



Republic of the Philippines
Department of Education
REGION X – NORTHERN MINDANAO
SCHOOLS DIVISION OF MISAMIS ORIENTAL

Office of the Schools Division
Superintendent

August 18, 2023

DIVISION MEMORANDUM
No. 483 s. 2023

**PARTICIPATION OF THE PHILIPPINE GUIDANCE AND COUNSELING
ASSOCIATION, 16TH ANNUAL REGIONAL CONFERENCE (ARC)
AND WORKSHOP**

To: MARILOU B. FLORENDO - Alubijid National Comp. High School
KAREN O. GALIMDA - Baliwagan National High School
VERONICA S. SOGO-AN - Dr. Gerardo Sabal Memorial NHS
CHERYL L. PERNIA - Jasaan National High School
JASPER F. CAÑETE - MOGCHS
MARIVIC D. VALMORES - Misamis Oriental NHS
FRENIL MIA C. HALLASGO - Opol National Secondary Technical
School
EVELYN S. ESCALERA - Tagoloan National High School
REGINA NEHEMIA M. EMANO- Villanueva National High School
PAMELA LOUIS F. MARBAN - Division of Mis. Or. Senior High
School

1. In response to the invitation of the Philippine Guidance and Counseling Association Region X Chapter for its 16th Annual Regional Conference (ARC) and Workshop on September 7-8, 2023, in a full face-to-face conference at Deluxe Hotel, Cagayan de Oro City, with a theme “*Honing Helping Skills: Harnessing Change*”, you are hereby advised to attend the said workshop.

2. This workshop aims to upskill your competencies as guidance counselors in the field of guidance and counseling, education, psychology, and other helping professionals.



Address: Del Pilar-Velez Sts., Brgy. 29, Cagayan de Oro City 900
Telephone Nos.: (088) 881-3094 | Text: 0917-8992245 (Globe)
Website: www.deped.misor.com
Email: misamis.oriental@deped.gov.ph





Republic of the Philippines
Department of Education
REGION X – NORTHERN MINDANAO
SCHOOLS DIVISION OF MISAMIS ORIENTAL

3. A Registration of P3,400.00 for each participant will be charged to the Junior High School MOOE Division Initiated PAPs subject to the usual accounting and auditing rules and regulations.
4. Immediate dissemination of this memorandum to all concerned is desired.


EDILBERTO L. OPLENARIA, EdD, CESO V
 Schools Division Superintendent 

ELO/egd/cid/cpv



Address: Del Pilar-Velez Sts., Brgy. 29, Cagayan de Oro City 900
Telephone Nos.: (088) 881-3094 | Text: 0917-8992245 (Globe)
Website: www.deped.misor.com
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Republic of the Philippines
Department of Education

DIVISION OF MISAMIS ORIENTAL

Annex A

AUTHORITY TO TRAVEL

Control No.

Region: X-Northern Mindanao
Bureau/Division/School: SDO Misamis Oriental

Date of Filing	August 18, 2023	
Name Position	MARILOU B. FLORENDO KAREN O. GALIMDA VERONICA S. SOGO-AN CHERYL L. PERNIA JASPER F. CAÑETE MARIVIC D. VALMORES EVELYN S. ESCALERA EVELYN S. ESCALERA REGINA NEHEMIA M. EMANO PAMELA LOUIS F. MARBAN	Guidance Counselor Guidance Counselor Guidance Counselor Guidance Counselor Guidance Counselor Guidance Counselor Guidance Counselor Guidance Counselor Guidance Counselor
Permanent Station	Schools within Misamis Oriental	
Purpose of Travel	PARTICIPATION OF THE PHILIPPINE GUIDANCE AND COUNSELING ASSOCIATION, 16TH ANNUAL REGIONAL CONFERENCE (ARC)	
Activity Organized/ Sponsored by	DepEd Division of Misamis Oriental	
Period Covered (Inclusive of Travel Time)	September 7-8, 2023	
Please Check	<input checked="" type="checkbox"/> Official Business <input type="checkbox"/> Official Time	
Venue/ Destination	De Luxe Hotel, Cagayan de Oro City	
Expenses Covered	Operation of School - JHS MOOE (subject to the usual budgeting, accounting, auditing rules and regulations)	
Fund Source (Pap Code/...)		
Recommending Approval:	Approved:	
 ERLINDA G. DAEL, PhD, CESE Asst. Schools Division Superintendent	 EDILBERTO L. OPLENARIA E Schools Division Superintendent	
Date: August 18, 2023	Date: August 18, 2023	

