Barangay Health Workers (BHW) and Barangay Peacekeeping Action Teams (BPAT) of Brgy. Caramutan, La Paz, Tarlac on April 29.

The seminar was spearheaded by Mr. Francis D. Bicoy, a distinguished faculty member and certified first aider, alongside Ms. Izza Marie V. Tabo, a dedicated lecturer at the college. Both served as the primary resource speakers and technical facilitators, imparting their expert knowledge in life-saving techniques.

Hon. Daphne Dominique Allarde, Chairman of the Committee on Health and Councilor of Brgy. Caramutan, played a crucial role in this initiative. Her commitment to improving community health led her to collaborate with the CCJE Extension Department to provide essential first aid training to local personnel.

Mr. Bicoy opened the session with a thorough overview of first aid principles,

detailing the role and responsibilities of a first aider. Participants were introduced to various emergency scenarios, the fundamental

golden rule of first aid, and critical life-saving techniques. The training covered basic life support, rescue breathing, bandaging, knot tying, ring pad or donut bandage application, splinting, and foreign body obstruction management, and culminating in a detailed CPR demonstration.

To reinforce the learning experience, Mr. Bicoy and Ms. Tabo conducted live demonstrations and utilized visual aids for clarity. Participants practiced CPR techniques on mannequins, which significantly enhanced



their confidence and practical skills in emergency situations.

The seminar received enthusiastic feedback from attendees. Mrs. De Guzman, an attendee, expressed her appreciation stating, "Napakahalaga ng ganitong seminar sa ating barangay, maraming salamat po TSU-CCJE sa

napakamakabuluhang seminar and training ngayong araw. Ang lahat ng inyong ibinahaging kaalaman sa amin ay tiyak na magagamit namin sa aming mga tungkulin. Sana'y maulit pa natin ang seminar na ito."

TSU-CCJE continues to offer a range of tailored seminars and training sessions to meet community needs, with first aid training being one of the most requested. The success of this seminar in Brgy. Caramutan highlights the importance of such initiatives in empowering local communities and enhancing public safety.



SRHS ENHANCES ICT FACILITIES WITH TSU-CIT SUPPORT

• Mr. Roberto D. Santiago, Jr. | CIT



testing were done confirming the safety of the installations.

On July 11, the faculty experts effectively performed harnessing and laying out cabling routes. They carefully routed Ethernet cables and secured connections to build a robust and reliable network infrastructure. Additionally, SRNHS teachers received hands-on training and setting up computer hardware such as CPUs, monitors, keyboards, and peripherals to equip them on managing and maintaining computer equipment independently.

The project concluded on July 12, with comprehensive testing and quality assurance, including network stress tests and electrical load checks, before the turnover.

Principal Amalia Lising and the school teachers expressed their appreciation to the faculty experts of the university for their dedication and commitment to the project. She also acknowledged the significant improvements made to the computer laboratories and eagerly anticipated future collaborations.

The College of Industrial Technology (CIT) of Tarlac State University (TSU) successfully conducted the extension activity titled, Technical Assistance for Setting Up and Installing Electrical Outlets, Network Cabling and Computer Hardware at San Roque National High School (SRNHS) on June 25 to July 12. This initiative was spearheaded by Prof. Federico M. Estrada Jr. along with Prof. Erwin L. Sibal, Mr. Alfredo P. Ibañez and Engr. Michael B. Tomas to standardize, improve and optimize the functionality and safety of three computer laboratories of SRNHS.

The extension project commenced with an in-depth assessment and planning session for the ICT rooms across both Junior and Senior High School buildings. Then systematically inspected the areas, prioritizing safety and mitigating potential hazards. The faculty experts mapped out electrical layouts and designed network cabling routes to ensure efficient implementation.

