The campus-wide dance contest dubbed as “Let’s get Danscene in MCU” was held on September 3, 2010 at the Centennial Courtyard and Centennial Gymnasium. The judges were Alain Mo Bro, who heads the Department of English, Peter Yap, who heads the Department of Computer Science, and Maria Teodora Togado, who heads the Department of Business Administration. The students from the College of Physical Therapy and Dentistry were judged according to the following criteria: 40% choreography and style, 20% execution, 20% concept and style, 10% costume and 10% audience impact.

For the final round, the judges were Reina Cuneta, Ms. Earth Philippines finalist, Kennith Halli, choreographer and Michael Barrozo, entertainer and performer of Disney Cruise Line.

The criteria for judging during this round were 30% choreography, 50% concept, 20% originality and 10% costume. The winners in both categories received special prizes.

MCU participates in the EU Quiz Bee
by Sharon Danisha M. Vaswani

Muchas felicitaciones to Andrey Christian Barcena, (BS Biology 41) Emmanuel Buragay (BS Psychology 21), yours truly for coming in 6th place, out of 19 Universities that competed in the European Union (EU) Quiz, held last July 28, 2010 at the College of St. Benilde, Taft Avenue, Manila. In celebration of Linggo ng mga Liyak Europa o Week of European Languages, the De La Salle – College of Saint Benilde hosted the EU Quiz that aimed to encourage students, faculty and language enthusiasts to experience the European languages and cultures.

Through an invitation sent to MCU through Centralino, the MCU students participated in the event. Questions on European culture, language, and history were asked to the contenders. The university’s participation in the quiz bee was also a good opportunity for MCU to establish linkages with other schools.

MCU Celebrates World Teachers’ Day
by Rizzi Anne B. Miñoza, Arts and Sciences

Students and faculty members from the different Colleges and from High and Graduate Schools Department participated in the celebration of the World Teacher’s Day on September 24, 2010 in the Centennial gymnasium.

World Teachers’ Day was officially celebrated on October 5, 2010 but was celebrated earlier in MCU. During the event, students had different ways of expressing their gratitude to their teachers. The students from the College of Arts and Sciences (CAS) danced and played musical instruments. Iranian students read a poem and dedicated it to all the teachers that day. Also, the MCU choir rendered a song for the teachers while kindergarten students offered flowers to the teachers. The faculty members also showed their talents. CAS faculty member Dr. Rachel Balan, from the College of Optometry, showed their talent in dancing while the other faculty members from different Colleges showed their talents in singing. They were Ms. Marilou Nisperos-Jamin (CCS), Dr. Camacho and Dr. Tabasan (Dentistry), Mr. Arthur Fetalvero (CHM), Ms. Teraddo (CPH), Mr. Dexter Sotto (CPT), Mr. Blanco and Ms. Chua (Elementary Dept.), and Ms. Simpson and Ms. Zenasora (High school Dept.).

This celebration is held annually to further the growth and development of the teaching profession as well as to express gratitude and appreciation to the noble works of the teachers.

Foreign Students Graduate from ELEP
by Mary Jane A. Guba, Arts and Sciences

Sixty-eight (68) foreign students graduated from the English Language Enhancement program (ELEP) held on September 24, 2010 at the Tanchico Auditorium. The English Language Enhancement Program (ELEP), which started last summer, is a comprehensive English study program under the College of Arts and Sciences (CAS) that includes courses on Conversational English, Pronunciation and Oral Communication, Reading Comprehension and Vocabulary Development, and Writing and Grammar. ELEP is aimed at enhancing and developing the English proficiency and the fundamental language skills of university-bound students who do not speak English as their native language. All new and foreign students are required to undergo the classes that were held every Friday and Saturday. Classes are divided on the beginner, intermediate and advanced level. The CAS Faculty under the Languages and Humanities Department are the ones involved in teaching the students. According to Ms. Reneliza Sta Ana, Head of the Languages and Humanities Department, the College of Arts and Sciences initiated the program due to the increase in number of foreign students in the university and the difficulty caused by some with limited skills in communicating in English.
CPT and CMT place 6th and 7th in Licensure Exam
by Mary Jane A. Guba, Arts and Sciences, and Lois A. Baltazar, Medical Technology
The College of Nursing placed 6th and 7th in the Licensure Exam for Nurses with an 84% passing rate among the 442 examinees of its batch of 2019.