Org Description	Item Number	Incumbent	Position Title
2. Alubijid National Comprehensive High School	OSEC-DECSB-GUIDC3-660015-1998	FLORENDO, MARILOU BETE	Guidance Counselor III
6. Baliwagan National High School	OSEC-DECSB-GUIDC1-660027-2008	GALIMBA, KAREN OPLAN	Guidance Counselor I
18. Dr. Gerardo Sabal Memorial National High School	OSEC-DECSB-GUIDC1-660032-2008	SOGO-AN, VERONICA SULLEZA	Guidance Counselor I
23. Initao National Comprehensive High School	OSEC-DECSB-GUIDC3-660016-1998		Guidance Counselor III
25. Jasaan National High School	OSEC-DECSB-GUIDC1-660030-2008	PERNIA, CHERYL LEYSON	Guidance Counselor I
30. Kibungsod National High School	OSEC-DECSB-GUIDC1-660009-2011		Guidance Counselor I
33. Laguindingan National High School	OSEC-DECSB-GUIDC1-660006-1998		Guidance Counselor I
34. Libertad National High School	OSEC-DECSB-GUIDC3-660018-1998		Guidance Counselor III
36. Lugait National High School	OSEC-DECSB-GUIDC1-660034-2008		Guidance Counselor I
45. Medina National Comprehensive High School	OSEC-DECSB-GUIDC1-660007-1998		Guidance Counselor I
46. Misamis Oriental General Comprehensive High School	OSEC-DECSB-GUIDC3-660017-1998	CANETE, JASPER FUENTES	Guidance Counselor III
47. Misamis Oriental National High School	OSEC-DECSB-GUIDC1-660028-2008	VALMORES, MARIVIC DOMO	Guidance Counselor I
50. Talisayan National High School (Mis. Or. N. C.)	OSEC-DECSB-GUIDC1-660011-2011		Guidance Counselor I
51. Opol National Secondary Technical School	OSEC-DECSB-GUIDC1-660009-1998	HALLASGO, FRENIL MIA CASTILLO	Guidance Counselor I
56. Salay National High School	OSEC-DECSB-GUIDC3-660001-2010		Guidance Counselor III
62. Sugbongcogon National High School	OSEC-DECSB-GUIDC1-660010-2011		Guidance Counselor I
63. Tagoloan Night National High School	OSEC-DECSB-GUIDC1-660029-2008	ESCALERA, EVELYN SENECA	Guidance Counselor I
65. Villanueva National High School	OSEC-DECSB-GUIDC1-660031-2008	EMANO, REGINA NEHEMIA MORTOLA	Guidance Counselor I
115. Division of Misamis Oriental - Senior High School	OSEC-DECSB-GUIDC2-660140-2016	MARBAN, PAMELA LOUIS FABELA	Guidance Counselor II
115. Division of Misamis Oriental - Senior High School	OSEC-DECSB-GUIDC2-660141-2016		Guidance Counselor II
115. Division of Misamis Oriental - Senior High School	OSEC-DECSB-GUIDC2-660142-2016		Guidance Counselor II
115. Division of Misamis Oriental - Senior High School	OSEC-DECSB-GUIDC2-660143-2016		Guidance Counselor II
115. Division of Misamis Oriental - Senior High School	OSEC-DECSB-GUIDC2-660144-2016		Guidance Counselor II
115. Division of Misamis Oriental - Senior High School	OSEC-DECSB-GUIDC2-660145-2016		Guidance Counselor II
115. Division of Misamis Oriental - Senior High School	OSEC-DECSB-GUIDC2-660146-2016		Guidance Counselor II
115. Division of Misamis Oriental - Senior High School	OSEC-DECSB-GUIDC2-660147-2016		Guidance Counselor II
115. Division of Misamis Oriental - Senior High School	OSEC-DECSB-GUIDC2-660148-2016		Guidance Counselor II
115. Division of Misamis Oriental - Senior High School	OSEC-DECSB-GUIDC2-660149-2016		Guidance Counselor II
115. Division of Misamis Oriental - Senior High School	OSEC-DECSB-GUIDC2-660150-2016		Guidance Counselor II
115. Division of Misamis Oriental - Senior High School	OSEC-DECSB-GUIDC2-660151-2016		Guidance Counselor II
115. Division of Misamis Oriental - Senior High School	OSEC-DECSB-GUIDC2-660152-2016		Guidance Counselor II
115. Division of Misamis Oriental - Senior High School	OSEC-DECSB-GUIDC2-660153-2016		Guidance Counselor II



PHILIPPINE GUIDANCE AND COUNSELING ASSOCIATION, INC.

Region X Chapter

The Accredited Integrated Professional Organization of Guidance Counselors in the Philippines

August 17, 2023

EDILBERTO OPLENARIA, CESO V
Schools Division Superintendent
Division of Misamis Oriental

Dear SDS Oplenaria,

Warm Greetings!

The Philippine Guidance and Counseling Association Region X Chapter (PGCA X) will be holding its **16th Annual Regional Conference (ARC) and Workshops on September 7 & 8, 2023** full face-to-face conference at Deluxe Hotel, Cagayan de Oro City. The theme of the conference is **"Honing Helping Skills: Harnessing Change"**. This conference will upgrade the competencies of all guidance counselors from both government and private schools, administrators, psychologists and psychometricians, teachers, social workers, guidance advocates, graduate students in the field of guidance & counseling, education and psychology and other helping professionals.

