



## EXTENSION ACTIVITY REPORT

### ACTIVITY TITLE: SMILE for HIs: **Personality Development Workshop**

*"Exploring New Possibilities and Building Confidence through Life Skills Education"*

<b>Venue:</b>	<u>1<sup>st</sup> floor, SLSU Library</u>	<b>Date Conducted:</b>	<u>October 20, 2016</u>
<b>Time Started:</b>	<u>12:30 pm</u>	<b>Time Ended:</b>	<u>5:30 pm</u>

#### A. Rationale/ Background of Activity

This workshop will serve as a preparatory activity for the Hearing Impaired students (HIs) for their technical-vocational trainings. It was conceptualized to boost their self-esteem, improve their values and learning habits, develop a positive thought pattern as well as healthy physique. The lecture discussion is based on the nature of their personality for them to be open-minded of the things that they have to accept and to change. This learning session is a parallel seminar of the parenting workshop and a complimentary course for the skills training. Psychological assessment of their needs was done to identify their strengths and weaknesses. Self-awareness, building confidence, interpersonal skills, decision-making, problem-solving and creative thinking were part of the design of the activity which were discussed by psychology teachers and guidance counsellors.

#### B. Objectives

This activity aims to:

1. Develop positive and healthy personality patterns among HIs in preparation for their skills training;
2. Boost their self-confidence, improve self-awareness and build confidence among the HIs;
3. Discuss various ways on how to enhance their interpersonal relationship skills; and
4. Inculcate proper decision-making, problem-solving and creative thinking skills that are necessary especially for their condition.

#### C. Attendance

##### Guest, Speakers, Facilitators

<b>Name</b>	<b>Position</b>	<b>Address/ Agency</b>
1. Mr. Gino A. Cabrera	Project Leader	SLSU-CAS
2. Mrs. Michelle V. Ramirez	Faculty/ Speaker	SLSU-CAS
3. Dr. Ma. Elna R. Cosejo	Chairperson/Speaker	SLSU-CAS
4. Ms. Marjorie E. Suangco	Faculty/ Facilitator	SLSU-CAS
5. Abraham Cangao	Student-Facilitator	SSP
6. Kate Nicole Malbog	Student-Facilitator	SSP
7. Dyan Ara Torres	Student-Facilitator	SSP
8. Ross G. Ordonez	Student-Facilitator	SSP
9. Jerick Targa	Student-Facilitator	SSP
10. Joshua Renz N. Granada	Student-Facilitator	SSP

##### Participants

<b>Name</b>	<b>Position</b>	<b>Address/ Agency</b>
1. Kentwenley b. Robles	N/A	Mauban, Quezon
2. Mark Christian M. Sangcap	N/A	Mauban, Quezon
3. Apple Lyka A. Rey	N/A	Mauban, Quezon
4. Lemar John C. Edilloran	N/A	Mauban, Quezon
5. John Kerrwin M. Ilarde	N/A	Mauban, Quezon
6. Michelle M. Lanuza	N/A	Mauban, Quezon
7. Reymark S. Alba	N/A	Mauban, Quezon
8. Januel A. Codnar	N/A	Mauban, Quezon
9. Jerickson Q. Derecho	N/A	Mauban, Quezon



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10. Leovic J. Briola	N/A	Mauban, Quezon
11. John Lauren R. Rivera	N/A	Mauban, Quezon
12. John Mark M. Alpuerto	N/A	Mauban, Quezon
13. Nica Ella V. Briola	N/A	Mauban, Quezon
14. Christian Martinez	N/A	Lucban, Quezon
15. Hanna Lhen Orno	N/A	Lucban, Quezon
16. John Lhoyd L. Palmario	N/A	Lucban, Quezon
17. Jerold R. Mendoza	N/A	Lucban, Quezon
18. Michael C. Precilla	N/A	Lucban, Quezon
19. Joemelyn D. Dumangon	N/A	Lucban, Quezon
20. Joyerizel M. Celis	N/A	Lucban, Quezon
21. Rezalyn D. Lorca	N/A	Lucban, Quezon
22. Mario F. Calapano	N/A	Lucban, Quezon
23. Oliver Platino	N/A	Lucban, Quezon
24. Veronica Dator	N/A	Lucban, Quezon

### D. Summary of Attendance

Attendees	No. of Male	No. of Female	Total
a. Guest, speakers, facilitators	5	5	10
b. Participants	14	10	24
Total	19	15	34

### E. Program of Activities

DATE	PARTICULARS	DURATION	PERSON INVOLVED
Oct. 20	Registration and Opening Program	30 mins.	CAS Psychology Department, Samahan sa Sikolohiyang Pilipino (SSP) spearheaded by Ms. Marjorie E. Suangco
	Overview of the activity/ Mood Setting	15 mins.	
	Assessment of the Multiple Intelligences	30 mins.	Dr. Ma. Elna R. Cosejo <i>Resource Speaker</i>
	Lecture-Discussion on Self-Awareness, Building Confidence and Interpersonal Relations	1.5 hrs.	
	Lecture-Discussion on Decision Making, Problem Solving and Critical Thinking	1.5 hrs.	
	Response/ Reactions	30 mins.	Participants-Parents
	Closing Ceremony/ Awarding of Certificates	15 mins.	CAS Psychology Department spearheaded by Mr. Gino A. Cabrera and the resource speakers
Total		4 hrs.	

