



# GAZETTE

THE OFFICIAL PUBLICATION OF ANGELES UNIVERSITY FOUNDATION  
VOLUME 28 NO. 1  
JANUARY 2018



## BI **A** ze Administration

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Class  
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ANGELES  
UNIVERSITY  
FOUNDATION

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**GAZETTE**  
 The Official Publication of Angeles University Foundation

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**NEWS**

**AUF employee Wellness Center opens**

The AUF Wellness, Assessment and Research Center opened last August to promote leading, healthy lifestyles and self-care of AUF employees. Established by the AUF Department of Psychology, the Center encourages its clients to reduce stress and prevent burnout by creating a culture of health and encourage self-care.

The Employee Wellness Center follows a holistic approach—mind, body and spirit/faith/merit in addressing the well-being needs of employees. It offers activities such as psycho-education, art and yoga classes, counseling and care groups, among others.

The Center is located at SJ 202. For inquiries, find them on Facebook @aufwellnesscenter or visit the CAS Psychology department.



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The University conducted the first wave of its safety drills to ensure that students and employees are disaster-prepared. Last September, the Office of Security and Safety held the university-wide Shake Drill 2017 which was simultaneously held at various campus sites of the University. The Shake Drill was supervised and evaluated by the Angeles City Risk Reduction and Disaster Management Office, with the assistance of the local officials of barangays Lantoran and Masiod and the Angeles City Traffic Development Office.



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ESCA is one of the country's leading engineering companies offering structural design, civil engineering, precast and construction, and is considered to be the first adopter of building information modeling (BIM) in the Philippines. BIM, a construction innovation using technology, is known in transforming the global architectural, engineering and construction (AEC) industry. AUF plans to include BIM in its curriculum and see AUF ESCA, page 12



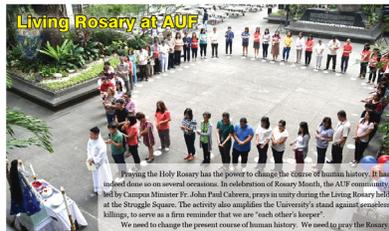
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Playing the Holy Rosary has the power to change the course of human history. It has indeed done so on several occasions. In celebration of Rosary Month, the AUF community, led by Canon Minister Fr. John Paul Cabero, prays in unity during the Living Rosary held at the Struggle Square. The activity also amplifies the University's stand against senseless killings, to serve as a firm reminder that we are "each other's keeper".

We need to change the present course of human history. We need to pray the Rosary.



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Angelenos stood up for FAITH and FREEDOM as the university proudly supported the Red Wednesday campaign by wearing red. The campaign aims to put an end to the plight of our fellow Christians who continue to suffer because of their faith.



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It was a game day Saturday for AUF as it hosted a PBA Governors' Cup game last September 2 at the AUF Sports and Cultural Center. The regular PBA game's proceeds, dubbed "Thrilla at the Arena: Alaska Area and San Miguel Beermen", will benefit AUF scholars. Alaska Area finally ended their win drought after leading the San Miguel Beermen—the defending champion, back-to-back losses in a 90-70 blowout at the game.

Before the game, the teams visited Babay Pag-ibig, a home for the elderly in Reg. Talastragan, City of San Fernando, Pangasinan. The teams, under the Alangang PBA Foundation, shared early Christmas donations in kind to the institution.



PBA teams visit Babay Pag-ibig in San Fernando Pangasinan for an afternoon with the elderly. The teams were spiritually nourished and blessed by Rev. Fr. Daniel Baul.

GAZETTE • January 2018

**CHRISTMAS AROUND THE WORLD**

AUF took a tour around the world with this year's annual Christmas Party celebration, as the Sports and Cultural Center turned into an airport terminal, accommodating AUF employees in overseas flights.

The Human Resources and Development Center, who served as flight crews that night, organized the annual event, with the much-awaited 'performances' by different colleges and units showcasing Christmas traditions in countries such as Germany, South Korea, India, Mexico, United Kingdom, USA, and Zimbabwe.



