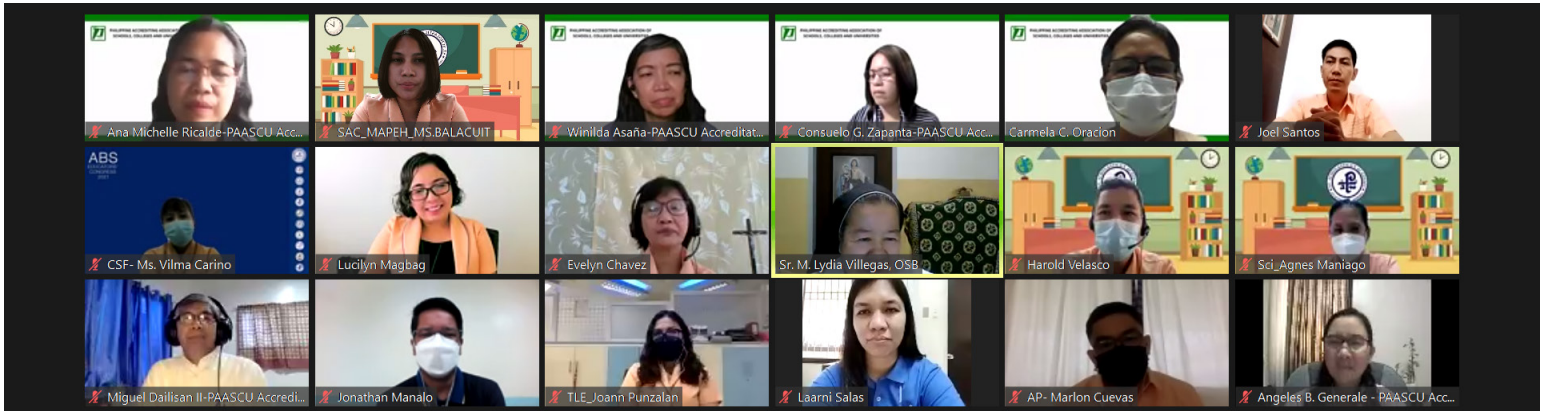


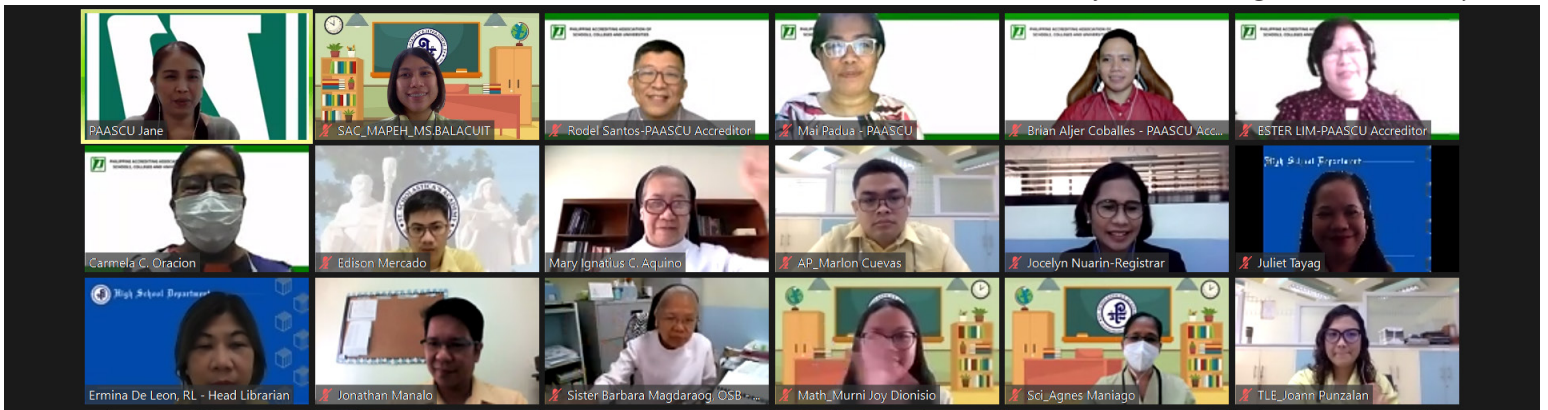


THE Blue Quill

AUG2021-NOV2021 VOL. LXXIII ISSUE NO.1



SSA welcomes members of the Junior High School Re-Survey Team



SSA welcomes members of the Senior High School Preliminary Survey Team

PAASCU Grants SSASF JHS Level III Re-accreditation

SHS Passes Preliminary Survey

by Mr. Harold Velasco

The Philippine Accrediting Association of Schools, Colleges, and Universities (PAASCU) has granted St. Scholastica's Academy Junior High School Department a Level III Re-accreditation status. The Senior High School Department also passed its preliminary survey and is now eligible to apply for a Formal Survey.

PAASCU conducted their virtual re-

accreditation of the Junior High School department and the Preliminary Survey of the Senior High School department of St. Scholastica's Academy San Fernando on Oct. 5-8, 2021.

The Junior High School Resurvey Team was led by Dr. Carmela Oracion, the chairperson for PAASCU's Commission on Secondary Education. With her were Ms. Angeles Generale, Ms. Ana Michele Ricalde, Ms. Winilda Asaña, Ms. Consuelo Zapanta, Mr.

Miguel Dailisan II, Mr. Jose Cuya, and Ms. Rose Asoy, the PAASCU representative.

For the SHS Preliminary Survey Team, the chairperson was still Dr. Carmela Oracion. With her were Ms. Janet Fernandez, Ms. Ester Lim, Mr. Brian Aljer Coballes, Dr. Heidi Marie Padua, Mr. Rodelio Santos, and Ms. Jane Martinez Bayotlang, the PAASCU representative.

Turn to page 2



PAASCU Grants... from page 1

The areas being evaluated were the Faculty, Curriculum and Instruction, Library and Audio-Visual Resources, Laboratories/Facilities, Student Services, School and Community, and Administration/Leadership and Governance.

PAASCU is a private, voluntary, non-profit and non-stock corporation. It is a service organization which accredits academic programs which meet commonly accepted standards of quality education.

It is an accrediting body composed

of different private educational institutions that stamp other private schools with a quality standard attained with regard to their programs.

SSASF gained a PAASCU Level Three accreditation status for the Junior High School department in 2015. Level III accreditation is the highest level given to basic education institutions. This status gives SSASF “full curricular autonomy, including the authority to innovate without need for prior approval provided that the concerned DepEd Regional Office is duly informed,” and “full autonomy including freedom from visitation, inspection and/or supervision by

DepEd supervisory personnel or representatives for the duration of its Level III accredited status. (DO 32, s.2006)

Preparations for the revisit have been in place since before the pandemic hit. The re-accreditation of the JHS department was scheduled in 2020 but was postponed due to the pandemic. The PAASCU preparation team was headed by the PAASCU Re-Survey (JHS) and Preliminary Survey (SHS) Executive Team: Sister Mary Ignatius Aquino, OSB, High School Principal, Ms. Juliet Tayag, Academic Coordinator, and Ms. Lucilyn Magbag, Senior High School Coordinator.

Red Wednesday: A Tribute to the Blood of Martyrdom

by Abrielle Chelsea U. Ponce

Last November 24, Red Wednesday was honored around the world. In the Philippines, parishes lit the facade of their churches red and had a Red Wednesday mass. At the same time, commemorating the 500th year of Christianity in the country made the event more memorable.

