

SPU MANILA IN COVID TIMES

As the NCR is still on General Community Quarantine, SPU Manila and the SPC Education Ministry have been organizing webinars for different sectors of the school community.

One such webinar, which was spearheaded by the SPC Education Ministry (SPCEM) and is a joint project of the PRISM and the USM KRA Teams, is on the origins of the SPC Congregation, called "A Pilgrimage through Time."

The webinar-workshop is open to all, including the alumnae, the older ones being particularly invited:

Fellow (older) Paulinians:

Would you like to know more about the history of the St. Paul Sisters (which we did not study in our time)?



If you are interested, you can join this webinar on 16 February 2021.

Log-in details:

Zoom Meeting

<https://zoom.us/j/95854791971...>

Meeting ID: 958 5479 1971

Passcode: 02162021

Webinar Series:
SPC History and Origins

Webinar Workshop 1: A Pilgrimage Through Time

A Joint Project between PRISM and USM KRA Teams

Speaker: Sr. Flordeliza Deza, SPC

16 February / 9 - 12 nn via Zoom and ONE SPCEM Fb page



Please scan QR code to register:



Sisters of St. Paul of Chartres Education Ministry (SPCEM)
Philippine Province
Our Lady of Chartres Convent, Antipolo City

A Joint Project between the KRA 1 PRISM and KRA 4 USM Teams

**PRISM and USM WEBINAR SERIES:
SPC History and Origins
Webinar-Workshop 1: A Pilgrimage Through Time**

Date: February 16, 2021, 9:00 am – 12:00 NN

Speaker: Sr. Flordeliza Deza, SPC

Chair: Dr. Joanne Popanes

MODERATORS: Sr. Donnalynn Morta, SPC and Ms. Rosalie Dizon

FACILITATORS: Sr. Gemma Moralita, SPC, Sr. Mercedes Bacaoco, SPC and
SPUM PRISM TEAM

Technical Team: Mr. Paul Ocampo, Engr. Mervin Cequeña of SPUM ICT
and SPUQC ICT Teams

Registration: <https://forms.gle/dYNrLP1iMBL5Hv8E8>



TIME	ACTIVITY	PERSON-IN-CHARGE
8:30	Log in time	Dr. Joanne Popanes Engr. Mervin Cequeña Mr. Paul Ocampo
9:00	Guidelines of the webinar Opening Prayer Singing of the National Anthem	Dr. Joanne Popanes Sr. Mercedes Bacaoco, SPC/ Sr. Gemma Moralita, SPC National Anthem video
9:05	Welcome Remarks	Sr. Ma. Nilda Masirag, SPC
9:10	Introduction of the Speaker	Sr. Ma. Evangeline Anastacio, SPC
9:10-11:00	Webinar Presentation	Sr. Flordeliza Deza, SPC
11:00 - 11:40	Webinar Workshop: Main Plenary Session and Breakout Rooms	Main Plenary Session: Sr. Mercedes Bacaoco, SPC/ Sr. Gemma Moralita, SPC Sr. Nicole Dabalus, SPC Breakout Rooms: Dr. Joanne Popanes Ms. Elmgay Valeriano Ms. Elvira Manalansan
11:40 – 11:50	Sharing of seven (7) groups	Facilitators of the seven groups
11:50 – 12:00	Sharing of overall report	Sr. Cecilia Sto. Tomas, SPC Sr. Donnalynn Morta, SPC
12:00	Presentation of Certificate to the Speaker Closing Remarks Evaluation Closing Prayer	Sr. Ma. Evangeline Anastacio, SPC Sr. Gemma Moralita, SPC SPUM PRISM Team Sr. Mercedes Bacaoco/Sr. Gemma Moralita

GUIDELINES OF THE PLENARY SESSION (MAIN ZOOM SESSION) and BREAK OUT ROOMS
11:00am to 12nn

	MAIN PLENARY SESSION	BREAK OUT ROOMS	ONE SPCEM FB PAGE
FACILITATORS	SR. GEMMA AND SR.MERCEDES	Assigned Facilitators per school	Ms. Elmgay Valeriano
REACTORS	Dr. Liduvina Reyes Sr. Genevieve Cenit, SPC Fr. Jonathan Bitoy Fr. Rannielle Pineda Ms. Suzette Mendoza	Participants (5-7) per school	All participants
Time	40 minutes	30 minutes	40 minutes
Sharing of 7 groups	10 minutes		
Sharing of overall report	10 minutes		

GUIDELINES FOR THE BREAKOUT ROOMS FACILITATORS

- Each breakout room will have 5-7 members.
- There will be one facilitator for each group. He/She will be chosen before the webinar.
- The facilitator will be given the reflection questions on February 13, 2021.
- The facilitator will be given the Google Form link where he/she can record the responses of his/her group members:
<https://forms.gle/u7phXUzhtCPxsh4j8>
- He/She can also use the word format of the Google Link form and email it to: jspopan@spumanila.edu.ph
- He/She is to start the sharing when the participants are in the breakout room.
- He/She shall have to be mindful of the time - twenty (20) minutes for the meaningful conversation and ten (10) minutes for the wrap up.

