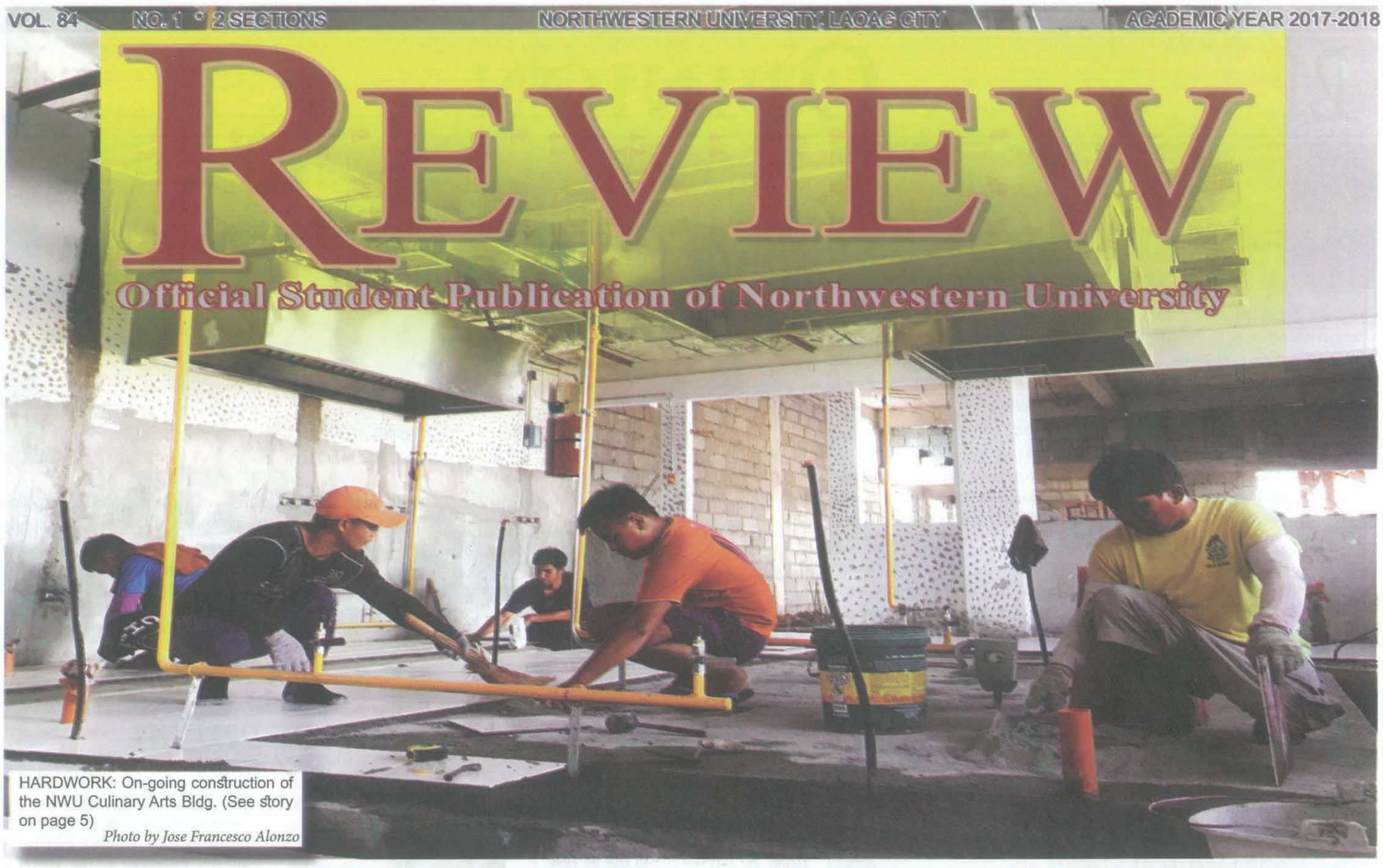
VOL. 84 NO. 1 * 2 SECTIONS NORTHWESTERN UNIVERSITY, LAOAG CITY ACADEMIC YEAR 2017-2018

REVIEW

Official Student Publication of Northwestern University



HARDWORK: On-going construction of the NWU Culinary Arts Bldg. (See story on page 5)
Photo by Jose Francesco Alonzo

Admin backs tuition hike, sparks studs' reactions

by Jannahry Ann Campos and Irra May Ganot

The university proposed to hike tuition and other fees for Academic Year 2018-2019 to keep its employees, meet requirements for accreditation and improve more of the quality education.

"We also have to increase salaries and wages of our faculty and employees to be competitive with the government because as of now, we have been losing the good and trained faculty," Josephine Bolusan, Vice President for Finance said.

She stressed that some faculty transferred to the government already because of the massive hiring.

"Of course, apart from that, we would like to improve more the quality of education. And there are also requirements of accreditation, ISO and all that, we have several programs already with different levels of accreditation," she added.

The university continues to pass the levels of accreditations which leads to more requirements needed. The quality of education needs to be developed to not to shortchange students and constituents.

The process of the said proposal started by posting notices on the school premises last December 20, 2017 to conduct a consultation on the increment of the tuition fee and other fees.

The Commission on Higher Education immediately acknowledged the letter which explains the desire and intention of the said increase through an e-mail sent by the university on January 12, 2018.

The Office of the Student Affairs also convened a meeting with the Supreme Student Council and other student body organizations to inform them about the consultation scheduled on January 29, 2018,

"Actually, I have the attendance sheet with me. There were lot of students who attended since they were informed earlier. Student organizations, some parents, alumni and faculty came," Bolusan said.

Every sector was represented during the consultation amid the Foundation Anniversary of the university.

Bolusan submitted the application for increase at CHED on

Admin backs/to page 10

Sole party marks SSC Election

by Irra May Ganot, Niña Jessica Gaoiran, Mikee Jane Nicolas

We Are You (Way) Party frontliner Aira Jane Bucad won by the fault on the unopposed Supreme Student Council election. She won the presidential spot with 942 votes out of 1052 total number of voters.

All the candidates of this year's election won. They all got the so-called quorum.

Bucad lead this shool year's studentry together with Jezza Marie Guarino, Vice president (Internal); Adrian Paul Llanes, Vice President (External); Joseph Ryan Marcelino, Secretary; Roan Pagaduan, Treasurer; Johny Seguro Jr., Sub-Secretary; Jeremiah Pasion, Sub-Treasurer; Charles Jefferson Bagcal, Auditor; Christian Calaoagan and Joshua Juenil Llapitan, P.I.O Internal and External, respectively; Julius Manuel Valdez, Business Manager Eilene Rabago and Mark James Domingo, Athletic Managers; and Frederick Valdez Jr. and Nathaniel Quilindrino as Provost Marshall.

NWU had a total number of 2849 eligible voters and only 1052 of which have practiced their rights to vote. It was recorded a 36.93% voters' turnout.

A day before the election, a miting de avance was conducted. An open forum followed, thus questions and concerns were raised.

A student emphasized that they are not receiving any school paper and they don't see any justice with the School Publication Fund on how it is being used.

Bucad answered, "We will talk to the administration in diplomatic way. We will convince them to restudy

Sole party/to page 10

LEADERSHIP: Elected SSC Officers for A.Y. 2017-2018 led by Aira Jane Bucad (middle) pose for a photo after the counting of votes.
Photo by CMRC

PACUCOA Visit

CCJE claims Level III, 5th Reaccred

by Irra May Ganot and Ryka Erynn Gutierrez

The College of Criminal Justice Education (CCJE) passed the Level III fifth reaccreditation after the visit of the Philippine Association of Colleges and Universities Commission on Accreditation (PACUCOA) on November, 2017.

The accreditation of the program gives the school the privilege to offer the (1) Expanded Tertiary Education Equivalency and Accreditation Program (ETEEAP); this is a comprehensive educational assessment program at the tertiary level that recognizes, accredits and gives equivalencies to knowledge, skills, attitudes and values gained from relevant works. This will give the school the privilege to offer new graduate programs and open learning education. (2) The upgraded physical plant and facilities will be offered. (3) The college will be benefited with a high quality of education through the master degree holder faculty.

PACUCOA Visit/to page 10

SSC elections sidelights

Some elected SSC officers resigned, impeached

by Irra May Ganot

Nine (9) from the 16 elected officers resigned and were impeached this second semester.

Jonhny Seguro, Assistant Secretary, Charles Bagcal, Auditor and Julius Valdez, Business Manager were impeached due to their negligence of duties and responsibilities.

Aira Jane Bucad, SSC President pointed out that the reasons for their impeachment were health problems, OJT requirement and inefficiency and non-attendance. Bucad said, "We excercised democratic procedure during the impeachment. The remaining officers had to vote for the said action"

Adrian Paul Llanes, Vice President External; Christian Calaoagan and Joshua Juenil Llapitan, PIO Internal and External respectively; Eilene Rabago, Athletic Manager and Frederick Valdez, Provost Marshall

SSC elections/to page 10

Alumni pride

Owls fete excellence

by Irra May Ganot

Three (3) alumni excelled in their chosen careers this year.

Tranz Aira Lei Q. Aguilar a magna cum laude alumna from the College of Business Education, BS Hotel Restaurant and Management-Cruise Management graduated in the Philippine Military Academy with flying colors.

Alumni pride/to page 5

EDITORIAL

Safety comes first

This is a call for school administration together with security officers to ensure that the university is a safe haven for employees and students. For such personnel, they are supposed to protect the welfare of students and employees as well as to prevent school violence and other forms of misbehaviors.

The very aim of every institution, aside from offering quality education to its clienteles, is to provide a safe, secured and conducive learning environment. With the help of security officers, the school can be turned into a safe and secure place. There is indeed no room for security guards to abuse their power and control over students.

The bottomline here is, a university with employees and students bringing deadly weapons, alcoholic beverages and other toxic substances will change the learning environment. Furthermore, misconducts such as accepting bribery, catcalling and playing favorites should be strictly avoided.

These are the very concerns the school administration especially security guards should look into. A university that does not follow implemented rules and regulations is a university driven by irregularities which is not appropriate for an environment that needs to encourage learning, expression of thoughts and above all, safety and security.

While it is true that some security guards are doing their assigned tasks, those who are not should be reprimanded to secure the general welfare of the school community.

Some security officers of Northwestern University allow students to enter the school premises despite the fact that they are not wearing their proper uniforms and school IDs. Some would just tolerate students and even employees to be in outfits not suitable to the implemented university dresscode.

The questionable matter here is, some security guards choose to get compensated by students in the form of money and even snacks. Security guards are being paid in a proper manner, they are receiving an income. But still, these security guards ask for more.

People with vehicles must also be monitored to avoid deadly weapons and any harmful substances that could be brought inside the campus. Strict inspection of any vehicles must be prioritized for security purposes. Failure to do such might cause unwanted deeds that will result to fear and worst, trauma.

Compromises even in the services of security officers may affect the quality of all student services of an ISO certified institution.

There's still a chance for the school administration to review such rules and regulations and for security guards not to compromise.

With thousands of employees and students of the university, logistically, there's no way security guards could provide timely escorts if a significant number of students and employees, now more fearful for their safety. Thus, effective protective measures of the university should be properly examined.

REVIEW
Official Student Publication of Northwestern University
Laoag City

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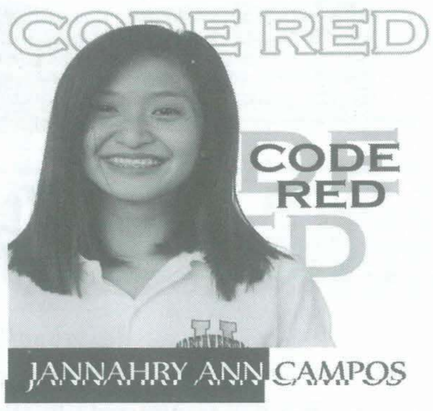
Menace of Antagonism



One month ago, my clearance was withheld at the Office of Student Affairs and I will only be cleared until the release of the paper. As a result, I will not be able to secure my permit and further take my final examinations. Take note, I'm a graduating student who needs to take the exam earlier than the schedule of non-graduating students. But, I do understand them for holding my clearance, it's just that they want to have an assurance that a school paper will be released before I graduate but there are also more important matters that need to be understood.

We have a student handbook and it is considered as the source of rights and penalties for students. It means that whatever is indicated in the handbook is binding to all students. In the same vein, anything not included will not bind students. The handbook does not include any policy regarding the withholding of student clearance on the ground of non-issuance of the school paper nor does it provide for penalties for the editorial board who negligently and willfully fails to release an issue. If the administration will effect a policy without ratification from students, it will be considered as a violation because students shall not be covered by a policy which they are not informed about. Therefore, clearances shall not be withheld.

The rights of a bona fide student of this institution should be properly protected by the administration by not making matters be in a form of legal instruments and not harassing students. Because after all, a student who has responsibilities (curricular) in school is not just a student labeled with his or her position only, whatever office he or she may in but above all, he or she is first and foremost a client of the university.

What doesn't coincide with my line of thinking as a student journalist, a legal instrument was given to me. I did not sign the Affidavit of Undertaking because it is against my own interest and most statements written were vague and unacceptable. Most of all, the said undertaking was made without my legal counsel.

While it is true that officers of special interest clubs organized in the university are subject to withholding of their clearance once they fail to discharge their official duties, the Review is not in the same standing as these interest clubs, thus, the rule that applies to them does not exactly apply to the School Publication. The Campus Journalism Act recognizes that "a student publication is published by the student body through an editorial board and publication staff

Menace/to page 9

Synchronized by Responsibility

Responsibility is everywhere. It comes in many ways. In a campus setting, students, faculty, and the administration teemed with distinct responsibilities as to fulfill their role in line with the vision, mission and objectives of the university.

But, the question is, are these responsibilities been fulfilled or have been taken in action?

Sad to know and say, it's not. It is because the organization that could possibly articulate the sentiments of the students- The Review had failed to publish at least one tabloid nor magazine last editorial board. It may be ironic if the issue is about the irresponsibility of the staff who failed to come up with a paper because I am part of The Review, yet I'm writing this. However, it is the right of the students, parents and the administration to complain and know the reasons behind this and it is my job to do this and have no second thought to bring it out. It is because students are paying Php119.23 for the school publication thus, they have all the right to demand the act required to be done-those tabloids, magazines, and folios.

Being one of the staff of the Official Student Publication (The Review), is not like on the top of the cloud, the experience of eating a cloud nine. It requires a lot. It requires you to be a multi-tasker and to be well-balanced on fulfilling your academics and non-academics at the same time. Likewise, putting inks in a blank paper just to come up with an output requires you to make in the terrifying process. It is not about how many had been done but we do consider above all is the quality of the work. But, last editorial board was not able to publish at least one, for whatever reason.

I hope that the shortcomings of the prior editorial board are not be blamed to the succeeding editorial boards. The fault should not be an inherited blame. After all, sentiments, concerns and issues will always be welcome to the Review. The responsibility will always be there- to exercise one's voice so that the truth will not be distorted.

I hope that the shortcomings of the prior editorial boards are not be blamed to the succeeding editorial boards. The fault should not be an inherited blame. After all, sentiments, concerns and issues will always be welcome to the Review. The responsibility will always be there- to exercise one's voice so that the truth will not be distorted.

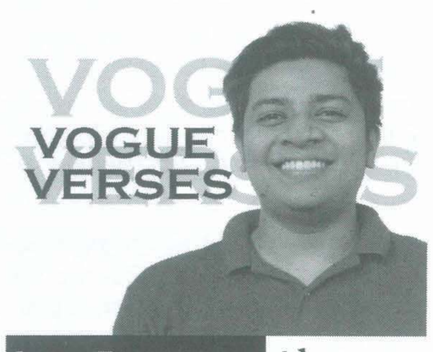
***

From the other organization, who is considered to be the umbrella organization, the Supreme Student Council (SSC), which is involved and responsible in the students' activities - on planning and implementation. It is then their responsibility to call for a meeting for a deliberation. However, the act required to disseminate information is compromising. They do call a meeting urgently.

One time, when I

Synchronized/to page 9

Of being a student and a leader



Jose Francesco Alonzo

I really enjoy the art of self-examination in almost all facets of life so as much as possible, I don't want to fail.

People have million things on their plate. Many of us are full time student, parents, and others hold a job. There can be a lot to balance in life. For me as a student, I can tell you from personal experience that balancing school and my personal life is really a hard thing to do but with all the things that are going on in my life, I still manage to become a student leader.

I've been a student leader for how many years and until now, I feel like I still can't prove myself to my fellow students as their leader. I'm still confused if I can finally consider myself as a role model to my fellow students. Many says that I'm doing well and others say I'm not and that is the very reason why I'm always pressured to join student organizations. But as they say, it's always worth the try so I keep on joining such not just because I want to have fun but there's so much to learn in here and I badly want it.

I really enjoy the art of self-examination in almost all facets of life so as much as possible, I don't want to fail.

I always want everything to be perfect that's why I always have this feeling of discontentedness. But I realized, this for me is an unreachable standard. And for being a student leader, I have to consider the different types of students. We can't please everybody.

Lately did I understand and accept the fact that there will always be students who will keep on thinking you can get anything changed and complaining to you 24/7, who will give you all the stress and who will pressure you to do things.

There will always be students who just don't like you and worse accuse you for not doing your responsibilities like as if you didn't do anything or give your best to make everything as perfect as they want it.

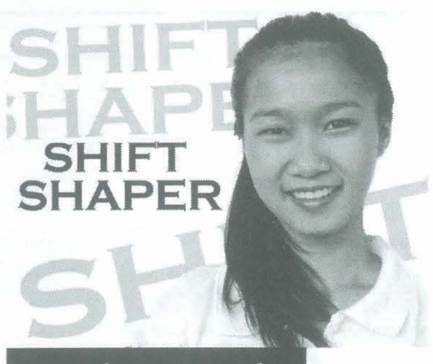
The real thing here is planning and organizing activity proposals for both college and university activities is not that easy, you have to deal with the deans, to balance the time as student leader and as a person. I remember my mother felt really disappointed when I failed to greet her on her birthday because it's College Week and we're all so busy facilitating the activities. If only they knew how it takes to become a student leader.

For me, it's double the pain because I let myself engaged to different student organizations believing that I can do it all at the same time until time came and I failed. Yes, I failed. I failed on balancing the organization and my other obligations. I became too aggressive, I became too confident, it's as if I'm that good to handle everything at the same time, and voila! What a big failure. I should've been more careful, I should've been more responsible, it's never enough. I should've been more mature and I should've been more focused.

