



MABALACAT CITY COLLEGE

GUIDANCE SERVICES UNIT

FIRST QUARTER

Guidance Services

Information Services

Information Services are delivered both online and onsite. For online, articles are posted in the Guidance Services Facebook page; articles cover topics ranging from *maintaining mental health during the pandemic, dealing with social isolation, social support and promoting social connectivity*. For onsite, brochures are prepared and displayed at the Guidance Office

| Information Services | Date of Posting |
|--|-----------------|
| (1) New Year's Resolution for better Mental Health | 10-Jan-23 |
| (2) Pomodoro Technique | 12-Jan-23 |
| (3) Crimson Art Board | 22-Jan-23 |
| (4) Finish Strong | 24-Jan-23 |
| (5) Snaps from the Crimson board | 2-Jan-23 |
| (6) Breathe in, breathe out | 27-Jan-23 |
| (7) Embrace your imperfections | 30-Jan-23 |
| (8) Take one and tag a friend | 31-Jan-23 |
| (9) Green Flags | 1-Feb-23 |
| (10) #YouAreNotAlone | 1-Feb-23 |
| (11) Control is Not Love | 6-Feb-23 |
| (12) Getting Real on Reels | 13-Feb-23 |
| (13) Ghosting | 13-Feb-23 |
| (14) Valentine's Day | 14-Feb-23 |
| (15) Self-Worth | 15-Feb-23 |
| (16) Let Go (Abusive Relationship) | 20-Feb-23 |
| (17) Be Kind | 21-Feb-23 |
| (18) What is Anxiety | 28-Feb-23 |
| (19) Tara, Usap Tayo! | 8-Mar-23 |
| (20) Sleep Awareness Month | 23-Mar-23 |
| (21) Sleep Deprivation | 24-Mar-23 |
| TOTAL: 21 | |





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Psychological Testing

Psychological testing is administered and interpreted for students to identify their emotional and behavioral issues, assess cognitive abilities, identify learning difficulties, and assist with career planning and internship programs.





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Psychological Testing Service: Mental Fitness Examination to 225 ITE Students before their Deployment to Practice Teaching on March 1, 2023



Community Extension Program:

Mini-Mental Health Status Examination for Children with Learning Challenges

on March 14, 2023





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DASS-21 Results and Intervention Program Presentation to the Academic Council and College President on February 26 and 27, 2023

Depression, Anxiety and Stress Scale 21
RESULTS A.Y 2022-2023

Mabalacat City College
Guidance Services Unit

START HERE, BE SUCCESSFUL *Anywhere!* WWW.MCC.EDU.PH

SUMMARY OF RESULTS

Table 1. Frequency and Distribution of First-Year Students' Demographic Profile

| Variable | F | % |
|----------|-----|----|
| Female | 307 | 36 |
| MAJ | 38 | 4 |
| MCC | 204 | 25 |
| MTM | 217 | 34 |

| Verbal Interpretation | F | % |
|-----------------------|-----|----|
| Extremely Severe | 76 | 9 |
| Severe | 94 | 11 |
| Moderate | 244 | 29 |
| Mild | 110 | 13 |
| Normal | 325 | 38 |

| Verbal Interpretation | F | % |
|-----------------------|-----|----|
| Extremely Severe | 350 | 35 |
| Severe | 151 | 15 |
| Moderate | 188 | 22 |
| Mild | 55 | 7 |
| Normal | 150 | 18 |

| Verbal Interpretation | F | % |
|-----------------------|-----|----|
| Extremely Severe | 30 | 1 |
| Severe | 58 | 7 |
| Moderate | 192 | 23 |
| Mild | 307 | 36 |
| Normal | 229 | 28 |

Table 2. Frequency and Distribution of First-Year Students' DASS-21

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CRIMSON MENTAL HEALTH PROGRAM:
USING MULTI-TIERED SYSTEM OF SUPPORTS APPROACH

KEY PROGRAMS:

TIER 1:

- 1. Crimson Assessment
- 2. Crimson Leans: PSYCHOEDUCATION
 - Seminar
 - Class Guidance
- 3. Crimson Tribe (campus-wide) Skill Building Module
 - Class Guidance

TIER 2:

- 1. Group Process
- Group Counseling
- 6-8 students per session | Weekly | 45 minutes – 1 hour

TIER 3:

- 1. Individual Counseling
- 2. Referral

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WHAT HELP DO WE NEED?

1. Roundtable discussion with the academic unit
- 2.

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Guidance Services Facebook Posting

January 2023

MCC Guidance Services Office
January 10 at 5:00 PM

The New Year can be an excellent time for a fresh start and a chance to start the year with a positive mindset.

The past years have been difficult for most of us, thus resolutions for this coming year focusing on mental health have become popular. If you're looking for attainable goals to set for the upcoming year, these resolutions can put you on the path to a mentally happy and healthy future.

