



KAPEHAN SA GUIDANCE, FORDA HEALTHY MIND: ANG ATAKE NG MGA FERSION...EYY!

The Guidance and Counseling Office hosted a one-week event aimed at helping the students, teachers, and staff to take a breather and prioritize their mental well-being. The event also incorporated different ways of play therapy through board games (chess, scrabble) and guitar. Brochures about mental health awareness and bookmarks with inspirational messages were given out, one each for free, to raise awareness and promote positivity. This also aimed to foster a closer connection between the office and the student body. Additionally, to this, the event is also designed to shift the perception of the Guidance Office and Guidance Counsellor as the “Disciplinarian”, instead it is a safe space where individuals can seek support.

The event ran for a week, October 7 to 11, 2024, at the front of the Guidance and Counseling Office. It was also supported by the *Siningbalai: Harmonics*, contributing to the overall ambiance of the *Kapehan* by providing live performances throughout the week for one hour to two every morning and afternoon with free flow of coffee and snacks. This was organized with a rotation of singers, depending on which members were available during their free time, ensuring that the performance did not interfere with their classes.

Day 1 (October 7, 2024, Monday)

Kapehan sa Guidance, kicked off at 1 in the Afternoon, as the morning was used to prepare for the event. Ms Heidelita G. Bumohya, Guidance Counselor III, formally opened with a welcoming speech, emphasizing the importance of mental well-being and giving a brief explanation of the event’s purpose.

The first day attracted students from high school to college across different programs, as well as the faculty and staff. Board games and Tarot Card were a hit among the attendees, while the *Siningbalai: Harmonics* provided live music in the background. The photo frames became a hotspot for visitors. The “free your mind” wall was not as popular on the first day, while nearly a dozen wrote messages for their future selves putting them in a bowl.





Day 2 (October 8, 2024, Tuesday)

During the second day of the event, the Freedom Wall was more active as many students left their notes. After their training, some students went straight to the *Kapehan (free coffee)* to relax and recharge. While waiting for the live music performed by the *Harmonics*, the students borrowed the guitar from the GCO and began jamming together. In the afternoon, the messages students' wrote for their future selves were read aloud anonymously in front of the attendees.

As with the previous day, the board games, Tarot reading, and the photo frames were still a hit among the visitors, with live music from *Harmonics* in both the morning and afternoon.





Day 3 (October 9, 2024, Wednesday)

The highlights for Day 3 of the *KAPEHAN SA GUIDANCE* were the successful symposium held in the morning at the University Auditorium. It was made possible through the suspension of classes, allowing the students to attend. After the talk, the *Kapehan* (free coffee) was again promoted, inviting everyone to visit. Aside from the board games, and photo frames the students are having fun using, the Tarot card reading created quite a line of staff and a few of the faculty members and students. Due to the absence of the *Siningbalai: Harmonics*, the students enjoyed music jamming among themselves, contributing to the relaxing ambiance of the



place.



Day 4 (October 10, 2024, Thursday)

On the fourth day of the *Kapehan*, it was a rather quiet morning in the *Kapehan* due to the fast approaching Midterms examination. However, the absence of *Siningbalai: Harmonics* did not stop the students from enjoying live music, as they held their own music jamming session. Their music provided a lively atmosphere while the board games, Tarot card reading, and photo frame activities continued to be enjoyed by many.

Additionally, few students showed commendable courage by signing up on the “self-referral” slip for counseling, acknowledging the need to also prioritize mental well-being.





Day 5 (October 11, 2024, Friday)

On the final day of the *Kapehan*, the atmosphere remained as lively and engaging as ever. Although the *Kapehan* (*free coffee*) opened at 9, some students had already arrived as early as 8 in the morning. Some students mentioned that they were willing to wait for the coffee, while others simply wanted a place to study for their upcoming exams.

In the morning, there were still no performances from *Siningbalai: Harmonics*, the students once again took the initiative to borrow the guitar from the Guidance Office and fill the event with their music. Their spontaneous jamming session continued to create a warm and welcoming environment, attracting more students to join and relax. The board games and Tarot card reading remained popular throughout the day. By the afternoon, *Siningbalai Harmonics* finally performed, providing live music for the entire afternoon.