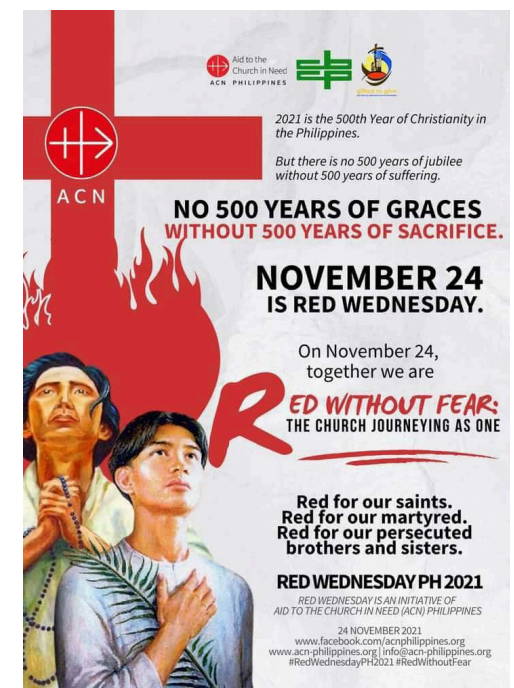
Red Wednesday is an annual event honored globally by Catholic churches to enlighten and raise awareness about the sufferings faced by Christians and others of different religious beliefs, just because of being open in expressing their faith.

As humans, we all have our own religious beliefs, and as per our human rights, it is equitable to have these without suffering from ill-treatment

and discrimination. However, not everyone has the privilege of experiencing this kind of right and freedom. So, in 2016, Aid to the Church in Need (ACN) came up with a campaign that aims to end this; Red Wednesday.

Red, denoting blood, makes it the best color to stand for religious persecution and social injustice, which happens to millions of Christians worldwide every year. It represents the blood of martyrs, persecuted Christians, and above all, Jesus Christ, who died of crucifixion for our salvation.

It is indeed concerning that even in this modern era, social injustice is still prevalent. It is present in Christian and religious persecutions involving violence, wars, loss of livelihoods, forced conversions, sexual harassment,



refugees, and even killings.

Hence, everyone was and still is, encouraged to show compassion and empathy to those who suffer from religious persecution and injustice - to be the voice of change for the silenced. By this, little by little, the world becomes closer to fully experiencing human rights with freedom of thoughts and beliefs.



MESSAGE FROM THE PRINCIPAL

by Sister Mary Ignatius Aquino, OSB

There is so much to thank GOD for this academic year 2021-2022. Above all, I would like to express my deep gratitude to all the administrators, high school teachers and staff, students, parents and alumni (especially those who participated during the group interviews) for their full support and cooperation during the re-survey of the Junior High School and the Preliminary survey of the Senior High School. It is with much joy to share with you the letter of the PAASCU Board of Trustees dated December 1, 2021: "The Junior High School Department is granted re-accreditation for five years, valid until November 2026. The Senior High School program is eligible to apply for a Formal survey one year after receipt. Congratulations! We have applied for the Formal survey of the Senior High School for the School Year 2022-2023.

The Department of Education sent an assessment tool as to the readiness of the school for the limited face-to-face modality. We had conducted orientations to the following stakeholders: Teachers, Non-Teaching Personnel, Parents (828 joined online) and to the

Senior High School Students. We are preparing our facilities for the compliance of the safety protocols. As soon as we get the approval from the Department of Education, the Senior High School students will be back to school.

There are several models for the transition from online to face-to-face: Fully Onsite, Blended Learning, Online Plus, Virtual Learning, Hybrid Learning and Blend-flex. We have to consider the non-negotiable Values and Principles such as Health and Safety, Quality Learning, Inclusion, Compassion, Student Wellness and Faculty and Staff Wellness as criteria for decisions. We need to have creative designs and customize our structures according to our resources and needs. We do not focus only on the transition but work towards the desired ideal and long-term model of learning. The challenge to all of us is to Reimagine, Revitalize and Reform our educational system. We need to define new possibilities rather than simply adjust to the new normal.

Resilience through flexibility like the bamboo which bends and adapts to the seasons of life must be the virtue that each one of us should cultivate and nourish as we journey on towards our goal – union with GOD.

As we prepare for the coming of our Lord Jesus Christ, may we allow the mystery of Advent and Christmas to touch and transform us, to bring fresh meaning to the traditional texts of the season and encourage us to experience the deep peace promised by this holy time of year.

Starting with the ancient images of the "O" antiphons, we will rediscover in Advent the profound joy of waiting for Christ's coming and find new meaning in the mystery of the incarnation.

Let us make our celebration of Advent and Christmas a powerful time of growth and healing and help us press into the rebirth, renewal and the arrival of God in our midst. Let us approach the festive season consciously, making it a blessed time for ourselves and our families. May our moments of personal reflection, lighting a candle, mindfulness meditation, long walks and prayer help us remember the closeness of Christ in our heart and strengthen our faith.

HAPPY CHRISTMAS AND A GRACE-FILLED NEW YEAR!



THE STAR OF BETHLEHEM

The Exact place of the Birth of our Lord JESUS CHRIST



STUDENT ACTIVITIES

SHS ATTEND VOTERS' EDUCATION WEBINAR

by Bianca S. Arceo

As the 2022 Philippine Presidential Election fast approaches, students under the Humanities and Social Sciences strand in their PhilGov class and with the help of the Araling Panlipunan teachers organized a webinar via Zoom last December 2, 2021 centered around voters' education. With the theme, "Boto Ko, Kinabukasan Ko!", we were once again reminded how the simplest decisions to the biggest ones constitute the tomorrow we will be living in. Dr. Mario Maranan, a research director in San Sebastian College - Recoletos Manila, was invited as the resource speaker and bearer of light to voters' literacy. Students from grade levels 11 and 12 participated in various interactive activities such as word clouds, polls, and quizzes. It spearheaded the basic concepts of democracy and stressed the significance of one's vote. The dead consciousness of people was revived as the webinar sensitized them on their duties as Filipinos. It empowered participants to execute their rights and responsibilities in a knowledgeable manner where the lives of the Filipinos came first.

Our present reflects the decision of the past and our tomorrow is a reflection of our decisions today. History moves

DECEMBER 2, 2021
2:30 pm - 3:30 pm

RESOURCE SPEAKER
DR. MARIO MARANAN
Research Director
San Sebastian College-
Recoletos Manila



in a vicious cycle; however, we must remember that change lies in our hands. Marking a difference entail looking back to our history, learning from it, and applying it to our present to avoid future resentments. Throughout the webinar, the word "kinabukasan" was constantly associated with our current decisions. Our vote does not solely belong to us but also our children, grandchildren, and the following generations. In the same way, Dr. Mario Maranan mentioned, "Kung ano ang karakter na nais mo para sa iyong anak at magiging apo ay karakter na matutunan nila sa pinuno ng bayan." If you desire your child to be a murderer, then your vote belongs to a candidate that has their hands tainted with blood and lost lives. But if you wish for

them to be a good, ethical person, then your vote belongs to a candidate with integrity and a sense of justice. One vote is not equivalent to just a single vote, it is a ripple of decisions that affects innumerable people. A single vote has the power to completely turn someone's life from heaven to hell or vice versa. It can open and close doors towards our future. Just like what Dr. Mario Maranan said, "Gamitin nating instrumento ang balota sa Mayo 2022 upang tuparin ang pangarap natin sa bawat juan at hindi ang magbukas ng pinto ng bangungot ng walang hanggan." We are grateful to St. Scholastica's Academy, our school, in doing what it is in our Vision-Mission in forming us into socially-oriented Scholasticans.