Deans Papert and Barkley of the College of Nursing, who also headed the nursing program, lauded the effort of the nursing students in taking the exam. They also commended the faculty in ensuring that the students will have a smooth transition into the practice of nursing. The nursing program is one of the top-performing programs in the University according to the Commission on Accreditation of Nursing Education (LANI).

The College of Nursing has also continued to source an annual program of University-wide open forum on nursing. This year’s forum was held virtually with an attendance of 1000 nurses. The forum aims to strengthen the role of nurses in the community and advocate for better policies for the protection of nurses’ rights and responsibilities.

Pinoy as a Global Brand
by Naira De Lourdes, Business Administration

In celebration of National Philippine Nursing Week, the Philippine Marketing Association (PMA) through the Marketing Week Foundation, together with the Department of Health (DOH), led a campaign for nurses to keep the country’s nursing brand as a Global Brand. In the “Philippine Nurses Matter” campaign, the country’s nurses were encouraged to keep their passion, dignity, and values.

The “Philippine Nurses Matter” campaign was spearheaded by Mary Jane A. Guba, Dean of the College of Nursing, and Lois A. Baltazar, Dean of the College of Medical Technology. The campaign aimed to continue advocating for the country’s nurses to be recognized as Global Brand.

Optometry bags Quiz Bee top honors
by Sarah始建于 M. Vassel, Optometry

The College of Optometry, Champion of the College of Optometry, was the winners of the College of Optometry’s Quiz Bee. The event was held last September 4, 2010, in the Multipurpose Room of the National University of the Philippines (National U.) Campus.

The College of Optometry’s Quiz Bee was a success, with a total of 10 teams participating. The winning team, College of Optometry, was able to demonstrate their knowledge on various topics, including ophthalmology and optometry.

College of Nursing’s 63rd year
by Rayborn L. Organoo, Chairperson

The College of Nursing at National University, Philippines celebrated its 63rd year of programs this year with various events, including lectures and seminars. The college also held a series of health fairs and workshops to promote awareness and education on various health issues.

College of Optometry celebrates 50th year
by Renato G. Alfonso, Dean

The College of Optometry celebrated its 50th year of programs this year with various events, including lectures and seminars. The college also held a series of health fairs and workshops to promote awareness and education on various health issues.

Medtech holds Aerobic Activity
by Luisito E. Batongbakal Jr., Nursing

The College of Medical Technology held an Aerobic Activity as part of its commitment to promoting a healthy lifestyle among its students. The event was held last November 11, 2010, at the PGT AVR.

The Aerobic Activity was participated by the College of Medical Technology students, who engaged in various physical activities, including dancing and stretching.

Anti-Corporal Punishment Bill gets support
by Luisito E. Batongbakal Jr., Nursing

The Anti-Corporal Punishment Bill, which seeks to prohibit the use of corporal punishment as a form of discipline in schools, has been gaining support among students and faculty of the University of the Philippines (UP).

The bill was introduced in the House of Representatives last year by Rep. Simeon Juan Jr., a member of the House Committee on Justice. The bill seeks to ban corporal punishment in schools and provide alternative forms of discipline.

MedtechCOPES program \nby Luisita E. Batongbakal Jr., Nursing

The MedtechCOPES program, which is a community program of the College of Medical Technology, has been gaining support from the local community.

The program, which is focused on providing medical services to the underserved and vulnerable sectors of the community, has been providing medical services, such as check-ups and consultations, to residents of the barangay, particularly the elderly, pregnant women, and children.