STARS OF THE NIGHT PERFORMERS: LPT Dr. Analisa J. Malina (DPAFA), Ms. Barbara J. Umali (CBA), Dr. Olga Aquino (CBA), Ms. Susan Y. Torres (CBA) and Dr. Bernadette M. Dalangin (CBA)

STARS OF THE NIGHT: Mr. John Jay Wilson (CBA) and Dr. Bernadette M. Dalangin (CBA)

BEST PERFORMERS: Miss Rose H. Lomosa (CBA) and Area Make Cristina F. Plaza (CBA)

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**PERFORMANCE ON LICENSURE EXAMS**

AUF's impressive performance on licensure exams for various professions based on results released by the Professional Regulations Commission.

	AUF PASS RATE	NATIONAL PASS RATE
MEDICINE	91.78%	82.19%
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With three (3) topnotchers – Top 6, 7 & 10		
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NURSING	91.67%	45.65%
CRIMINOLOGY	76.60%	54.81%
With one (1) topnotcher – Top 4		

(Board exams held from July – December 2017)



## AUF opens new residence hall



Angeles University Foundation recently opened the latest addition to its Class A facilities--the new Residences II building. Conveniently located near the main campus, the five-storey facility has the capacity to house 247 students and guests. The blessing was officiated by Most Rev. Paciano B. Aniceto D.D. and University Chaplain Rev. Fr. John Paul Cabrera.

The opening of Residences II is in time for the celebration of the 110th birth anniversary of AUF founder and first president, Dr. Barbara Yap-Angeles.