SSA Celebrates National Indigenous Peoples' Month

by Faye Gabrielle V. Quioc and Yoann Mariel C. Sable

The roots of indigenous people go as far back in time even before the major developments and events that have changed lands and way of living. Known as the earliest inhabitants of nations, they are bearers of vast knowledge and cultural heritage that form the foundation of society. Hence, by virtue of Presidential Proclamation No. 1906 and in recognition to their contribution, the month of October is annually dedicated to honor and protect the rights of Indigenous Cultural Communities or Indigenous People (ICCs/IPs). The celebration, with the theme “Katutubong Filipino: Atin Ang Tagumpay!” highlights the traditions and lifestyle of indigenous people, and brings light to their role in endowing Filipinos with cultural legacy. St. Scholastica’s Academy Pampanga, in support of this observance, commemorated the special month in many ways.

At the beginning of the month of October, the Araling Panlipunan area organized a “donation drive” for the aeta community at Sapang Bato. Last October 25, 2021, the school hosted a webinar entitled “Sitwasyon ng mga Aeta sa Panahon ng Pandemya” to celebrate the month of indigenous people and invited Mr. Aries Deverra as the speaker to talk about the situations of IPs amidst the pandemic. Students were given elaborate insights on how they continue to prevail and survive in the face of the outbreak that put their lives and livelihood at risk. Grade 10 students were tasked to write a paper regarding this topic and expound about the roles of indigenous people in preventing pandemics as well as their responses and systems that uphold their responsibility towards their own community, both for their own safety and for the sake of the whole country as well. The resiliency and reliability of indigenous people became even more apparent to the students of St. Scholastica as they came to realize the importance of positive views and traditional knowledge that continue

St. Scholastica's Academy
celebrates the Indigenous Peoples' Month with a webinar entitled

Sitwasyon ng mga Aeta

sa Panahon ng Pandemya

OCTOBER 25, 2021 | 10:30 - 11:30AM

with our resource speaker
Mr. Aries Deverra

to empower the IPs to move forward. Much is the same on the national scene where celebrations gave indigenous groups the opportunity to hold cultural performances that showcase their cultures and lifestyle. Indeed, October was a month that honored and recognized indigenous people’s enormous contributions to Filipino history, arts, and culture.

As stated in the Senate Bill No. 666, native people are an integral part of our country. Their cultures and traditions are something that we must continue to safeguard and promote. Long before colonizers even set foot in our lands, they have already been the guardians and bearers of Philippines’ identity. From the Igorots of Cordillera to the Lumads in Mindanao, indigenous groups have long been on the battle lines to protect our nation and fight for our freedom. That being so, let the time we celebrate and dedicate to our ancestors serve as acknowledgement for all that they have given to our country and as a reminder of their rights and welfare.



“Outcomes, Outreach, Outstanding: Libraries Beyond Boundaries”

by Mrs. Ermina De Leon

The Learning Resource Center (LRC) celebrated this year's National Book Week 2021, with the theme: “Outcomes, Outreach, Outstanding: Libraries Beyond Boundaries”.

Below are the activities prepared for each level and list of winners:

Grade 7 - I Love Reading With My Family
1st Place – Alisa Therese Beatriz P. Enriquez – 7-Esther

2nd Place – Mavya Lizean M. Rodriguez – 7-Judith

3rd Place – Schinina Deneil M. Reyes – 7-Judith

Grade 8 - Photo Slogan Making Contest

1st Place – George Gwyneth Z. Cayan – 8-St. Ma. Goretti

2nd Place – Angerina Eunice G. De Torontegui – 8-St. Agnes

3rd Place – Samantha Rose T. Naguit – 8-St. Clare

Grade 9 - Photo T-shirt Design Contest

1st Place – Janeczka Dielle R. Garcia – 9-Lourdes

2nd Place – Sophia Francheska F. Dicuango – 9-Guadalupe

3rd Place – Ma. Victoria Antonina R. Ramos – 9-Manaoag

Grade 10 - Photo Poster Making Contest

1st Place – Anevay Jahzara D. Lopez – 10-St. Mechtilde

2nd Place – Angeline C. Magdaluyo – 10-St. Humbeline

3rd Place – Amara Zaria Al Tabban – 10-St. Elfreda

Grade 11 - Spoken Poetry Writing Contest
1st Place – Bianca S. Arceo – 11-St. Frances

2nd Place – Karmela Fiona P. Quiambao – 11-St. Beatrice

3rd Place – Daphney Mavery D. Ruiz – 11-St. Elizabeth

Grade 12 - Online Oratorical Contest

1st Place – Angel F. Sibug – 11-St. Martha

2nd Place – Mikhaela Ly Dominique D. Ponce – 12-St. Amalberga

3rd Place – Tiffany Rizzic C. Frayalde – 12-St. Hildegundis

The National Book Week is celebrated every last week of November in the Philippines. It encourages reading and literacy among Filipinos, promotes public libraries, and arouses interest in reading good books. Congratulations to all the winners.

Filipino at mga Wikang Katutubo sa Dekolonisasyon ng Pag-iisip ng mga Pilipino

Buwan ng Wikang Pambansa, ipinagdiwang online!

ni G. Jayemer Miranda

Ipinagdiwang sa pamamagitan ng Zoom at Facebook live, noong Agosto 31, 2021 ang Buwan ng Wikang Pambansa na may temang Filipino at mga Wikang Katutubo sa Dekolonisasyon ng Pag-iisip ng mga Pilipino. Ito ang unang pagkakataon na pinagdiwang ang nasabing okasyon sa pamamagitan ng online dahil sa pandemya. Binigyang-pokus ng erya ng Filipino ngayong taon ang wikang kapampangan. Nilahukan ang

nasabing aktibidad ng lahat ng mag-aaral at guro sa highschool.

Nagsagawa ng masining na pagkukwento ang ikapito at ikawalong baitang. Pagbigkas naman ng tulang nasa wikang Kapampangan ang itinanghal ng ikasiyam na baitang. Crissotan o balagtasang kapampangan ang ginawa ng ikasampung baitang. Amanung Sisuan ang ginawa ng ikalabing-isang baitang. Ito ay isang vlog na naglalayong magbigay ng kaalaman hinggil sa wikang

kapampangan. Lakwatsang balen ang isinagawa ng ikalabindalawang baitang.

Nagdaos din ng palihan noong Agosto 27, 2021 para sa mga ikalabingdalawang baitang na may pamagat na Pamagbotu Banten. Layunin ng palihang ito na hikayating magparehistro at malaman ng mga mag-aaral ang sistema ng eleksyon sa ating bansa.



SOCIAL ISSUES



Benedictines Hold Protest Against Tyranny and Corruption

by Mr. Harold Velasco

**One Faith.
One Nation.
One Voice.**

The Benedictine sisters and employees joined the “Lunch Break Protest” on Sept. 20, 2021 to denounce tyranny and corruption.

Sister Lydia Villegas, OSB, school directress, led the noise barrage protest from 11:30-12:00 noon. With her were Sister Noemi Francisco, OSB, Sister Alexis Lamarroza, OSB, and employees bringing with them their drums and other noise-barrage instruments.

The protest was held by different groups in front of offices, churches and places of residence.

“We must persist to hold leaders to account, no matter their crocodile tears or expletives. Public monies, badly needed for health care and pandemic response, have been pilfered, squandered, and left unused. Such immoral conduct is a betrayal of public trust.”

This activity was conducted in cooperation with Promotion of Church People’s Response (PCPR), an ecumenical political organization of Church’s people committed to its mission of living in solidarity with the people’s struggle for a just and

humane society and in the defense of life in the fullness of its dignity, and “ONE FAITH. ONE NATION. ONE VOICE.” movement endorsed by bishops and church leaders.

“As much as ever, our FAITH is both tested and strengthened, as we engage in mission and ministry to work for truth, justice, and peace in our NATION.”