CMT: Great at 48
by Lois Marie A. Baltazar, Medical Technology

The College of Medical Technology (CMT) celebrated its 48th anniversary last September 16, with various events, including a seminar and a quiz bee.

The College of Medical Technology (CMT) celebrated its 48th anniversary last September 16, with various events, including a seminar and a quiz bee. The seminar, themed “Nurses as Partners in Health,” was attended by the college’s faculty and students, as well as members of the healthcare community.

The quiz bee, which was participated by the CMT’s College of Medical Technology (CMT) students, was an opportunity for the students to showcase their knowledge in various topics, including medical terminology and anatomy.

Three-fulfiling years of MedtechCOPES program
by Luisita E. Batongbakal Jr., Nursing

The MedtechCOPES program, which is a community program of the College of Medical Technology, has been gaining support from the local community.

The program, which is focused on providing medical services to the underserved and vulnerable sectors of the community, has been providing medical services, such as check-ups and consultations, to residents of the barangay, particularly the elderly, pregnant women, and children.

Pinoy as a Global Brand
by Naira De Lourdes, Business Administration

In celebration of National Philippine Nursing Week, the Philippine Marketing Association (PMA) through the Marketing Week Foundation, together with the Department of Health (DOH), led a campaign for nurses to keep the country’s nursing brand as a Global Brand. In the “Philippine Nurses Matter” campaign, the country’s nurses were encouraged to keep their passion, dignity, and values.

The “Philippine Nurses Matter” campaign was spearheaded by Mary Jane A. Guba, Dean of the College of Nursing, and Lois A. Baltazar, Dean of the College of Medical Technology. The campaign aimed to continue advocating for the country’s nurses to be recognized as Global Brand.

Medical Technology

The College of Medical Technology, along with the other colleges of the University of the Philippines, marked its 63rd year of programs with various events, including seminars and lectures.

The College of Medical Technology, along with the other colleges of the University of the Philippines, marked its 63rd year of programs with various events, including seminars and lectures.

Pinoy as a Global Brand
by Naira De Lourdes, Business Administration

In celebration of National Philippine Nursing Week, the Philippine Marketing Association (PMA) through the Marketing Week Foundation, together with the Department of Health (DOH), led a campaign for nurses to keep the country’s nursing brand as a Global Brand. In the “Philippine Nurses Matter” campaign, the country’s nurses were encouraged to keep their passion, dignity, and values.

The “Philippine Nurses Matter” campaign was spearheaded by Mary Jane A. Guba, Dean of the College of Nursing, and Lois A. Baltazar, Dean of the College of Medical Technology. The campaign aimed to continue advocating for the country’s nurses to be recognized as Global Brand.

Three-fulfiling years of MedtechCOPES program
by Luisita E. Batongbakal Jr., Nursing

The MedtechCOPES program, which is a community program of the College of Medical Technology, has been gaining support from the local community.

The program, which is focused on providing medical services to the underserved and vulnerable sectors of the community, has been providing medical services, such as check-ups and consultations, to residents of the barangay, particularly the elderly, pregnant women, and children.
The Crucade Against Reason

"It's not by might nor by power, but by my Spirit", says the Lord Almighty. (Zechariah 4:6)

I am reminded of a true story of a young woman, about a young lady who was asked to speak in front of a university in Manila and was taking the Nursing Board exam.

Anna is an active worship member in her local Church and was being engaged in the music ministry. She planned to attend the church every weekend for singing and also to study her faith. Anna decided to temporar-ily give up on these practices. She wanted to spend more time reviewing for her board exam. Anna was very confident that she would be able to answer the questions correctly.

When the results finally came, she was surprised, because she was disappointed, because after doing all that hard work, she still didn’t do it. She gained only 75%, which was not as much as she had hoped. She was disappointed.

Anna prayed and talked to the Lord about the situation. The Lord answered her through His message to me. "Thou art not in it by my power, but by my Spirit", says the Lord. Anna was amazed at this answer. She went on to study and passed the exam. But she still had to get a passing grade.