At first, I don't know how to resolve this but I guess I need to separate failure from my identity. I need to stop dwelling on it like as if it's harder from being broken with your loved one and so I tried a new point of view. I have to fight against significant odds and I need to think about how I will apply this newfound insight going forward.

Of being/to page 9

An institution of learning—unsafe, unsecured



Sarah Synteche Lucas

A learning institution must see to it that rules and regulations are being strictly followed both by the students and the faculty members. It must always be a point to be considered to monitor the authorities if they are neglecting their duties and responsibilities. Because if not, the safety of the people inside the campus may be compromised.

NO I.D, NO UNIFORM, NO ENTRY policy for employees and students must be monitored for safety reasons. Students, faculty, staff and even visitors are coming in and out of the university every day. For visitors, it is but proper for them to show and leave an identification card. Thus, it is necessary for security guards to address these discrepancies.

DRESSCODE should be observed. Inappropriate clothes such as tattered pants, tights, sleeveless, shorts, spaghetti straps, low-cut tops, see-through garments and the like must be prohibited, but often than not, students and even employees who wear such are able to enter the gates.

It must always be a point to be considered to monitor the authorities if they are neglecting their duties and responsibilities.

VEHICLES WITHOUT GATE PASS should not be allowed to enter. People with vehicles must also go through such protocol. Security guards must thoroughly inspect bags and belongings of anyone who enters the school premises.

BRIBERY should not be tolerated. In its truest sense, honesty among security personnel should be adhered. They should not be accepting any forms of bribery from anyone to enter freely even if there are reasons why they should not. Anyone who violates university's rules and regulations must face the consequences. There have been cases wherein students who are not following the dress code just give a certain amount or even in the form of snacks just to freely enter the school.

WOMEN AND GAY COMMUNITY should not be catcalled. A catcall is and will never be a compliment. Imagine walking down the hallway in proper clothes and still have someone whistle at you. It is disrespectful at the same time rude. It will never be okay for someone to think that catcalling is a thing. And if security guards do such, there is definitely something wrong.

With all these being said, it is just right and proper that these people be reprimanded for their wrong doings. Security and proper conduct must be started even before entering the premises and it depends on our security guards to do so. Let this be a wake up call to those who practice the above-mentioned scenarios to straighten their ways and work for a better institution.

Defend press freedom even on the campus level

Jannahry Ann Campos

Press freedom is a pillar of democracy. Thus, defending and fighting for press freedom should be everyone's battle.

The attacks going on in our country against journalists and the press, shutting down media institutions is not too far to also happen in school level. However, as long as we are living in a democratic country governed by democratic principles, an attack against the press is an attack against democracy.

Republic Act No. 7079 otherwise known as "The Campus Journalism Act" approved by the late former president Corazon Aquino was enacted in recognition of the vital role of the campus press played during Martial Law. This law declares that it is the "policy of the State to uphold and protect the freedom of the press even at the campus level."

School administration doesn't have the right to shut down school publication despite how rigor the articles being published. There is indeed a bold fight for press freedom until the end even on the campus level.

As torch bearers of the campus, student journalists try to shed light on issues, to open the minds of students to the situations not only what's going on in the campus but also in society as a whole.

The Philippine Law acknowledges the importance of campus press as manifestation of the Constitutional provision on freedom of expression and of the press. Hence, schools must promote utmost tolerance in exercising democracy.

Without a publication inside the campus, dirt would continually remain a dirt. The voiceless would repeatedly persist not to talk and grievances of students would constantly linger on themselves alone.

The administration and even teachers impliedly gave an outbreak to the student publication especially to the editorial staff. While these

Defend press/to page 9

Things that they missed to tell me about Law School

by Jo Erika F. Marquez

Haunted with horrific encounters with monsters from your childhood nightmares coming into real life, ready to suck the life out of you – this is how law school had been generally introduced to me by those who had been victims and those who are still currently struggling their way out of the said institution.

Having dared to accept the challenge two years ago to experience the "thrill" myself, I couldn't agree more on the accuracy and preciseness of their words. However, I also couldn't help but note the bigger and better side of the story that they have failed to pass along. And so, for the sake of those who are curious and considering entering the portals of law school, allow me to share to you a few facts that I have been deprived of when I was in your situation.

They were right when they said that I will meet the most "terror professors" in law school but they also missed to tell me that they are among the most passionate and sincerest mentors. I clearly remember the first day of class. The silence of the room was deafening and each pounding of my heart seemed like a countdown to its final blast. Each professor entered the room with that stern look in their face, studying every single student. It was undoubtedly one of the most intimidating moments of my life. Not a single one of them had failed to remind us that law school is not a place for the faint-hearted. In fact, as early as in my first week at law school, two of my classmates seemed to have vanished into thin air after being called to recite and being mocked by the professor when they were not able to do so. But then as weeks passed, I slowly began to adapt myself to the college's rigid atmosphere.

As soon as I focused more on my desire to learn, I begin to feel a little more (not really absolutely) comfortable because as much as they persecute you for giving the incorrect answer, they tend to express equal appreciation and acknowledgement for students who truly place serious effort in studying.

As I sat in more lectures with them, in between laws and jurisprudence, I got to listen to a piece of their journey as law students and practicing lawyers. I was amused to see them laugh at their own mistakes back in law school and in court.

Like a sympathetic parent, they began to share unsolicited pieces of advice on how to make it through the rigors of studying and eventually become a respectable member of the legal profession someday. As much as they are fond of giving sermons on taking our studies seriously, they likewise believe that every student deserves some time off once in a while. I was humiliated and pushed to my limits but as I tried to read between the lines, there I saw their strong desire to see their students succeed.

They were right when they said that I will be bombarded with an incredible list of cases to digest and books to read in law school but they also missed to tell me how this would greatly improve my time management skills. Learning the value of time was one of the most precious lessons I have acquired as a law student. It taught me the significance of setting priorities in order. Keeping a balance between building a dream and maintaining the bond with family and friends certainly takes a toll on oneself. It wasn't easy and for many times, I have failed. Most often than not, I would find myself procrastinating then paying the price later by cramming. However, moving from one semester to another, I have gradually developed the right kind of discipline. Attending the class with confidence for the class recitation and beating deadlines for digested cases marks my feat on how well I was able to spend my most scarce resource - time.

They were right when they said that I will be matched up with the most competitive and intimidating students in law school but they also missed to tell me that they can turn out to be a very reliable family.

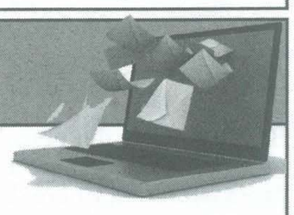
At first glance, it was hard to find a common ground with a new set of strangers who seem to have come from all walks of life and ages. A banker, a retired OFW, a head of an LGU unit, a teacher, a businessman – each holds a distinguished title of his or her own. Surprisingly, these strangers were not afraid to show their vulnerability. They do not hesitate in admitting their need for help nor in extending one for those who ask for it.

The burden of meeting deadlines for case digests and understanding the rationale of every provision of the law was made so much lighter because of them. While competition did exist, it wasn't aimed against a fellow student but rather on one's own past records and limits. Through those embarrassing moments, we have learned to comfort and uplift the spirits of one another. I have become part of a family who knows very well how to complement each other's weaknesses.

They were right when they said that I will fail at some point in law school but they also missed to tell me how this can immensely teach me about humility and perseverance. It doesn't matter if you graduated top of your class in college or whether you are the boss at work. Dealing with a failed mark either in tests or recitation may be inevitable. But the best lessons are unleashed at our worst moments and for a student, it would be that

The things/to page 9

Letter to the Editor



Dear Editor,

Student Publication serves as a platform for community discussion and it is an important public resource on our campus that will keep us students aware of the stories and issues inside the university. However, the university's student publication, The Review, for whatever reason, was not able to issue a school newspaper for the school year 2016-2017. If you serve as the voice of the student paper, who will we turn to if you're the subject of our complaint?

Hello Kitty

Owl's Conviction

The glitches of NWU portal brought elicited reactions from the students. These are their reactions:

"When we are already enrolled for the next semester, we can no longer see our grades in the previous semester except when we browse it in the curriculum diagram which takes us more time because it contains all the subjects we've taken and the list of subjects we have not yet taken. "
-Maria Jewel Aguda, BS Accountancy IV, College of Business Education

"Hassle. Waste of time. Because, when you open the portal, you cannot directly access your grades. You need to open the curriculum diagram, unlike before, you can access it automatically right after you log-in. Worse, the grades are not submitted on time. We couldn't even connect to our WiFi fastly."
-Hannah Mae Aninag, BSSE-III, College of Teacher Education

"Much disappointed with the system. NWU portal is useless at all when it comes to evaluation of remarks. Grades are not readily available since they are not posted immediately. They should fix that problem immediately to address the issue."
-Concerned CAS student

Well, yung sa glitches naman kasi sa website, for a person like me na living day to day. I am not that grade conscious anymore because I am easily demotivated. So not seeing it is a meh from me. Actually it helps me more to not see it.
-Concerned CAS student

"NWU Portal? We are not even at par with a computer shop."
-Concerned CAS student

"I'm used to it. It always shuts down, 'glitches' for a want of a better term."
-Concerned CAS student

"NWU Portal is very disappointing, you can't easily assess the portal because of the so called 'glitches' and grades are not readily available when you needed them."
-Concerned CAS student

"We're having a hard time seeing grades tapos ang hina pa ng net. Okay lang naman. But, dapat mas mag-improve in a way na dapat may subject code and description na pag mag eenrol tapos ipi-print na lang din agad para mas mabilis ang page-enroll."
-Concerned CAS student

The compulsory submission of envelope during enrollment period has caused reactions from the students. The following are their reactions:

"I find it very irrelevant. We are buying and submitting such envelope without even knowing its purpose. Also, the fact that the auxiliary, where we buy these envelopes, is a little far away from the admin, submitting such envelope is a waste of time. Why don't they just add an additional 20 pesos to our miscellaneous fees and indicate there that it is for a long white envelope, as a requirement to finish our enrollment procedure."
-Bryan Sobremonte, BS Accountancy-IV, College of Business Education

"Why do we need to submit envelope all over again when our parents haven't received a copy of our grades since first year until now that we are in the third year. And why do they need to ask an envelope if our institute serve an online grading system?"
-KC Corrales Corpuz, BS Nursing-III, College of Allied Health Sciences

"Many of the students, especially those who come from other schools are unaware of such requirement. They should just include the fee in the overall assessment of the student during the enrollment period."
-Concerned CAS student

"Can we not just pay 15 pesos for that envelope? Pinapagod pa tayo sa auxiliary. Ay. Business pala nila yan."
-Concerned CAS student

"Mandatory submission of envelope. Well, para yata sa grades natin yun eh. Or for our files? So. Okay lang sakin. Ang hassle lang dun yung hindi tayo notified na dapat may ganun na nakapila na tayo, especially for me na transferee."
-Concerned CAS Student

"I never received one even if they say I would get mail. I think it's a simple form of corruption. They let students buy, return to auxiliary, and then resell."
-Concerned CAS student

"I've been submitting envelopes every enrollment, yet I never, even once, received a mail from the University."
-Concerned CAS student

"Okay lang sa akin responsibility naman yun ng student talaga."
-Concerned CAS student

The proposed increased in tuition and other fees for S. Y. 2018-2019 created different reactions from students. The following are their reactions:

"Increasing the tuition fee would be alright if we are given good quality education. But I think that the real question is why do other universities get the same good quality education but pay LESS?"
-Concerned CAS student

Increase their standards as well.
-Concerned CAS student

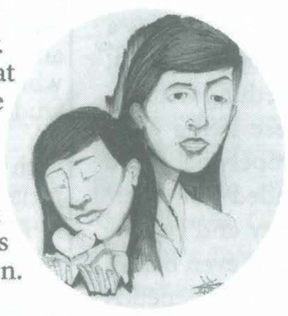
"INCREASE AGAIN?! I AM NOT A PIGGY BANK NOR DO I DEFACATE MONEY! Increase here, increase that. They explain yes, but I haven't seen the explanation."
-Concerned CAS student

"Dapat sabihin nila if what for kasi hindi naman tayo pare pareho ng estado ng buhay na laging merong extra na pera."
-Concerned CAS student

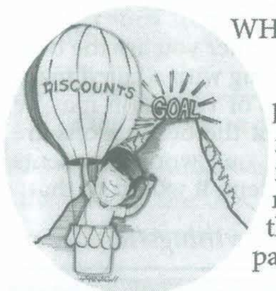
"Increase tuition fees? Well, if I will be seeing progress in the school facilities then great. I would start questioning though if I still see the same non-air-conditioned rooms 'til next next year."
-Concerned CAS student

Lights On

DON'T JUDGE THE BOOK BY IT'S COVER



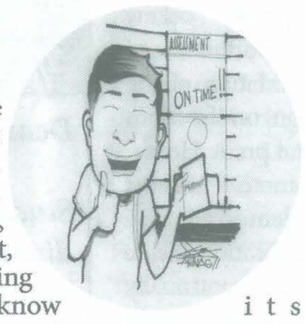
Everyone find her as the strictest instructor in the university. Many of her students wish to pass the subject because they seem that Filipino is just an easy one but in reality, they find it difficult. She's the kind of instructor who always want her students to have their books. She doesn't want that books are for public display only, she just simply wants her students to understand her discussions. She's actually one of the authors of a book. She reminds her students that if they will not do well in the subject, she might fail them. But what she really means is that she wants her students to study well, to attend classes and to learn. She might sound and look scary but no, it's more of a reminder.



WHEN TUITION FEE DISCOUNTS ARE EVERYWHERE!

To enter a private institution is to expect that the tuition fee is quite high. This is the burden to parents who pay tuition fees and other miscellaneous of their kids. But there are scholarship offers and tuition fee discounts by the university. However, there are qualifications needed. This is a great opportunity to all students who aspire to reach their dreams and goals in life and another approach to help parents in paying fees.

PROCRASTINATION MUST NOT BE TOLERATED



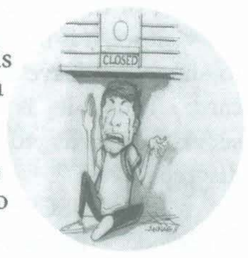
Before getting the permit for finals, it is a must that students have to finish first their clearances. However, students are very good at procrastinating where they tend to finish and pass requirements in a short period of time. Many students view signing of clearances as a burden but students have to understand that medical, x-ray, dental, guidance and the other clearances have an important role. As a result, students are hard up in finishing their clearances but the good thing is, school policies like these are much appreciated for students to know its importance. Overall, it's for the betterment of the whole studentry.

IT TAKES TIME

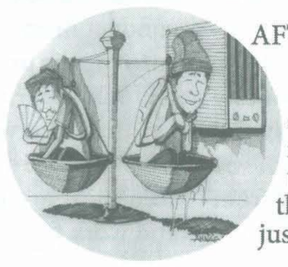
Time really changes people. As time goes by, we observed that the person-in-charge at the X-ray office becomes more accommodating and students appreciate her. Despite of the students' cramming, she manages to respond politely and calmly especially during times of signing of clearances.

Lights Off

WINDOWS ARE MEANT TO BE OPEN



With all the services given by our school, what I hated most is the service of the finance department. They always make excuses when settlement of tuition fees is ongoing. Yes, as students, we are obliged to pay our fees but my point is, I want the finance teller to do their job efficiently. I want them to give some consideration in a way that all of the tellers should open their respective counter, so that students will not go queue in a very long line.

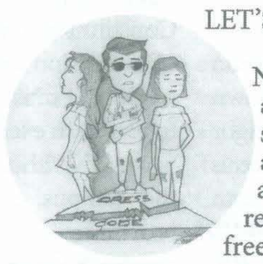


AFTER ALL, IT'S AN ISO CERTIFIED INSTITUTION

Some students are not comfortable in some of the classrooms in our school because of the lack of ventilation. We know that when you are not comfortable in your place, you are not able to think very well; and the fact that we are paying an expensive tuition. It is also annoying that some students are staying in an air-conditioned room while we just almost have the same amount of fees.

JOB FUNCTIONS MUST BE WELL-EXECUTED

There's a girl whom they called "secretary" but when you approach her like you have something to ask or get something, she always answer the students "paki damag yo latta kenni dean'n ading". What kind of secretary is she? Is she really doing her job or just a props in the office?



LET'S BE LOYAL

Northwestern University is an institution wherein only few students are wearing their respective uniforms. It's so unsightly when you see students wearing their OOTD to attend their classes even if it's not actually free day. Other colleges have query regarding this issue because as students, we are required to use our uniforms and they are doing their responsibility while others are not. And it's so unfair because they are just free to enter the school.

GIVE US COMFORT EVEN IN THE CRs

How would you call comfort room if it causes discomfort? Everytime you go there, you can smell unpleasant odor not just inside the CR but also outside. Even the door locks are all broken and also the flash of the bowl are not functioning well. All of the comfort rooms inside the campus are full of vandalism. How did we get there? It's just because most of us are irresponsible of using it. So, how can we be comforted in the first place? What we do reflects to our personality.

NWU offers Culinary Arts

by Mara Erum, Anna Mae Quintos, Pauline Sebastian, Shane Rosete

Northwestern University had its groundbreaking ceremony for the university's Culinary Arts Kitchen last July 20, 2017.

Culinary Arts Program offers a Diploma in Culinary Arts and a Certificate in Baking and Pastry. Graduates of the program have the option to immediately join entry level positions in areas of the local or international culinary workforce industry upon completion of on-the-job training (OJT).

The decision of putting up such program will give an expansion of the food laboratory for the Hotel and Restaurant Management students to be able to train them for the full hours needed. In the same way, there is a huge demand for Filipinos in the culinary profession in US, Canada, Australia, even in United Kingdom.

"We're trying to veer away from fast food because there's exposure for fast food here locally anyway so it's more of the fine dining or different cuisines or basically, we are catering to their (international) needs," Atty. Ferdinand Nicolas, University President said.

The Culinary Arts Program aims not only to teach basic skills of cookery to the learners but also to enhance and introduce them to the different types of cutting, preparing food, proper sanitation, kitchen safety, basic international sauces, international ingredients, exposure to various cuisines, among others. It also aims to prepare graduates to the international kitchens of premier hotels and dining restaurants. The university is first in the region to put up such program.