-One Faith. One Nation. One Voice





New Teachers Join Our Benedictine Community



Miss Maria Pamela Felicitas

Iby Kibanoff, Cheska Mikaela, C.

Miss Maria Pamela Felicitas, or Miss Rhia, has become a member of our CLE area as a benedictine mentor. We surely have various expectations and curiosity about our new teachers. But what really can we expect from them and what can they expect from us?

To start off, Miss Felicitas was also a Benedictine Child, She studied at Holy Family Academy from kinder to fourth year of high school and graduated at Holy Angel University. Right after she graduated in college, she taught at Westfields International School in Angeles City

Miss Felicitas also always wanted to become a teacher. "Back in my Prep Graduation, we were asked to shout on stage what we wanted to be. I said I wanted to become a teacher. Even in the coming years of my life, I was still very passionate on that goal. I got to see the hard work and sacrifices they give in each day, and they never failed to make me feel my worth. It wasn't an easy life. There were times that they were the ones I clinged on to for support, and they never failed at it. I also discovered that I have a passion for children in my Catechetical years," she stated.

Several students in high school may be confused on what they desire to do in the future. Some have dreams but still are not certain if they can make it. I can say that Miss Felicitas can be seen as an inspiration, as she was already sure of what she wanted even at an early age. She is admirable not only as a teacher but as a whole person. "In my high school days, I was really determined that I wanted to not only share my expertise and knowledge to others, but I also want to share the kind of love my influential teachers gave me to those who were like me: quiet, unmotivated, discouraged, and underestimated. I highly believe this was my true calling. I wanted to be a source of light to others, because I know what it feels like to be rock bottom in all aspects. God made me realize that I can offer so much more to my community, and being a teacher was that MORE." Having a dream of becoming what we desire requires a lot of determination and patience.

There are many schools in our province itself, yet she chose St. Scholastica's Academy. Aside from her experiences as a Benedictine Child and knowing how the system works, she had reasons as to why she chose SSA, "For me, nothing is like being in the Benedictine way of life. Being a part of this institution enables me to grow and the formed in different hallmarks that I see are vital up to this date whether the growth is professional or personal. I was raised to have balance of prayer and work, and it really does work! I plan on continuing this way of life and mission in education with SSA," she commented. Prayer and Work is something that we practiced. It proved that prayer will give us the feeling of relief that we can do our work well. It

is something that we are certain that will continue for a long time.

Expectations are what we have when we hear someone from other people's perspective. As a new year begins, we meet new people and new assumptions. Now what can we expect from our new teachers? Miss Felicitas answers. "Well, things to expect from me, one of the rules I establish in every class is to express themselves so I like my students really expressing themselves and showing what they could offer through various activities and outputs. I want them to give value to those God-given talents they have so I am doing my best to make sure that the activities in CLE are helpful not only academically but also personally. But at the same time, I also make sure to insert activities that promote H.O.T.S, plus, I see how the energy is with class before we officially start and I try to make every class as light but engaging as I can." Words like these would make us somehow look forward to her teaching but also will make her look forward to our learning.

We are very sure that all of us have different struggles this present time. As for us Scholasticans, Ms Felicitas gave a soothing message for us. "My dear Scholasticans, I know what it's like to be in your place: the uncertainty, challenges, many tasks to perform, and asking yourself so many questions about life and yourself. All I want for you to treasure is to trust the process. Trust the formation. You are in best hands. Your time will come, and when you will be given the time to shine, you are to shine your brightest: a Christ-centered, empowered, and wise women in the modern society. Never take a day for granted. Be grateful for



what is given to you. You may not realize it now, but one day in the future, you will see how much the Benedictine Education you are receiving will make the best out of you. And people will know you are a Scholastican. Because they will immediately see Christ in all you do."

As we give them a warm welcome in our community, we look forward in making new experiences and knowledge for all of us to keep. Again, Welcome to SSA



Miss Myla Salamat

by David, Deeyan Simone S. and David, Jella R.

Teachers are known to be presents of God. The willingness to train students in discipline and perseverance. Wherein, at school, they guide us to the right path in order to achieve our dreams in life. Here, at St. Scholastica's Academy, students are taught the idea of prayer and work. And more teachers have come along with us on our journey of learning.

Miss Myla Salamat became one of the new Benedictine Educator in our school. Before even joining the Benedictine Community as a teacher, she became a teacher at St. Nicholas Academy of Guagua and according to her; St. Scholastica's Academy caught her eye for being a well-known school.

Due to this, she hoped of becoming a teacher one day and being able to work in the above-mentioned institution. In addition to this, she admires the school for being organized when it comes to school matters. She was determined and looked upon how any other applicant, there was no turning back. She took every opportunity anywhere and everywhere as possible. She truly believes that it was God who directed her to be a part of the SSA Community. Having her as a teacher in our school we believe that she will be of great help to the Benedictine organization and most of all to us learners.

In life, what we desired most doesn't define our destiny. Just like Miss Salamat at first, It became her aspiration of becoming a Tourism graduate after college, to travel and see the world. However, Not everyone is given a chance. Nevertheless, we shouldn't be regretful about the chances that were not granted. As a result, she immediately decided to take up BS Education instead. It took time for her to adjust, but as time went by, she realized how fun it is to be with her learners, especially when they experienced on the job training. During this time, there was one thing she gained. "It is the thing that you can't find in any profession, only in teaching, and it is the treasure that we will cherish."

Having Miss Salamat as a new member of being a teacher here at SSA, we students expect the best qualities and skills of a respectable educator. During the conversation with Miss Salamat, she specifically mentioned her encounters with her colleagues. According to her she was inspired by them for their knowledge and their excellence in teaching. Because of the people she encounters,

she starts to learn. She even stated that being a teacher should have the ears to listen. Moreover, being a teacher should incur the patience of another especially during these present times of the pandemic.

According to her, As a Filipino teacher inside the classroom, she always makes sure that her students are actively participating in various activities. By doing that, she believes that they all learn from one another, including herself as an educator. Just like any other schoolteacher, it is a must to respect a student's response, and vice versa "Their ideas and opinion, I wholeheartedly accept it, and if by chance their answer is not aligned with our topic I make a positive feedback and correct them in a way that wouldn't hurt their feelings," she said. She makes sure to give them positive feedbacks, to correct their mistakes in a decent matter. This way, no hard feelings are felt towards each other or any discrimination or judgment which will give a solution for them to feel at ease or comfort towards her.

If she was given the chance to speak up to those Scholasticans who are having difficulties due to the new set-up, this is what she said. "Keep fighting! We will surpass this pandemic and eventually, we can go back to normal face-to-face classes. I know that you miss our school, your classmates, friends, and teachers personally. All we need to do is to trust God and our best to strive and pursue our dreams despite hindrances. We have Him to guide us. Keep safe and God bless." This proves that teachers grant students to learn in order to for the world to build a better place. They give an influence to students to become better versions of themselves in able for them to achieve success.



FACULTY DEVELOPMENT



The PSI Group doing the morning ritual activities.



Tree Planting Activity

Psycho-Spiritual Integration: Nourishing the Soul in Light of the Faith

by Mr. Harold Velasco

A Psycho Spiritual Integration (PSI) program was conducted by Sister Mary Ignatius Aquino, OSB from June to July this year for the subject area coordinators and the middle administrators. Aside from the SACs and the middle admin, and the IT head, Mr. Edison Mercado were also invited.

The PSI aims to help the participants identify their spirituality and how it is connected to other parts of their lives. It is expected to bring about behavioral change and an improvement in their spiritual and psychological wellbeing.

The program was scheduled for six days per batch, with two sessions of lecture per day, coupled with activities that enrich the learnings for the

session. For this batch, it was held at the Conference Room beside the principal's office.