Anna decided to go back to her normal routine and was keen to succeed. She went on to study and was successful. She has started to receive massive media attention and that in-creased her confidence and she was also successful in her career. She is now a successful lawyer and is happy.

The prayer is a lesson of hope from a mind full of disappointments. It can help us to be united and sensitive to each other and to the plight of others.

One who created us - the Almighty, He is going to give the desire and the power to do good. We must study the word of God and pray for success. We must believe in the victory of Christ. We must believe in His message. We must believe in His Spirit. We must believe in His voice. We must believe in His word. We must believe in His power. We must believe in His grace. We must believe in His promise. We must believe in His victory.

It can help us to be able to do all things. But of course, if we trust Him, then we will have the faith to do all things. We must study the word of God and pray for success. We must believe in the victory of Christ. We must believe in His message. We must believe in His Spirit. We must believe in His voice. We must believe in His word. We must believe in His power. We must believe in His grace. We must believe in His promise. We must believe in His victory.
FEATURES

PARTY! PARTY!

by Lola Marie A. Dehesa, Medical Technology

They say college is the best time to be socially active and go out with friends. Why not? At 6 PM, you are all set and headed to the front of your college to have a good time and enjoy your college life. Whether you are a party-goer, you are sure to enjoy the sense of party happening all over the campus. What? You weren’t able to join our fun? That’s okay! You still have a semester to go if you don’t want to miss out on the Acquaintances Parties that happened during the first semester. Each event comes with its own theme, so whether you are a party-goer or not, you get to choose your style.

Black is sexy...

It was astounding how black shone at the Black Fusion: College of Computer Studies Night that was held on September 18, 2010. Students and faculty exude confidence as they walk with poise on the red carpet.

Excitely extraordinary...

The centennial gymnasium turned out to be a ramp stage for a costume party as the College of Medical Technology roared for change in their fun, exquisite outfits following the theme “Med-technophoria: Ang Ordinario, Hindi pasado.” The Acquaintances party happened last September 11, 2010.

Queen...

The College of Pharmacy chose to hide behind masks in their “Pharmaceuticals Acquaintances Party.” Held last September 18, 2010, you will be amazed at the stage display they prepared. The fuse: Can you guess who behind the mask? 

Black is sexy...

It was astounding how black shone at the Black Fusion: College of Computer Studies Night that was held on September 18, 2010. Students and faculty exude confidence as they walk with poise on the red carpet.

Piss and proper...

Princes and Princesses warnables, the College of Dentistry celebrated their prestigious Masquerade Ball Acquaintances Party and Testimonial Dinner at the Patio Ibarra, Quezon Avenue August 28, 2010. Filipino and foreign students were all beautiful and astonishing in their gowns and coats.

Excitely extraordinary...

The centennial gymnasium turned out to be a ramp stage for a costume party as the College of Medical Technology roared for change in their fun, exquisite outfits following the theme “Med-technophoria: Ang Ordinario, Hindi pasado.” The Acquaintances party happened last September 11, 2010.

Queen...

The College of Pharmacy chose to hide behind masks in their “Pharmaceuticals Acquaintances Party.” Held last September 18, 2010, you will be amazed at the stage display they prepared. The fuse: Can you guess who behind the mask?

Black is sexy...

It was astounding how black shone at the Black Fusion: College of Computer Studies Night that was held on September 18, 2010. Students and faculty exude confidence as they walk with poise on the red carpet.

Piss and proper...

Princes and Princesses warnables, the College of Dentistry celebrated their prestigious Masquerade Ball Acquaintances Party and Testimonial Dinner at the Patio Ibarra, Quezon Avenue August 28, 2010. Filipino and foreign students were all beautiful and astonishing in their gowns and coats.

Excitely extraordinary...

The centennial gymnasium turned out to be a ramp stage for a costume party as the College of Medical Technology roared for change in their fun, exquisite outfits following the theme “Med-technophoria: Ang Ordinario, Hindi pasado.” The Acquaintances party happened last September 11, 2010.