NEW YEAR'S RESOLUTIONS

For Better MENTAL HEALTH

REALISTIC MENTAL HEALTH RESOLUTION

be kind to yourself

Change can be hard and often takes time. Allow yourself to have feelings and forgive yourself for mistakes. You are here and doing your best, and that's what counts.

REALISTIC MENTAL HEALTH RESOLUTION

Make time for self-care

Assigning a set of self-care practices that make you happy and schedule them as part of your daily routine.

REALISTIC MENTAL HEALTH RESOLUTION

Make sleep a priority

You've been told that sleep and mental health are connected. It's true. Try to go to sleep a little earlier every night and give your mind the rest it needs.

REALISTIC MENTAL HEALTH RESOLUTION

Limit your screen time

Spending too much time on your phone or computer can impact your quality of sleep, your relationships, and even lead to feelings of depression and anxiety. Be conscious of how much time you're spending online and try to limit it to fit your mental health and social demands. 3 hours.

MCC Guidance Services Office
January 12 at 3:28 AM

Do you want to ace your upcoming final exams? Do you feel overwhelmed by the loads of reviewers and books that you need to read and memorize?

Did you know that one of the secrets to effective time management is... thinking in tomatoes rather than hours? Millions of people swear by the life-changing power of Pomodoro Technique. This technique is undoubtedly one of the best time management hacks introduced ever.

Be... See more

5 Steps for using the Pomodoro Technique

Pomodoro Technique is undoubtedly one of the best time management hacks introduced ever. For every task throughout the day, you'll be dividing your time into short increments and having short breaks periodically. What makes this idea more effective is the fact that our brains have limited attention spans.

Fun Fact: Pomodoro is Italian for tomato.

Step 1

Make a small to-do list or timetable. Include all the things that you have to do within today and divide the work into smaller parts. Depict your free time and work time within this

Step 2

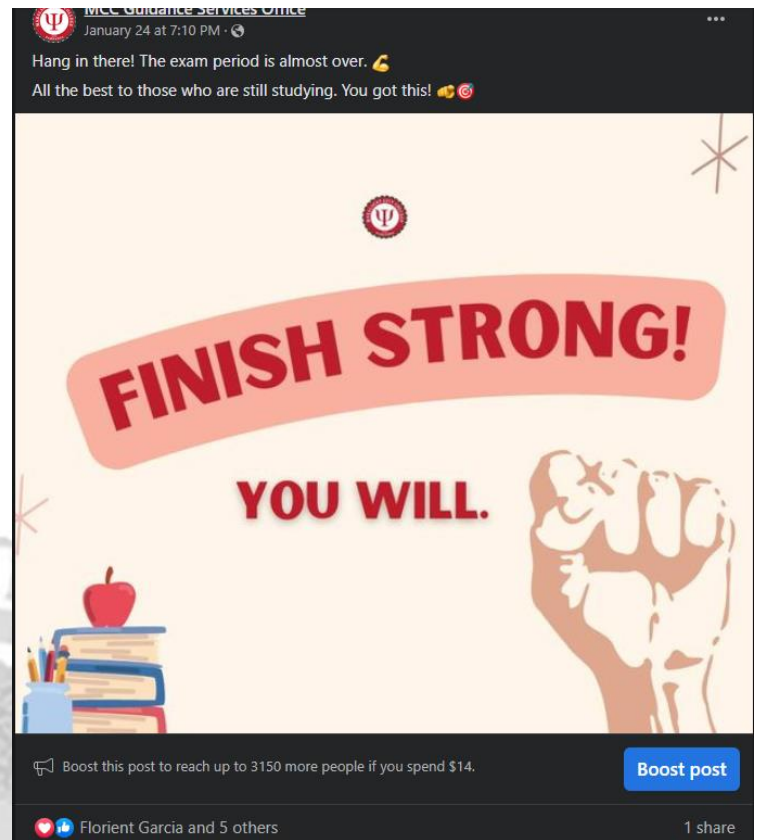
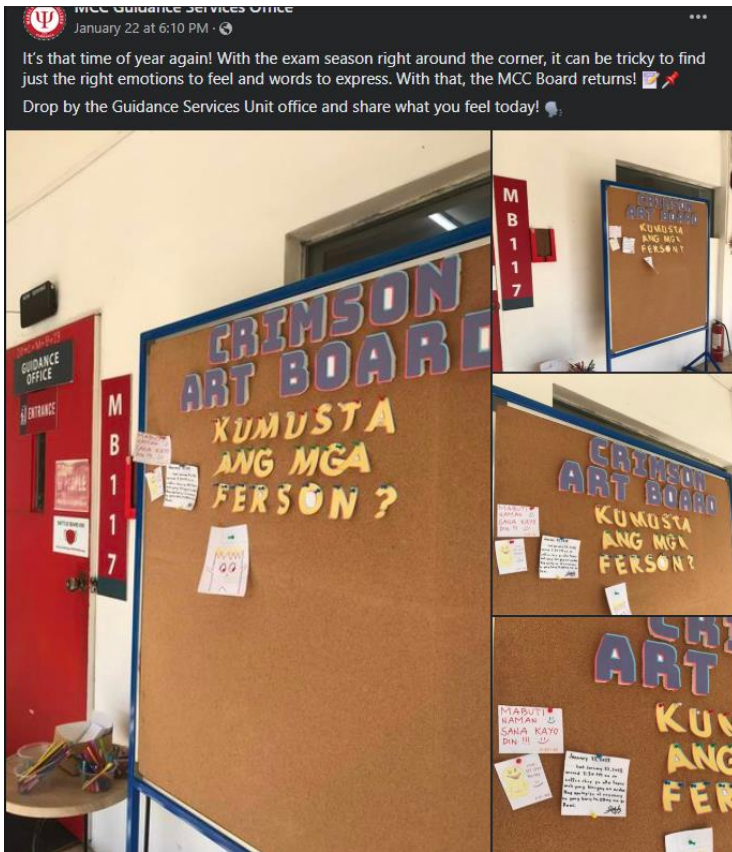
Make a commitment to yourself that you will devote these 25 minutes to these