ANGELES UNIVERSITY FOUNDATION

110<sup>TH</sup> BIRTH ANNIVERSARY OF  
**DR. BARBARA YAP-ANGELES**  
 FOUNDER AND FIRST PRESIDENT



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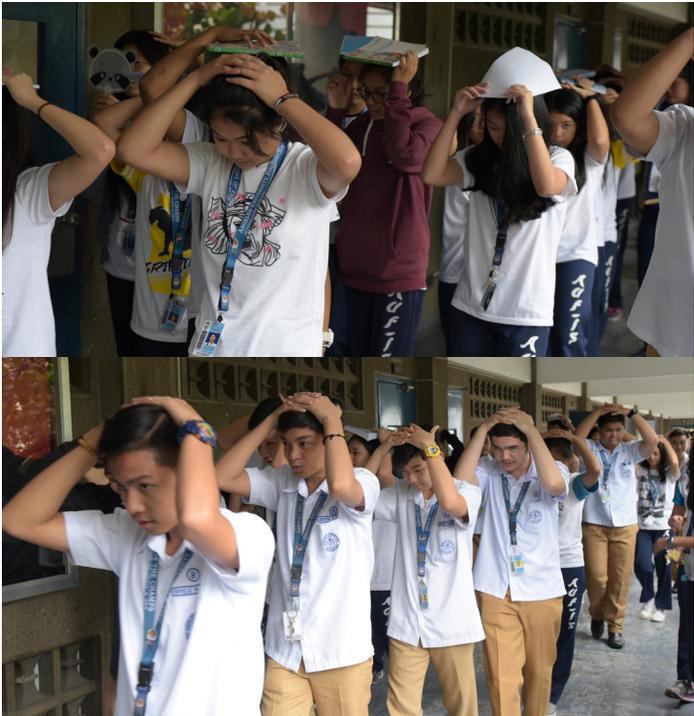
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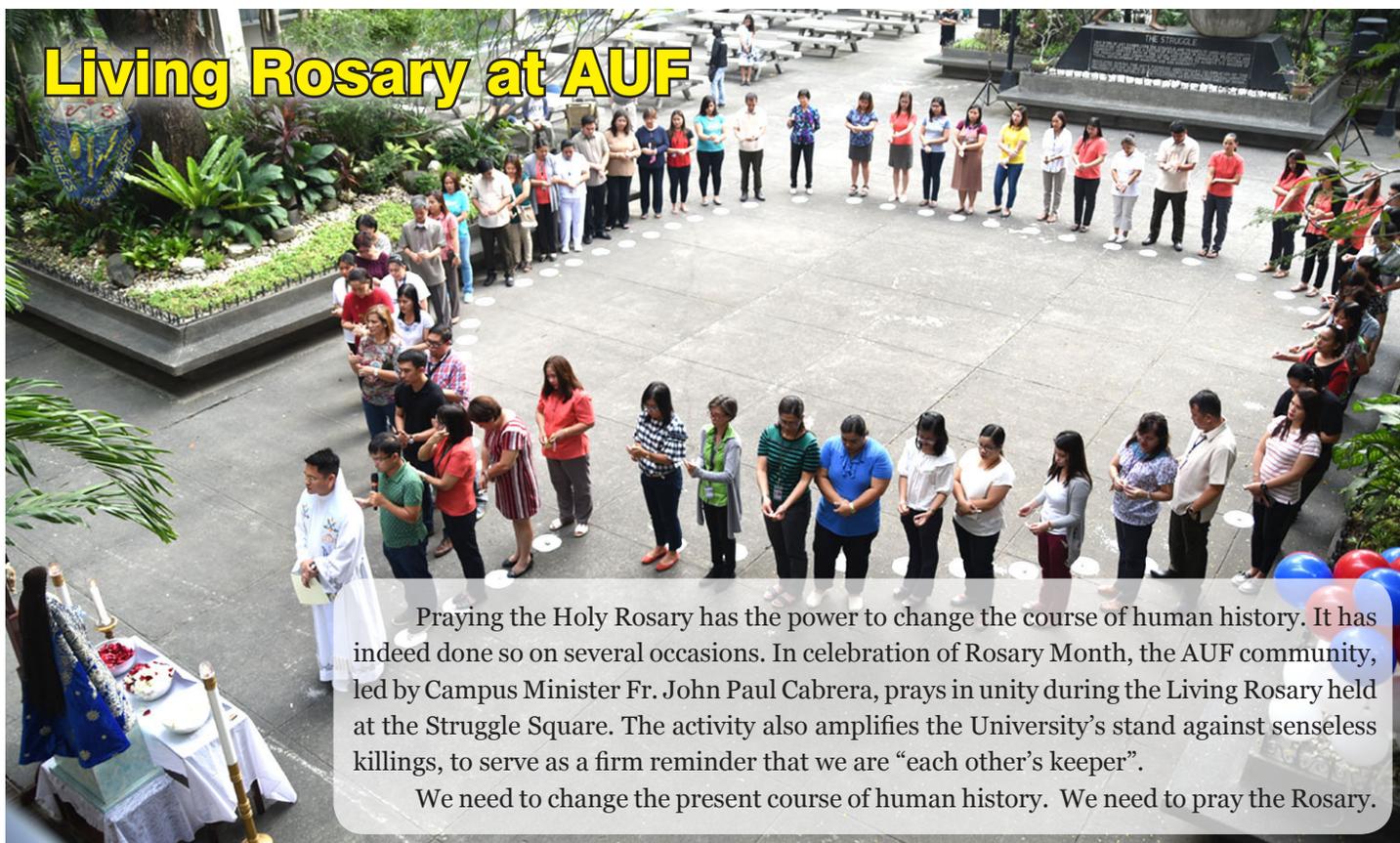


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See AUF, ESCA, page 12



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The Center for Christian Formation and Praxis led the AUF community in supporting Red Wednesday, a global campaign movement against religious persecution.

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**ALASKA ACES** VS **INLAND EMPIRE 66ERS**

**THRILLA @ THE ARENA**

**FOR AUF SCHOLARS**



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# CHRISTMAS AROUND THE WORLD

**A**UF took a tour around the world with this year's annual Christmas Party celebration featuring employees in overseas flights.

The Human Resources and Development Center, who served as flight crews that represented various colleges and units showcasing Christmas traditions in countries such as Germany, South



HRDC team in their 'flight crew' costumes.



CHAMPIONS! Group 3 GERMANY (ADMIN, CI and Offices under PRESIDENT's Office)



The AUF Performing Arts for the opening salvo.



STARS OF THE NIGHT RUNNERS-UP. Dr. Analiza J. Molina (OVPAA), Mrs. Barbara L. Umali (CBA), Dr. Olga Angelinetta P. Tulabut (CAS), Mrs. Susana Y. Torres (CBA) and Dr. Bernadette M. Dalusung (CAS)



STARS OF THE NIGHT. Mr. John Ian Wilson T. Dizon (CAS) and Dr. Bernadette M. Dalusung (CAS)

# UND THE WORLD

, as the Sports and Cultural Center turned into an airport terminal, accommodating AUF night, organized the annual event, with the much-awaited 'performances' by different Korea, India, Mexico, United Kingdom, USA, and Zimbabwe.