The *Kapehan sa Guidance* successfully provided a comforting space for the students, staff, and faculty to pause from their busy schedules and focus on their mental health. The variety of activities, from board games and tarot card reading, to live performances, offered something for everyone who attended. The event's impact was further emphasized by the number of attendees daily with a total of 1,040, with some even having perfect attendance. The event not only achieved its goal of promoting mental well-being but also helped in building rapport between the Guidance and Counseling Office and the entire University community.

Feedback gathered from 151 attendees using a 5-point Likert scale further proved the success of this event. Attendees were asked if the event was beneficial to them, 125 rated “lubos na sumasang-ayon” (strongly agreed), 23 rated “sumasang-ayon” (agree), and 3 rated “nyutral” (neutral). In terms of whether the program's objectives were clearly communicated, 112 responded strongly agree, 33 agreed, and 6 answered neutral. For the event's facilitation, 111 respondents strongly agreed that it was effectively facilitated, 34 agreed, and 6 answered neutral. And also part of the feedback form, the attendees were asked about the appropriateness of the venue, 112 strongly agreed that it was appropriate, 30 agreed, 7 were neutral, and the remaining 2 disagreed leading to a suggestion of having proper ventilation and a much spacious venue for the next *Kapehan*. And out of all the respondents, 136 participants strongly agreed, 14 agreed, and 1 responded neutral and showing no disagreement with having *KAPEHAN SA GUIDANCE* again next year.

With the successful outcome of this event, the *Kapehan* stands as evidence of the importance of providing spaces where everyone can feel safe, heard, seen, and validated in their journey as they venture through their mental well-being. The event was a gentle reminder for everyone that mental health is as important as physical health.

Prepared by:

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Guidance Counselor III

KYLA DANICA O. MAYUPAO

Psychometrician

Noted:

JONBERT M. CAOLI

Director, Student Affairs and Services



Minsu Main Campus Guidance Office

October 5, 2024 · 🌐

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👉 Inviting all MMC students and employees!

Join us for a Mental Health Week Awareness Program which presents: KAPEHAN - Forda Healthy Mind: Ang Atake ng mga Ferson...Eyy! 🙌

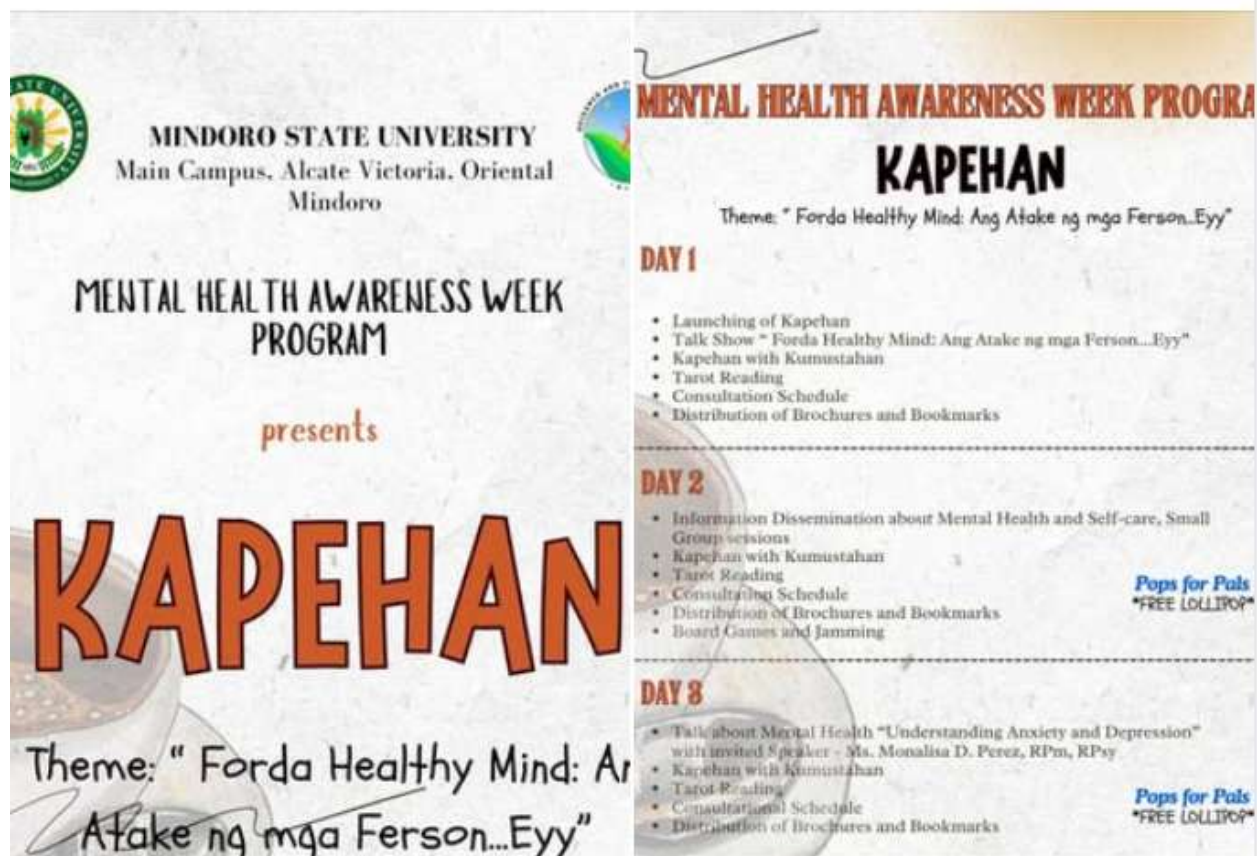
When: October 7-11, 2024 (Launching will start on Monday, October 7, 1:30pm)