This also gives local students the opportunity to enroll on Culinary Arts without having to go far which requires high cost of living, and not to mention the hazards a person will be facing such as heavy traffics and dangers in safety.

NWU have faculty members teaching cookery who have graduated in Culinary Arts Program in Manila and even overseas. One of their present consultant is Chef Marco Dela Cruz who actually went through Center for Culinary Arts (CCA) at Quezon City. Presently, a lot of people are already interested and have been asking for information about this program.

"I feel that we are going to be the first of its kind definitely in Ilocos Norte, but maybe even in the greater Ilocos region so we're hoping that by bringing this opportunity closer to home, this will make it more accessible. Again, the Culinary Arts program

NWU offers/to page 10

NWU studs pilot fund raising

by Jose Francesco A. Alonzo

Northwestern University 2017 Events Management class organized a run for a cause program on December 2, 2017 at the Ilocos Norte Marcos Stadium Laoag City.

The said program aimed to support the Task Force Bangon Marawi (TFBM).

More than 700 Ilocanos participated on the said event with the aim to help (TFBM) in facilitating the rehabilitation, recovery and reconstruction efforts in Marawi after the battle between ISIS-linked militants and government forces in the city.

The program is part of the requirement of the Events Management class of Mr. Ancher Anthony Cua IV. The class is composed of 44 students from the Tourism and Office Administration courses.

"The Bangon Marawi Run for a Cause is a great initiative of the 4th year BS Tourism and Office Administration students enrolled in the Events Management Class as it doesn't just entail education, but social responsibility as well. As this project was conducted, it goes beyond classroom learning. That in this field of professional development of the students, they are already hands-on in the industry and internalize the process of events management," said Cua.

The run for a cause was

NWU studs/to page 10

ACTIVE INVOLVEMENT: The Bangon Marawi Fun Run participants wait for the start of the run for a cause.
Photo by Bangon Marawi FB Page

JPIAns excel in RMYC, PAWC

by Ryka Gutierrez and Precious Quemquem

Junior Philippine Institute of Accountants (JPIA) – NWU Chapter officers garnered awards during the Regional Midyear Convention (RMYC) and Provincial Accountancy Week Celebration (PAWC) held on September, 2017.

The said events happened at Hotel Supreme, Baguio City on the 24th-26th of September (RMYC) and at Laoag City Auditorium on the 14th and 15th of the same month (PAWC).

Jonathan Ramos, Maria Jewel Aguda and Irra May Ganot landed first runner-up in the JPIA Encounter during the RMYC with the theme, "Olympus: A Rise of a New Era of Excellence."

On the other hand, Bryan Bartolome, Giselle Biscarra and Maricris Calibuso won 3rd Place in the Quiz Bee Level 2; and Faith Joangelica Evangelista landed 3rd Place and 1st Place in the Extemporaneous Speaking and in the on-the-spot Facebook Hugot Post contest, respectively while Kristian Keith Lazo bagged 2nd Place in the latter mentioned contest during the PAWC. The theme in the said event was, "SHINE: Service Honesty, Innovation and Nation-building through Education.

JPIAns excel/to page 10

SSC conducts Leadership Camp

by Jose Francesco A. Alonzo

Supreme Student Council (SSC) focused in strengthening the unity of the student leaders of different college organizations and interest clubs through a Leadership Camp where team building and leadership sessions were conducted last April 13-14, 2018 at the Student Lounge.

With the theme "Leadership 101: Serve. Share. Care", the SSC aimed to inculcate and uphold the values and ideals of transformational leadership to prepare student leaders to the bigger responsibility of serving, leading and transforming communities.

Two speakers were invited during the leadership sessions. Precious Camille Bucad, a former SSC President talked about basic of leadership and Michelle Nicolas, a writer/editor discussed embracing leadership towards transformation. Student leaders were informed and inspired as the speakers took their leadership experiences as examples in justifying the principles of leadership discussed.

Participants of the said camp enjoyed the team-building activities. However, the closing activity which is considered to be the highlight of the event where winners of different activities shall be awarded was postponed and promised to be conducted during the University Socialization.

A resolution was forwarded to all colleges to confirm the conduct of a socialization but only few signed the said resolution. Thus, the University Socialization won't push through. The student leaders who joined the camp continue to wait for the announcement of winners.

Agustina Matias, Acting Dean of Student Affairs told the student leaders on her opening remarks, that she signed the proposal of the said activity after she called for a meeting with the presidents of each college organization together with the SSC. She told that such activity might defeat its purpose since the school year is about to end already.

Matias believes that the camp should have been done earlier this school year. She also emphasized how low student participation is and she thought that maybe this has something to do with the leadership performance of the SSC.

Matias considered the aims and objectives of the activity and advised the student leaders not to expect a lot from it. "Instead, just go with the flow and let yourself be part of it and see what you will learn," Matias said.

"I still believe that the camp was successful and I am very thankful to the student leaders who showed their eagerness and excitement in participating the camp," Aira Jane Bucad, SSC President said.

Bucad plans to have a year-end party or a culminating activity to fill-in the cancelled University Socialization.

Enrollment decreases for three consecutive semesters, records show

by Chrissa Mariae Antonio and Vhierence Lorenzo

Enrollees for the first semester of Academic Year 2017-2018 decreased by 386 but increased by 148 for the second semester, enrollment records at the registrar's office show.

For the AY 2017-2018, 2,647 and 2,601 enrollees for first semester and second semester, respectively which are relatively lower than the 3,026 enrollees for the second semester and 3, 170 enrollees for the first semester of the AY 2016-2017. The record shows unstable total numbers of enrollees for the past academic year.

Almost of the courses had decreased its population especially on the College of Allied and Health Sciences which has decreased of 21 from 333 for the first semester AY 2017-2018 and 312 for the second semester. Second is the College of Maritime Education which has decreased of 14 from 631; College of Business Education decreased for 6 from 692; College of Arts and Sciences decreased for 5 from 116 and the College of Criminal and Justice Education decreased for 4 enrollees from 370.

However, there was an increase on the population of the College of Engineering, Architecture and Technology from 346 to 348 and College of Teacher Education from 65 to 67. The College of Law retained its 94 enrollees.

The Graduate School which only offers in trimester had 225 enrollees for the first semester but decreased for about 38 enrollees during the second semester. For the last semester, the Graduate School decreased 24 enrollees resulting to 163.

Owls fete/from page 1

She graduated as top 11 out of the 282 graduates of Alab-Tala (Alagad ng Lahing Binigkis ng Tapang at Lakas) Class 2018.

Aguilar is from the class 2013. She is a former COBESO President and a varsity player of Taekwando during her time in Northwestern University.

Two alumnus from the College of Maritime Education also topped in the Marina Examination. They are Alan Saep Francisco who got 98.9% and Christian Rey Ulit Peralta who got 97.9%.

Francisco passed the Marine Transportation Examanitaion while Peralta achieved the Officer-in-Charge - Engine Watch post.

Francisco and Peralta are Batch 2017 graduates of the University.

The three alumni prove that Northwesternians can expand their horizons.

THE PASSERRS: (Counter clockwise) Tranz Aira Lei Q. Aguilar, Alan Saep Francisco and Christian Rey Ulit.

Board Examination Passers

Civil Engineer Examination

May 2017
Engr. Gerome B. Martin
Engr. Oliver T. Oreta

November 2017
Engr. Jamaila V. Clemente
Engr. Mark Anthony Respicio
Engr. King Darwin R. Tamayo
Engr. Rafael S. Tolentino
Engr. Maurene Valerie V. Mandac

November 2016
Engr. Ryan Jay D. Navarro
Engr. Joseph T. Nicolas

May 2016
Engr. Arvin A. Bartolome
Engr. Ethel Grace Mae A. Diza
Engr. Kristoffer Eric G. Lucas
Engr. Jayson F. Pagdilao
Engr. Demetrio U. Bartolome Jr.
Engr. Thea Jennica B. Felipe

Mechanical Engineer Examination

September 2017
Engr. Jeorge M. Bagay - Middle East
Engr. Kevin Mark Duaine F. Calaro
Engr. Christian Lord P. Domingcil
Engr. Aristotle L. Garaza

March 2017
Engr. Florante U. Acupido

March 2016
Engr. Manuel Cornelio Acacio

September 2016
Engr. Marc Bryan C. Aggabao
Engr. Buddy Vanze P. Razote
Engr. Dhan Kristian R. Taja
Engr. Claudine Antoine R. Torralba - Riyadh

Master Plumber Examination

July 2017
Engr. Nelson C. Burigsay Jr.

September 2017
Engr. Rodel Q. Duropan

Architects Licensure Examination

June 2017
Arch. Kenneth April G. Balisacan
Arch. Emerson V. Bolibol
Arch. Jeric Austin C. Fernandez
Arch. Emir Jan Mateo
Arch. Roel Cacal

January 2017
Arch. James A. Rafada

January 2016
Arch. Sharmaine Ganir
Arch. Luis Manuel Vea
Arch. Shunrey Acoba
Arch. Darwin Ortal
Arch. Nerie Flor Sabroso
Arch. Rey Galat

Geodetic Engineer Examination

October 2017
Engr. Grace Prim L. Malacas
Engr. Raymund L. Malacas
Engr. John Paul C. Suguitan

Electrical Engineer Examination

April 2017
Engr. Ricky Q. Ventura

September 2017
Engr. Gem Rosse M. Alegre
Engr. Jonathan Frank M. Asuncion
Engr. Alex John C. Calapo
Engr. Dan Wilbur C. Labagnoy

Master Electrician Examination

April 2017
Mr. Jayson M. Tumacder

Electronics Technician Examination

April 2017
Joel S. Basilio

American Society for Clinical Pathologist

Ballesteros, Precious Mae B.
Fontanilla, Karl

Physical Therapist Examination

August 2016
Aquino, Myleth M.

February 2017
Galapia, Primrose B.

Midwifery Licensure Examination

December 2016
Gretchen C. Dadis
Aileen P. Juan
Stephanie Grace Marie R. Oamil
Jinkee Jamille G. Retamal

EPIC Gas Qualifying Examination for Cadetship Program

March 2016
Agnir, Raven Jeff
Arquillo, Marco Frederick
Corpuz, Elmer
Francisco, Clarence
Gallegos, Jason
Huenda, Nathaniel
Molina III, Florencio Rey
Pagba, Ted Peter
Sahagun, Karl Angelo
Sison, Ralph Nicco
Vicente, Christopher
Vidad, John Michael

Cadetship Program of Michaelmars Philippine Inc.

December 2016
Aguiran, Wilkinston L.
Almazan, Leigh Botts A.
Calida, Jay-Ar D.
Eugenio, Jovahny A.
Fernandez, Christian
Ibajo, Dale Andrian C.
Palacpac, John Ruel G.
Pelayo, Joshua Adrian A.
Tolentino, Neil Vincent G.
Valdez, Adrian Paul C.

Psychometrical Licensure Examination

Fatima Amor Dumenden

CPA Licensure Examination

October 2017
Kevin E. Arce
Jenneby Grace S. Corpuz
Wella Jean O. Gatan
Remnzar A. Salumbides
Bernadette R. Rapanut

May 2016
Marielle Cristy B. Beloy
Dianne M. Cristobal
Ellen Joy Beatrix R. Domingo
Gian Johyson G. Fetalvero
Queeni Madrid
Nathalie C. Martinez
Rachelle T. Ragasa
Michael Jay D. Raquel
Mary Grace V. Reotutar
Angeline C. Savella
Kimberly T. Unciano
Marideth P. Valderama
Karen Charisse U. Villarin

October 2016
Jofet G. Alejandro
Ma. Fatima D. Asumbrado
Jaecelle Kate V. Garcia
Zandrally R. Joven
Charlene B. Pacpaco
Allen Ausbert P. Quemi
Jaquelyn B. Racca
Louvelle E. Sanchez
Kim L. Umnas
Mac Anthony B. Pastor

May 2017
Jhuvilie R. Antonio
Gilson Neil C. Asencion
Resnick S. Azcueta
Shareign Trina P. Cariaga
Elmer R. Castro Jr.
Leonard Angelo Cuaresma
Reynaldo B. Deocales Jr.
Joana Francess Echiverri
Christian Jaye G. Feliciano
Jonathan P. Flora
Ariel T. Mendoza
Mighta Zerie D. Nolasco
Danicariz O. Pascua
Renz Ceasar P. Pascual
Maica Abigail R. Planas
Paul Daniel A. Pulanco
Ma. Celeste R. Quilala
Nazarene B. Racca
Michael Angelu V. Ramelb
Josua Queena R. Reutotar
Jonald S. Repollo
Jeanina V. Riambon
Richie O. Rubio
Nathan Jade S. Suetos
Jascha Mikkel T. Turqueza
Gretchen U. Umoquit

Licensure Examination for Teachers

June 2016
Abad, Jemari Del Rosario
Agbayani, Jesiah Salapongol
Agmata, Andrea Joy Dela Cruz
Agudong, Raymark Ganitano
Balignota, RJ Bunnao
Batacan, Lynette Tolentino
Bernales, Aleth Lista
Bueno, Rowel Mateo
Cabarrubias, Roma Nova Pascual
Castillo, Karyl Keith Samaniego
Dadiz, Stephen Rommel Marantan
Dimaya, Jeanalyn Dahilig
Eupeña, Gale-Ane Ventura
Galacgac, Rose Ann Robles
Hermano, Angelica Gelli Aluag
Ibbay, Joseph Morales
Lazo, Joy Fatima Malabed
Pacris, Kristine May Lacson
Padilla, Anna May Pascua
Pasalo, Shamayne Duldulao
Pascual, James Acosta
Ramos, Michelle Alvis
Respicio, Rene Abrio
Ringor, Angelica Mae Peralta
Salvador, Hazel Jane Segundo
Vea, Kier Karlo Abad
Querubin, Marichu Angeley Valdez

Criminology Licensure Examination

December 2016
Gigi C. Abbott
Christian Dale E. Abendanio
Raymund M. Acebedo
AR Huberth C. Agcaoili
Von Ahlen Caezar R. Aguinaldo
Arnold Vincent L. Agustin
Vanessa A. Allado
Christian Jay E. Ancheta
Melmarvin M. Balanay
Joannie C. Dalere
Wilbert G. Damo
Mark Jorie C. De la Cruz
Aldrin L. De Vera
Lloyd P. Dizor
Schelma Dianne C. Duldulao
Fae S. Esteban
Joshua Paulo S. Felix
Jayson R. Fontanos
Marc Bryan M. Francisco
Mark Joesel B. Francisco
Jessamine Layugan
Jeenell I. Lazo
Jaymed Clifford A. Molina
John Lester M. Paguyo
Mark Joseph F. Palcon
Efren A. Pascua Jr.
Harold M. Pascua
Kachina Dole N. Pascua
Nordel G. Puerto
Charlene Mae G. Rabe
Ralph Arvin N. Rasquero
Vincent Harold King C. Rubio
Raven John A. Sampayan
Norwin Dave A. Siruet
Mark Josef G. Tabaniag
Mark Alwin A. Tolentino
Rowel C. Toribio
Brent Dee D. Tumamao
Mark Jhoncel I. Ventura

July 2017
Jeffrey A. Abubo
Jay-bee P. Aguinaldo
Christopher R. Agcaoili
Rollie F. Calulot
Cathy D. Gabriel
John Mosses A. Hernaez
Dennis Daguro
Joseph D. De leon
Bryan Arnold J. Ibia
Aljon L. Servito
Jayson Tarampi
Dominick Q. Velasco
Justine S. Jacinto

December 2017
Aban, Princess Quennie Q.
Abangad, Laurence B.
Abian, Kristine Joy D.
Adayan, Ronel A.
Agron, Daniel T.
Aguinaldo, Jerell Ed B.
Agustin, Jervyll Bryan C.
Alegar, Krizle R.
Ancheta, John Gerald C.
Ariola, Mark Kevin P.
Badua, Arvy D.
Balanay, Patrick Jay C.
Balino, Ogie Liljerk U.
Ballesteros, Ceddy King E.
Balmes, Ace Mark Anthony
Bulong, Sharmaine Lee F.
Cabacungan, Francis Joy A.
Cariaga, Mark Anthony
Castillo, Mark Jayson A.
Coloma, Marcel Dan John G.
Damaso, Eunizze Diamille F.
Dela Cruz Jr., Romeo G.
Dela Peña, Peerjie S.
Dimaya, Jayson C.
Domingo, Reyniel A.
Dumbrique, Ceasar Adriano T.
Ednilao, Kristine Janica P
Encinas, Daryl John A.
Florentino, Christian Dave P.
Galam, Jeff Wyne S.
Galapia, Erwin B.
Gaoiran, Samuel A.
Hermano, Erick R.
Jara, Jazpher G.
Laeno, Jossquin Adrian P.
Lao, Rishelle C.
Leano, Arvin M.
Madamba, Juan Christian D.
Magno, Eliezer C.
Mangligot, Ronnel R.
Mariano, Mark Vin A.
Matias, Kayecee Lee M.
Mayubay, Christian Jade D.
Menor Jr., Warlito G.
Nicolas, Genesis B.
Padua, Alerto C.
Pagatpatan, Christopher S.
Palmera, Veronica Aeriel
Pascual Ruffy A.
Pestaño, Jamyr Oliver
Quintero, Lorein R.
Ramirez, KarlWindell G.
Ramos, Ghian Karlo C
Ramos, Louie J.
Raymundo Jr., Roy B.
Rumbaoa, Lara Vanessa S.
Simisim, Charles Ray M.
Sunico, Reymer T.
Timbreza, Darwin D.
Torrado, Adore Kristofer A.
Toribio, Joshua G.
Tumamao, Meliza T.
Valiente, Leo Jensen L.
Vermudez, Calvin Merine B.

Medical Technology Licensure Examination

September 2017
Servito, Apple Joy L.
Enriquez, Jackie Lyn T.

March 2016
Ballesteros, Precious Mae B. - Rank 7
Agpaoa, Precious Lei B.
Asuncion, Allysa Mae R.
Asuncion, Joseph D.
Buduan, Nenita C.
Bulong, Rowena M.
Butac, Madelyn L.
Cabrido, Priness Karla L.
Deus, Jowell John D.
Diego, Harry M.
Dimalanta, Krizzl Erica L.
Examen, Gladys A.
Gomez, Azfer Kacy A.
Guarino, Yziandrea Charmee
Mendoza, Wyeth Jane
Mustar, Jaezelle R.
Orolaza, Gracielle t.
Padayao, Alyssa Ashley P.
Palaspas, Mark Daryll L.
Rarogal, Minijaja Pompeya H.
Ricardo, Joann C.
Ruadap, Regina Muriel B.
Tiangson, Dayanna Joy U.
Tumaneng, Paul Bryan A.
Vidad, Mediatrix H.