1st Runner-up - Group 5 MEXICO (Integrated School)



2nd Runner-up, and BEST COSTUME Group 6 INDIA (CAS and CED)



SOUTH KOREA



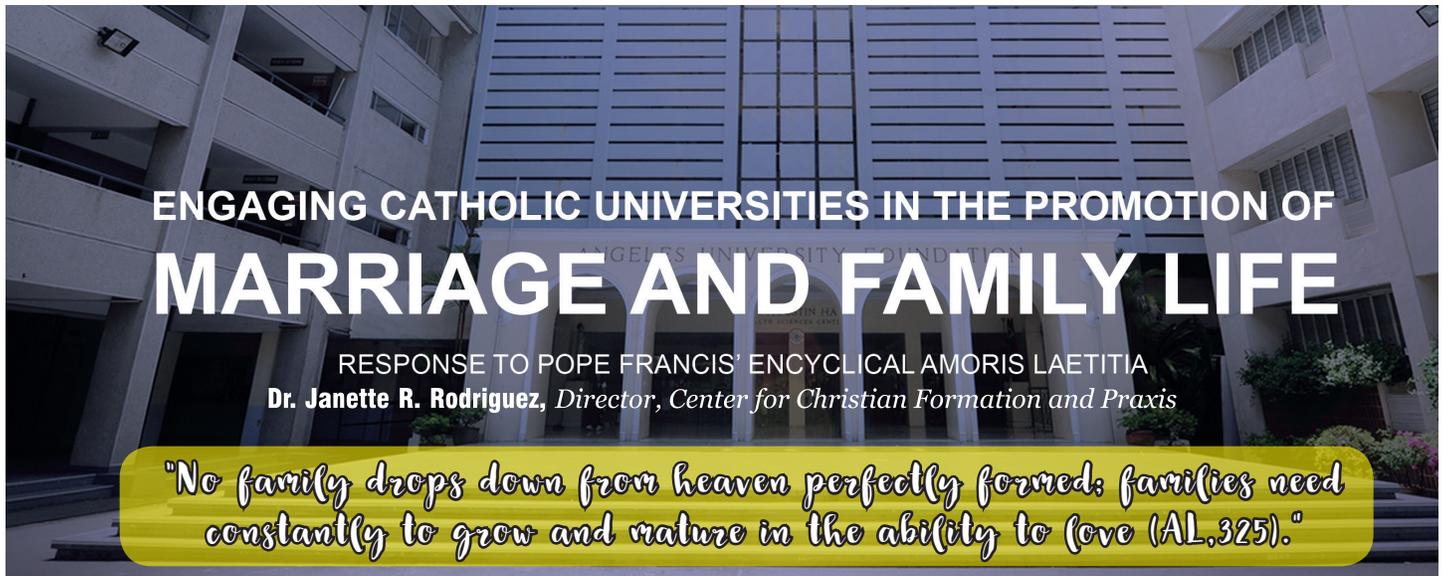
USA



BEST PERFORMERS. Mikel Ryan B. Lorenzo (CAS) and Anna Marie Cristina P. Pinlac (OP)



ZIMBABWE



# ENGAGING CATHOLIC UNIVERSITIES IN THE PROMOTION OF MARRIAGE AND FAMILY LIFE

RESPONSE TO POPE FRANCIS' ENCYCLICAL AMORIS LAETITIA  
 Dr. Janette R. Rodriguez, Director, Center for Christian Formation and Praxis

*"No family drops down from heaven perfectly formed; families need constantly to grow and mature in the ability to love (AL,325)."*

This reality underscored by Pope Francis in his encyclical *Amoris Laetitia (The Joy of Love)* makes it imperative for Catholic Higher Institutions to reassess its mission in the context of a dynamic society. The family being the first and vital cell of society (FC, 42) determines the future of humanity. However always beset with hardships and trials, the families are challenged to continue struggling against all odds in order to ensure a promising future for their children and consequently, to partake in nation-building. Pope Francis recognizes the fact that the strength of the family lies in its capacity to love and to teach how to love (AL, 55). This love from the inner circle of the family only grows as it extends to others-in-the-community, our *kapwa*, specially the needy (ref. FC, 64). This articulates the crucial role of families in keeping the well-being of the society.