Where: 2nd Floor, Student Center Building

Coffee, conversations, mind games, music and more! Let's come together to support our fellow MinSUans and foster a positive community. We look forward seeing you there! 😊

P.S. Watch out for a live performance from our special guests 😊

[#mentalhealthmatters](#)



The poster is divided into two main sections. The left section features the Mindoro State University logo and name, followed by 'MENTAL HEALTH AWARENESS WEEK PROGRAM presents KAPEHAN' in large, bold, orange letters. The theme 'Forda Healthy Mind: Ang Atake ng mga Ferson...Eyy' is written at the bottom. The right section is titled 'MENTAL HEALTH AWARENESS WEEK PROGRAM KAPEHAN' and lists activities for Day 1, Day 2, and Day 3. Day 1 includes launching Kapehan, a talk show, Kapehan with Kumustahan, Tarot Reading, Consultation Schedule, and Distribution of Brochures and Bookmarks. Day 2 includes information dissemination, Kapehan with Kumustahan, Tarot Reading, Consultation Schedule, Distribution of Brochures and Bookmarks, and Board Games and Jamming. Day 3 includes a talk about mental health with an invited speaker, Kapehan with Kumustahan, Tarot Reading, Consultation Schedule, and Distribution of Brochures and Bookmarks. There are also mentions of 'Pops for Pals' and 'FREE LOLLIPOP' for Days 2 and 3.

MINDORO STATE UNIVERSITY
Main Campus, Alcate Victoria, Oriental Mindoro

MENTAL HEALTH AWARENESS WEEK PROGRAM
presents
KAPEHAN

Theme: "Forda Healthy Mind: Ang Atake ng mga Ferson...Eyy"

DAY 1

- Launching of Kapehan
- Talk Show "Forda Healthy Mind: Ang Atake ng mga Ferson...Eyy"
- Kapehan with Kumustahan
- Tarot Reading
- Consultation Schedule
- Distribution of Brochures and Bookmarks

DAY 2

- Information Dissemination about Mental Health and Self-care, Small Group sessions
- Kapehan with Kumustahan
- Tarot Reading
- Consultation Schedule
- Distribution of Brochures and Bookmarks
- Board Games and Jamming

DAY 3

- Talk about Mental Health "Understanding Anxiety and Depression" with invited Speaker - Ms. Monalisa D. Perez, RPN, RPsy
- Kapehan with Kumustahan
- Tarot Reading
- Consultation Schedule
- Distribution of Brochures and Bookmarks