March 2017
Baliuag, Regine
Baptista, Czarina
Barayuga, James
Barayuga, John
Buenavista, Edmund
Butil Jr., Melanio
Carullo, Kashka
Dayo, Raymond
Dela Cruz, Ma. Anthonette
Endrino, Arnelyn
Fernandez, Amy
Ganno, Aileen,
Germinal Jr., Danilo
Lilagan, Queenie
Pagdilao, Rochelle-Ann
Pascua, Mike Enrick
Ramoran, Pamela Grace
Real, Swytzel
Reyes, Meljoy
Rueco, Anthonette
Sobrepeña, Jorgan
Valentin, Novem Cris

BAR Passers

May 2016
Atty. Mona Liza Antonio
Atty. Wilfred Murla Jr.

November 2016
Atty. Mark Dave Camarao - Rank 6
Atty. Candida Dorothy Swerte Bumanglag
Atty. Pia Maria Barbara Mirca C. Cua
Atty. Francis Raul L. Dayo
Atty. Jay Ronald Emil John D. Labrado Jr.
Atty. Jifford D. Rosqueta
Atty. Mae Jean A. Pedro
Atty. Paul Joseph L. Nerez
Atty. Godfrey A. Ragudo
Atty. Jay Roger Braceros

April 2018
Cafirma, Rener D.

Licensure Examination for Teachers

September 2016
Abel, Shirelyn D.
Agtamao, Joshua Lyn M.
Bartolome, Modesty Lyn D.
Bautista, Jennifer B.
Bumanglag, Christian Rafael R.
Cabardo, Claire Kayla D.
Calili, Crystel Joy Q.
Macugay, Jean Katrine Q.
Bumanglag, Jeffrey R.
Cristobal, Narissa R.
Siazon, Marinela P.

Fiat lux!

Jannahry Ann Campos
Sarah Synteche Lucas
Irra May Ganot
Chrissa Mariae Antonio
Editors

SECTION TWO

IN THIS SECTION

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Behind her frailest capability lies her greatest ability

Like a wheel that is capable of turning an axle, she is a strong-willed woman who drives things with perseverance, finishing the race set before her.

Society might identify her as a person with disability but her life is a story worth telling and a road worth following. Jo Erika Marquez is someone beyond the image of visually-impaired and wheelchair-bound. She's this type of person who, despite of her physical condition, is brave enough to handle certain complexities in life and understand things deeply. Her personality is incomparable even to the point of exceeding the physiognomies of a non-disabled person.

A third year law student, Erika was paralyzed from the waist down after the doctor performed surgery on her scoliosis which caused her disability during the summer later on her second year in high school.

"Still a normal student but before I became a paraplegic, I am more cheerful, bubbly and loud person," Erika says.

What is more heartwarming in Erika's part was seeing his father for the first time totally down to the point of crying and asking for apologies because of what happened. Her mom remained strong in the midst of Erika's pain.

Erika was hesitant going out from their house after spending one month in the hospital. She preferred home schooling for her to continue her studies.

What pushed her to go out was when her father went to a mass during Christmas having the thinking not to go down from their car. Erika and the whole family went to the church but upon reaching there, her family convinced her to go down but Erika refused. Her father got irritated that he went back to the car and drove back home. Her father went down without turning off the engine and he went back to the church using his motorcycle. Erika was convinced to go back to the church after.

In college, Erika pushed through with her academics at Mariano Marcos State University and took up Management Accounting.

As part of the process of incoming students, Erika must go through a physical check-up. The attending physician at the time said to her, "Baka marigatan isuna ken baka haan a makabayag, ngem padasenyo latta kasi awan met ketdi mapukaw. (It might be difficult for her and she might not be able to endure college, but just try because there is really nothing to lose)."

Erika got offended because she felt down as the physician did not give her the chance to prove herself. But she understands the doctor because maybe that's his opinion on the experience of another student who had the same physical limitations.

"Mama ton makagradwarak, sublyanak deta doctor. (After I graduate, I will go back to that doctor)," Erika says with all determination.

Erika pushed through college in the university, for eight hours straight, she needs to endure those lectures and discussions. She needs to bear with the few bumps and detours along the way.

What posed her the toughest challenge of all was facing the crowd and makes them see someone beyond the fact of a girl who rides on a wheelchair. People praised her as a bright student and an inspiration.

"As I had the chance to listen to my classmates' stories and as I got to know them better, my disability became too insignificant for concern when set up against the myriads of problem held by the world," Erika shares on her valedictory speech.

Erika witnessed her classmates' frustrations yet kept the optimism, her classmates' grief over the loss of a loved one yet remained strong, her classmates who had enough for meals yet found a way to meet academic requirements. She met classmates like her who had their own health issues yet continued to accomplish activities. When people praise her as an inspiration, Erika realized how much grater inspiration her classmates were.

Erika's friends would just voluntarily push her from one building to another while her classmates would walk under the heat of the sun. While her home is situated 36 minutes away from home her disability earned so much compassion.

"Disability comes in many forms but at the end of the day, it is how we rise above them that really matters," Erika shares.

Having a disability is definitely difficult, but it's also one of the richest classrooms a human can experience, too. While these learning experiences are more profound experienced directly, there are some special tokens of wisdom people can pass along. No matter how difficult her situation is, there are lessons to be learned from her.

Erika graduated magna cum laude and currently taking up Bachelor of Laws in Northwestern University.

"Erika is determined as a law student. She became an inspiration to all of us, her classmates, because she showed us that no disability can hinder her from finishing law school," Kathrine Jessica Calano, Erika's classmate shares.

Kathrine emphasized that law school is tough and as law students, they have a lot of things to deal with, especially when they are bombarded with cases to digest and matters to review. However, Erika is one, among others, who would share what cases she had digested. She would also make reviewers and pass these to the whole class every examination period. Everyone would be thankful to her especially those who are working students and lacking time to scan every provision of each law book.

"If there are points we fail to understand, we would ask her for clarification and she is more than willing to help us. But she is not a know-it-all person. Despite being considered as one of the top students in class, she is not ashamed to ask questions to us regarding our subjects and show that she, too, has flaws," Kathrine continued.

Erika is a consistent college scholar. There were times when she gets low score in few exams. It happens. Nonetheless, her classmates did not see her lament over a low score, instead she would laugh and even joke around. She's indeed optimistic.

As a friend, Kathrine's first impression to Erika is very far from who she really is. At first, she thought Erika as a shy person and that it's hard for her to get along because she had some thought that her experiences leading to her disability might have traumatized her causing her to be aloof. That impression instantly and totally vanished as Kathrine and Erika became friends.

"She's not shy. Indeed, you can talk to her about almost anything under the sun. Be it your lovelife, your family, your score in the previous exam, your shoes, anything. What's even good about her is that she listens with an open-mind yet she also has the wisdom to say no to irrational matters. She does not summarily judge you when you tell your story but she says outright or discreet when you are wrong. That's what I love about her. She's not reluctant to say you're wrong just because you are friends," Kathrine added.

Erika is a typical young adult who lives an extraordinary social life. She goes to cinema even by herself. She even has a "night life," or "life after class," which would either mean a light beer or coffee/pancit canton or pasta with friends. She would go to beach for a sunset or drive to a mountain. She even went paragliding on her previous birthday.

Amidst Erika's physical limitations, she surpasses the personalities of a non-disabled person. The way she interacts is incomparable. She is influential as she goes through every day with determination and strength, which many people are bowled over by, secretly wondering if they could do the same thing.

Most say they would rather die than live with a disability that's because most able-bodied people can't imagine being happy if their body was ever permanently broken. For Erika, happiness is possible in a broken body through simply being alive and through her family and friends. The desire to walk again might be impossible, but happiness resides in her.

People might see her that she's weak having no measure up to anything, that her dreams cannot be fulfilled and science cannot stop her disease. Erika believes that she is perfectly designed and not left to be abandoned. Her body is a dimension of power and strength.

Even when science has answers for her, what matters is that she continues to push forward. It doesn't matter what society thinks of her, what matters is that she sees her body's pureness. She doesn't matter if she uses a wheelchair, what matters is that she can move freely and independently. What matters is that she continues to live.

She joins adventure, road trip and travels. With every stroke and deep breath, she has pushed passed every roadblock and will continue to do so. Her body is an incredible gift.

Erika is extremely strong. Her physique is cohesive and sturdy— like water and the trunk of a tree, and perfectly blends with nature's elements. Its bark may be rough and torn around the edges, but its inner being was specifically created to withstand all storms in any season.

Her physical dimension is a magnificent piece of artwork—carefully painted, sculpted, and drawn to its truest form. It was intentionally designed. Her body is not a mistake. It has carried her through every chapter of her life regardless of not knowing what the future holds. It molds into different phases of her life and carries her through moments of pain and exertion to times of peace and relaxation.

"Life always find a unique way of unveiling, surprises and when it does, you'll just have to accept it and be prepared to glide, dance and be completely swept off your feet, or, in my case, be completely swept off my wheels," Erika says.

-Jannahry Ann L. Campos

Photo by Jose Francesco Alonzo

SECTION TWO

The Man I Never Wished For

(A True Story)

Blithe

I was happily playing with my friends in a place where there are lots of lollipops, marshmallows, and chocolates. We were racing to the candy house when I heard a shout. I immediately opened my eyes and brought myself out of the bed where I was enjoying a sweet sleep. My heart beats fast as my ears heard arguments outside my room. I slightly opened my door and there I peeped. I saw my dad pointing at my mom and they were screaming, exchanging words.

At an early age of six, I already witnessed my parents fighting over things I really do not understand. Nevertheless, there was one thing I knew – my dad would always come home drunk. I was young but my brothers were younger, they were only three and two. They were young to witness those kind of settings. I always wished that the sky would never get dark anymore so that I would not be disturbed when I sleep.

I can't remember any lines that I've heard but a picture in my memory will never be erased nor forgotten. My father and I were in a family friend's house. They were enjoying drinking beers and happily sharing stories and there I was playing with some kids. It was late night when my dad asked me if I wanted to go to the carnival.

Who would not want to go to ride on a Merry-Go-Round or on an elephant that would fly around? With that age, no one, of course! I excitedly rode on our car. I curiously asked my dad who was going with us. He smilingly answered, "With your cousin." I felt excitement when I heard his answer.

Before we headed to the carnival, we went to a public place to fetch my "cousin." I was shocked when a lady sat beside me in the passenger's seat in front. She wore a red lipstick, a racerback sando, and shorts that showed her flawless thighs. She was not my cousin. Three more unfamiliar people sat at the back. There was already a strange feeling inside me. I zipped my mouth and tried to enjoy the night. On the carnival, I asked my dad to ride with me but he refused. He told me to ride with the lass who sat beside me in the car instead. I am not used to hanging out with unfamiliar faces. I do not know what happened next on that night.

The following morning was Sunday. Instead of being a blessed day, it turned out to be unconsecrated. I told my mom about what happened that mysterious night. She then confronted my dad about it and he shouted at my mom. Tears began to fall from my eyes while my parents were arguing about it. Since then, their fights intensified.

Aside from the screaming, kitchen utensils were also thrown, producing that irritating sound. The worst part of it is that, my brothers and I were growing and we saw fights to be blistering. It was not only me who would wake up when the plates and glasses jump out of their places in the kitchen, but also my brothers. We would stay in a corner in the room, embracing and crying.

Then I would just find my mom, my brothers, and I uncomfortably sleeping on the chairs and tables in the nipa hut outside our house, trying to fight over the cold breeze with one blanket while our harsh dad was sleeping in our little house.

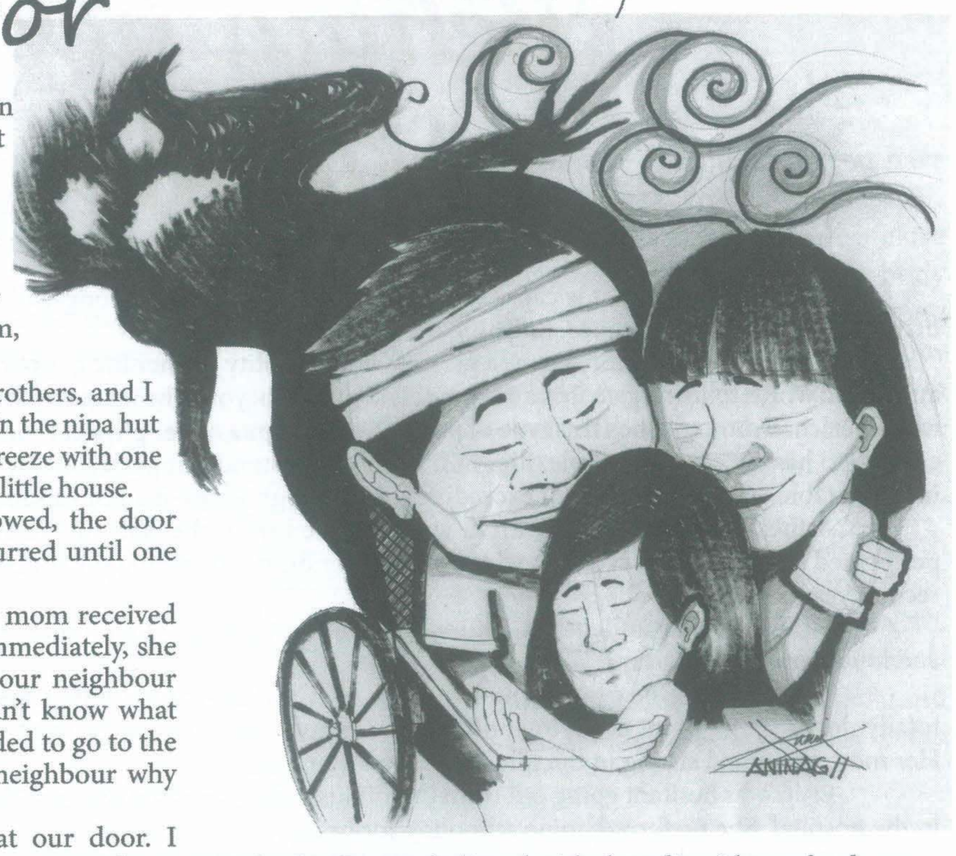
As the sun rose and the roosters crowed, the door welcomed us. The same undesirable sight occurred until one day, I felt like I woke up from a nightmare.

It was an ordinary morning when my mom received a text message from one of dad's colleagues. Immediately, she changed her clothes, got her bag, and asked our neighbour to look after us. She kissed us goodbye. I didn't know what actually happened. All I knew was that she needed to go to the hospital really quick. I didn't bother ask our neighbour why our mom was hurrying.

On the same day, I heard knocks at our door. I excitedly opened it, hoping that I would see our mom and our dad coming home. It was not them, it was our aunt, fetching us because our parents couldn't be with us on that night. With that, I started to feel anxious. On our way to our family house, I spoke out the questions running in my mind to my aunt. She explained clearly that my dad was rushed to the hospital due to stroke. He was in a coma. As he was confined, we stayed under the supervision of our aunt.

I was given the chance to see my dad lying in the hospital bed. As I was staring at him, my mom came near me and said, "Tell him anything you want, he could hear you." I didn't know what to say. I just kept my mouth zipped and laid my eyes on his face.

Time flew so fast. My dad was finally discharged from the hospital. He was no longer as strong as before. His half body was paralyzed. He could no longer do the usual things he normally does. He remembered everything except the abuses he did. He could not remember how he shouted at my mother. He could not recall how he pushed us outside our house late at night. But I never believed with these lies. I know he does.



Since then, we were never surrounded with darkness. I was tougher as before. I answer him back whenever he speaks too much. He never appreciated all the sacrifices we've done. His only sword now are the words coming from his mouth.

The scar he made will never be healed in our hearts, especially in our minds, in my mind. There are times that I'd tell myself that we should never have been treated like that. I questioned God why we had to go through that kind of situation. Despite these, there's this part of me that tells me I need to love him no matter what because we were not able to see the majestic creation of God without him. Young and innocent I was, I learned how to be tough amidst those odds.

Now, I no longer witness quarrels at night. I enjoy every dream I have. The utensils never bother me anymore. My ears listen to good music and I don't fight with the cold breeze outside. I am 17 and I hear, see, and feel that kind of darkness nowhere. And, I hope I will not meet that man in the future because I never wished for someone like him.

An Essay

We're All Just Chemical Hearts

Synteche

Love comes in many forms. Ask a kindergarten and she'd say it's when her classmate gives her the last bite on her chocolate bar. Ask a mother and she'd say not minding working extra hours just to provide for her child. Ask a father and he'd say protecting his loved ones to the utmost of his abilities. But one of the most beautiful forms of love is shared by a man and a woman a boy and a girl, two humans of the opposite sex who are part of a special connection.

There is a certain fascination in getting sucked into a blackhole that is the one you love. There's something about getting immersed into the abyss of wanting to know more and more about him. Love is a grand sensation that can be felt by all. But how grand is it, exactly? We'll never know. It's like when you hear that the Milky Way is made up of 400 billion stars and you go, wow that's pretty big but your puny human brain will never be able to comprehend how gigantic it is.

Sadly, humans can't go supernova and let their atoms emit a shockwave of heat and light. But you can fall in love with someone the same way you fall in love with a song. How the tune of them can mean nothing to you at first but quickly turn into a symphony. You'd want to get married with him and drink coffee and read Harry Potter to your grandchildren in your front porch.

But loving in secret is like gripping a jagged piece of glass that you'd cut yourself on again and again if you keep getting involved. Because at the end of the day, you'll realize that you can't project your fantasies onto people and expect them to play the part. I don't know about the whole "Love lifts us up where we belong" but it isn't supposed to screw you either.

Love is just a chemical reaction in the brain. Sometimes, the reaction repeats itself over and over again until it lasts a lifetime. But sometimes, it doesn't. Sometimes, it starts to fade even before it reaches its peak. We're all just chemical hearts. But does that make love any less brilliant? Definitely not.

So you can't go around thinking that every person you meet is "the one." People don't have soulmates. People make their soulmates.