Each day begins with morning rituals. Mr. Peter De Vera takes charge of the morning ritual activities like the "Terdwa" or the Terak Kaladwa to start the day. These activities aim to make the participants feel closer to the different elements in nature: air, fire, water, and earth.

After the morning rituals, Sister Mary Ignatius speaks about the need for a connection between and among the spiritual with other aspects of a person's life.

The program is for all employees, so other groups may expect to get their schedule for their own PSI sessions in the latter part of the school year.



Insights and Reflections from the PSI

I was given time to look back on my relevant experiences in life that have influenced the kind of person that I am right now. It enabled me to understand some of my strengths and weaknesses as an individual.

I am happy with who am I right now. I'm not perfect, clearly recognizing that I am still a work in progress continually being created and molded by God through my daily experiences.

God is Love, Faithful and Merciful. He did not abandon me at my lowest point and I just have to trust and surrender everything to Him and let His will be done.

God is happening in my life through my loved ones, during my crisis in life, holding my hands in my journey, through people I meet and in my quiet moments.

Ms. Vilma Cariño

I am so grateful to Sr. Ignatius as the facilitator of this PSI activity because I felt that she was listening attentively. For me it is important that the facilitator is really listening and guiding the participants to discover his/herself by asking follow-up questions. Through that I was able to share a glimpse of my experiences why I am who I am.

Also, I am grateful to my co-participants because I felt that I was not being judge based from my shared experiences. Opening up to them was difficult at first but as the days goes by I put my trust on them that these shared experiences of mine would become the eye opener for them to fully understand me. Lastly, those activities conducted in the PSI really helped me dig in my conscious and unconscious experiences. Now, I am sensitive about my emotions and actions towards others.

Mr. Marlon Cuevas

God happens to me everyday. I'll be honest to tell that sometimes I don't see God as God because of me being a human tries to fix everything. I don't wait for his time. I do it on my own as if I can do everything. But now, sure I am that even I am questioning Him, he is there ready to listen. He is there watching over me. He is there guiding me throughout the day.

My daily conversation with Him gives me faith. All my questions and doubt regarding worldly things gives me faith. My everyday fears turn to having faith with Him. It goes to show that He is there. He walks with me even at the darkest phase of my life. God always reminds me everyday to be prudent and have that silent place in my heart.

Mrs. Murni Joy Dionisio

The PSI was one of the most meaningful and reflective activity I had in school. I was also able to share who I am and know who the participants too. Unexpected stories, mind blowing reflections and revelations will wake your sleeping emotions, it was overwhelming. I highly recommend the activity to the faculty because I believe that you will have a more harmonious relationship to others when you know and understand where they are coming from.

Ms. Valerie Balacuit

In my own point of view, this tells us that for whatever the things that we will do we should remember that God will always be there to guide and protect us from our wrong doings. We have to deepen our faith in him and surrender everything because he knows what to do and he has a good plan for all of us.

Ms. Joan Punzalan

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Deeyan Simone David
Cheska Mikaela Kibanoff
Faye Gabrielle Quioc
Yoann Mariel Sable



HS Faculty Attends QMS Webinar

by Ms. Lucilyn Magbag

The Principal's Council and selected members of the High School faculty attended a lecture on "Setting up a Quality Management System (QMS)" last November 15. Richard Pulmones, Ph.D. – the Director of Quality Assurance of St. Scholastica's College, Manila – spotlighted in his discussion the importance of QMS in monitoring and adhering to quality standards.

The High School academic leadership under the guidance of Sr. Mary Ignatius Aquino sought the expert advice of Dr. Pulmones in crafting an Operations Manual and in identifying

organizational units in the institution with the end goal of deliberating on clear indicators to measure and to monitor the achievements of key areas in the school organization. With the PAASCU VPA (reaccreditation for the JHS and preliminary survey for the JHS) just recently held and with ODL, or online distance learning being the main teaching-learning modality for the past school year and a half, the school continues to examine itself in the light of maintaining and ensuring its relevance in the community.

An institutional Quality Management System is a documentation of the policies, business processes, and procedures necessary for the school

to create and to deliver products and services to the stakeholders, and therefore increase stakeholder satisfaction through high product quality. The QMS standards for the academe are anchored on ISO 9001:2015.

The need for a school QMS has never been more timely; even accrediting agencies are beginning to move toward quality assurance processes. The SHS accreditation documents submitted to PAASCU included Quality Assurance Process and Indicators. There is an indication that this new requirement may be applied to the JHS as well.

Learning from a QMS leader like Dr.

Pulmones is one way to prepare the academic team to the demands that lie ahead. In one afternoon, he managed to cover such substantial subjects in QMS like The Process Approach, Quality System Documentation and Procedures, Key Result Areas, Crafting and Operations Manual, and

Organizational Units as QMS Units. The content and context heavy lecture did overwhelm the participants prompting Mr. Lising to message the writer while the lecture was ongoing - “My brains digested all lunch I had.” However, Dr. Pulmones’

hearty laughter and entertaining one-liners allowed the group to enjoy the discussion even while aware that a serious assignment and even more serious responsibility are before them prompting another message from Sir Alex, “Thanks also for making us part of this new undertaking.”

QMS Takeaway from the participants

<p>QMS webinar made me understand that it is about the documentation of standardized practices in an organization or institution.</p> <ul style="list-style-type: none"> - Ms. Laarni Salas 	<p>The end goal of QMS is customer satisfaction; in our context as an academic institution, it is about ensuring stakeholder satisfaction through an over-all culture of excellence.</p> <ul style="list-style-type: none"> - Mr. Rae Jan Carbonell
<p>QMS, or as the millennials would have it, “fact check nyo yan!”</p> <ul style="list-style-type: none"> - Ms. Murni Joy Dionisio 	<p>QMS: Anong sabi ng standards nyo? “Stakeholder satisfaction.”</p> <ul style="list-style-type: none"> - Mr. Regie Dampil
<p>Every individual is important in an organization. We have our own tasks and responsibilities and it will make a difference if we do them well and properly.</p> <ul style="list-style-type: none"> - Ms. Clariz Salazar 	<p>The QMS webinar was informative, timely, and relevant particularly in relation with our recent PAASCU reaccreditation and initial survey. This gave us a peek into a way to assess our set-up, policies, and practices in our offices whether they are based on sound procedural standards.</p> <ul style="list-style-type: none"> - Ms. Vilma Carino
<p>More than being a PAASCU accredited school that boasts of QUALITY ACADEMICS AND SERVICES, by way of QMS we can assure our stakeholders that what we offer are our best practices anchored on high standards.</p> <ul style="list-style-type: none"> - Mr. Jonathan Manalo 	<p>It’s an invitation to review and recalibrate written and personal SOPs to effect quality in all our services. We just can’t help but commit to it noting that SSA is expanding its services as is expected of all dynamic institutions.</p> <ul style="list-style-type: none"> - Mr. Alex Lising
<p>As a school of the Lord’s service, our best quality is that we owe it to God and to our students the service that is expected from us. Without us being not too conscious about it, our brand – the St. Scho brand – equates to Quality. This is reflected not just in our management and processes but more so in our products – our graduates.</p> <ul style="list-style-type: none"> - Mr. Ireneo Dumas, Jr. 	<p>The webinar pointed out the different factors that our school must look into for its improvement. Implementing new sets of guidelines and policies will put things in order and avoid some confusions. This is a sign of quality management. Through it, we make true our claim that SSA is the beST SCHOol in the region. The QMS webinar is a strong indication that our school is sincere in its Vision-Mission.</p> <ul style="list-style-type: none"> - Mr. Marlon Cuevas
<p>QMS is relevant in an organization as it is an attempt to standardize processes toward the achievement of the goals of the institution. Our school will look into our processes and implementations in the context of QMS.</p> <ul style="list-style-type: none"> - Mr. Edison Mercado 	<p>The QMS webinar emphasized the importance of proper documentation of policies and procedures in all units of an institution. Looking at how things are done and whether these are done effectively and efficiently is one way of ensuring continued quality services offered to stakeholders.</p> <ul style="list-style-type: none"> - Ms. Agnes Maniago
<p>QMS is identifying clear guidelines in practices and tasks that will remain consistent regardless of personnel.</p> <ul style="list-style-type: none"> - Ms. Michelle Solis 	<p>In QMS, practices and policies take precedence over personalities.</p> <ul style="list-style-type: none"> - Ms. Lucilyn Magbag