Step 3

Spend the next 25 minutes completely immersed in that job. If another task pops into your head, jot it down on a piece of paper



MABALACAT CITY COLLEGE GUIDANCE SERVICES UNIT



Published by Gracielle Imma Tadla • February 1 at 10:50 AM

This love month, let's look at the signs or positive indicators that a connection will last over time.

Being aware of the most typical green flags help us feel more certain that we're heading in the right path of our relationships.

What green flags can you think of? ❤️

9 Green Flags

that Prove You're in a Healthy Relationship
(ACCORDING TO COUPLES THERAPISTS)

- THERE'S OPEN COMMUNICATION**
In healthy relationships, communication is key — both in the good times and the hard times.
- YOU BOTH SHARE AND FEEL SAFE**
You should feel safe to share what's on your mind or what's happened to you, both the good things and the difficult things.
- YOU ENJOY JUST BEING WITH THEM**
It's a great sign if you enjoy doing simple things with your partner.
- YOU BOTH PRIORITIZE GROWTH**
When both partners enter into a relationship and establish the intent to continue growing both individually and as a couple, the relationship is able to thrive.
- YOUR FUTURE GOALS ALIGN**
It's helpful to identify and openly discuss non-negotiable with your partner when you're deciding if you'll be compatible long term. If you can align on a general path that doesn't conflict with either partner's major deal breakers, this is a great sign that you're on the right path.
- YOU'RE BOTH HONEST AND TRUST EACH OTHER**
Refrain from telling white lies, since being dishonest in small or seemingly unimportant situations can damage trust with your partner.
- YOU VALIDATE EACH OTHER'S EMOTIONS**
Refrain from telling white lies, since being dishonest in small or seemingly unimportant situations can damage trust with your partner.
- YOU WANT TO INTEGRATE THEM INTO YOUR LIFE**
Introducing your partner to your friends and family (and vice versa) proves that you're both invested in the relationship and want to be a part of each other's lives.
- YOUR CORE VALUES AND MORALS ARE COMPATIBLE**
A 2020 study found that couples who reported sharing similar relationship-oriented values were more likely to be satisfied not only with their relationship, but also with their life.

Published by Gracielle Imma Tadla • February 1 at 1:20 PM

Are you or someone you care about in an abusive relationship?

Anyone can experience domestic violence and abuse; it does not discriminate. Both same-sex and heterosexual couples can experience abuse. It affects people of various ages, racial and ethnic backgrounds, and socioeconomic status.

If you or someone you know is experiencing domestic violence, contact PNP Mabalacat City hotline 0948-552-4384/0998-598-5458.... See more

HE MAKES ME BLUSH BUT THROUGH HIS HANDS

#YOUARENOTALONE

IF YOU OR SOMEONE YOU KNOW NEEDS SUPPORT NOW
CALL OR TEXT GSU HELP LINE: 0928-503-9711





MABALACAT CITY COLLEGE GUIDANCE SERVICES UNIT

Published by Graciell Imma Tadle · February 6 at 11:23 AM ·

Coercive control is an example of abuse; it can be subtle, making it hard to spot and recognize as inappropriate and abusive.

People who experience it frequently feel lonely and belittled. Dictating what clothes they can wear, asking them where they are and who they are with all the time, using threats to make them do things you don't want, making them cut contact with their friends and family, and limiting a person's access to money are types of coercive control... See more

CONTROL IS NOT LOVE
Relationship abuse isn't just physical

#YOUARENOTALONE
IF YOU OR SOMEONE YOU KNOW NEEDS SUPPORT NOW
CALL OR TEXT GSU HELP LINE: 0928-503-9711
Visit us at : MCC MAIN CAMPUS, MB 117 | MON-FRI | 8AM-5PM

Examples of abuse in hearts: DON'T WEAR THAT!, UR MINE, LOSER, UR FAT, UR NOT ENOUGH, SHUT UP, NOW!

