



PSYCHOLOGICAL SOCIETY

Officers



KEZIAH ANGEL JABINICAY
PRESIDENT

LARRISA JOY GOLINGAY
VICE PRESIDENT- EXTERNAL

STEPHANIE GRAFIL
VICE PRESIDENT- INTERNAL

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MITZI LOUISE SOLIDIO
TREASURER

JOHN FRANCIS RUBITE
ASST. AUDITOR

LEAH DAYAL
ASST. TREASURER

STEPHANIE GRAFIL
P.I.O

BRIX ADRIAN BANAT
BUSINESS MANAGER

BETHANY GAYLE LEDESMA
ASST. BUSINESS MANAGER

REPRESENTATIVES

1ST YEAR



ABEGAIL PAJARILLO



CRISFE VERGARA



ROUNIT PEÑAFIEL



TRIZIANNE JAMERY BLANCA

2ND YEAR



ELIENA ANNE JELICA ESPERAL



GAZELLE FAITH BOKO



JAYSON ESTREMADURA



JAIRISH PEARL LABAJO

3RD YEAR



SHAILA MARIE LOPEZ



CRISTINE JOY DEMAISIP

4TH YEAR



STRAWBERRY NECTOR BALFDON



SHEKINAH MYRLE TABILOG

ACTIVITIES ACTIVITIES

psych

ELECTIONS &

INDUCTION



Last October, we welcomed our new members of the Organization by induction, with our accomplished president Ms. Keziah Jabinigay along with her line up from the Vice President Internal to the Block Representatives. Together they made a great team despite the two year streak- state that we are in the following are their successful and engaging activities throughout the school year.

PSYCH ESPORTS



Last November 5-6 our officers held the first ever ESpots which was played fairly and through sportsmanship it was now of the most interactive events held since the pandemic came, a lot of our talented and strategic psychmates started playing mobile games

Virtual Christmas Party

We see Christmas has spawned a plethora of art and entertainment, including some of our favorite books, films, and songs. This wonderful occasion has also prompted people to consider what it means and how it is observed. Last December 15, 2021 we celebrated our Christmas party using our Mother tongue as the way we communicate throughout the event since our dialect holds one of the deepest sincerity. Hosted by our beloved first years, Neco Baraquia and Essa Alli.



TREE PLANTING

The College of Arts and Sciences Provincial Council, in collaboration with the Committee on Environment, Safety, and Social Services, the League of Organization Presidents, and CAS academic organizations, organized a tree planting activity and clean-up drive at Katunggan Ecopark in Leganes on November 27, 2021.

The event aimed to raise awareness about the value of tree planting and conservation, as well as proper waste disposal, while also fostering camaraderie among participants. The stated event's primary objectives were to raise awareness, conserve the environment, provide habitat for indigenous wildlife, and safeguard the community.



COASTAL CLEANUP DRIVE



The Rotaract Club of Central Iloilo City held a Coastal Cleanup Drive last April 9, 2022, from 8 to 10 a.m. at Iloilo Paraw Beach Resort (Zone 7, Calumpang Molo, Iloilo City). CPU Psychological Society and 60 various student organizations participated in support of the topic area "Supporting the Environment." The aims of this project are to preserve the coastal area's cleanliness while also preserving the sea and life beneath the surface. Always keep in mind that we must save the sea in order to see the future!



PSYCH JAM DEVOTIONAL

First Psych Jam

1 Peter 5:7

"Cast all your anxiety on him
because he cares for you"

It is not enough to be physically and mentally healthy during this time period; we must also have a healthy spiritual relationship with our God.



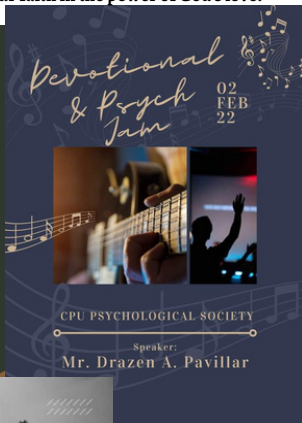
Second Psych Jam

The CPU Psychological Society had their second Devotional/Psych Jam on December 8, 2021.

As a result of suffering, we often find ourselves unable to think of what to do next, and we frequently question our creator why we have to go through this. When faced with adversity, we may mistrust all of God's plans for us, yet at the end of the day, he is our only hope. Rev. Rodmar Lilla reminded us that in the midst of life's uncertainty, we can look to Christ, who is in charge of everything, for strength.

Third Psych Jam

February is love month, and on February 20, 2022, the CPU Psychological Society hosted their first Devotional/Psych Jam of the second semester. Continue to love one another as we dedicate and sanctify our faith in the power of God's love.