Queen...

The College of Pharmacy chose to hide behind masks in their “Pharmaceuticals Acquaintances Party.” Held last September 18, 2010, you will be amazed at the stage display they prepared. The fuse: Can you guess who behind the mask?
**RUN FOR YOUR LIFE**

BY LELIOU B. BATANGKALAG, Jr.

**MCU’s New Baccalaureate Program**

Edited by Lois Marie A. Baltazar

We train students to develop the means to build the future of our country. This is a call for responsible citizenship that empowers the youth to contribute to the development of our nation. As such, we cannot afford to lose the young innovators and leaders we need to shape our future. In this regard, MCU is committed to delivering a high-quality education that prepares our students for success in their chosen fields. We are proud to announce our new baccalaureate program, which is designed to provide our students with the skills and knowledge they need to succeed in today’s global economy.

**What to expect from MCU’s new baccalaureate program**

Unlike traditional education, our new program is not just about acquiring knowledge. It is about developing critical thinking skills, problem-solving abilities, and a strong work ethic. Our focus is on providing a holistic education that prepares our students for success in all aspects of life.

**Why choose MCU’s new baccalaureate program?**

Here are some reasons why you should choose MCU’s new baccalaureate program:

1. **Holistic Education**: Our program goes beyond just imparting knowledge. We focus on developing the whole person, including their emotional and social well-being.
2. **Practical Skills**: Our program is designed to provide students with practical skills that they can use in their careers.
3. **Industry Connections**: We have strong industry connections that can help our students secure internships and job opportunities.
4. **Research Opportunities**: Our students have the opportunity to engage in research and contribute to the knowledge base in their field of study.
5. **Global Exposure**: Our program offers students the chance to study abroad and learn about different cultures.

**Contact us**

If you have any questions or would like to know more about our new baccalaureate program, please don’t hesitate to contact us. We are here to help you make the most of your educational journey.

---

**FUeM (Feed Your Mind)**

BY HERIAs LiBEST, Business Administration

Medical Technology

**TAGLINE RATIONALE AND KEY MESSAGE**

We develop individuals into well-rounded professionals with a strong foundation in practical skills, theoretical knowledge, and ethical values. Our mission is to equip students with the skills and knowledge they need to succeed in today’s competitive global market.

---

**T R A N S L A T E R**

BY LELIOU B. BATANGKALAG, Jr.

**MCU’s New Baccalaureate Program**

Edited by Lois Marie A. Baltazar

We train students to develop the means to build the future of our country. This is a call for responsible citizenship that empowers the youth to contribute to the development of our nation. As such, we cannot afford to lose the young innovators and leaders we need to shape our future. In this regard, MCU is committed to delivering a high-quality education that prepares our students for success in their chosen fields. We are proud to announce our new baccalaureate program, which is designed to provide our students with the skills and knowledge they need to succeed in today’s global economy.

**What to expect from MCU’s new baccalaureate program**

Unlike traditional education, our new program is not just about acquiring knowledge. It is about developing critical thinking skills, problem-solving abilities, and a strong work ethic. Our focus is on providing a holistic education that prepares our students for success in all aspects of life.

**Why choose MCU’s new baccalaureate program?**

Here are some reasons why you should choose MCU’s new baccalaureate program:

1. **Holistic Education**: Our program goes beyond just imparting knowledge. We focus on developing the whole person, including their emotional and social well-being.
2. **Practical Skills**: Our program is designed to provide students with practical skills that they can use in their careers.
3. **Industry Connections**: We have strong industry connections that can help our students secure internships and job opportunities.
4. **Research Opportunities**: Our students have the opportunity to engage in research and contribute to the knowledge base in their field of study.
5. **Global Exposure**: Our program offers students the chance to study abroad and learn about different cultures.

**Contact us**

If you have any questions or would like to know more about our new baccalaureate program, please don’t hesitate to contact us. We are here to help you make the most of your educational journey.