MCC Guidance Services Office
Posted by Graciell Imma Tadle
Mar 8 ·

Whether you need someone to talk to about yourself, career or stress about going back to school, we are here for you. 😊

♥ For online consultations and appointment, message us @MCC.CounselingServices
📍 Visit us at MCC Main Campus, MB 117
☎ You can call us at 0928-503-9711 / 092... See more

**NEED SOMEONE TO TALK TO?
WE ARE HERE FOR YOU**

Tara, usap tayo!

Visit us at MCC Main Campus MB 117
7:00 AM - 5:00 PM | Mondays to Fridays

facebook.com/MCC.CounselingServices | guidance.services@mcc.edu.ph

See insights and ads | Boost post | 27 likes | 10 shares

MCC Guidance Services Office
Posted by Graciell Imma Tadle
4d ·

Sleep Awareness Month 🌙

Here's a reminder to prioritize rest for a healthier mind. 🧠

When we sleep, our bodies are able to rest, recover, and repair, which can help to reduce the physical and psychological effects of stress. On the other hand, poor quality sleep can contr... See more

ONE SLEEPLESS NIGHT CAN TRIGGER A RISE OF UP TO 30% IN ANXIETY LEVELS

The good news is that the remedy is simple, all-natural, and free:
DEEP SLUMBER
(deep, restful sleep every single night)

Tips for a more restful sleep

- Don't drink liquids within 2-3 hours of your bedtime. You don't want to wake up to pee in the middle of the night
- Make sure you **burn off energy** during the day, so you are tired when it's bedtime

Tips for a more restful sleep

- Avoid blue light (TV, cellphones, computer, LED lights, etc.) at least 2 hours before bed. Blue light messes up your circadian rhythm
- Don't drink alcohol at least a few hours before bed, because it can negatively impact hormones that help you sleep

MCC Guidance Services Office
Posted by Graciell Imma Tadle
3d ·

Sleep deprivation can have significant negative effects on mental health. When we don't get enough sleep, our brain is unable to carry out its restorative functions, which can lead to a range of negative effects such as:

➡ Mood swings: Lack of sleep can cause irritability, impatience, and mood swings, which can further exacerbate under... See more

did you know? 💡

SLEEP DEPRIVATION

Sleep Deprivation means you're not getting enough sleep. For most adults, the amount of sleep needed for the best health is seven to eight hours each night. When you get less sleep than that, as many people do, it can eventually lead to a whole host of health problems.



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Crimson Board and GSU Brochures





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Communication Letter to the AVP AA and Deans

Re: Accomplishment of Student Needs Inventory



Province of Pampanga
Mabalacat City

MABALACAT CITY COLLEGE

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January 27, 2023

JENNYFER N. MERZA, MBA
AVP for Instruction and Professional Development
This College

CC: Dean Institute of Arts and Sciences
Dean Institute of Teacher Education
Dean Institute of Business and Computing Education
Dean Institute of Hospitality and Tourism Management

Greetings!

The Guidance Services Unit would like to ask your assistance to remind our first year and transferee students to accomplish the Student Needs Inventory on their student portal and the Depression, Stress, and Anxiety-21 Scale link attached herein as *Annex A*. In addition to that, all students from first year to fourth year are also required to accomplish the Student Guidance Information on their student portal. Please see table below for the details:

| Year | Forms to accomplished |
|-----------------------------------|--|
| First Year & Transfereee Students | Student Guidance Information, Student Needs Inventory, DASS-21 |
| Second Year to Fourth Year | Student Information Sheet |

This is in response to the few number of students who completed the DASS-21 Scale. The Guidance Services Unit is committed to ensuring the maximum compliance of the students in accomplishing the forms for their benefit.

Start Here,
Be Successful *Anywhere!*

www.mcc.edu.ph
(045) 209 8720





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Guidance Services Unit Meeting Re: Administration of Bar-On EQ to 225 ITE Students





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SECOND QUARTER

| Information Services | Date of Posting |
|---|-----------------|
| (1) Stress awareness month | 3-April-23 |
| (2) Live each day with purpose | 17-April-23 |
| (3) What is stress? | 17-April-23 |
| (4) Exercise produces Endorphins | 18-April-23 |
| (5) Doing what matters in times of stress | 26-April-23 |
| (6) Mental health awareness month | 2-May-23 |
| (7) Snaps from the crimson board | 18-May-23 |
| (8) Pride month | 1-June-23 |
| TOTAL: 8 | |





MABALACAT CITY COLLEGE

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Guidance Talks Facilitated by Psychology Interns April 3 – 14, 2023





MABALACAT CITY COLLEGE

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Workshop on Time Management for Crimson Honor Class

April 14, 2023





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Psychological Assessment and Certificate Distribution to Aspiring Leaders

April 20-26, 2023





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Classroom Guidance

Ψ Guidance Services Office
Mabalacat City College

April-May 2023

CLASS GUIDANCE

The City College of Angeles (CCA) Interns conducted Class Guidances at chosen students of Mabalacat City College. Each session was filled with important learnings about Anxiety and games that have contains valuable and relevant contents.