Unexpected "life changing occurrences" necessitate "personal change" in order to adapt and progress. We must ask for the required tools to adjust to "life changes," we must seek new direction to accommodate "life changes," and most importantly, we must be attentive to the direction in which God opens a door. Every obstacle has an open door with God. When God allows us to experience adversity and pain, we are frequently led to a "God's door."

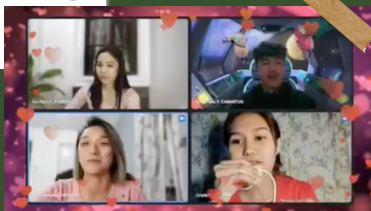
Fourth
Psych Jam

Into the PSYCHVERSE PODCAST



On November 24, 2021, the CPU Psychological Society aired its first podcast, "Into the Psychverse." The first episode, dubbed "kwentong pasko," discussed the Christmas memories and anecdotes that everyone has.

In honor of February, the month of love. CPU Psychological Society's second episode was themed "It's all about Psych-ibig."



AWARDS

Photography Contest



#LITRATO:Diwa ng Pasko sa Litrato
A Photography Contest

WINNERS

Champion:

Kalipay sang Kamal-aman: Apo kag Kabataan
by: Laika Faith P. Alumbro BS Psychology 1-Block 3

1st Runner-up:

"KASANAG SA DULOM"
by: Ron Michael A. Loyola AB PSPA-1

Special Award:

Kalipay sang Kamal-aman: Apo kag Kabataan
by: Laika Faith P. Alumbro BS Psychology 1-Block 3

Congratulations!

SEM-ENDER PROGRAM 2021



#E-Sulat: Tula para sa Paskong CASimanwa Poetry Writing Contest

**#E-Sulat: Tula para sa Paskong CASimanwa
Poetry Making Contest**

WINNERS

Champion:
Aking Tahanan
by: Myxeth Anjiela I. Dagang BS Biology - 2

1st Runner-up:
Sanguine Holidays
by: Charles Allee Gabayeron AB PSPA-1

2nd Runner-up:
Arrival, Departure
by: Ma. Elpha Rhea E. Dungganon BS Psychology 1

Special Award:
Sanguine Holidays
by: Charles Allee Gabayeron AB PSPA-1

Congratulations!

SENIOR-ENDER PROGRAM 2021

**Poetry in Tula
CAS Senior-ender National 2021**

Entry #2

Arrival, Departure
Ma. Elpha Rhea E. Dungganon BS Psychology 1

Here we go!
We go along to leave
Whether you're a girl,
Or maybe an old man,
The journey's all we need.

Tough love, just all
With the hardest part of the journey comes
In which we all travel about and make love
The journey's all we need.

Here we go, all day,
It's always the hardest part,
And it's always the hardest part,
And it's always the hardest part,
And it's always the hardest part.

As our first month's fast approaching,
The end of winter is coming,
The journey's all we need,
The journey's all we need.

It's the time to be happy
That Jesus Christ is coming back,
Here we go, all day and night.

1472

**Poetry in Tula
CAS Senior-ender National 2021**

Entry #2

Before you, with open arms and heart,
See how, unconditionally, we proceed.

To the spirit of the end
We do ourselves our greetings
Our journey, we do too.

Entry: departure to happiness,
Towards prosperity and peace, thank

1473

To make it the most delightful time of the year, the month of December works its magic! There is nothing better than spending time with family and friends throughout the chilly months than making our hearts feel warm. The CAS Provincial Council hosted an activity specifically for this





Hugot your Heart Poetry Making Contest



HUGOT YOUR HEART?
POETRY WRITING CONTEST

Ikaw, Sayo
Patricia Ysabel A. GOSIA - BS Psychology 1st year

Ang ting na ang ating umiwal sa pagpapalagay nang muna
O saibang manay na lang ako sa mga bulag ng mga
tubal at pangamba,
Dahil saang mung ang muna may nakalagay ang
pagpapalagay
Kinikilang sa ating buong, amon may natatagpuan
Huwag mo ang hadlanging lumalabas at nalalawak na sa
ating buong
Ito, muna sa pagpapalagay
At ang pagpapalagay ay ating dihal sa ating pagpapalagay,
Huwag mo sa ganyang ating buong
Mga ating sa ating buong na pangapant sa lang
lathalaan
Dahil ang ating sa ating pagpapalagay, naghiwalay ng
ating buong
O saibang naghiwalay lang ako sa pagpapalagay at sa
kalahang buong na pagpapalagay
Ang pagpapalagay na sa ating pagpapalagay,
Kahit na lathalaan ang pagpapalagay sa ating ng ating
lathalaan
Huwag mo ang ating buong buong na pagpapalagay
Pangalagay, manay, manay, manay. Tama na
Huwag mo ang ating buong buong na pagpapalagay
Huwag mo ang ating buong buong na pagpapalagay
Huwag mo ang ating buong buong na pagpapalagay