Pops for Pals
FREE LOLLIPOP



MINDORO STATE UNIVERSITY
Main Campus, Alcate Victoria, Oriental
Mindoro



MENTAL HEALTH AWARENESS WEEK PROGRAM

presents

KAPEHAN

Theme: "For da Healthy Mind: Ang
Atake ng mga Ferson...Eyy"

October 7-11, 2024
2nd Floor of Student center

MENTAL HEALTH AWARENESS WEEK PROGRAM

KAPEHAN

Theme: "Forda Healthy Mind: Ang Atake ng mga Ferson...Eyy"

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- Launching of Kapehan
- Talk Show "Forda Healthy Mind: Ang Atake ng mga Ferson...Eyy"
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- Information Dissemination about Mental Health and Self-care, Small Group sessions
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Pops for Pals
FREE LOLLIPOP

DAY 3

- Talk about Mental Health "Understanding Anxiety and Depression" with invited Speaker - Ms. Monalisa D. Perez, RPh, RPsy
- Kapehan with Kumustahan
- Tarot Reading
- Consultation Schedule
- Distribution of Brochures and Bookmarks

Pops for Pals
FREE LOLLIPOP

DAY 4

- Film Viewing about Mental Health "Daily Dose of Sunshine"
- Board Games and Jamming
- Kapehan with Kumustahan
- Tarot Reading
- Consultation Schedule
- Distribution of Brochures and Bookmarks

Pops for Pals
FREE LOLLIPOP

DAY 5

- Consultation/Counseling
- Kapehan with Kumustahan
- Consultation Schedule
- Distribution of Brochures and Bookmarks

Pops for Pals
FREE LOLLIPOP





Minsu Main Campus Guidance Office

October 7, 2024 · 🌐

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Thank you for coming! We are very thrilled to announce the successful launching of Kapehan sa Guidance Office, with the theme, Forda Healthy Mind; Ang Atake ng mga Ferson... Eyy! 🙌

In honor of the Mental Health Awareness Month, let's G over coffee! See you again tomorrow, MinSUans! ☕

(Photos from the first day will be posted soon.)





Minsu Main Campus Guidance Office

October 7, 2024 · 🌐

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Celebrating Mental Health Awareness Month through Kapehan! Check out these moments of connection and support between MCC students, faculty and employees as we promote understanding of mental health and well-being together.

Note: You can send us your photos taken from the event and we will post it here!
(guidancemain@gmail.com)

#MentalHealthAwareness
#YouMatter





Minsu Main Campus Guidance Office

October 8, 2024 · 🌐

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Snapshots from Kapehan sa Guidance Office ☕

Cheers to healthy minds and meaningful connections. Let's keep the conversation going!