---

**FUeM (Feed Your Mind)**

BY HERIAs LiBEST, Business Administration

Medical Technology

**TAGLINE RATIONALE AND KEY MESSAGE**

We develop individuals into well-rounded professionals with a strong foundation in practical skills, theoretical knowledge, and ethical values. Our mission is to equip students with the skills and knowledge they need to succeed in today’s competitive global market.

---

**T R A N S L A T E R**

BY LELIOU B. BATANGKALAG, Jr.

**MCU’s New Baccalaureate Program**

Edited by Lois Marie A. Baltazar

We train students to develop the means to build the future of our country. This is a call for responsible citizenship that empowers the youth to contribute to the development of our nation. As such, we cannot afford to lose the young innovators and leaders we need to shape our future. In this regard, MCU is committed to delivering a high-quality education that prepares our students for success in their chosen fields. We are proud to announce our new baccalaureate program, which is designed to provide our students with the skills and knowledge they need to succeed in today’s global economy.

**What to expect from MCU’s new baccalaureate program**

Unlike traditional education, our new program is not just about acquiring knowledge. It is about developing critical thinking skills, problem-solving abilities, and a strong work ethic. Our focus is on providing a holistic education that prepares our students for success in all aspects of life.

**Why choose MCU’s new baccalaureate program?**

Here are some reasons why you should choose MCU’s new baccalaureate program:

1. **Holistic Education**: Our program goes beyond just imparting knowledge. We focus on developing the whole person, including their emotional and social well-being.
2. **Practical Skills**: Our program is designed to provide students with practical skills that they can use in their careers.
3. **Industry Connections**: We have strong industry connections that can help our students secure internships and job opportunities.
4. **Research Opportunities**: Our students have the opportunity to engage in research and contribute to the knowledge base in their field of study.
5. **Global Exposure**: Our program offers students the chance to study abroad and learn about different cultures.

**Contact us**

If you have any questions or would like to know more about our new baccalaureate program, please don’t hesitate to contact us. We are here to help you make the most of your educational journey.

---

**FUeM (Feed Your Mind)**

BY HERIAs LiBEST, Business Administration

Medical Technology

**TAGLINE RATIONALE AND KEY MESSAGE**

We develop individuals into well-rounded professionals with a strong foundation in practical skills, theoretical knowledge, and ethical values. Our mission is to equip students with the skills and knowledge they need to succeed in today’s competitive global market.

---

**T R A N S L A T E R**

BY LELIOU B. BATANGKALAG, Jr.

**MCU’s New Baccalaureate Program**

Edited by Lois Marie A. Baltazar

We train students to develop the means to build the future of our country. This is a call for responsible citizenship that empowers the youth to contribute to the development of our nation. As such, we cannot afford to lose the young innovators and leaders we need to shape our future. In this regard, MCU is committed to delivering a high-quality education that prepares our students for success in their chosen fields. We are proud to announce our new baccalaureate program, which is designed to provide our students with the skills and knowledge they need to succeed in today’s global economy.

**What to expect from MCU’s new baccalaureate program**

Unlike traditional education, our new program is not just about acquiring knowledge. It is about developing critical thinking skills, problem-solving abilities, and a strong work ethic. Our focus is on providing a holistic education that prepares our students for success in all aspects of life.

**Why choose MCU’s new baccalaureate program?**

Here are some reasons why you should choose MCU’s new baccalaureate program:

1. **Holistic Education**: Our program goes beyond just imparting knowledge. We focus on developing the whole person, including their emotional and social well-being.
2. **Practical Skills**: Our program is designed to provide students with practical skills that they can use in their careers.
3. **Industry Connections**: We have strong industry connections that can help our students secure internships and job opportunities.
4. **Research Opportunities**: Our students have the opportunity to engage in research and contribute to the knowledge base in their field of study.
5. **Global Exposure**: Our program offers students the chance to study abroad and learn about different cultures.