DON'T MISS OUT,



THE LATEST NEWS!



>>> LEARN

Each session starts with an energizer and followed with a brief discussion to learn more about Anxiety. The students were engaging and their questions were answered by the speakers.

The Class Guidance is filled with activities that is relevant with the topic which is Anxiety. The game or activity that was conducted was depending on the number of attendees.

>>> HAVE FUN



>>> SHARE YOUR FEELINGS

At the end of the session, the students are grouped to have a Peer Sharing, each group was facilitated by the interns. Some became emotional while some had a good share of conversation to everyone.

>>> WE CARE

The City College of Angeles interns wanted to thank all the students who came and participated with each Class Guidance. The memories and experience will be forever in their hearts. All the things that was shared will be kept and all the stories will always live.



Canva.



MCC
ANG COMMUNITY COLLEGE NATIN



MABALACAT CITY COLLEGE

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Career Guidance



CAREER PREPAREDNESS TRAINING

May 13, 2023

The goals and purpose of the Remedial Program was to help the graduating students or future educators to better understand their emotional coping skills in an organizational environment. In addition to that, it may also help them to identify their strengths, as well as areas for enrichment. The program was filled with relevant learnings, fun activities, and unexpected prizes that was facilitated by psychology interns.



Be ready with us!

SKILLS As mentioned, the program was filled with activities which are the Guess the scenario, Very ako or very ikaw, Who is the leader?, Present your product, Word puzzle, and Feet in!. These activities are intended to help the future educators to understand emotional coping skills and find their strengths while discovering areas to improve. The event was indeed a total success.



Have fun with us!

what's the LATEST NEWS

At MCC?

ACTIVITIES The program was filled with fun, engaging, and beneficial activities based on the six facets of the BarOn EQ test, namely the Emotional Intelligence, Intrapersonal Scale, Interpersonal Scale, General Mood Scale, Stress Management Scale, and Adaptability Scale. Each facet was well-presented by the interns and each one of the facet includes an activity to learn and enjoy.

All the efforts and participation of the students were highly appreciated and it was totally a memorable event both for the future educators and the interns. The program was held at the MCC main campus inside the cultural hall, starting at eight in the morning thrilling up to three in the afternoon.



Know more with us!

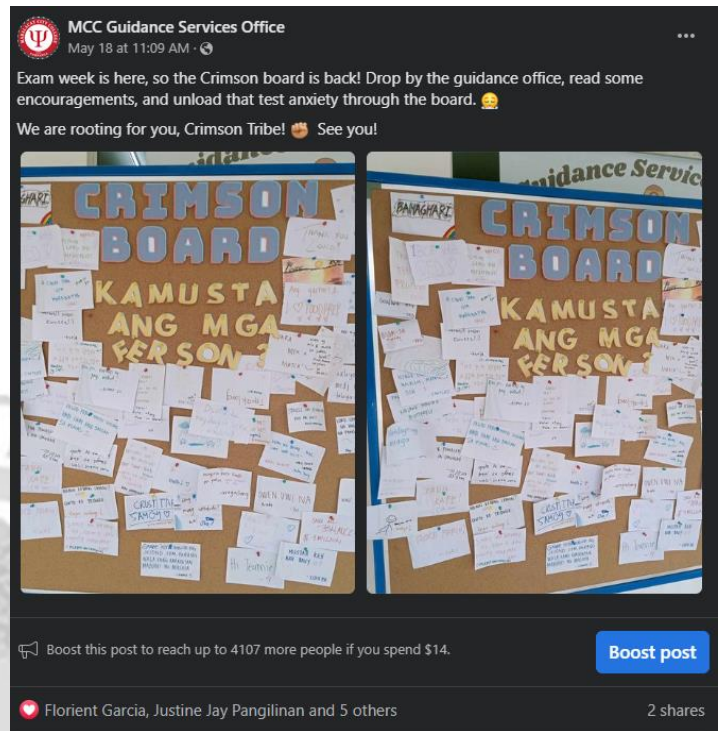
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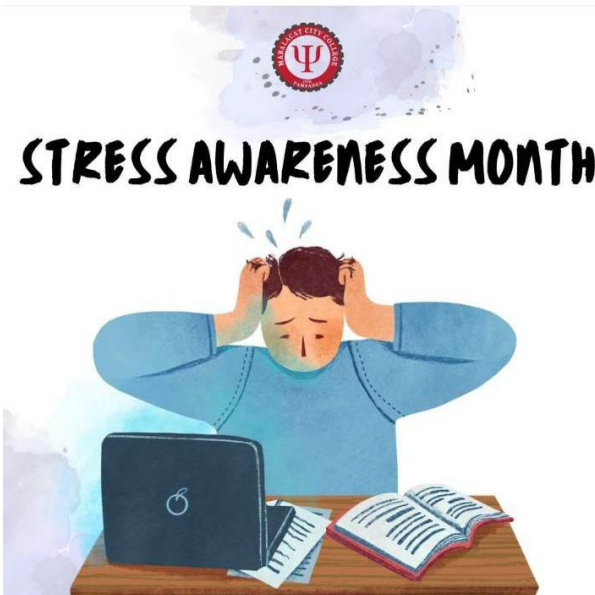
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Crimson Board and GSU Brochures