#FordaHealthyMind ✨





Minsu Main Campus Guidance Office

October 10, 2024 · 🌐

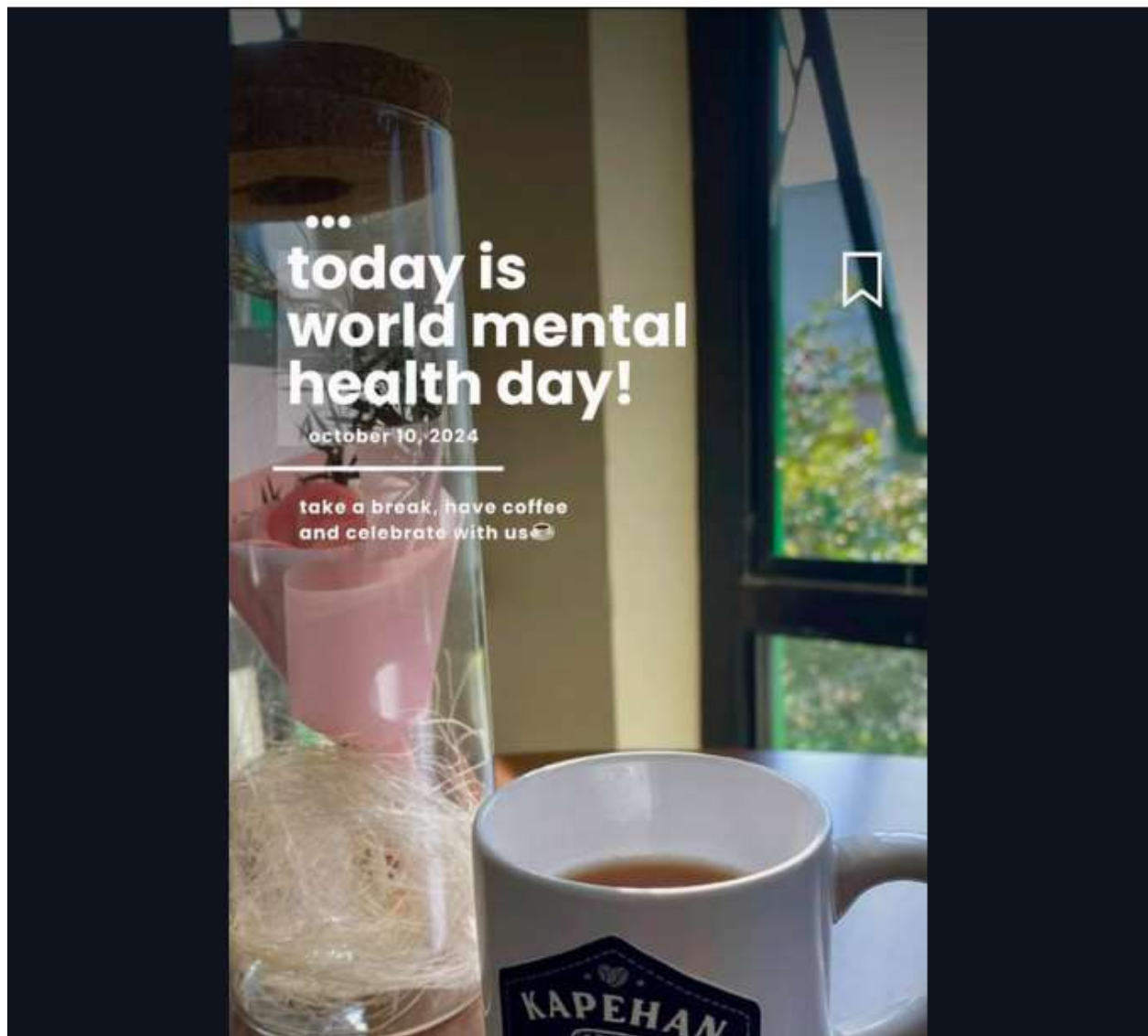
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Hey, MMCians! ❤️

Mental health matters everyday, but today let's take a moment to prioritize our mental well-being. Join our conversations and have a cup of coffee! Here at the Student Center Building, 2nd Floor. Opens at 8:30 am and closes at 4:30 pm. See yah!

On this World Mental Health Day, remember: it's okay to ask for help, you are never alone and you always matter! ✨

[#FordHealthyMind](#)





Minsu Main Campus Guidance Office

October 10, 2024 · 🌐

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"Your mental health is equally important as your physical health" - Ms. MonaLiza Delen-Perez, RPsy, Rpm

Last October 9, 2024, Mindoro State University Main Campus-Guidance and Counseling Office conducted a Mental Health Awareness Talk as part of the week long program for Mental Health Awareness Month. Ms. Perez as the resource speaker shared her invaluable insights about Coping Strategies for Mental Health Challenges: Anxiety, Depression and Stress.

Special thanks to Dr. Ciedelle P. Salazar, Vice President for Academic Affairs and Dr. Marinel Burgos, Director for Flexible Learning for sharing their time and inspiring words of encouragement.

The MinSU Main Guidance and Counseling Office also wants to extend our heartfelt gratitude to all students who participated. The link for the program evaluation will be posted soon. The e-certificates will follow after submitting the forms. See you at Kapehan! 🍷

#FordaHealthyMind ✨





Minsu Main Campus Guidance Office

October 11, 2024 · 🌐

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Today is the last day of Kapehan! 🥰

Come join us for a healthy conversation, board games, music, tarot readings and more! ✨

[#MentalHealthMatters](#)