SSA leaders represent in PAASCU General Assembly 2021

by Ms. Lucilyn Magbag

School administrative and academic leaders, Sr. Mary Ignatius Aquino, Sr. Alexis Lamarroza, Sr. Lydia Villegas, Ms. Lucilyn Magbag, and Ms. Madonna Navarro, join in the PAASCU General Assembly 2021 held virtually last November 26. The day-long assembly featured a Learning Session on “Teaching-Learning Modalities in the New Normal” delivered by Fr. Johnny C. Go, SJ, Dean of the Gokongwei Brothers School of Education and Learning Design of the Ateneo de Manila University. They also attended the Basic Education Commission Meeting held in the afternoon that saw to the nomination

of new Commission Members and the presentation of the new standards-based survey instrument.

“Teaching-Learning Modalities in the New Normal”

Provocations from the Learning Session

Attending and then actually remembering and being engaged with what goes on in a webinar take some serious concentration on the part of the attendee and some insightful provocation from the invited speaker. The discomfort of sitting down for hours on end is compensated by the Lectio Divina-like effect of striking statements – sometimes, even questions – spoken by the resource person. These statements are often

simply worded but the resonance moves one to write the words down, to sit up straight and then sigh in response, to look at one’s laptop and then nod in agreement. And ironically, to sense a connection in this time of social distance, to share a human experience with – indulge me to borrow from Sr. Lydia – persons on little squares on one’s computer screen.

What follows by no means prescribe answers or solutions or interpretations to these striking statements and questions heard during the Learning Session. Maybe we come from the same point of reference. Maybe not. Maybe you have better answers or clearer interpretations. Maybe we can talk about what resonated with me during the PAASCU assembly. Maybe we both can help build better.

What are your non-negotiables?
<ul style="list-style-type: none"> • What did we do? Did we do them out of compliance with the wishes of the administration or with the restrictions or requirements of a government agency? • Do we put more emphasis on empathy or rigor? If we are too compassionate, aren't we compromising the competencies that our students need to acquire? Where does academic rigor end and compassion begins? • Do we need to invest in high-end gadgets? Do we envision this situation to last for good? • How do you keep faculty morale high?
Don't be pressured to make rushed decision.
<ul style="list-style-type: none"> • Study the options available to us. Consider our context and constraints. • Consult with stakeholders. Something we have done! The faculty was consulted. The NTP as well. The parents too. And the students, very soon. How very Benedictine to hear from all those involved. • To pilot test and to revise for improvement. Don't do things repeatedly. Consider how things can be done better.
Build back better.
<ul style="list-style-type: none"> • What is the final goal? What is the long term benefit? What is the end game? • Building back better is more than just the transition. We are in it for the long haul.
Customize!
<ul style="list-style-type: none"> • This is not one-size-fits-all. Our school is unique in its history, its context, its goals. • What works for others might not work for us. • We should work within our resources and according to our needs.
Pace yourselves.
<ul style="list-style-type: none"> • In the time of mental health concerns, do not burn yourself out. • Pace yourself. Do not take pride in working even during the weekends and expect your colleagues to do the same. Working until the wee hours of the morning isn't always about industry. It might just be insomnia. • Care for yourself. Take a nap and not feel guilty. Self-care is not selfish; it allows you to get better so you can serve better.



“DO-RE-MI...HUES...MOVES...”

by Ms. Antonette Cunanan,
Mrs. Pauline Resha Manalo, and
Ms. Joan Faye Morales

As part of the High School Faculty development, the MAPEH Area launched the Socio-cultural and Physical Development Program last October 11, 2021. Various activities were held during that day. In sequence, there was a healing prayer called TerDua facilitated by Mr. Peter De Vera. Then, the teachers had a 30-minute health break as well as the registration in clubs where teachers wish to join. The teachers and the High School Principal, Sr. Mary Ignatius Aquino, OSB poured their physical energy through the one-hour ethnic Zumba exercise. After burning a good amount of calories and unwanted body fats, the teachers had a sumptuous lunch that featured authentic Filipino dishes such as Litsong Baboy and Beef Bulalo. In the afternoon, the program continued by having Larong Pinoy participated in by most teachers wearing their sports attire.

Another feature of the program above is the creation of various clubs where teachers can join based on their skills, talents, or interest. The clubs are: Music, Arts, Dance, and Sports which were patterned after the MAPEH components.

Monday: everytime we hear this word, we are suddenly transforming ourselves into superheroes who aim to be part of the catalyst of change in our society—us educators. The said day is known to be a sign of a fresh start that leads us to new opportunities. In our institution, St. Scholastica’s Academy-Pampanga, opened opportunities to us Benedictine Educators to hone our gifts and talents every Monday with

the guidance of our mentors.

Music

Ms. Vanessa Clemente is the mentor of the Music club. Her expertise helped the members of the group to discover their hidden talents in the field of Music. Before starting the session, vocalization takes place to warm up the voice and proper breathing exercise too. It is challenging at first but as the old saying goes, “Practice makes perfect.” Techniques in singing were also shared by the mentor as part of preparation for the talent showcase program to be held at the Faculty’s Christmas Party. Up to this time, the group is still rehearsing the chosen piece they will perform.

Seminars and trainings are salient part for the professional growth of every educator to learn different techniques and strategies in teaching. On the other hand, recreational activities are important too. As we conquer our hidden gifts and talents with the help of these activities, we also build bridges of friendships to our fellow club members which is healthy and essential in our growth not as an educator, but as an individual who is still in the process of becoming.

Arts

The Arts club was facilitated by Mrs. Corazon Pangan. A good number of teachers registered and were able to attend workshops already. In the first meeting, Mrs. Pangan discussed the basic skills in Arts where she showed her skill in drawing through a demonstration. Several meetings had occurred, and the participants were asked to do sample illustrations as a proof of their learning which include

basic drawing and shading of objects. Aside from the skill in drawing, values were also learned from it such as patience, concentration or focus, and art appreciation. The teachers were encouraged to practice more in drawing by trying other illustrations too since their artworks will be shown in an exhibit as announced by Mrs. Pangan.

Sports

In Sports club, trainings on the basics of badminton such as proper handling of the racket, posture and stance, footwork, and different kinds of strokes and service are given to club members by the coaches, Mr. Jonathan Manalo and Ms. Valerie Balacuit. Per session, after each training, an actual application of the session’s focus is executed through free play. It is a new way for teachers to bond and to destress. Sports club members consist of teachers from varying age groups and subject areas; joining in this kind of socio-cultural activity helps in building rapport and friendships among faculty members.

During this time when pandemic slowly eases, it is very important that we try to get back to our pre-pandemic life where we can go outside to catch some air, and do relaxing activities with our families and friends. With that, the high school teachers are beyond thankful for they see this as an opportunity to breathe or move away from their usual routine even just for a day every week. The pandemic which gave birth to the work-from-home setup and limited face-to-face interactions made us half-paralyzed. It is now time to do some stretching and mind de-cluttering. Truly, activities like these can really help teachers discover more of themselves not only as a classroom teacher but also as a human being.