Over the course of June 26, 27 and July 10, the focus was on the electrical set-up. This involved preparing and

installing tools and materials including running electrical wires along walls and tables using plastic moldings, pulling wires, and installing outlets and circuit breakers. All installations adhered to electrical codes and final checking and



Cooking Up Opportunities A CULINARY WORKSHOP FOR RAMOS' DIFFERENTLY ABLED COMMUNITY

• Ms. Rachel Ann Vistan, Mr. Timothy Julian L. Bote, Ms. Christine Janelle M. Santiago | CBA



Another highlight of the extension project was the hands-on training in making kalabasa soft rolls and malunggay donuts, led by Ms. Emmery P. Balbas. This session went beyond mere cooking; it served as a gateway to new opportunities and self-sufficiency. As participants mixed, kneaded, and shaped the dough, the atmosphere was charged with creativity and enthusiasm. The experience became a good reminder of their potential, rekindling dreams and aspirations. With these new skills, they are poised to turn their culinary passions into sustainable income, paving the way for a brighter, more independent future.

The event aligned with the United Nations' Sustainable Development Goals (SDGs) 4 (Quality Education) and 10 (Reduced Inequalities).



Dr. Tonelada provided invaluable insights into maintaining a clean and safe kitchen environment, covering essential techniques such as proper handwashing, food storage, and contamination prevention. These practices are crucial for ensuring the safety and quality of culinary creations.

Then, Mr. Ferdinand Y. Silaran led a Seminar-Workshop on Mise-en-Place, introducing participants to this



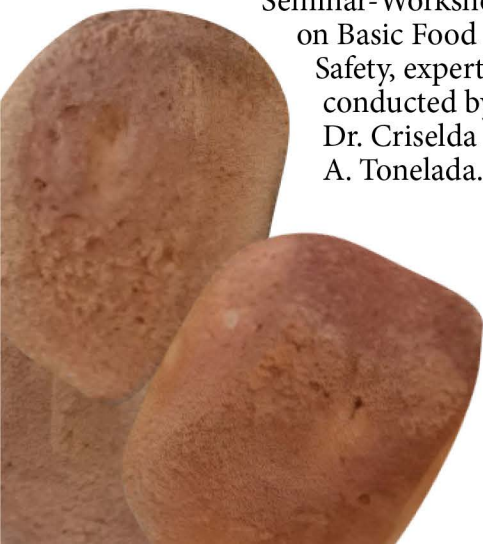
foundational culinary concept. Mise-en-place—French for “everything in its place”—emphasizes the importance of preparation and organization before cooking. Mr. Silaran’s session highlighted how this approach enhances efficiency and streamlines the cooking process, offering practical tips for creating a well-organized kitchen.

The only thing worse than being blind is having sight but no vision.

Helen Keller

On May 17, the Hospitality Management department of the College of Business and Accountancy collaborated with both Local Government Unit (LGU) and the Samahan ng mga may Kapansanan of Ramos, Tarlac for the transformative culinary workshop designed to empower the differently-abled community.

The day began with a Seminar-Workshop on Basic Food Safety, expertly conducted by Dr. Criselda A. Tonelada.



CAFA UNVEILS VISIONARY ECO-PARK PROPOSAL FOR ANAO

• Ms. Lalaine Rose F. Santos | CAFA

The College of Architecture and Fine Arts (CAFA) has unveiled a remarkable proposed design for an eco-park along Quinabuntoc Creek in Anao, Tarlac. This initiative, a collaborative effort between CAFA faculty experts and Architectural Design 6 students, reflects the municipality’s commitment to climate action and its vision of becoming an ecotourism destination.

The extension project, spanning from June 7 to June 26, played a significant role in advancing the Municipality of Anao’s environmental goals. The proposal aims to transform the area into a sustainable eco-friendly space that aligns with the municipality’s mission to combat climate change.

The project reached its conclusion with a final presentation on June 26.

This event was graced by the presence of Ar. Marco F. Bildan, Ar. Raymond T. Co, and Ar. Paul E. Villegas - the college dean, associate dean, and extension department head, respectively. They commended the collaborative efforts that made the project a success.

Municipal Mayor Hon. Gian Pierre O. De Dios, along with the Councilors, also attended the presentation. They expressed their sincere appreciation to CAFA and the students for their commitment and teamwork in addressing the needs of the municipality.

This extension service aligns with several Sustainable Development Goals (SDGs), including SDG 3: Good Health and Well-being, SDG 8: Decent Work and Economic Growth, SDG 13: Climate Action, and SDG 15: Life on Land.





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