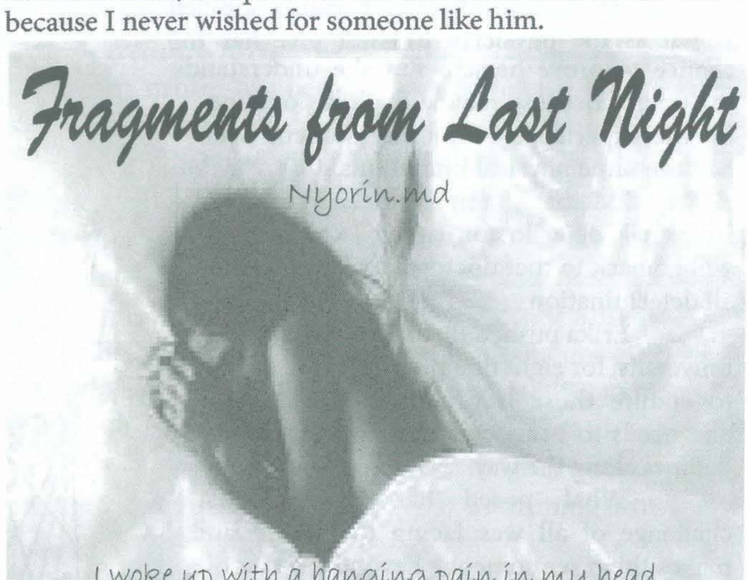
I can tell you about the science of what you're feeling right now. How you feel a pain like hitting a nerve in your tooth but can't find the exact source for that ache so you feel it everywhere. When the person you love loves you back, you starve for them, you crave them, you have withdrawals from them like an addict would from a drug. Heartbreak is a science like love. So believe me when I say that you're wounded right now but you'll heal.

You don't need a love that would drown you when you waded in it too deep. The type that tied sinkers to your heart one at a time until it becomes so heavy that it rips right out of your chest.

Soon you'll realize that love is just a product of shallow and cheap romances that left us emotionally damaged and scarred permanently. Because love is for fantasists and idealists, not for realists and humanists. But that shouldn't stop you from asking him, lady. The end of the earth and the death of the universe should give you the insane courage to tell him that you're his if he wants you.

Fragments from Last Night

Nyorin.md



I woke up with a banging pain in my head
My hair as disordered and disorganized as my bed
A smile crept its way up to my lip
As I remembered last night, clip by clip

He held me in his arms as he shielded me from the cold
But the warmth of his love was enough combined with his hand to hold
Planting soft kisses on my forehead down to my neck
I had no idea of the events that were on deck

We were all intoxicated with alcohol
Nobody saw that he took me into a haul
Locked up inside his parked car
Foggy windows and this win-win war

We were one for a couple of minutes
Panting and catching our breaths after we had split
I don't know what happened but I know I liked it
He may not have said it, but his smile grew bigger bit by bit

I hide under my blanket for a brief moment
Being taken over by the rush of affection and contentment
I love him, I say over and over
Only this would be better if he didn't have another lover

SECTION TWO

The Millennial Slangs You Need to Know

Clarisse C. Raval

"OMG! Your fam is absolutely Gucci!", "Let's go! FTW!", "Charot!", "E Di Wow!", and "Werpa!" are just some of the millennial terms buzzing around to almost anywhere, from the slum areas up to the high end societies. You can hear those words from the people on jeepney rides on your way to school, in the catwalks, at the cafeteria, in your classrooms, almost anywhere anytime. One could absolutely have a millennial word to describe something or someone to the effect that it may seem uncomprenhensible to others who are not millennials or not "in". Question is, who are these millennials and are you one of them?

If you are born between the year 1982 and 2002, then you are most definitely and undeniably considered a millennial! A millennial is characterized as free spirited, optimistic, confident but could also be brats and shallow. But what is a rising topic at the moment is the millennial slangs that you often hear from the youth.

Nowadays, the Pinoy youths are giving the Filipino language a major makeover. The millennials simply jumble up, shorten, abbreviate and reverse the words and give them a drastically different meaning and association.

As a Pinoy millennial, have you always been on top of the new, trendy and viral words that the millennials say? If your answer is no, then let's get ourselves acquainted to some of the popular millennial slangs and get ourselves updated.

The following words are products of neologism by millennials:

Bes/Beshie/Beskwa/Bestikwa – used to refer to a friend but it does not necessarily mean bestfriend;

Charot – a gay slang, which is another way to say "I'm just kidding!";

Don't me - a direct English translation of huwag ako. You say the phrase whenever somebody makes fun of you, and it is a way to send a signal that you are not to be fooled with;

Havey - approval on something or a way to give your appraisal;

Hype – something to be excited about;

Lit – a situation or event that is extremely cool or crazy;

Lodi - when you try analyzing it and try reading the word backwards and you'll get the word idol. The word can be used when you idolize a person or if you're impressed by the way they look or what they do;

Pabebe – acting like a child or being "pa-cute";

Petmalu - a jumbled word for "malupit" or "malupet" which means awesome, cool or excellent;

Qiqil – it means "gigil" which is an expression of annoyance on something;

Shookt - a term use when you are amazingly shocked on an event or to someone;

Triggered mo si ako – a phrase used when someone sets you off;

Waley – give criticism on something, it can also be a way to say no or none;

Werpa - to express your approval or encouragement;

Yasss – a sassy way to say yes;

The abbreviations are actually internet slangs which are commonly used by millennials:

BRB – be right back

FFTB – fresh from the bath

FTW – for the win

GG - good game

GGWP – good game, well played

IDC - I don't care

IDK - I don't know

IKR - I know right

JK - just kidding

LOL - laugh out loud

OMG - Oh My God

RN - right now

SMH – shaking my head

TBH - to be honest

TTYL - talk to you later

TYT – take your time

WDYM - what do you mean?

WDYT - what do you think?

These are just some of the popular millennial slangs used by the youth. These just prove that Filipino millennials are not far from those descriptions, have wild imaginations, creative and definitely are not on the least list of being unupdated. If there is one thing that the millennials are exceptionally good at, it is thinking of a cool and catchy words and making it a trend. Millennials are lodi when it comes to petmalu words and definitely shows werpa in adhering to these millennial world.

Now, you can jump on the bandwagon and try using these peculiarly cute millennial terms!

Moment of Truth

I.G

Man can indulge everything
Money is the power
Authority is the strength
Dictate the lower
The pleasure, the treasure
He owns everything

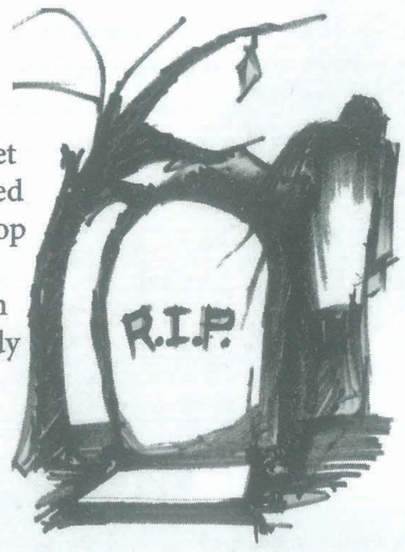
Today is today
Tomorrow is tomorrow
Yesterday is yesterday
Will it goes the same?

The night turns darker
The rain goes harder
Sea becomes deeper
Trees goes down
Floods goes up
Catastrophe everywhere

His wife got malaria
His daughter got diarrhea
The building he founded
Everything got lost

His sight began to blur
His taste began to faint
His ears began to deaf
Even his proper mind set
Everything malfunctioned
And his tears began to drop

The caliginous within him
Burns and controls his body
Slowly and softly
He fight.
At his last breathe,
He died with nothing



And She Built a Library

Yayyi

Embrace her in a middle of nowhere
And hold her when she starts colliding;
Affirm her when no one else does
And cheer her when she starts collapsing
Because in her shelf are books of unsaid phrases and ideas,
In her bed are tears of untold stories and tales,
In her photo are smiles of unseen pangs and throes,
In her silence are chords of untamed melodies and tones,
She's a strong lady
But behind her strength
Lies a weakness which will be heartfelt;
She's a beautiful lady
Yet she looks herself in a mirror
Asking what she looks like;
She's a cheerful lady
But she's always in a vulnerable position;
She's just a lady
Who tries to hide what she really feels,
Who attempts to conceal what she really seems
But what makes her stand strong?
Herself.
"Herself" without thinking those "-un"
"Herself" without considering those "behind that face" or "behind that smile"
She chooses to show that she's fine
Wanting to refine
She chooses to stand
Wanting her odds not to withstand
She chooses to keep going
Even when she doesn't know where she's leading
She cries
Yet she fights
And she smiles,
Read her ,
Feel her,
And you'll see and feel
That she built a library
Of archived stories,
Stories that are flawlessly written
But inexplicably spoken

SECTION TWO

Be Mentally Healthy

Sometimes, in the midst of classes, studying, homework, meetings and maintaining a social life, college students forget to maintain their health. There's an importance of providing health care despite of endless physical activities for students. Staying healthy in college is about as easy as it will ever get.

Making one's health a priority can be challenging when so many responsibilities compete for time and attention. But it's essential to remember that physical health and mental health are connected.

Like Karrie, she finds ways to stay physically and mentally healthy after feeling depressed due to potential factors such as stress with school works, personal problems, and financial difficulties resulting to isolation from friends and family.

Karrie feels depressed. She feels empty, hopeless, sad and worthless; lacks interest or pleasure in activities she usually enjoys; fluctuations in weight; difficulty with sleeping; low energy; and feeling suicidal. Karrie believes that, what she's experiencing is different from occasionally feeling sad or stressed.

While engaging in therapy or taking medication are helpful and often recommended for anyone with clinical depression, there are other things that can also be helpful that are sometimes overlooked. Here are ways to deal with depression or coping strategies that can build on each other, incrementally increasing one's overall sense of well-being:

1. Strengthen your social connections- Putting time and energy into meeting new people and developing friendships are important for your mental health. Stress can exacerbate symptoms of depression, it is important to know that social connection can reduce the impact of stress. There are many ways to strengthen social connections such as getting together in a group study for a class you enjoy or one you find really hard and stresses you out; or set a time with your friends for a weekly hangout. Being connected with friends can help ward off depression and help you recover from it. So even if it feels hard, in fact especially when it feels hard, reach out and connect with your friends.

2. Don't be afraid to ask for help- Many people feel embarrassed or ashamed to ask for help with depression but this should be avoided as it's a common and treatable problem that one don't have to deal with alone. Learn to tell a friend or a family member how you're feeling, be accountable and open things up.

3. Set healthy boundaries- Sometimes, because of feeling guilty and worthless, one finds a hard time to say no. You're more worried about what other person wants or needs than what you want or need. You might feel obliged to say yes to everything due to a sense of pressure to "enjoy every moment" or "seize the day." You may feel you need to say yes to every party or every time a friend asks you for help with something. Setting good boundaries is like setting good goals. You recognize that you can only do so much and so you make a conscious effort to try to commit to the things that fill you up and bring you joy.

4. Improve your nutrition- Everyone knows that when you eat well, you feel well. However, it can be hard to find time to eat, let alone the time to shop for, prep, and cook healthy foods. But eating healthy doesn't have to be hard or overwhelming. Even the simple act of trying to add more healthy nutrient rich foods will cancel out some of the other less helpful foods. Simple snacks that don't require any prep, and travel easily, like apples and almonds are the perfect to go snack. Sometimes nutritional deficiencies can contribute to symptoms of depression.

5. Improve your sleeping habits- Sleep is critical to your mental health and learning how to prioritize and get good sleep is an important life skill. As a 2015 review in Current Psychiatry Reports noted, therapies that manipulate sleep can significantly improve depressive symptoms. If you have the time during the day, a nap can do wonders for your energy level. Just make sure not to nap too close to bedtime or for too long, and a nap will do your body good. Don't work in bed because such can make getting to sleep harder. Keep your work space separate from your sleep space. The average amount of sleep each person needs is 7-8 hours to feel fully rested, this may not be possible every night but try to sleep a full night whenever you get the chance.

6. Exercise- Exercise has countless physical health benefits such as strengthening your heart, lowering blood pressure, reducing body fat, and improving strength. Exercise has also been shown to have numerous mental health benefits including reducing stress, anxiety, and depression. The impact that exercise has on the brain includes improved memory and thinking skills.

7. Avoid drug and alcohol use- Drinking, even underage drinking, has become quite normative. Alcohol, substance abuse and depression often go hand in hand. Frequently people who are struggling with depression will turn to drugs or alcohol for help relaxing, getting their mind off things, having fun, or to forget about their troubles but it is important to understand the potential negative health impacts of drug and alcohol use.

8. Challenge negative thinking- Depression puts a negative spin on everything, including the way you see yourself and your expectations. When these types of thoughts overwhelm you, it's important to remember that these might trigger your depression and these irrational, pessimistic attitudes—known as cognitive distortions—aren't realistic. Rather, the trick is to identify the type of negative thoughts that are fueling your depression, and replace them with a more balanced way of thinking.

9. Spend time with nature- It may seem simple but spending time with nature has been proven to reduce symptoms of depression. There is a model of therapy built around the philosophy that spending time in, and connecting with, nature will improve mental health. This is called ecotherapy and is also known as green therapy, or nature therapy. If you are in school in a big city where you don't get much connection to nature, it may be even more important for you to find time to make a trip to the mountains every once in a while just to get a dose of what nature has to offer. An added benefit of spending time in nature is that usually while in nature people are doing some form of exercise, such as walking, hiking, running, skiing, or swimming which also help reduce depression.

10. Resist the urge to live in the past- Time spent reliving, rewriting and recreating the past is like purchasing a one-way ticket to the dark depths of despair. This insidious mental habit is as much a threat to emotional wellbeing as any. Self-loathing or blaming others will not get you on the right side of feeling better, any more than believing the answer is found at the bottom of a bottle of alcohol. Commit to a new way of thinking and you will commit to a new way of being. Past regrets serve one purpose and that is to rob you of your resolve to do things differently in the present.

Don't allow yourself to be alone, mental health is not a joke. Be surrounded with people who will stand with you in dealing your personal problems or issues. And here's the point, KEEP GOING!

-Jannahry Ann L. Campos

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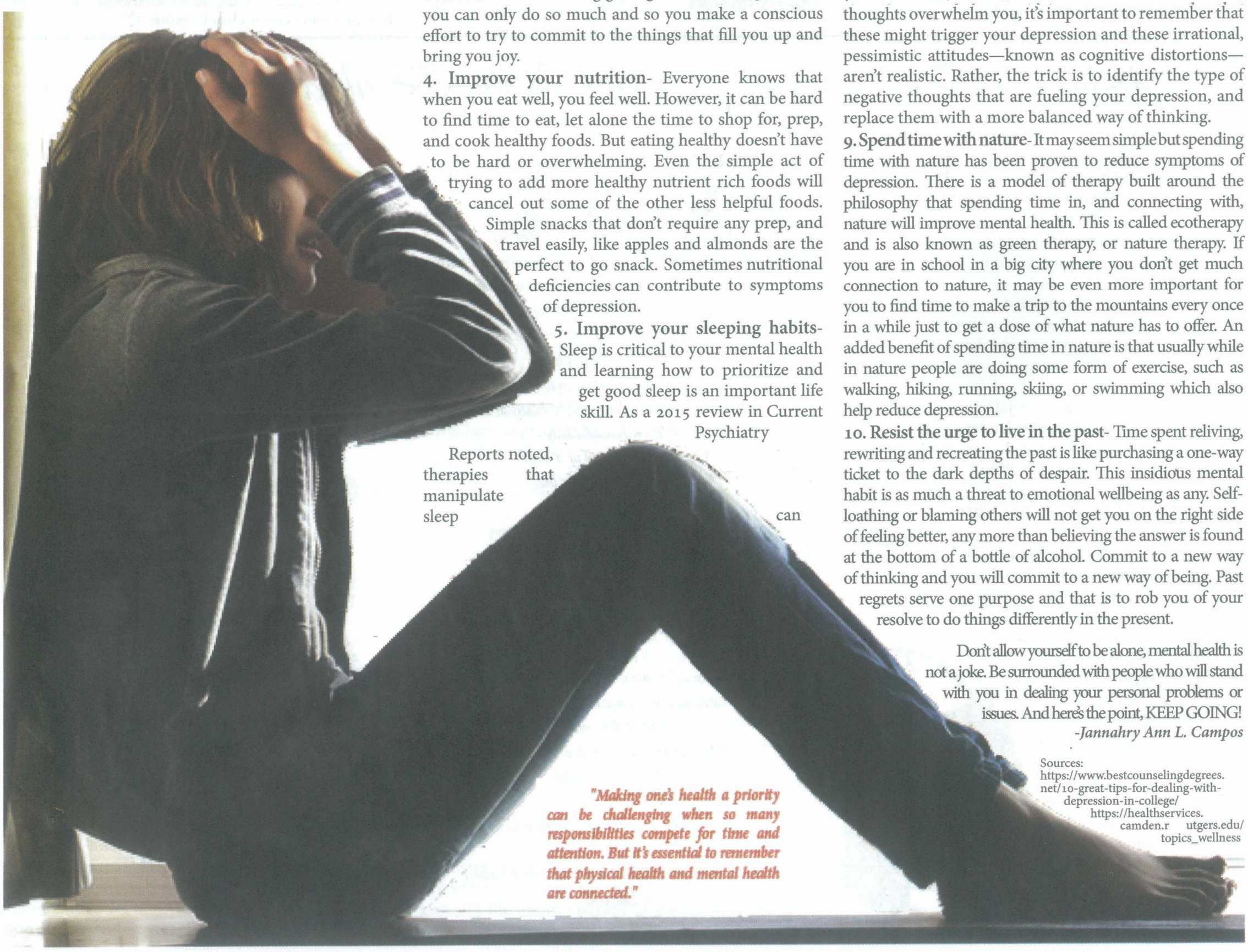
https://www.bestcounselingdegrees.net/10-great-tips-for-dealing-with-depression-in-college/
https://healthservices.camden.rutgers.edu/topics_wellness