Considering the fact that families are like any other institutions tainted by imperfections, there are two things which we need to seriously consider in light of current experiences. First, families of today are walking on thin ice. Families are easily broken by personal differences of the couples who fall short of their commitment to keep the marriage intact. Hence, the presence of numerous dysfunctional families leads to a chain of other concerns, e.g. drug addiction, juvenile delinquency, early pregnancy, parental absenteeism, depression, etc. Second, the society is becoming skeptical as to the crucial role of marriage and family in its continuing journey to progress and development. Marked by technological breakthroughs, our society seems to undermine long-term commitment and self-giving love and instead promotes a lifestyle that seeks more the personal satisfaction of the individual and fleeting relationships devoid of accountability. St. John Paul II, keenly aware of this reality wrote this as a *crisis* because the family is the object of numerous forces that seek to destroy

it or in some way to deform it... (FC,3).

Aware of the given context, Catholic Universities need to incessantly infuse in its organizational culture a consciousness which promotes the indispensable role of the family in human existence. Programs to reach out to student and their families must be integral to their formation. Other than embedding pertinent disciplines with the teachings about vocation on marriage and family life, programs may be designed to increase greater awareness and hopefully, adherence to the vocation. Angeles University Foundation, as a Catholic University, adheres to its commitment to become an instrument to evangelize the families. Through the CFE curriculum, students acquire sufficient practical knowledge about marriage, family life and human relationships. Instruction is supported with programs like advocacies, spiritual enrichment, sacramental and liturgical celebrations, and extension.

The challenge remains. The weakening of family “poses a threat to the mature growth of individuals, the cultivation of community values and the moral progress of cities and countries (AL, 52). We are encouraged to do self-introspection because our individual actions and choices may constitute either a solution or an injury to the family and the future of the society. No matter how imperfect our families are, let us continuously be strengthened by the grace of God who brings to fruition all of our good works. In mercy and compassion, let our self-giving love patterned after Christ be our driving force in keeping the family alive.

## REFERENCES

- Amoris Laetitia, Post-Synodal Apostolic Exhortation of the Holy Father Francis, 2016.
- Familiaris Consortio, Apostolic Exhortation of Pope John Paul II, 1981.

# No need to be **S**tressed by **S**tress

Sherwin Quizon

**S**tress has become a by-word in today's fast-paced, urban lifestyle. It can be observed that people are more stressed than ever, with the grueling work demands and 24/7 access to email, smartphones, and social media. Now that the holidays are over, and the holiday spirit has waned, work is now in full-swing and stress levels are surely increasing at an unprecedented level.

Stress is not at all that bad. Health experts suggest that stress can be positive to a certain extent. Stress is the body's natural defense against perceived danger. It helps the body prepare to evade or confront danger. This is known as the "fight-or-flight" response. With this response, hormones such as norepinephrine and cortisol are activated. Heart rate increases, muscles are prepared for action, and there is an increased level of alertness. All of these bodily changes improve our ability to respond to a challenging situation. In effect, we are pushed beyond our limits.

Environmental factors that trigger these reactions are called stressors. Examples include life events, going on a date, going through an exam, changing environment, noise, scary moments in movies and the like. The more stressors we experience, the more stressed we may feel.

It is virtually impossible to remove stress from our day to day lives. What we can do is to minimize the effect of stress and to manage it effectively. By changing our perception about our stressors, we can minimize the effect that these stressors may have.

Researchers at the University of Mannheim in Germany found that changing stress 'mindset' can help people benefit, rather than be harmed, by workplace stress. Looking at how a group of workers felt through a usual week at work, they found employees



with a positive stress mindset were able to approach their workload in a different way. This meant they felt energized rather than completed, stressed out, and exhausted at the end of the week.