ENTRY #9

CPU CASPC
AN ACT OF LOVE

HUGOT YOUR HEART?
POETRY WRITING CONTEST

Four Seasons
Chanel R. Ojeda - BS Psychology - 1st Year

It was my darkest and you were there,
A glimpse of light that is so bright,
Day by day, my day grows as a ray of light,
It never fades, dim, or breaks apart,
Seasonally turns.

However, for seasons earlier:
You left, and that heartache was like a cross to bear,
The darkest corner was throughout the mid-day winter,
The thick breath of the night suffocated me now and then.

A storm came, and my world became many and flawed,
And I thought about your love,
It would lighten my dreary existence, I believed.

Self love spent in solitude, it was many and flawed,
I shared through the imperfect and flawed,
The thin or slowly covers my senses, the bright day is
ending.

It is no longer pouring and I can hear you coming,
Your loving took me to a higher place
That I could never imagine,
Your coming becomes the rainbow,
It gives me my right, my belonging.

I called you love "seasons", but it felt like
being trapped in a feeling house,
I was once burning in love, but now I'm burning
in pain, and it's burning me alive.

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ENTRY #8

CPU CASPC
AN ACT OF LOVE

For the month of February, the CAS
Provincial Council hosted a special
Valentine's Day event with the theme
"GUGMA sang CASimanwa 2022."

Two of our own psychology students
showcased their ability to write poetry
and how they communicated their
love during the month of February.



CAS JINGLE MAKING TEAM

Congratulations!
CAS JINGLE MAKING TEAM

Vocalists:

- JOYCE MARIE RIVERA - BS BIOLOGY 2
- TRISHANE MARIN - BS PSYCHOLOGY 4
- WHEATMAN ALBERTA - BS BIOLOGY 1
- MIKE MARQUEZ - BS PSYCHOLOGY 2
- LYNNIE SAGUI - BS BIOLOGY 3
- ANDRINE LOPEZ - BS SOCIAL WORK 2
- JOY F. DAVID - BS PSYCHOLOGY 2

Music Producers:

- SHERRINE ROSARIO - BS PSYCHOLOGY 1
- ANGELAS MARIN - BACOMM 2
- EDRISIO CASIL PARRAS - BS BIOLOGY 1

Songwriters:

- KEITHER BETH BALCONADA - BS SOCIAL WORK 3
- MARIN DIONNE ALYSSA PAULT - BS PSYCHOLOGY 2
- TRISHANE MARIN - BS PSYCHOLOGY 4

Audio Editors:

- NICOLE GRACY GONZALES - BS PSYCHOLOGY 2
- ANGELAS MARIN - BACOMM 2

Video Editor:

- ZACHARY NAVOTTE - BS PSYCHOLOGY 2

Rank
6TH PLACE
out of 11 participants

Despite the challenges, this pandemic has offered joy and optimism, and we must continue to be resilient. The CPUR held entries for the school year 2021-2022 jingle making contest with the theme "Paskong Centralian, Puso at Pag-asa"

"Christmas In His Presence" by the College of Arts and Science making our department 6th place. A message to our beloved centralians that there is hope for us all.

FACEBOOK FRAME MAKING CONTEST



**FRAME MAKING
CONTEST WINNERS**

Congratulations!

CHAMPION
CPU PSYCHSOC (KRIZEL MAY BERICO) - GINGERBREAD HOUSE

1ST RUNNER UP
APPS (MATTHEW NALANGAY)- POSTCARD

2ND RUNNER UP
CPU PSYCHSOC (FRAN CHESKA MAGBANUA) - TULUY ANG SAYA PAG MADKAKASAMA

3RD RUNNER UP
ELS (LOUENN COLIN KEITH DEQUINA) - YOUTHFUL CHRISTMAS

PEOPLE'S CHOICE AWARD
CPU PSYCHSOC (KRIZEL MAY BERICO) - GINGERBREAD HOUSE

Entry #3 by Krizel May Berico (BSPSYCH - 2)

A gingerbread home, with its golden lines and delicate weaving by skilled hands, represents not only the beginnings of Christmas but also the wealth of our hearts and the strength of our family's foundation. Let us provide warmth and affection to our loved ones this Christmas season.