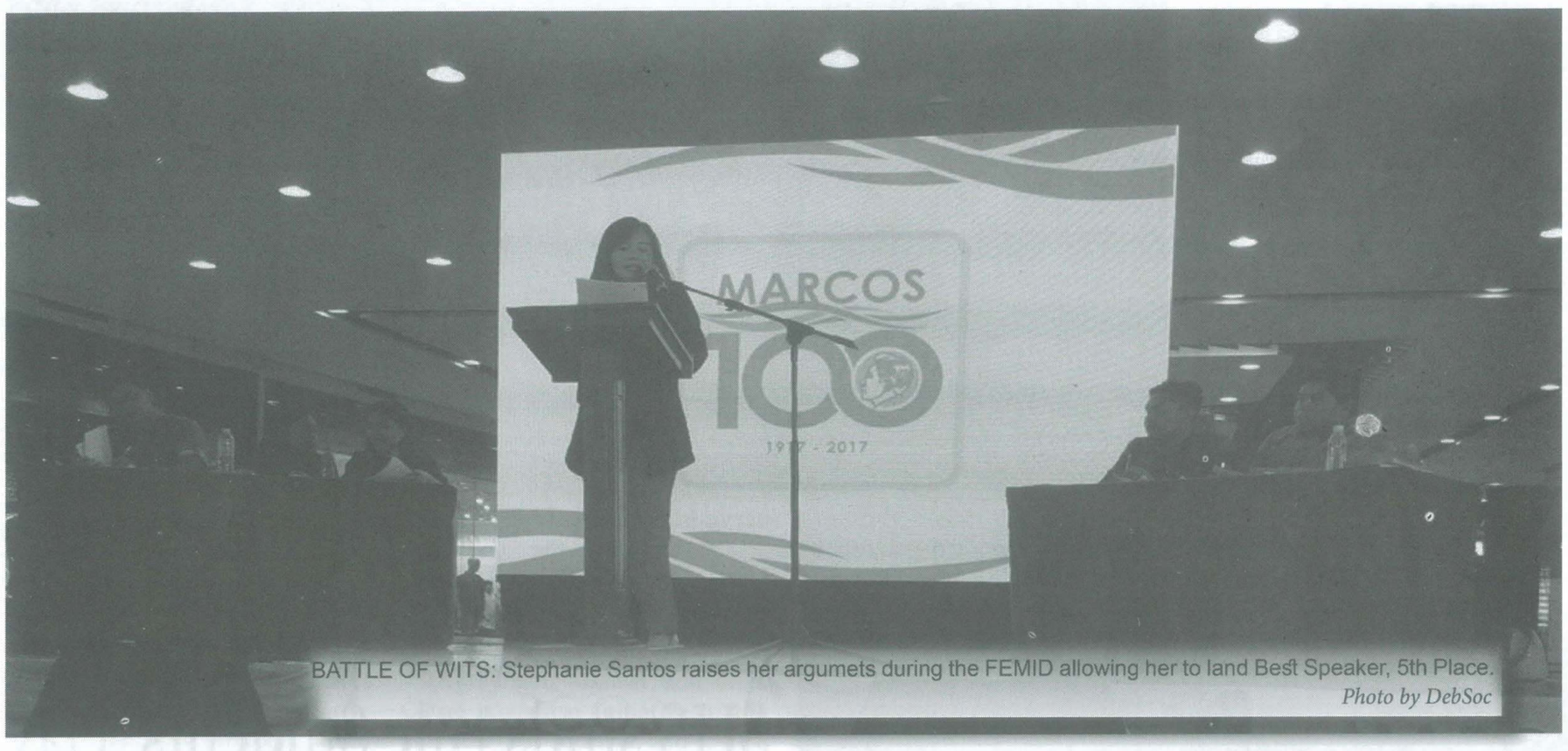


"Making one's health a priority can be challenging when so many responsibilities compete for time and attention. But it's essential to remember that physical health and mental health are connected."

Members garner Best Speaker Awards

NWU DebSoc Team joins FEM Intercollegiate Debate

by Clarisse C. Raval



BATTLE OF WITS: Stephanie Santos raises her argumets during the FEMID allowing her to land Best Speaker, 5th Place.
Photo by DebSoc

Northwestern University Debate Society goes on a winning streak garnering the 1st and 2nd places during the elimination round and 3rd and 4th place during the semifinals of the 2017 FEM Intercollegiate Debate.

They may have not won the FEMID, however, six out of the top ten best speakers came from the university, namely, Nick Harold Gajonera (1st place), Hervin Dave Pagdilao (2nd place), Lemuel Sabido (3rd place), Enrique Adrian Ong (4th place), Stephanie Therese Santos (5th place) and Ryan Marcelino (6th place). Cristalyne Coloma got the 2nd place for the best adjudicator.

Agustina Dancel-Matias, one of the NWU DebSoc coaches said, "In the beginning it was quite challenge for me and to the other coach, Renamar Jorell De Castro, because we had new people on board, nonetheless, we were just so happy given their willingness, their dedication, and commitment to represent NWU, which propelled them to learn faster than the usual."

Matias emphasized practice makes perfect. The DebSoc practices, sessions and debate rounds they had to undergo along with the motions had equipped them with the needed skills in how to think higher—more critical, more analytical and more logical than the usual helped them to adapt the rules of debate.

Enrique Adrian Ong, a Political Science student and a member of the NWU DebSoc compared the previous FEMID from that of the previous year as more of a sinister.

"A lot of people felt that we were robbed, the FEMID Adjudicators based their decision on their personal biases and opinions," Ong said.

Matias said that the debate is a contest and there will always be panel of judges who would see things and rate them the way they appreciate it. She hoped that they have won but unfortunately the

NWU DebSoc/to page 10

Student leaders urged to serve without any reservations

by Sarah Synteche Lucas

Jan Carlo V. Caldito urged the newly-elected officers of the different student organizations and interest clubs to serve without any reservations to become good leaders during the Oath-taking and Induction Program on October 30, 2017.

During the said event, he challenged student-leaders to prove they are worthy of the trust the students had given them.

"Governance must be for the people because they were the ones who put the student leaders in their position anyway," Caldito said.

He emphasized that effective leaders must be able to set aside all negative vibes because such cannot be avoided. They must be sincere in doing their duties.

"Student leaders must not just talk but also do what they say for the improvement of the whole student population," he said.

Caldito also stressed that these officers gave words and promises to the whole studentry. As a result, to keep their word of honor is the best attitude they can show to their constituents.

He reminded the student leaders to have this very important character—to put their feet planted

Student leaders/to page 8

NWU merits dedicated employees

by Chrissa Marie Antonio & Ryka Gutierrez

Northwestern University recognized its employees who have served the institution in different capacities for several years during the 86th Foundation Anniversary-Employee's Night with a theme "Kannawidan ken Talugading" last February 1, 2018.

Leading the 36 loyalty awardees is Floresita Pe Benito who served the University for 35 years.

"Northwestern University helps me a lot. As Northwestern grows, I also grow. There were certain ups and downs, challenges, trials, conflicts and misunderstandings inside the university but I grew from that situation. It helped me grow and mature professionally," Pe Benito responded as asked how did the university developed her as an employee.

Loyalty and commitment must be the quality that employees must possess in order to be more effective and efficient as Pe Benito shared.

The other awardees for loyal service included were Glorina Curammeng, for a 30 year service;

NWU merits/to page 10

LOYALTY AND EXCELLENCE: The loyalty awardees pose for a photo opt with the University Administrators.
Photo by CMRC

BUDDING JOURNALISTS: The Review Staff display their awards after the 18th RHEPC awarding ceremony.
Photo by Review staff

"R" staff members haul awards in 18th RHEPC

by Yzrae Trish V. Caoile

Review staff members who represented the school in the 18th Regional Higher Education Press Conference (RHEPC) held in San Fernando, La Union last November 22-24, 2017 bagged awards in the different writing contests.

Yzrae Trish Caoile, 1st place in Opinion Writing (Filipino) made her qualified for the Luzonwide Higher Education Press Conference and 8th place in Editorial Writing (Filipino).

Ryka Gutierrez, 7th place in DevComm (Filipino), Precious Kae Quemquem, 7th place in Copyreading and Headline Writing (Filipino), Clarisse Raval, 7th place in Feature Writing (Filipino), Jannahry Ann Campos, 9th place in DevComm (English) and Hessen Noreen Castillo, 10th place in News Writing (English).

A total of more than 200 delegates from 21 public schools and private schools participated the said press conference.

NWU's crash course

Japanese students attend English Camp

by Clarisse C. Raval

Two groups of Japanese students from Keiai University, Chiba, Japan actively participated the lectures and discussions during the English Camp at Northwestern University, September 2017 and February 2018.

Thirteen (13) students taking up International Studies namely Miyuki Ito, Wakana Tsuruta, Yuto Takeo, Yuri Honma, Masaki Yamura, Hikaro Nomura, Yui Sakamoto, Keiko Watabe, Anna Odake, Haruna Kimura, Miho Gunji, Emi Yamaguchi and Ryusuke Otobe along with their professors Mr. Shigeru Koda and Mr. Shigeru Inoue participated the English Camp last September 4-16, 2017 and 3 Teacher Education studs namely Yuji Jotaki, Naoya Gokita, and Yukimasa Murata along with Mr. Shiegru Koda dynamically joined with the activities on the said camp last February 24-27, 2018.

"I joined this English Camp to know more about Philippines. I wanted to see how college students here in the Philippines spend their time. We're here to learn English," Miyuki Ito said.

Aside from the lectures of the English language, the Japanese students had also the chance to visit different tourist destinations in Ilocos Norte as part of their outside activities in a way that they will communicate with other people.

Japanese studs had also interactions with NWU students. One of the highlights was the Empanada making wherein BS Hotel and Restaurant Management students showed them on how to make one.

"It was good to see them having conversations with students because we saw that they were getting better in using the English language as we taught them during our sessions," Joan Velasco, one of the lecturers said.

Japanese studs were not only exposed to lectures but also in music sessions. The lecturers presented some English songs to them and they let them sing it, some of them even danced; they were also asked to write a speech about their thoughts, reactions and experiences during

Japanese/to page 9

SHS, CAHS studs grab Mr., Miss NWU 2018 crowns

by Jannahry Ann Campos

Senior High School and College of Allied Health Sciences students won the Mr. and Miss Northwestern University titles, respectively during the University's 86th foundation anniversary celebration bringing SHS its first win for the crown and getting CAHS back to the crown.

Cyrax Khelly Teody Miguel, a Grade 11 Pre-Baccalaureate Maritime student and Sarah Synteche Lucas, a fourth year Medical Technology student both garnered the highest scores from the five-member panel of judges to win the two titles against the other 14 other candidates from the other six colleges and the Basic Education Department of Northwestern University.

With a total rating of 94.17%, SHS got the winning streak as Miguel received the crown from Juan Carlos Tabios III, Mr. University 1st runner-up and a College of Teacher Education student who represented Remnzar Salumbides, Mr. University 2017 during the Coronation Night.

Lucas carries the Miss University 2018 title with a total rating of 90.21% after Aira Jane Bucad, a College of Business Education student was imported by the College of Maritime Education who won the title in the year 2017.

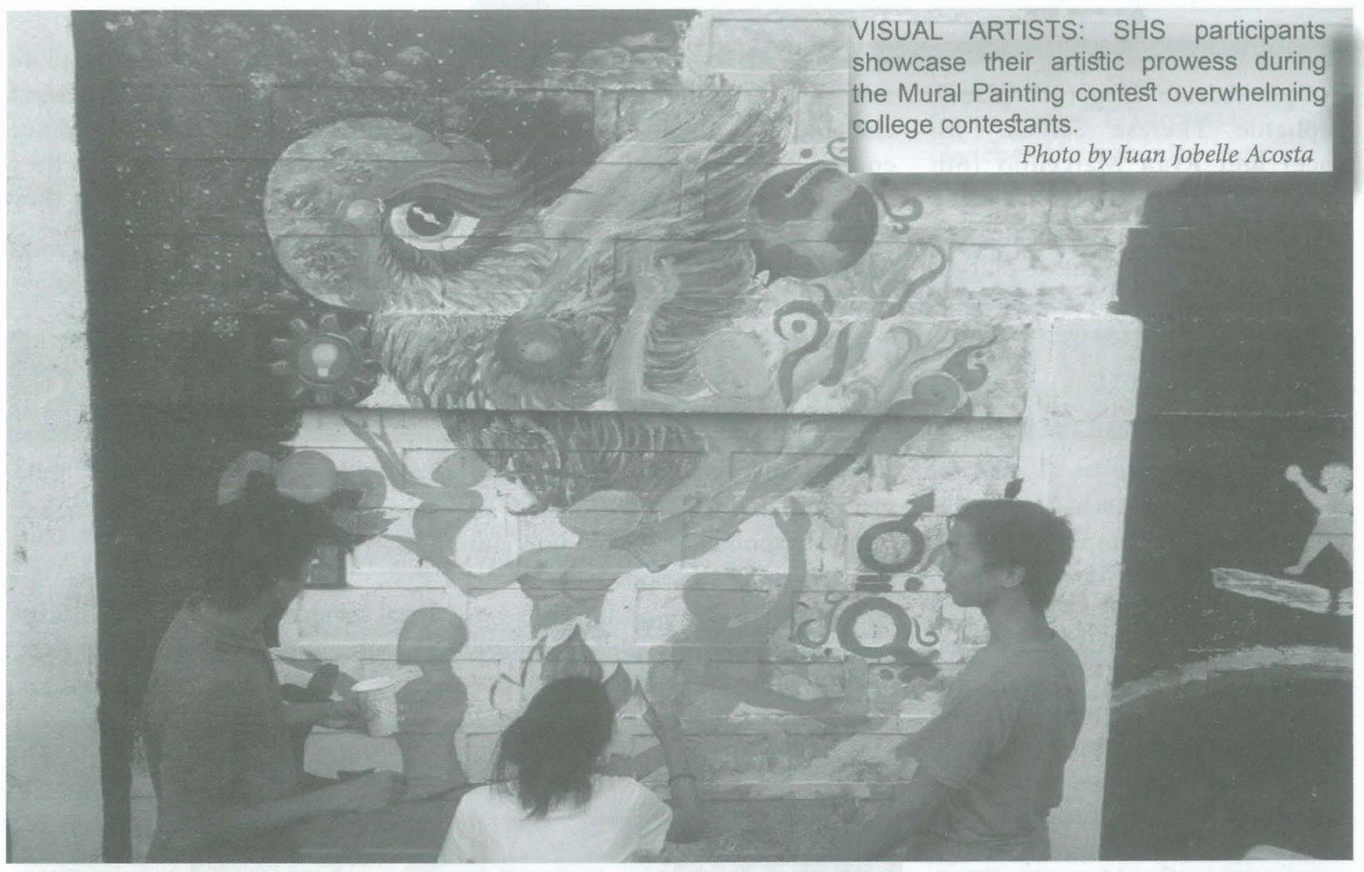
Miguel and Lucas nod the judges as the question was phrased, thus: How will you help Northwestern University expand its horizon?

KINGS AND QUEEENS: (From left-right) Mark John Bucalig and Glecy Jane Baluis (1st RU), Cyrax Khelly Teody Miguel and Sarah Synteche Lucas (Mr. & Miss NWU 2018) and Jose Luigie Barriga and Marie Ysabelle Aquino (2nd RU) flaunt their victorious smiles. *Photo by Jose Francesco Alonzo*

"As a student, I'm very confident and consistent in expanding my horizon and most importantly for us to know our commitment to excellence, honesty and integrity," Miguel nervously said.

Fielding the question, Lucas confidently answered, "I will help Northwestern University expand its horizon by studying hard right now. I am a future-oriented person but I would like to focus on what is happening at present. And right now, I am a student that is why I'd like to become praised. And

SHS, CAHS/to page 9



VISUAL ARTISTS: SHS participants showcase their artistic prowess during the Mural Painting contest overwhelming college contestants. *Photo by Juan Jobelle Acosta*

SHS studs rule Students' Day

by Chrissa Mariae Antonio & Precious Quemquem

The activities during the Students Day held last January 31, 2018 were dominated by the Senior High School students.

The activity was a whole day endeavor with different competing categories for all colleges and for the first time, Senior High School students participated on the said event.

Activities included where Fun Run, Mural Painting, Chalk Art, Spoken Poetry, NWU X-Factor and Float Parade Design.

SHS students bagged all the places for the Fun Run namely of Prinze Odel Rabanal II, Kenneth Raymundo and Hezron Ragonjan in the 1st, 2nd and 3rd place, respectively.

The Mural Painting awardees were Christine Beatriz Orteza, Jayron Zorca, Josam Racho, Aleah Bautista and Karen Salvador awarded as 1st place.

Nicole Pola won 1st place in the Chalk Art Competition. Ruth Anne Ragutero and Fernando Pascual Jr. championed the Spoken Word Poetry contest. For NWU X-Factor, Kathrenne Allysa Damaso placed 1st and for the Float Parade Design, SHS won 1st runner up.

The said event created a strong bond, provided an avenue to form group cooperation, established friendship and to acquaint with their peers. It was also a good way to pave the way for the students to reach their full potential as individuals and as a team.

De Castro urges students to present researches

by Clarisse C. Raval

On the 3rd day of February 2018, a research forum was conducted at the New Media Hall which was supervised by the Director of University Center for Research and Development (UCRD) of Northwestern University, Dr. Lori Marseli Lucas de Castro as a part of the 86th Foundation Anniversary of the University.

"As of now, there is no perfect system, it is a cycle, we are improving and the improvement is through research. Because if there is no research, there would be no improvement, because there is nothing new that is added to what is there already," Dr. de Castro said.

De Castro believes that research is a way of life for it gives a good experience on looking at what the problems are, what the issues are and one is being motivated as well to contribute to the society in solving problems.

"Research is actually not a solution but it could be a step for policy makers to adapt and study more about it, so that the educational system will improve," she added.

The forum was intended for academic and non-academic faculty and staff as well as students of the graduate programs and basic education. It was done to disseminate researches that have been conducted.

The researchers presented their studies covering the background, methodologies and findings, and most of the research studies that have been presented, were already presented in the national and international research conferences.

"Expanding horizon means that you get out of your shell and expand your experience, and now there are already two international researches that have been presented in Cambodia and Bali Indonesia, that's for the faculty. But we are also encouraging students to present their researches. Because as a University, one distinction between a university and college is, a university must be a research-oriented," De Castro said when asked how research forum relates to the theme "Expanding Our Horizons".

De Castro stressed that if students have good researches that are worthy of presenting or disseminating in research forum whether national, international or local, the institution sends them for evaluation and if they are accepted, it means that the Northwestern University is moving forward.

The research forum aimed to acquaint the participants with the thrusts and directions of research towards the attainment of quality education; instill among the participants the value of research in teaching and in advancing knowledge; encourage research initiatives by individuals or groups of investigators in areas specific to their interest and relevant to their expertise; and disseminate research results to a wider audience to facilitate the development of an established research culture within the university.