GUIDELINES FOR THE MAIN PLENARY SESSION

- Facilitators will introduce the reactors.
- Sr. Flor and facilitators will discuss the reflection questions.
- Reactors can decide which questions to answer.
- Five (5) minutes are given per reactor.

GUIDELINES FOR THE SHARING OF THE 7 SELECTED GROUPS

- Facilitators can use the Google Form as a guide in sharing the answers of their team.
- They are not to share all the answers of their team. Sr. Gemma and Sr. Mercedes can choose two groups per question.
- Facilitators can type just the summary for each question in the ZOOM chatbox. There is no need to recite all the answers. They can just elaborate their answers.

GUIDELINES FOR PARTICIPANTS IN THE ONE SPCEM FB PAGE

- Participants can use the Google Form to answer the reflection questions: <https://forms.gle/XM49bP8tXJ8ZBdt1f9>
- He/She can also use the word format of the Google Link form and email it to: jspopan@spumanila.edu.ph
- They are requested to listen to the plenary session while answering the questions in the Google Form.

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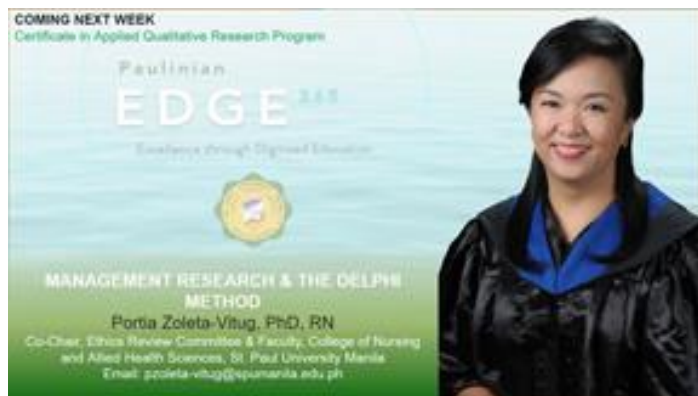
On the other hand, the Paulinian EDGE (Excellence through Digitized Education) offered the following webinars last week.

In celebration of the Philippine's Arts Month, St. Paul University Manila mounted another innovative webinar offering organized by the Paulinian Edge 365, together with the Career

Development Academy, on the Introduction to Media and Music Performance. This webinar was facilitated by St. Paul alumni—events host and actress Ms. Frida Nepomuceno, together with Radio DJ, Ms. Jessey “Raqui Terra” Guiam, and Mr. Oliver Neil Rodriguez. It was held on February 13, 2021 and streamed via the SPU Manila FB Page. Stay tuned!



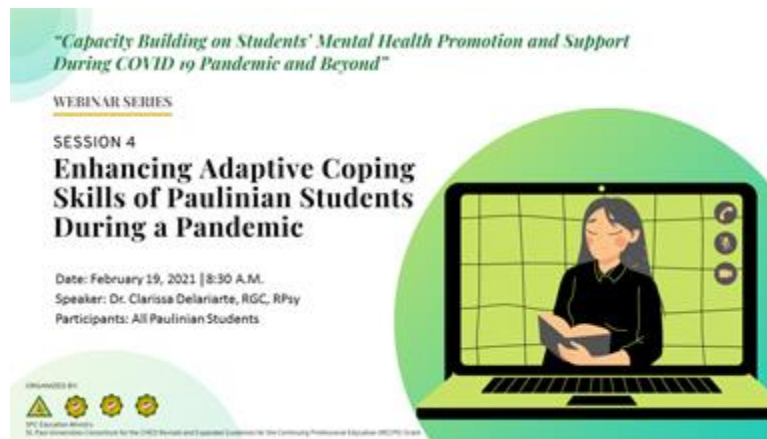
As part of its initiative to bolster the importance of research in these times, another webinar offering from St. Paul University Manila was centrally focused on the process used to arrive at a group decision. St. Paul was proud to have its very own faculty from the College of Nursing and Allied Health Sciences, Dr. Portia Vitug, facilitate on Management Research & the Delphi Method on February 13, 2021 from 2:00 to 5:00 PM. Dr. Vitug was accompanied by another expert, Sr. Evangelina Anastacio, SPC, our University President.



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Research has shown that many students are facing significant mental health challenges going into the COVID-19 pandemic. Experts are saying that the pandemic has added new stressors. The question is, how do we keep our students mentally healthy in this time of global pandemic?

St. Paul University Manila, St. Paul University Quezon City, and St. Paul University Dumaguete, in partnership with the SPC Education Ministry, have organized a webinar series on the capacity building on students. Their fourth webinar entitled “Enhancing Adaptive Coping Skills of Paulinian Students During COVID-19 and Beyond,” aims for Paulinians to develop a battery of coping skills during challenging situations in order for them to become flexible in gearing their responses to a variety of stressful situations. This webinar will be facilitated by Dr. Clarissa F. Delariarte, RGC, RPsy on February 19, 2021 (Saturday) at 9:00 AM.



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On the lighter side, the SPC Sisters celebrated Valentine’s Day yesterday with the rest of the world:



*“Love always protects, always trusts, always hopes, always perseveres.” (1Cor 13:7)
Happy Valentine’s Day!*