**Contact us**

If you have any questions or would like to know more about our new baccalaureate program, please don’t hesitate to contact us. We are here to help you make the most of your educational journey.
First Things First

As I began writing this column, I faced the computer and took in the sight of my own reflection in the screen. Perhaps this is what I thought, I just closed my Facebook page. 11:00 in the evening and my time is now one hour. After checking the current date and time, I realized that Facebook was online and saw that my classmates were still chatting away. I clicked the “log out” button and simply went to sleep because I was tired. Having a good night’s sleep is the first step towards a productive day. I set my alarm for 5:00 in the morning and tried my best to wake up on time.

As it turned out, the chat ended an hour earlier than usual. It was late, decided no longer to use social media in my hours of leisure. I was worried I would be difficult to wake up early for the next day.

I believe you have your own story that you would like to share about how you manage your time, but I want to share with you what worked for me.

LITTLE LIVES

THREATENING PASCUAL

Dorm Alone

Q: Miss, there are two bachelors on the floor who are making love.

A: I know, but don’t do anything to disturb the peace. This is the same thing as saying you don’t want to make love.

Q: What are the disadvantages of being alone?

A: If you’re alone, I wish you had a friend to share your problems with. If you’re alone, I wish you had a partner to help you with your problems. If you’re alone, I wish you had a family to support you with your problems.

Q: What does the expression “to manage stress and coping” mean?

A: To manage stress and coping means to deal with stress and find ways to cope with it. It is a process of identifying your stressors, assessing your coping skills, and developing new coping strategies. It is a personal process that requires self-reflection and self-awareness.

Q: How do you manage stress and coping?

A: To manage stress and coping, you need to identify the sources of stress in your life and develop effective coping strategies. It is important to find ways to relax and unwind, such as taking a warm bath, listening to music, or practicing deep breathing exercises. Also, it is important to focus on the present moment and let go of negative thoughts.

Q: Who are those people who are up all night?

A: Those people who are up all night are usually those who are suffering from insomnia or other sleep disorders. It is important to seek medical advice if you are having trouble sleeping. Also, it is important to create a relaxing sleep environment and establish a regular sleep schedule.

Dorm Alone

I’m already used to budgeting household chores, time management, dorm mates, and even environment. The only thing I miss is my family living far from my college.

Q: How do you manage stress and coping?

A: To manage stress and coping, you need to identify the sources of stress in your life and develop effective coping strategies. It is important to find ways to relax and unwind, such as taking a warm bath, listening to music, or practicing deep breathing exercises. Also, it is important to focus on the present moment and let go of negative thoughts.

Q: What do you do when the stress becomes too much?

A: When the stress becomes too much, it is important to seek professional help. It is also important to find ways to relax and unwind, such as taking a warm bath, listening to music, or practicing deep breathing exercises. Also, it is important to focus on the present moment and let go of negative thoughts.

Q: What do you do when the stress becomes too much?

A: When the stress becomes too much, it is important to seek professional help. It is also important to find ways to relax and unwind, such as taking a warm bath, listening to music, or practicing deep breathing exercises. Also, it is important to focus on the present moment and let go of negative thoughts.

Q: How do you manage stress and coping?

A: To manage stress and coping, you need to identify the sources of stress in your life and develop effective coping strategies. It is important to find ways to relax and unwind, such as taking a warm bath, listening to music, or practicing deep breathing exercises. Also, it is important to focus on the present moment and let go of negative thoughts.

Q: How do you manage stress and coping?

A: To manage stress and coping, you need to identify the sources of stress in your life and develop effective coping strategies. It is important to find ways to relax and unwind, such as taking a warm bath, listening to music, or practicing deep breathing exercises. Also, it is important to focus on the present moment and let go of negative thoughts.

Q: How do you manage stress and coping?

A: To manage stress and coping, you need to identify the sources of stress in your life and develop effective coping strategies. It is important to find ways to relax and unwind, such as taking a warm bath, listening to music, or practicing deep breathing exercises. Also, it is important to focus on the present moment and let go of negative thoughts.