Fourth year Comm student named new "R" editor

by Irra May R. Ganot

A fourth year Communication student nailed the post of Chief Editor of the Review, official student publication of the University, after getting the highest combined points of the qualifying examination, interview and journalistic aptitude.

Named to the post is Jannahry Ann Campos, who joined the Review since her second year in college. She had held the Features Editor and Managing Editor positions, respectively.

Sarah Synteche Lucas, former Sports Editor for two consecutive years rose to the rank of Associate Editor; Irra May R. Ganot and Chrissa Mariae Antonio, both third year BS Accountancy students and who were both Correspondents last academic year rose to the rank of News Editor and Sports Editor, respectively.

Harold Aninag, a fourth year BS Architecture student and the Review's Cartoonist for three consecutive years retained his post. Four reporters are Yzrae Trish Caoile and Clarisse Raval, both third year BS Psychology students; Precious Virgin Kae Quemquem and Ryka Erynn Gutierrez, both third year BS Accountancy students, retained their post.

Jose Francesco Alonzo, a second year BS Business Administration major in Financial Management student serves as the contributing photojournalist. The staff have chosen Mr. Mangel Ancheta and Mr. Johnny Pagaduan as their Technical Advisers.

Pagaduan was brought in later this school year to help in the publication of an issue.

Student leaders/from page 7

on the ground, to remember their real purpose and not abuse their power.

"You will return to your old self before you become a member of the council. Student leaders must always be humble and proper all the time because by the time they will leave their office, all things left would be left behind," Caldito added.

He emphasized that service to the students must always come first before one's own personal interest.

He believed that one must develop a good image by being humble, just and noble and being a beacon of goodwill because such will make one as a good leader.

Caldito graduated Bachelor of Science in Tourism Management at Divine Word Collge of Laoag. He is the owner of Ilocos Heritage Tours and a licensed tour guide.

Japanese/from page 7

the said camp in which they were encouraged to recite such on the culminating activity.

The lecturers guided them on how to write one and helped them practice how to pronounce English words properly. Aside from speech, they also had a skit presentation which was presented during the culminating activity.

The last group were able to interact with some of the NWU students through the use of Filipino and Japanese traditional games such as sungka which is a Filipino indoor game that involves dropping shells or stones into large holes on a long canoe-shaped board and shogi which is a Japanese chess or Game of Generals.

"While we're here at Ilocos, we visited a lot of beautiful places! And I really love the places that we visited especially the NWU! But our trip wouldn't be so great without the teachers, and students. I will really miss them all and I will never forget all the memories here at NWU. Thank you so much!" Ito said on her speech.

The purpose of the English Camp program is to allow the Japanese students to practice and master the English language and to learn it in a natural learning environment. The camp program was filled with language enhancing activities. The Japanese students were able to develop a priceless ability to communicate with more people in a different country with a different culture.

SHS, CAHS/from page 8

then in the future I will become professional, I will find a good job and they will ask me where I studied when I was in college, of course, I would say my beloved Northwestern University. In that way, I can promote my school, I can promote my Alma matter. I can promote Northwestern University to make it well-known worldwide, and that is how I can help Northwestern University expand its horizon."

Miguel and Lucas believe that conducting beauty and brain pageants like this would not only showcase the beauty of physical attributes and intelligence, but also to develop a healthier camaraderie among other people from different school communities.

"Expanding our horizons simply means making our institution known in all parts of the world. It is building a good reputation and taking care of it by means of promoting our university in all ways possible," Lucas said when asked how she interprets this year's theme.

Miguel highlighted that "Expanding our Horizons" is to soar higher and dare things into reality by constantly pushing one's self to go further and reach greater heights.

Miguel received other awards such as Best Performer in Production Number, Most Photogenic, Best in Carriage, Mister Vertext, Best in Casual Wear, Best in Swimwear, Best in Formal Wear, Mr. Catalina's Resto and Most Handsome while Lucas was awarded with Miss Friendship, Miss Vertext and Best in Casual Wear.

Mark John Bucalig, COBE and Glecy Jane Baluis, SHS, were crowned 1st-runners up; while Jose Luigie Barriga, CAHS, and Maria Ysabelle Aquino, (COME-import) were hailed the 2nd-runners up.

Criteria for judging comprised of Talent (20%), Casual Interview (20%), Production Number (10%), Casual Wear (10%), Swimsuit (20%) and Formal Wear (20%).

SHS joined the pageant for the first time last year but was unable to be on spotlight. This year, both candidates from the department grabbed crowns.

Menace/from page 2

composed of students selected by fair and competitive examinations. It adds, "Once the publication is established, its editorial board shall freely determine its editorial policies and manage the publication's funds (Sec. 4)." From this provision, it is clear that the law seeks to uphold the editorial independence of campus publications. This independence is defined not only in terms of editorial content but also in terms of day-to-day operations, particularly fund management. Let alone, The Review is not under OSA.

In stating that the special interest clubs are of different standing with the school publication, I only mean that the Review is only exemplifying editorial independence which is necessary for the writing of unbiased and fair articles. With this editorial independence, the school administration cannot justly withhold my clearance, nor any of the editorial staff, for the non-issuance of the school paper. In upholding this editorial independence, however, I don't mean that the Campus Journalism Act should be read in a manner as not to infringe upon the school's right to discipline its students. The university still has a recourse to hold an editor liable, but this recourse shall not be the withholding of clearance and not allowing a student to graduate only on the ground of non-issuance of the school paper. A proper remedy, such as withholding of Transcript of Records, shall be resorted to in order not to violate the right of a student to take his/her examinations and graduate. Such was agreed upon.

I never intent to get away from my responsibility as the Editor-in-Chief of the Review. I just supposed the administrative action of withholding of my clearance rooted from the belief that we no longer intend to release the paper. We still intend to release the paper, it's just that we cannot give an exact day for the release of the paper because editorial jobs such as editing and printing are subject to several factors that might possibly change the flow of schedule. Not giving an exact day for the release does not mean non-issuance. I just don't want to give a date and then later on fail to beat the deadline due to circumstances beyond my control. But since I do understand the point that there has to be a date of releasing the paper within my tenure, then the date promised was on or before May 23, 2018—the most realistic date. And now, you're holding an issue of the publication.

While we do understand the complaints and questions of the students to the Review, asking the administration to do something about it, I firmly believe that higher authorities must respond in a way that is not against the law.

Instead of the administration ensuring the unity among all students, it is them who are going against their students, creating more disunity on the student body as well as the whole institution. There is a need of fair judgment made in good faith.

With all these statements, we hope that the administration will carefully scrutinize with the appeals presented above and will humbly put into consideration the aforementioned statements. The rights of a bona fide student of this institution should be properly protected by the administration by not making matters be in a form of legal instruments and not harassing students. Because after all, a student who has responsibilities (curricular) in school is not just a student labeled with his or her position only, whatever office he or she may in but above all, he or she is first and foremost a client of the university.

Ma'am Erlinda Gloria will always say, "Antagonize one student then you'll lose all students."

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While all of us memorize the university's core values "CHAMPS"—Commitment to Excellence, Honesty and Integrity, Active Involvement, Management of Resources, Professionalism and Selfless Service, it's the application we all failed.

Students are being reminded to observe all of these but it would be better if employees are the first ones to practice every single area especially PROFFESIONALISM. They are our models after all.

Employees have the right to monitor students but they might fail to think that students have also rights—the right to be informed, the right to ask for clarifications and the right to have the best services.

As what the editor said in her column in the paper's first issue last school year 2014-2015, students are the customers, the lifeblood of the university. Therefore, customers must be given the best service they deserve. In other words, without the students, employees could not be here in this university.

The unprofessional acts of employees may result to an unwanted feelings of a student—hurt, humiliated and insignificant. I believe that even the employees don't also want to feel these.

When these attitudes are not redirected, there is a possibility that it will drive enrollees out of the university. The university must satisfy not just the knowledge that is being fed on the student's specialization but the most important of all— the human resource services.

Synchronized/from page 2

interviewed a senior and a junior student, both student leaders, they complained much on the dissemination of information. They told to me that they (SSC) informed and required officers and those students who failed to attend the university parade will join the city parade yet they informed them that they will not participate anymore because it was just a float parade in the very last minute. But the worst scenario was, they informed these students that if they have to participate in the said parade, they have the chance to offset their sanction if ever they failed to participate the first parade required for them, but sad to say it never happened.

Could you blame those students who are complaining to the compromising dissemination of information?

For every act, there's always a consequence. Thus, it is needed to have a careful decision to make before there's a command.

We have all our responsibilities to do- a required act to be done so that no one would be compromised, affected nor sacrificed from the irresponsibility of others.

***

As stated in the student handbook, Section VI, "Students have the right to be informed by their instructors of their class standing not later than two (2) weeks after their major examinations. They also have the right to see their graded quizzes and other work which have bearing on their grades before the final examinations." Sad to say, few instructors give importance on this matter. Whenever we ask our instructors about our grades, some just say "Just see it on your portal". But, how could we see our grades if the portal has glitches in viewing it? Isn't what stated in Section VI that "students have the right to be informed by their instructors" clear? So precisely, there's no reason for instructors not to show it to their students. I believe in the saying that "Ninety-nine percent of all failures comes from people who have a habit of making excuses." It is a confirmation of those who failed to do their responsibility. A responsibility of whom some make it, not so vulnerable matter so never-mind notion will prevail to them. It is because the most important would be they at least passed the subject thus, no more reason to know the computation of it. It is a wake-up call to everybody that contentment is far different from complacency.

As the vision and mission of the university goes, it tells and reminds us that the institution is dedicated to develop individuals to become highly competent and as to be committed to excellence.

So how could an individual student gain this if they have no measurement nor lead to know if they need to improve their capability of learning? Let alone if there's no information about their standing on their respective class? If no one would ask, who will? Would you know what you are asking for if you don't have the willingness and braveness to know it?

My fellow students, don't let yourselves be jailed from contentment and nowhere- of letting your grades readily on your plate without knowing of how it was made. There's must be a notice from a sudden drop of one's grades because it might be a tocsin of maliciousness if ever you doubt and know you don't deserve it. It is your right as a student to know it. However, every right we fight for, there's always responsibility attached within.

I do agree on the saying on what the former editor firmly believes in, "The world suffers a lot. Not because of the violence of bad people, but because of the silence of good people."

This is evidently happening. My fellow students, if you feel abused, deceived, cheated, misused or overused, it is then your responsibility to fight for your right. For I believe that every right tamed with responsibility. And that would be the time to gain the right if you do the required act to be done. It is in your hand to accept the responsibility to acquire and accomplish things so no one would be blamed- being irresponsible.

Defend press/from page 3

authorities try to give the most careful words against a student publication, editorial staff will discern and respond in the most accurate way.

The campus press helps provide relevant information for students to make the outmost informed decisions. Even inside the campus, there are a lot of rising issues confronting students.

As torch bearers of the campus, student journalists try to shed light on issues, to open the minds of students to the situations not only what's going on in the campus but also in society as a whole. The campus press freedom is integral to students' rights. Related to this, a school publication should see themselves as part of the student movement and not separate from it.

As the voice of the student body, not only the campus journalists but everyone as well must be aware of what's happening in the society for a better analyzation of burning issues and put everything into proper context.

Of being/from page 3

This failure tells me that I am one step closer to succeeding and this will make me smarter and savvier because of the knowledge I've gained through it. Being a student leader may put you in some uncompromising situations but don't ever let that obstruct you from grasping this gratifying opportunity. One of the biggest responsibility a student leader must do is to try the hardest to be the best leader possible. And for us to be able to that is to look at the problems you run into as learning opportunities.

Students like me who continue to get involved on campus because they see that the sacrifice of their time is worth the benefits they receive — the friendships, the level of involvement across campus, and the amount of fun they can have as a team are the students who help themselves become more well-rounded and every student must be like that.

The things/from page 3

moment when the numbers start to betray her. My first was when I failed to recite a constitutional provision in verbatim. I was outright given a grade of 60. Instead of being disappointed and backing down, this motivated me to study better. I could not let one or two or three failing marks destroy the rest of my fate when I know that I am very much capable in reaching a hundred more positive marks. Instead of calling it as "failing", I rather consider it as an opportunity for learning. For someone who holds onto a dream so dear, life's temporary setbacks should not be used to build walls but instead, stairs that leads one closer to her dreams.

They said that law school will make me cry and curse myself countless of times but they also missed to tell me the overwhelming happiness and satisfaction that comes with each accomplished semester. I am now about to go to my fourth semester in law school and I have been told that I will curse myself even more during it. But after finishing three semesters, I now know better that the difficulties along the way were only necessary to enjoy the fruits of my labor. I take pride for being able to resist the urge to raise the white flag during the most tempting moments.

Committing yourself to law school will require a lot of sacrifice. A vast of responsibilities awaits on top of whatever you already have your hands on. I guarantee that law school will make you doubt yourself again and again. You will surely question whether or not you deserve to be in the institution in the first place and perhaps call yourself a fool for even giving in to the challenge. But, I also promise that you will gain so much more. It will tap parts of you that you never thought existed.

You'll meet and share stories with strangers who might just become your lifetime friend. With my pinky finger intertwined to yours, I swear that law school will not only enrich your mind but also your heart, soul and values.

Until you decide to sign up for the journey, I rest my case, your Honor.

Admin backs/from page 1

the first week of February to justify the said intention.

She further emphasized that the tuition fee increase is not being usually done by the university. The last increase in tution fee was eight percent (8%) and that was two years back (Academic Year 2015-2016). Thus, there is a need to cope with the effects of local inflation and augment of the operational expenses; to provide better services; and to further improve employee's productivity by increasing compensation and benefits package.

The proposed intention of the university to increase tuition fee and other fees brought elicited reactions from the students that would call on the university to look into consideration. Some students find such as a total disaster but some see it as somehow beneficial to the university with the proposed increase.

"Increasing the tuition would be alright if we are given quality education. But I think that the real question is why do other universities get the same good quality education but pay less?" Clarisse Raval, BS Psychology student said.

The proposed increase in tuition fees will range to 10%-15% for the undergraduate courses while in the graduate courses, it will range to 12%-20%. The increase will be depending on the status level of the accredited programs. A 10% increase applies in each of the miscellaneous fees.

As of now, the proposed tuition fee and other fees increased has not been approved yet. There are clarifications and inquiries asked by the CHED.

CHED continues to ask regarding the actions taken done by the university as to the concerns raised by the students during the consultation.

The student publication has been the students' main concern and CHED monitors the university's paper.

"Fees are not just easily approved. They had to be studied thoroughly by our Regional Office. It entails for me to go and justify the tuition and miscellaneous fee increase," the VPF explained.

The Regional Office favorably recommends the increase tuition fee of the university to be approved by the National Office since the school is on a deregulated status and an ISO certified institution having several programs with different levels of accreditation.

Bolusan recently visited the regional office to give proofs and documents with what the university is currently doing on the students' concerns. So far, the university has not yet received any further questions regarding the said increase from the regional office. Hence, the institution waits for the approval of CHED.

The university expects the approval of the tuition fee increase this May or June, before the start of classes next school year.

As to the different status of students, the university will continue the SAFE loan program to support and help students who are in need.

"We give considerations to students who really cannot afford. We give easy installment payments but we have to collect fees until finals," Bolusan said.

The university offers several programs to avail discounts like applying as a student assistant.

Bolusan said, "I encourage students to do good in academics in order to be recipients of scholarship discounts."

As to scholarship discounts offered by the university, discounts will remain the same despite of the increase.

Tuition and miscellaneous fee increase will benefit the university's services and quality education as stressed out.

Sole party/from page 1

the phase, invite students to hear their concerns as regards to the concern for proper solutions to be done. This will also let The Review release a paper on or before the deadline so that students' contribution would not be wasted."

Sanctions were also discussed. A student from the College of Business Education, Angel Evangelista, asked a question to the aspiring Vice President Internal, Jezza Guarino with regards to her statement about the sanctions since the SSC last year was giving discounts and they even free students from their sanction stressing that fairness should be observed as other students pay their sanctions.

Guarino said, "Most COBE students were asking for discounts or consideration regarding their attendances in SSC since they are paying a high amount of sanction on their college compared to what SSC has implemented."

A question was addressed to the aspiring Treasurer and Auditor about any specific background on handling the money and auditing.

The aspiring Auditor, Charles Jefferson Bagcal answered that it's his first time to run as an Auditor without him knowing it but he will take his responsibility. He stressed that to be an Auditor is such a big task because the money of students are being audited. He even stated that he will do his work with all honesty.

Another student also emphasized that the running Auditor doesn't have any idea of his assigned task given the fact that his course is not aligned to his position.

The running Auditor answered that it doesn't matter since SSC will be having its adviser who will coach him. He accentuated that he is a student who knows Math and it's not just the Accountancy or Engineering students are to be an auditor.

Jonathan Ramos from JPIA suggested to the SSC candidates to have a team from Accountancy that will audit financial statements.

Guarino came to answer the question for the running auditor underlining that before the party was completed, there were no Accountancy students or any courses aligned to the position who wanted to run for the elections. Guarino then questioned these Accountancy students for enquiring the eligibility of the aspiring Auditor.

Guarino also stressed that as regards to funds, SSC follows a protocol which they will have to propose a project to the administration and if ever the project will be approved, they will make sure that the money used will be properly liquidated.

A question was also asked to the aspiring Secretary, Ryan Marcelino on how he can balance his responsibilities as Secretary and at the same time as part of the Debate Society.

Marcelino answered, "I'm a flexible person. I was a part of the Debate Society and I was as well the CAS President last school year where I felt being challenged."

"I believe that I can also be a SSC Secretary while being an active member of the DebSoc," Marcelino added.

Ildefonso U. Gonzales III, former two-term SSC President now an employee, was nominated by the elected officers and was selected by the Administration as the adviser of the umbrella student organization of the university.

PACUCOA Visit/from page 1

Likewise, the graduates of the program will no longer apply for their special order in the region or in the Commission on Higher Education (CHED) as the school will directly issue the S. O.

Therefore, the college will enjoy a higher educational status.

PACUCOA is a private accrediting agency which gives formal recognition to an educational institution by attesting that its academic program maintains excellent standards in its educational operations, in the context of its aims and objectives.

SSC elections/from page 1

resigned. Written resignation letters were given to Bucad stating their personal reasons.