According to the study, a positive stress mindset is where you see something stressful as an opportunity to be embraced because it may provide learning and achievement. This can boost motivation for a difficult task and give you the focus needed to complete it. On the other hand, a negative stress mindset is when a stressful event or task is viewed as unpleasant, debilitating and even threatening.

People that had a more positive stress mindset accepted a heavy workload and welcomed the challenges at work. They were able to meet the demands of tasks with appropriate behaviors, such as careful planning and preparation according to the study.

However, those who had a negative stress mindset used less proactive tasks when workload was high and said they felt tired. They used avoidance as a way of coping.

According to a research from the University of Mannheim, there are a couple of pro-active approaches when faced with a difficult situation:

***Finding some form of learning when a difficult situation is experienced.*** Learning something meaningful from a stressful

situation changes our perception of the stressor, and by extension, changes our attitude and behavior toward that stressor.

***Be compassionate to yourself.*** We tend to be a little bit harsh on ourselves when we are stressed. Treat yourself with kindness and compassion. There is always another day to fight!

***Remind yourself about the challenges you have overcome.*** This will strengthen your sense of accomplishment when new challenges arrive. Instead of feeling overwhelmed with these new challenges, you will be able to see it as an exciting experience!

***Set boundaries whether at home, school, work, or with family and friends.*** We can always say no rather than saying yes to everything. This will prevent feeling of being overwhelmed and being drained of energy.

Removing all of our stressors is an exercise in futility. Instead of being stressed-out with stress, reframing our perspective on these demanding situations can help us cope effectively. After all, we still need to work, to earn money, love our family and friends, and juggle everything else in between.

## About the Author

Sherwin Quizon is the director of the University Health Services. The UHS is open Monday-Friday, 8AM – 5PM.

## AUF, ESCA... from page 4

allow its students to gain specialized skills training and significant industry exposure and practice, as required by the AEC sector.

Under the partnership, ESCA, through its ESCA Knowledge Academy, shall facilitate the conduct

of immersion programs, training partnership and on-the-job training program for AUF students and professionals.

The MOA signing was held last September 30 at the AUF Boardroom. Signing the MOA were

(L-R) ESCA Knowledge Academy Business Development head Anthony Mariano, AUF CEA assistant dean Dr. Ruel V. Reyes, University president Atty. Joseph Emmanuel L. Angeles, ESCA Inc. president Dr. Ernesto S. De Castro, and Multi-Disciplinary Institute of Technology, Inc. president Dr. Florigo C. Varona.

## SEMINAR SERIES



**STRESS**  
CAN ONLY GET IN OUR  
WAY OF LIVING  
IF WE DON'T PROPERLY  
**RESPOND**  
TO IT.

**DR. CHRISTIAN T. GLORIA**  
Associate Professor, Hawaii Pacific University

The AUF Graduate School Student Council recently held a lecture last October 7 promoting the need to push mental health awareness in public health. **Dr. Christian T. Gloria, Associate Professor at the Hawaii Pacific University** discussed his recent studies on emotional resilience and stress management.

In celebration of National Mental Health Awareness week, the **AUF-Human Resource and Development Center** held a seminar on pursuing happiness in the workplace last October 14. **Ms. Dina Frias-Zulueta** shared ways on how to counter negative thoughts and to positively convert these to achieve a more meaningful life at work. Ms. Dina also currently serves as a yoga instructor at the AUF Wellness, Assessment and Research Center.



IN ANY SITUATION, THERE ARE  
**MULTIPLE REALITIES.**  
YOU JUST HAVE TO  
**CHOOSE**  
WHICH ONES WILL HELP YOU  
**GROW AS A PERSON.**

**MS. DINA FRIAS-ZULUETA**  
on Pursuing Happiness in the Workplace



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<b>SECONDARY EDUCATION</b>	<b>82.35%</b>	<b>46.37%</b>
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<b>NURSING</b>	<b>91.67%</b>	<b>45.65%</b>
<b>CRIMINOLOGY</b> With one (1) topnotcher ~ Top 4	<b>76.60%</b>	<b>54.81%</b>

(Board exams held from July - December 2017)



# Light the eA<sup>r</sup>th

Academic Affairs

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 February 10, 2018 March 10, 2018 April 14, 2018 May 12, 2018