CAMPUS MINISTRY

MAKING CONNECTIONS ON & OFF CAMPUS

by Mrs. Evelyn Chavez

How do we minister to one another when we are distant from school or learning remotely? Will Campus Ministry be still relevant when almost everything in school is now done online?

The current COVID-19 pandemic challenged the SSA Campus Ministry office to explore and discover new and relevant ways to continue providing the time, space, celebrations and interactions that will establish connections with God and with one another and to lead the members of the school community to a deeper lifelong relationship with Jesus and a dynamic witness to their faith and the Benedictine hallmarks both online and off.

With the feeling of hopelessness and anxiety that many, both young and old experience, we provided avenues where every person is led towards hope in the midst of this feeling.

Whether hybrid in-person and remote model, we made sure that our activities conformed with safety guidelines and protocols.



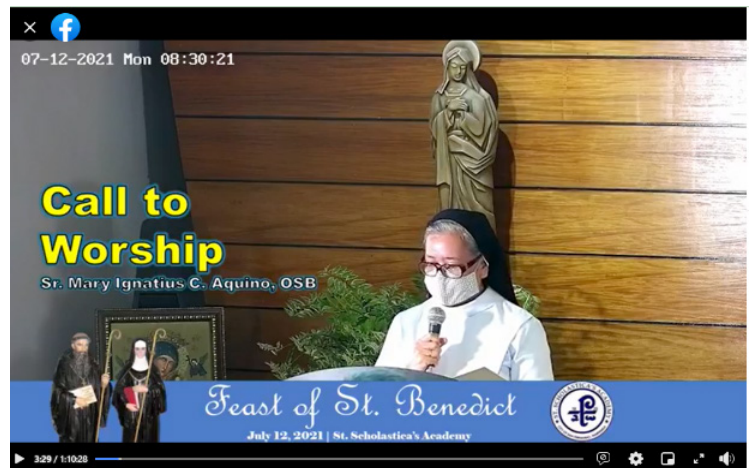
LECTIO-DIVINA

We all get overwhelmed with the current e-learning, distant from our friends and colleagues, missing out those chats and laughter along hallways. Things become routinary, repetitive and boring sometimes. Because of this, we see all the more the need to make time for prayer.

Lectio-divina enabled the students and their teachers to grow in their prayer life and stay connected with God even if they are separated from one another. Daily and via ZOOM at 7:40 am, they come together to meditate on the Word of God through the daily Gospel. They are joined in by the non-teaching staff.

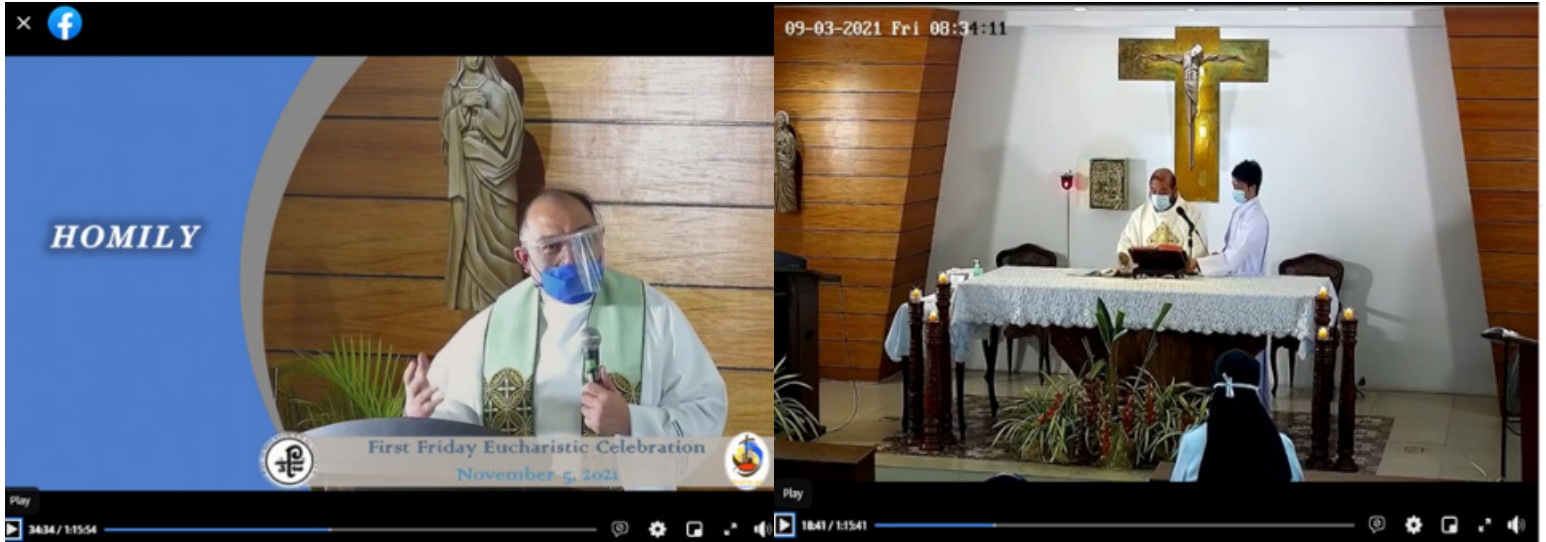
FEAST of ST. BENEDICT

Last July 10, the feast of St. Benedict was celebrated through a solemn Holy Mass in the chapel and was presided by Rev. Fr. Angel Gamboa, an alumnus of St. Scholastica's Academy. Streamed over the school's Facebook page, this was made available for students and their families and our alumni. The Triduum preceding the celebration was integrated in the daily Lectio from July 7-9. During these days, a reflection on the readings from the Rule of St. Benedict was shared to the teachers and staff by select Faculty members. The sharing centered on their personal growth experiences as Benedictine teachers / servants.



EUCCHARISTIC CELEBRATIONS

Liturgical celebrations, especially First Friday Holy Masses were experiences of fellowship among members of the school community. These were streamed online through the school's Facebook page and the students participated here via ZOOM. Invited priests from our Archdiocese presided these Holy Masses : Fr. Florand Cortez, Fr. Ramon Torres, Fr. Aljim Tuazon and Fr. Angel Gamboa.



GRADE LEVEL RECOLLECTIONS

One of the important activities the Campus Ministry spearheads yearly is the conduct of retreats and recollections. Adapted to online mode, Grade level Recollections were held virtually via ZOOM. Focused on the two Benedictine hallmarks of Christ-centeredness and Stewardship these were facilitated by Sister Mary Ignatius Aquino, OSB and Mrs. Evelyn Chavez on these dates:

- August 17 – Grade 12
- September 7 – Grade 7
- October 20 - Grade 8
- November 9 – Grade 10
- November 17 – Grade 9



These half-day encounters with the Lord in silence, prayer and shared reflections enabled the students to become aware of God's Presence, to reflect on their priorities and who controls the areas of their life. Pledges of commitment to a new lifestyle were made as a result of their exchanges with their classmates during the break-out sessions.

The recent months made us adapt and transition new way of doing things. No matter what is happening or will happen, we will continue to create new and good habits and routines. But one thing that should remain is the intention to always set a time for prayer, for reflection and meditation and find reasons to celebrate the goodness of God.