In the SSC by-laws Article VI states that, the SSC President can appoint persons into positions in a limited time only.

From the nine (9) vacated positions, only seven (7) were filled in. Bucad appointed Ron Michael Taylan to replace Llanes as the VP External. Cyrene Agcaoili to replace J. Valdez as the Business Manager, Francis Eugenio as the Auditor, Bianca Santiago as the Athletic Manager, Jhanes Rioza as the Assistant Secretary and Rhickson Aceba and Dionnel Ugot as the PIO Internal and External, respectively. Sub Treasurer and Provost Marshall (1) positions were remained vacated.

"They were chosen based on their capabilities and indeed they performed well at the time they were appointed until now," Bucad said.

NWU offers/from page 5

is costly, but there are costs that we can eliminate by bringing and making it available here in Ilocos Norte," FSN added.

Culinary Arts program is a two-year course which means after two years of studying, one can already go abroad to have training which is one way of achieving a dream of having a job and living a life overseas.

The proposed Culinary Arts Kitchen which will be located at the NWU International House has an area of 106.25 sqm. which will house workstations that are fully equipped with top of the line cooktops, convection oven, stainless steel sinks and a wide array of cooking essentials found in professional kitchens in the industry.

NWU studs/from page 5

joined mostly by the students and employees of Northwestern University. However, with the help of social media advertising, government employees, police officers and legal practitioners, also participated in the event.

Tickets were sold at a minimal cost of P250 pesos on the three-kilometer run and P300 pesos for the five-kilometer run. The runners' registration fee came with a race bib, dri-fit shirt, water (along the running route), concert admission, finisher's certificate and a Globe SIM card.

There was also a ceremonial candle lighting for the Marawi people after the fun run. The students offered original compositions of songs during the mini concert.

"This is another milestone for Northwestern University because taking the initiative to create awareness among the Ilocano people and be able to raise funds to provide assistance to the victims of the armed conflict in Marawi City will eventually give them the opportunity to rebuild their lives," said Leovy Ancheta, a former student of NWU and a participant in the event.

The event successfully raised an amount of Eighty Thousand Pesos (Php 80,000.00) and was sent to Marawi with the help of the National Youth Commission.

Upon insuring the event's success, the organizers asked help from the Provincial Government of Ilocos Norte (PGIN), youth group Sirib Express, Globe Telecom, and the Philippine Information Agency-Ilocos Norte office.

"We are indebtedly thankful to those who participated in the event as they have involved themselves. It doesn't just mean about being physically fit but it's a responsibility for our fellow countrymen as well – to help and give hope. By this simple but special way of raising funds can make a big difference as youth of this generation. Aside from them, we are also thankful to our suppliers, sponsors and the University's support units and administration for the trust and assistance. Indeed, we all share the spirit of bayanihan And most of all, the glory we give back to the Almighty for our answered prayers and the end of war in Marawi as well," Cua added.

JPIAns excel/from page 5

"The three-day convention [RMYC] aimed to promote academic excellence, camaraderie and familiarity and bring out the talents among JPIAns of the different participating schools," Maria Jewel Aguda, JPIA President, said. She also added that their performance this year in the PAWC compared to that of the last year's is better, considering the awards that they received.

"We were able to enhance our competencies and talents as future professionals," she added. Aguda also emphasized that they were inspired by the life stories of the Certified Public Accountants (CPAs) who attended the said event.

The two events were not only contests-centered but seminars were also conducted vis-a-vis.

The RMYC was participated by the schools all over Region 1 and CAR and was administered by the National Federation of Junior Philippine Institute of Accountant officers while the PAWC was participated by JPIAns of Mariano Marcos State University (MMSU), Divine Word College of Laoag (DWCL) and NWU.

NWU DebSoc/from page 7

panel thought otherwise, however, at the end of the day, they had to submit themselves to the decisions of the panel.

"We have been telling the NWU DebSoc that it is not about the winning, it's not the medal, neither is it the trophy, but winning is in the heart of everyone, so if that's what we believe, that we have actually won, then we won, that we made the Northwestern University proud", Matias added.

FEM Intercollegiate Debate is an annual debate competition held in Ilocos Norte and recognized as the biggest debating event in Northern Philippines. The said competition is in honor of the late President Ferdinand E. Marcos. FEMID 2017 was a four-day event and was held on the 4th, 5th, 6th, and 8th of September in Robinsons Mall San Nicolas, Ilocos Norte. Mariano Marcos State University, Northwestern University, Divine Word College of Laoag, Northern Christian College, Data Center College of the Philippines, and STI College-Laoag took part in the said event.

NWU merits/from page 7

Rey Clemente, Julito Domingo, Bernabe Flores, Melvin Pimentel, Olivia Rasos, Elvira Santiago, Noel Tangona, Flordelina Utleg for a 25-year service.

The 20-year service awardees are: Victoria Balcanao, Ma. Teresa Lourdes Carbonell, Christopher Cid, Mariscel De Guzman, Chita Gonzales, Rommel Guerrero, Edgar Lazo, Roshelle Macadangdang, Adelaida Manglal-lan, Roy Nicolas and Juliet Pascual.

The 15-year service awardees are: Dexell Antonio, Angelita Guererro, Louie Guererro, Romeo Paguirigan, Aldrin Tumamao. For the 10-year service awardees: Bibiano Alonzo, Richard Balucio, Mariegold Cabrales, Juliet Carcueba, Alvin John Cariaso, Catalina Exmundo, Maria Liza Nicolas, Merry Kristine Padaong, Fe Pungtilan, and Edmund Turqueza.

Special recognitions were also given to the following employees: Flordelina Utleg (CTE), Beatriz Cravalho (Accreditation Office), Agustina Matias (Office of the President), Marshall Felix Josue (Center for English), Johny Pagaduan (Senior High School Department), Juliet Carcueba (Junior High School Depeartment), Jonathan Reyes (Elementary Department), Tirso Quitoriano (Finance Department), and Reggie Miguel, Lorenzo Resquir Jr., Romeo Paguirigan, Pablo Daguna Sr., Joebert Cerenio of the PPDO.

Employees who have also excelled in the field of Research were given recognition. They were as follows: Resie Jane Mata, Aldrin Tumamao, Jerico Nemesis de Castro, Karl Lenin Benigno, John Louie Rodas, Joseph Montenegro, Dr. Elsie Pilar and Engr. Rolly Ramos.

College of Business Education, College of Teacher Education, College of Arts and Sciences and College of Criminal and Justice Education also received awards as they have surpassed the rigorous PACUCOA accreditation visits.

The objective of these awards is to motivate employees and give them special recognition for them to even work harder.

"Well like what I said, If you're an awardee, you could do more and if you have not yet given an award I think it kind to push you also to walk extra mile to be more productive so that you will be given a break also," Karl Lenin Benigno said when asked how this awarding ceremony benefits employees.

Benigno also emphasized the implementations of ASEAN integration on 2020 which will encourage the employees more to make noise in the global level.

The awardees received certificates of recognition and cash incentives.

Wolves slump Panthers in basketball finals

by Precious Quemquem & Ryka Gutierrez

College of Criminal Justice Education- College of Arts and Sciences Wolves defeats the College of Maritime Education- College of Teacher Education Panthers 59-53 in the basketball championship game.

On the first quarter of the game, both teams are very eager in playing. They have their own strategy and a well-guarded play to each of their opponents. The quarter ended with a 15-12 in favor of Wolves.

The coach of Wolves Winston Flores said, "Two weeks before the intramurals, we already selected and conducted try-out to select the first five and then next try-out second five and the last try-out is to complete the 15 line-up members. We scheduled two practices only for them to know each other."

The Wolves started to break away in the first half of the game. Mercado, number 11 of Wolves released his two consecutive three-point shot from the rainbow territory. John Fuerte, number 18 of Panthers, together with Alvin Calamayan, number 9, exerted defense to come up with the score of the opponent. However, it wasn't enough for them to lead, 31-24 still at Wolves. On its third quarter, Panthers garnered 16 points while 19 points in Wolves.

This quarter showcased the most offensive attacks of the players. John Nevine Dela Cruz, number 7 of Wolves also released his long-range shot. While the Panthers showed their maneuver with almost perfect shot that gives them the appetite to fight in their game.

Their good fortune jostled them to catch up for the second half. Fuerte gave his downtown shot and under the rim shot with the assist of Calamayan and a free throw. They got 13 points but still wasn't enough to cover up the needed points. But in return, Michael Domingo, number 24 recognized as the Most Valuable Player of Wolves led his unstoppable cross over to finish the game.

The game ended with a 6 point-gap. Domingo said, "I didn't expect, I just did my part to help my team mates and I'm just so lucky to be chosen as MVP in this tournament. My team is my family in every game. Just trust each other and we try our very best and here we are, we got the championship."

Flores said, "It's a very exciting Intrams because this is the first time that we do not suffer to defeat for the basketball team. Three consecutive wins without any loss. We are very positive that we will get the championship title because they already know each other. We know their plan and I know the game already that's the reason why we are very positive to become the champion."

SHARP SHOOTERS: Wolves Basketball team in their celebratory photo after the championship game.
Photo by Joshua Manuel Campos

Intramural 2017 Overall Score Tally

EVENTS	STAGS	WOLVES	TIGERS	PANTHERS
Basketball	9	15	11	13
Volleyball M	9	13	11	15
Volleyball W	11	15	13	9
Badminton Single M	6	7	4	5
Badminton Single W	6	4	7	5
Badminton Doubles M	5	6	7	4
Badminton Doubles W	6	7	5	4
Badminton Mix Doubles	5	6	7	4
Table Tennis Single M	6	5	4	7
Table Tennis Single W	7	4	6	5
Table Tennis Double M	6	4	5	7
Table Tennis Double W	7	4	6	5
Baseball	11	13	9	15
Softball	15	13	11	9
Football	11	9	15	13
Chess M	5	6	7	4
Chess W	7	6	5	4
Swimming M	4	27	5	25
Swimming W	0	0	12	21
Track Events M	19	61	2	66
Track Events W	38	71	23	50
Throwing M	13	19	16	18
Throwing W	16	19	0	19
Laro ng Lahi	9	11	15	13
Sepak Takraw	0	13	11	15
Lit.-Mus.-Art-Dance	148	129	119	90
Cheerdance	13	9	15	11
TOTAL	392	496	369	456
Rank	**3rd**	**1st**	**4th**	**2nd**

Smashing opponents with a crown

A Sports Feature

by Chrissa Mariae Antonio

These days, it is rare to find someone in the sports community who can also rock the stage during pageants. Girls in the sports world are often labeled as tomboys and boyish thus, making other people think that pageants aren't for them. But one girl broke the stereotype and proved that a sporty and boyish girl can transform into a stunning lady who can dominate the stage in a prestigious pageant.

Medical Technology student, Sarah Synteche Lucas, isn't new to representing her college, CAHS, when it comes to Badminton. But she took on a new milestone this year as she also bagged the crown during the Search for Mr. and Miss Northwestern University.

Lucas has been bringing home the badminton championship trophy for three consecutive years since Intramural 2015. In an interview with her, she said that her championship titles that she earns every year just adds up to her other achievements since she started playing.

Her love for the sport began when she first watched her uncle train his athletes for the Division Level, Open Tournament. She would run around the court picking up the shuttlecocks that the athletes used to further train their skills.

She was trained by her coach and uncle since she was five years old. "I remember being almost the same height as my first racquet." she said with a laugh.

Her fascination was fueled more when she held her first racquet and sent her first shuttlecock over the net when she was in second grade, a seven-year old girl.

Since her uncle and aunt were both sporty and weren't blessed with a child, they focused on Sarah and made her their own daughter. It must feel really great to have four parents caring for you and molding you for your future.

Aside from badminton, this sports enthusiast also tried long jump, sprints, marathons, and volleyball during her peak years in her sports career. Those long legs don't only look good on stage but on the field too.

Her achievements include qualifying for the IRAA (Badminton) two years in a row during her elementary years, her four-year reign during her high school years, and her three-year reign in her college years. She has also been a sportswriter ever since she was in fifth grade where she qualified for the Regional Schools Press Conference which was immediately followed by another one during her sixth grade.

When asked about the difference between her preparation for the pageant and her games she responded with, "It takes a lot of heart. You can't make excuses. During my preparation for the pageant, I wore my heels straight from my gym training which really made my feet hurt. When preparing for a game, I do a lot of footwork training which also makes my feet hurt a lot. There are a lot of similarities, actually. But one thing I learned from all of these is no pain, no gain."

Apart from her busy sports and pageant life, she makes it a point not to compromise her studies. She says she often sleeps for only more than an hour during exam periods and she would be thankful for that small amount of time to rest her eyes. She even joked about wishing that she would dream of her reviewers.

"Even though I'm busy, I still make it a point to bond with my parents since I'm an only child. I also allot time for my cousins when they want to do roadtrips. I also make it a point to spend some time with my special someone to ensure a healthy relationship. I never miss one day to walk my dogs when I come home from school. I also have commitment to The Review as I was chosen to be the Associate Editor. And of course I go to the gym to take care of my own health." She answered when asked about her time management.

Sarah is definitely someone the to look out for especially in she once intramural next year. Will crown to secure again take the championship her college life? her fourth and final title in Let's all find out.

"It takes a lot of heart. You can't make excuses.

FLAWLESS ROUTINES: Tigers show off their spotless routines, winning the Cheerdance Competition during the Opening Program of 2017 Intramural.
Photo by CMRC

Wolves shend foes, remain hotshot

by Chrissa Mariae Antonio

Wolves composed of the College of Criminal Justice Education (CCJE) and College of Arts and Sciences (CAS) never freed the crown for other teams as they hauled most of the ball games and Literary Musical Contests with 496 points ahead 40 points only to its closest rival this year intramural, the College of Maritime Education and College of Teacher Education— Panthers.

For the last four years the Wolves, remained the overall top scorer when it comes to ball games and that never gave the chance to the other teams to experience championship.

"I have expected that, this will happen because I have to. I mean I have to kasi kina-kailangan talaga naming ma-sustain yung title namin because it will be a big slap to my face if not," Emmanuel Dela Cruz, President of CCJE said.

Dela Cruz stressed that he doesn't want his college to lose this year's Intramurals for CCJE consecutively won the title for four years even before the college had been teamed up with CAS.

The Wolves topped the basketball, volleyball women, badminton single men, badminton doubles women, swimming men, track events women, and throwing events men and ranked second for the LitMus contests.

"Number one preparation is that nagpray kami kay Lord. Nandun naman na lahat siguro," Dela Cruz added when asked why did the team topped this year again.

The College of Maritime Education and College of Teacher Education Panthers landed first runner up with 456 points; the College of Business Education Stags, second runner up with 392 points and the College of Engineering and Architecture Technology and the College of Allied Health Sciences Tigers, landed third runner up with 369 points.

THE VICTORS: The CCJE-CAS team-up wins overall championship crown for the second time in this year's Intramural.
Photo by Review Staff

Stags dominate lit-mus, art, dance contests

by Sarah Synteche Lucas

Team Stags dominated the literary, music, arts and dance contests of this year's intramural garnering 156 points.

The Stags won with an 18-point lead over Team Wolves, who got the winning streak last year landed as the first runner up with 138 points.

Team Tigers secured the second runner up position with a score of 134 points while team Panthers placed last with 101 points.

4th year Tourism student, Khaila Topinio has been joining the LitMus for four straight years and said that she would always love to join dance contests because it is her passion.

Topinio bagged the first place with her teammates in the Ethnic Dance competition and secured the first runner up places in both the Cheerdance and Folk Dance with her Stags squad.

When asked how she felt about being this year's overall champion in the LitMus competition, she responded with "Most of the time we argue, we give up and lose hope. But in the end of the day we fight as one. We may have different personalities and attitudes but we build undying love and friendship after all. The great thing is after the competition we still bond like we've known each other for years. We are one, we are family, we are STAGS."

Another representative from the Stags who won first place is first timer Justin Hernando. The 3rd year Tourism student took the University by storm when he sang in the vocal solo competition.

"I was so shocked because it's unexpected. It's actually my first champion in my 18 years of existence," Hernando added when asked about how he felt about winning.

Hernando promised to join again next year to lift the name of his college and to defend his title.

The Stags won in at least eight categories: picture talk, extemporaneous speaking, essay writing (Filipino), on-the-spot photo contest NWU in action, vocal solo, contemporary dance, ethnic dance and Miss Intrams.

Tigers roar in cheerdance competition

by Jannahry Ann Camposs

The Tigers of the College of Allied Health Sciences and College of Engineering, Architecture and Technology bagged the championship title in this year's cheerdance competition as they performed a spotless routine and impeccable presentation.

Tigers made an exhibition of not just merely executing routines and liftings but a cheerdance with a story. The sensational teleserye, "La Luna Sangre" became the inspiration of the Tigers on the said performance, coming up with an astounding concept.

"Before, we were just performing a normal cheerdance but we suddenly came up with a story. The concept was like a battle between vampires and wolves. In the ending, only the wolves lived, killing all the vampires that were trying to get in their way," Julie-Ann Alipio, one of the cheerdancers said.

The Tigers cheerdancers won the heart of the judges with their flawless execution, fierce dance moves, outstanding routines, dynamic stunts, inventive concept and surprising liftings after being awarded as the 4th place in last year's competition.

"We were so happy being the champion this year. We did not expect to win the competition. They were just telling that somehow we will go up with the ranking like 3rd or 2nd but to be the champion was really unexpected," Kaila Calingangan added.

Despite of the Tigers shouts of admiration and growls of appreciation from the audience of a jam-packed Student Center, Alipio admitted that during their practices and rehearsals, they felt difficulties in executing routines and liftings.

Francis Gomez, Tigers' choreographer also encouraged the cheerdancers not to be pressured but to enjoy and to execute well for a roaring performance.

"We worked with cooperation and determination because we really want to go up from the ranking we had last year," Calingangan said.

Last year's title holder, Stags of the College of Business Education went one notch lower as first runner-up; Panthers composed of College of Maritime Education and College of Teacher Education landed as the second runner-up; and Wolves of College of Arts and Sciences and College of Criminal Justice Education ranked third runner-up.

The judges were Jodelyn Salvador, Jan-Jan Carbonell, Polly Malaqui and Marlowe Questin. Criteria for judging comprised, over-all appeal (10%), perfection of routine (15%), degree of difficulty (35%), choreography (10%), timing and coordination (10%), costume and props (10%) and cheers and yells (10%).