

Memorandum No. LRS-2021-028

TO : DEANS, COLLEGE SECRETARIES, AND HEADS OF UNITS
FACULTY AND STAFF
STUDENTS
UP Diliman

FROM : 
LOUISE JASHIL R. SONIDO
Vice Chancellor for Student Affairs

SUBJECT : Celebrate Life 2021

DATE : 14 September 2021

As part of its mission to prevent and manage mental health issues in UP Diliman, the Office of Counseling and Guidance invites everyone to Celebrate Life 2021 starting 13 September to 18 October 2021 via Zoom.

With the theme, “Pagdadala, Pagbangon, Pagkatuto: Sulong-Tulong sa Pagtuklas ng Ating Sariling Kalalakaran,” the Celebrate Life 2021 webinar series aims to develop, promote, and optimize the personal strengths of the UP Diliman faculty, staff, students, and other stakeholders during this pandemic.

Interested attendees may email OCG at ocg.updiliman@up.edu.ph to inquire for available slots and register. Regular updates on Celebrate Life 2021 are also available through [OCG's Official Facebook Page](#).

Thank you.

Celebrate Life 2021 Schedule of Webinars

Topic	Resource Persons	Date/Schedule
"Name that Emotion: Emotional Self-Control Matters"	Dr. Carolina Uno-Rayco, RGC National Executive Director Philippine Mental Health Association	September 13, 2021 3:00 PM
"Optimizing student's strengths in remote learning"	Dr. Marie Therese A.P Bustos System Director, UP Ugnayan ng Pahinungod/Oblation Corps Professor, Special Education UP College of Education	September 20, 2021 3:00 PM
"Discovering and Exploring your Strengths through Problem Solving and Decision-making processes"	Dr. Divine Love A. Salvador, RPsy Faculty, Department of Psychology College of Social Sciences and Philosophy	September 27, 2021 3:00 PM
"Unleashing your Inner Strength: Mindfulness based strategies in coping during the pandemic"	Ms. Tanya Gonzalez Psychology Consultant TaskUs	October 4, 2021 3:00 PM
"Guided Nutrition amidst the Covid-19"	Prof. Airon Andrew D. Bonifacio, RND Faculty, Department of Food Science and Nutrition College of Home Economics	October 11, 2021 3:00 PM
"Learning through Reflections: Remote learning tips and tricks"	Dr. Leticia Peñano Ho, RPsy, RGC, RPsy President/ Clinical Psychologist and Neurotherapist, Philippine Center for Gifted Education & PsychPros Ms. Meily Villaverde UPD Student School of Library and Information Studies	October 18, 2021 3:00 PM