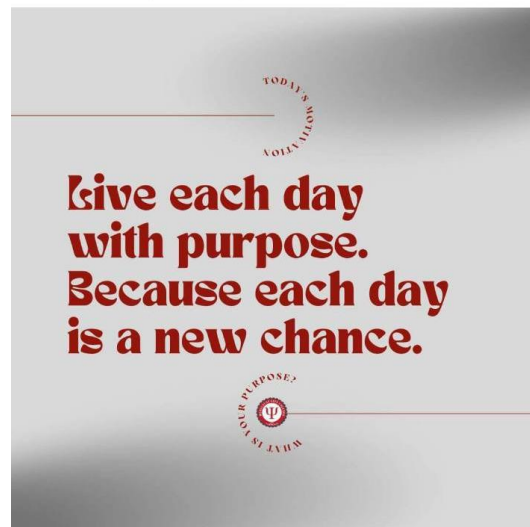


GSO Facebook Posting April 2023

MCC Guidance Services Office
Apr 3 · 🌐
April is National Stress Awareness Month
According to the American Institute of S... See more



MCC Guidance Services Office
Apr 17 · 🌐
Today's Motivation ✨
Live each day with purpose because eac... See more



Boost this post to reach up to 3213 more people if you spend \$10.
Afrienne Camiso and 3 others



Rizal St... Boost this post to reach up to 3213 more people if you spend \$10. Boost post

Afrienne Camiso and 8 others 2 shares

anga, Philippines

info@mcc.edu.ph | MCC.edu.ph



MABALACAT CITY COLLEGE GUIDANCE SERVICES UNIT

MCC Guidance Services Office
Apr 18 · 🌐

Exercise can be an effective way to manage stress and stay mentally healthy. Stand up and let's stretch our muscles, ... See more



Boost this post to reach up to 3213 more people if you spend \$10.

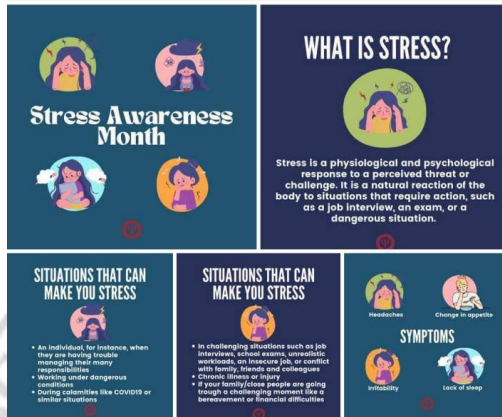
Boost post

👍👍 Afrienne Camiso and 3 others

1 share

MCC Guidance Services Office
Apr 17 · 🌐

Stress is inevitable, and we all experience it from time to time. However, it's not always a bad thing. In fact, stress can help us stay alert, focus... See more



Boost this post to reach up to 2628 more people if you spend \$10.

Boost post

👍👍 Afrienne Camiso and 6 others

3 shares

MCC Guidance Services Office
19h · 🌐

Grounding is the most common stress management activity that we can do during times of stress. 😊... See more



Boost this post to reach up to 2628 more people if you spend \$10.

Boost post

👍 Florient Garcia and 3 others

1 share

GSO Facebook Posting May 2023

MCC Guidance Services Office
May 2 at 9:46 AM · 🌐

MAY IS MENTAL HEALTH AWARENESS MONTH

While awareness is necessary and beneficial, it is not enough to address the societal problem of mental illness. Accessible mental healthcare, proper funding, and support are crucial in tackling this issue. Unfortunately, many people still have their own beliefs about mental health, leading to stigma and misinformation.

Together, let's fight against this stigma, provide support, educate the public, and advocate for policies that support ... See more



MCC Guidance Services Office
May 18 at 11:09 AM · 🌐

Exam week is here, so the Crimson board is back! Drop by the guidance office, read some encouragements, and unload that test anxiety through the board. 😊

We are rooting for you, Crimson Tribe! 🍀 See you!



Boost this post to reach up to 4107 more people if you spend \$14.

Boost post

👍 Florient Garcia, Justine Jay Pangilinan and 5 others

2 shares





MABALACAT CITY COLLEGE

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GSO Facebook Posting June 2023



THIRD QUARTER

PSYCHOLOGICAL ASSESSEMENT

The BARON Emotional Quotient Test was administered to Education students prior to their deployment for practice teaching.