### F. Highlights and Summary of Outputs (Descriptive Report)

The seminar's theme was "Exploring New Possibilities and Building Confidence through Life Skills Education." It was held in the SLSU Library, Ground Floor near the SLSU Mini Museum. The first speaker was Dr. Ma. Elna R. Cosejo, the Program Chairperson of AB Psychology program. She first asked the students to answer a Multiple Intelligences Survey, a survey adapted from Walter McKenzie in 1999 Surfaquarium Consulting.



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When the HI students are able to answer the survey, the students facilitators—Samahan sa Sikolohiyang Pilipino Organization Officers, helped Dr. Cosejo to interpret the results. In this manner, the students were able to know their strengths and weaknesses following the Multiple Intelligences Survey.

After, Dr. Cosejo discussed and explained the different kinds of Multiple Intelligences naming a few students who are prominent in the intelligence she is discussing. She also gave a few advices on how to use their dominant intelligence on their favour of advantage. She stressed that the activity is one way to know oneself. She also discussed tips on how to have a winning confidence and some important social skills that will facilitate healthier interpersonal relations.

Following Dr. Cosejo was Prof. Michelle V. Ramirez, RGC, the university guidance counsellor. First off, she invited the audiences to stand up and dance the Gummy Bear dance. In this manner, the audiences cheered up and had the energy to listen to her talk.

Her speech went around about the decision making, problem solving, and creative thinking. She also emphasized on how to deal with unexpected scenarios in life.

Furthermore, she reiterated the importance of choosing which of which things are supposed to be their priorities given their disability.

The day ended with the awarding of certificates to the participants and the facilitators.

### G. Evaluation of the Seminar / Training (Summary of Evaluation)

No. of Respondent: 13

Particulars	4 (Best)	3 (Better)	2 (Good)	1 (Poor)	No answer	No. of Raters
Performance of the speakers:						
1. Dr. Ma. Elna R. Cosejo	10	2	1	0	0	13
2. Prof. Michelle V. Ramirez	12	0	1	0	0	13
a. Attainment of the objectives	11	1	1	0	0	13
b. Relevance of Topics	11	2	0	0	0	13
c. Methodologies used	12	1	0	0	0	13
d. Instructional/Presentation Aids	12	1	0	0	0	13
e. Management team/ secretariat	13	0	0	0	0	13
f. Participation of participants	11	1	1	0	0	13
g. Time allocation per topic/activity	12	0	1	0	0	13
h. Activity started and finished as scheduled	13	0	0	0	0	13
i. Venue	13	0	0	0	0	13
j. Food	13	0	0	0	0	13
	143	8	5	0	0	156
<b>PERCENTAGE OF PARTICIPANTS WHO RATED BEST AND BETTER:</b>	91.66%	5.13%	3.21%	0.00%	0.00%	100%
<b>TOTAL NO. OF PARTICIPANTS WHO RATED BEST AND BETTER:</b>	<b>11</b>	<b>1</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>13</b>

#### Analysis of Evaluation:

The overall rating of the activity was 96.79% which includes 91.66% of Best rating and 5.13% of Better rating.

Prepared by:

Noted by:

**GINO A. CABRERA, MPsy, RPm**  
Project Leader

**JUDEIMAR A. UNGRIANO, MAH**  
Chairperson, Social Sciences Dept.



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**SMILE for HIs: Personality Development Workshop**  
“Exploring New Possibilities and Building Confidence through Life Skills Education”  
October 20, 2016, Ground Floor, SLSU Library



Dr. Ma. Elna R. Cosejo and Mrs. Sarah Mendoza work hand-in-hand to deliver the concept of multiple intelligences.



The students are attentive with the visuals and sign language demonstrations during the lecture discussion.



Mrs. Mendoza explains the instructions for the multiple-intelligences (MI) test.



Dr. Cosejo scores and interprets the MI test results.



Mrs. Michelle V. Ramirez starts her lecture with an interactive activity.



Mrs. Ramirez delivers her lecture on decision-making, problem-solving and creative thinking while Mr. Owen Mendoza facilitates the sign language