“Unconditionally”

by Ms. Maria Pamela Felicitas

"Let us run to Mary, and, as her little children, cast ourselves into her arms with a perfect confidence." -- Saint Francis de Sales

A mother's love is an epitome of God's presence on earth. That is why this love is considered boundless and unconditional. Our Heavenly Mother is no stranger in this aspect, as her love for all ripples all throughout time. In the celebration of the 500 Years of Christianity here in the Philippines, one of our most-known characteristics is being "Pueblo Amante de Maria" or The Filipinos' Love for Mama Mary. Throughout our country's history, we Catholics recognize, venerate, and pay tribute to the Blessed Mother.

Every October, we devoutly practice the Month of the Holy Rosary. This was decreed by Pope Leo XIII, and is due to the celebration of the feast of Our Lady of the Rosary on October 7. From Church traditions, it was in 1214 when the Blessed Virgin gave St. Dominic the Rosary in the Monastery of Prouille. From then on, the Rosary has been one of the most powerful tools of prayer in the Catholic Church. The Lady gave 15 Promises of the Rosary

to all so that "Whatever you ask in the Rosary will be granted."

The St. Scholastica's Academy High School community celebrated this month united in personal and communal prayer, as well as engaged in Marian-filled activities led by the Christian Living Education Area with the help of the Magnificat Club. The theme for this year's Rosary Month is: "Gifted with Mary: We Listen and Share the Joy of Love". Given the restrictions this pandemic has, it was a way of the Christian Living Education Area to maximize the means of Online Distance Learning while nurturing the talents gifted to each Scholastican. The main events for this month are varied in ways of sharing their faith and love for God through Mary: the floral offering done in the launching, the creative grade level outputs, welcoming the image of Mary into the offices in the campus, and also the much-awaited Marian Quiz Bee via Zoom and Facebook Live and Culminating Activity that showcased the best works of each grade level.

It was before the October First Friday Mass when the Month of the Holy Rosary launched for the High School Department. This was then followed

by the Flower Offering and start of the Visitation of the image of Mary done the Monday after. This liturgy was spearheaded by the Campus Ministry Office and the High School Principal, Sr. Mary Ignatius Aquino, OSB. The teaching and non-teaching personnel were to offer flowers after the short liturgy to pay tribute to Mary, and offices started to welcome her image as a veneration and remembrance of her loving maternal presence. Recordings of the different Mysteries of the Rosary were done by the Magnificat Club, and they were distributed to the community. Praying of the Rosary temporarily took place instead of the usual Lectio Divina in the mornings. Everyone was invited to come a bit early to finish the entire Rosary before the start of classes.

The Marian Quiz Bee was a healthy competition amongst the students. Each class had a pair of representatives who battled it out on who knew Mary the best from beginning to end with their batchmates. This event happened last October 25, 2021 via Quizz.iz and Zoom through Facebook Live. It was hosted by Miss Maria Pamela Felicitas, and this event emerged the following winners:



Photo: Ann Catholic Church



Photo from Wallpaperflare

Grade & Section	Ranking
7 - Miriam	3rd Place
7 - Naomi	2nd Place
7 - Deborah	CHAMPION
8 - St. Cecilia	3rd Place
8 - St. Agnes	2nd Place
8 - St. Clare	CHAMPION
9 - Guadalupe	3rd Place
9 - Manaoag	2nd Place
9 - Penafrancia	CHAMPION
10 - St. Humbeline	3rd Place
10 - St. Elfreda	2nd Place
10 - St. Mechtilde	CHAMPION
11 - St. Beatrice	3rd Place
11 - St. Celestine	2nd Place
11 - St. Aurea	CHAMPION
12 - St. Martha	3rd Place
12 - St. Amalberga	2nd Place
12 - St. Ehrentrudis	CHAMPION

Creative Grade Level Outputs were also done by the students to also unleash their God-given talents and deepen their knowledge and relationship with the Blessed Mother. Grade 7 sought the loving intercession of our Mother by expressing the desire to be like Mary through a Creative Poem Prayer. This was followed by a series of One-Minute Video (TikTok Style) of the Grade 8, in which they have shown

the importance of having to follow the right content and "IDOLS" in social media through a tribute to Mama Mary as that model "IDOL". It was an exemplary job well done by the Grade 9 students as they battled it out on who did it best in the Marian Apparition Narration based on their specific section. Their outputs have reminded us to ponder on this mystery of God's love in the different apparitions of Mary. The Grade 10 students unleashed their inner-star selves by making a VLOG: "How to Be Like Mary" that imposed a challenge of following her characteristics and virtues in their daily lives at home. It was with the Grade 11 students who have shown us their dance skills through their creative Dance Interpretation: "High Five Para Kay Maria" for their tribute to Mary. Finally, the Grade 12 graced us with angelic voices with their rendition of the Gallery Choir: "Hymno ning Virgen de los Remedios. The winners were showcased last October 29, 2021 with Mrs. Evelyn Chavez as host of the Culminating Activity.

Grade & Section	Activity
7 - Deborah:	Creative Poem Prayer

8 - St. Cecilia: One-Minute Video (TikTok Style)
 9 - Guadalupe: Marian Apparition Narration
 10 - St. Elfreda: VLOG: "How to Be Like Mary"
 11 - St. Aurea: Dance Interpretation: "High Five Para Kay Maria"
 12 - St. Martha: Gallery Choir: "Hymno ning Virgen de los Remedios"

Truly this year's Rosary Month has been grace-filled and fun. This is a great example that distance should not add more to the disconnection we have physically, but if common goals and solidarity would withstand it in prayer, then a culminating month like this is very much possible. Praying the Rosary should not be only done during October, but every day with our families just like Our Lady of Fatima's words to the three children. May we remain steadfast in our faith in a loving God who will heal us and our land and will bring back the joy of celebrating without fear through the loving mantle of our Blessed Mother. Through this unconditional maternal love, she can lead all of us to her Son.



Behind the Screens

by Rynna Estacio

We used to loathe getting up so early in the morning and frantically hitting the snooze button to gain those last few minutes of sleep. Things have remained largely unchanged—we still hate getting up in the morning. The only difference now is that the same days are stuck on loop. It's understandable that it's getting difficult to feel excited about a new day when it's only the same sight of your screen and the dozens of Aralinks tasks that welcome you. But if there's one thing you have control over, it's how you make the best out of your virtual setup.



Photo from Education Corner

1. Curate your workspace.

The concepts of home = leisure and school = productivity can no longer be fully separated now that they coexist and have started to merge in our minds. However, locking yourself up in the confines of your own room can be both stuffy and stifling for your productivity. As much as possible, get out of bed and find a spot that you can dedicate as a workspace alone. This is essential in creating the atmosphere for your own personal school. Though not all of us have the luxury to get fancy, a makeshift desk will suffice in setting the boundaries between work mode and alone time. Most importantly, make sure you have enough lighting—don't make it any more difficult for your eyes than it should be!

2. Manage your own timetable.

When there are over ninety-nine things kicking and screaming for your attention, tapping into your well of focus and sticking to schedules is the best way to get things done. Putting things off for later only to look up and find that it's already 9 PM and you've made no progress will only worsen the constant threat of the imaginary countdown looming over your head. Remember, it's only one more of this or one more of that. Create a system that will assist you in navigating your preferred working style. Try writing down reminders and mapping out which of your activities should be prioritized first; color-code them in order of importance and tick them off to see how much work you're actually getting done.

3. Know when to hit pause.

You don't have an endless supply of energy. You have limits and a breaking point. Work does not have to be an all-or-nothing endeavor. It's alright to admit that you're dealing with a lot more than you're capable of handling. Taking a break is not a reward that you should have to guiltily earn. When enough is enough, it is simply enough. Sometimes, all you need is a 10-minute break to breathe and let some of the bad stuff out. Allow yourself to relax and clear your mind until you can think about something else that isn't a constant stream of "I have to finish this." Frustration will only be a hurdle if your body and mind aren't performing the way you want them to.