MABALACAT CITY COLLEGE

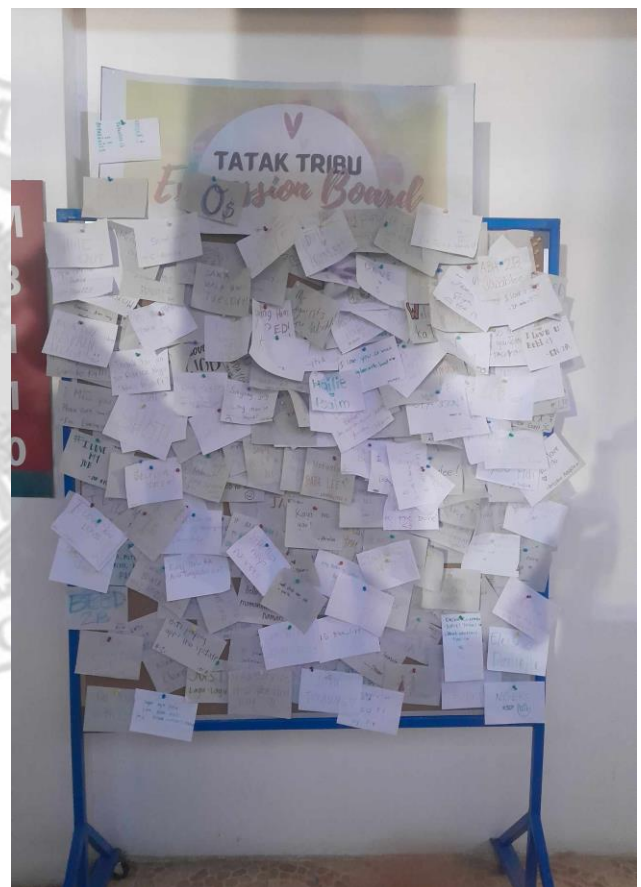
GUIDANCE SERVICES UNIT

FOCUS GROUP SESSION

The Guidance Services Unit Conducted an Intervention to students in accordance with their Baron EQ:is scores.

Expression Board

Made and monitored Crimson board during examination throughout the whole year.



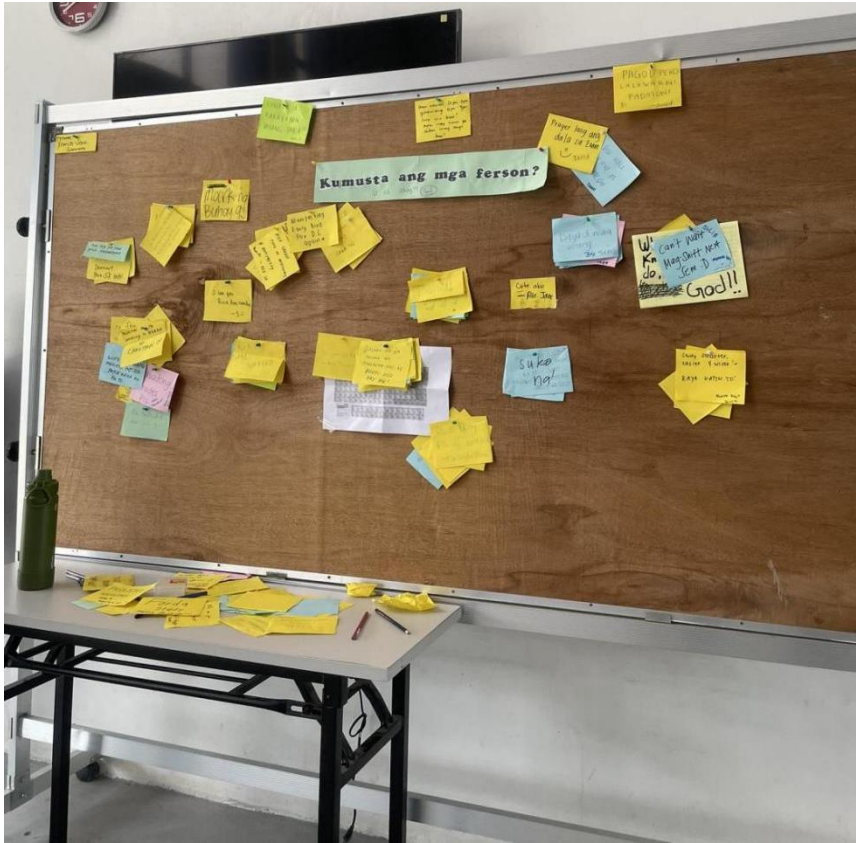


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FOURTH QUARTER

CRIMSON BOARD

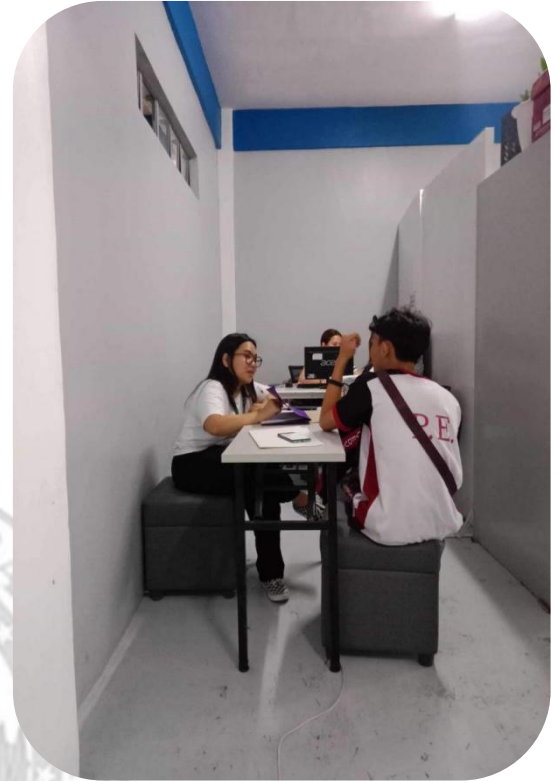




MABALACAT CITY COLLEGE

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INTAKE INTERVIEWS





MABALACAT CITY COLLEGE GUIDANCE SERVICES UNIT

INFORMATION SERVICES

MCC Guidance Services Office
Published by Ma Vet · November 27 at 6:16 PM

'I've never been a natural, all I do is try try try'

Lyrics from Taylor Swift's song titled "mirrorball" vividly capture the essence of experiencing impostor syndrome.

Although it's not officially classified as a disorder in the Diagnostic and Statistical Manual for Mental Disorders (5th Edition), impostor syndrome is a genuine experience faced by many individuals in their daily lives.

Delve into its nuances, understand its signs, symptoms, and explore effective coping mechanisms. Let's navigate this together! 🌟👏

References:
Rice, A. (2022, January 27). Impostor Syndrome: Causes, Types, and What to Do About It. Psych Central. Retrieved November 28, 2023, from <https://psychcentral.com/lib/impostor-syndrome>
Raypole, C. (2021, April 16). You're Not a Fraud. Here's How to Recognize and Overcome Imposter Syndrome. Healthline. Retrieved November 28, 2023, from <https://www.healthline.com/.../menta.../imposter-syndrome...>



MCC Guidance Services Office
Published by Ma Vet · November 28 at 10:13 PM

Suicide Prevention Begins With All of Us

The AVP for Support for Academic and Institutional Development, in collaboration with the Guidance Services Unit, conducted/organized/facilitated a RACE against suicide rollout training for school-wide suicide prevention with the theme "Suicide Prevention Begins With All of Us" on November 17, 2023.

Dr. Josevy A. Taguibao, the main facilitator and speaker, aimed to train guidance designates, selected staff, and college instructors as gatekeepers in identifying and responding to individuals at risk of suicide through the seminar. The training focused on equipping school personnel to become effective gatekeepers in managing and referring learners-at-risk for proper intervention.



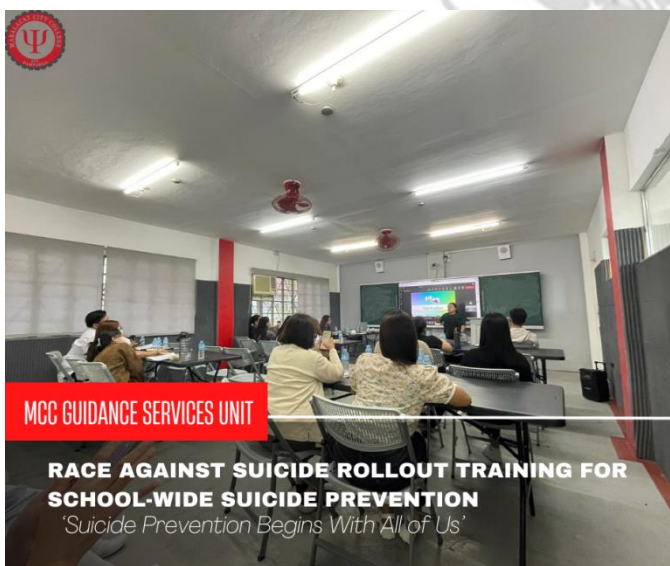


MABALACAT CITY COLLEGE

GUIDANCE SERVICES UNIT

Suicide Prevention Begins With All of Us: RACE Against Suicide Roll-out Training

The Guidance Services Unit, in collaboration with the AVP for Support for Academic and Institutional Development, conducted/organized/facilitated a mental health seminar and RACE against suicide training with the theme *“Suicide Prevention Begins With All of Us”* on November 17, 2023. Dr. Josevy A. Taguibao, the main resource speaker, aimed to train guidance designates, selected staff, and college instructors as gatekeepers in identifying and responding to individuals at risk of suicide through the seminar. The training focused on equipping school personnel to become effective gatekeepers in managing and referring learners-at-risk for proper intervention.





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