In this regard, may we invite your counselors and designates to be our participants. We candidly hope that they will be able to join us in the said ARC. Attendance to the conference will earn them corresponding CPD points for RGC, RPsy/RPm, LPT and RSW.

Attached is a copy of the program. Please see registration fee below. The registration fee includes 2-day lunch, am and pm snacks, presentation materials and certificate of participation. Please confirm your registration on or before **September 1, 2023**.

REGISTRATION FEE: Php 3,400.00



Deposit payment to **BPI**
Acct. Name: **PGCA-X**
Acct. Number: **8993-0023-81**

For registration, please go to the link below:

https://bpi.ph/16thPGCAx_ARC_RegForm2023

or scan the QR Code



For more information and registration queries, please refer to the following contact details:

Ms. Catherine C. Lopez
Ms Jeannyvic T Roa
Ms. Faith T Yatoc
Dr Nannette P Purto
Dr. Juvy T. Importante

Secretary
Asst. Secretary
Treasurer
Auditor
PRO

tcaxsecretariat@gmail.com
asxsecretariat@gmail.com
treasurer@pgca.org.ph
audit@pgca.org.ph
important@pgca.org.ph

See you soon!

Very truly yours,

MR. FERDINAND N. LABITAD, RGC, LPT
President, PGCA - X

CHAPTER OFFICERS

2022 – 2024

Ferdinand N. Labitad, MAEd, RGC
PRESIDENT

Jennifer R Ugat, MAEd, RGC
VICE – PRESIDENT

Catherine C Lopez, MAEd, RGC
SECRETARY

Jeannyvic T Roa, MAEd, RGC
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Faith T Yatoc, MAEd, RGC
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AUDITOR

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PRO

Tessally V Saquin, MAEd, RGC
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Larry B Polino, MAEd, RGC
ASST. BUSINESS MANAGER

Charito B Ferrer, PhD, RGC
EX-OFFICIO



09176261978



pgcaxsecretariat@gmail.com



Xavier University
Guidance and Counseling Office
Luca Hall Room 101
9000 Cagayan de Oro City

CID RECEIVED

BY AC
DATE 8-16-23 1:45 PM



PHILIPPINE GUIDANCE AND COUNSELING ASSOCIATION, INC.

Region X Chapter

The Accredited Integrated Professional Organization of Guidance Counselors in the Philippines

16th PGCA – X ANNUAL REGIONAL CONFERENCE & WORKSHOP

“Honing Helping Skills: Harnessing Change”

September 7-8, 2023

PROGRAM

DAY 1 - SEPTEMBER 7, 2023

- 7:30 – 8:00 REGISTRATION
- 8:15 – 9:00 INVOCATION
NATIONAL ANTHEM
WORDS OF WELCOME **MR. FERDINAND N. LABITAD, RGC, LPT**
Chapter President, PGCA – X
- INTRODUCTION OF PARTICIPANTS **MS. CATHERINE C. LOPEZ, RGC, LPT**
PGCA – X Secretary
- INTRODUCTION OF THE KEYNOTE SPEAKER **MS. JENNIFER R. UGAT, RGC, LPT**
Vice President, PGCA – X
- 9:00 – 10:00 KEYNOTE ADDRESS **DR. ADELAIDA C. GINES, RGC, RPsy**
President, PGCA National
- 10:00– 10:30 MESASGE FROM VICE MAYOR OF CAGAYAN DE ORO
VICE MAYOR JOCELYN “BEBOT” B. RODRIGUEZ
- 10:30 – 11:00 MESSAGE FROM THE DEPED REGIONAL DIRECTOR
DR. ARTURO B. BAYOCOT, CESO III
Regional Director, DEPED Region 10
- 11:00 – 12:00 PAPER PRESENTATION
- 1) **“Assessing the Efficacy of a School - Based Trans-Diagnostic Intervention for Filipino College Students: A Randomized Control Trial”**
MS. REYNALOU B. LAGARE, RGC
Guidance Counselor, MSU-IIT, Iligan City
- 2) **“Using a Solution-Focused Approach to Cyber Bullying Victims as a Psychological Intervention for Empowerment”**
DR. ALDWIN MURPHY B. KWEK, RGC, RPsy
Guidance Counselor 3, Misamis Occidental National High School, Oroquieta City
- 12:00 – 1:00 PRESIDENT’S REPORT

DAY 1 – SEPTEMBER 7, 2023

- 1:00 – 5:00 **WORKSHOP 1: “EMBRACING UNCERTAINTIES PLUS RESILIENCE: A MINDSET TO A CHANGING LANDSCAPE”**
Dr. Adelaide C. Gines, RGC, RPsy
President, PGCA National

DAY 2 – SEPTEMBER 8, 2023

- 8:00 – 12:00 **WORKSHOP 2: “DIVING INTO THE RABBIT HOLE OF THE UNICORNS”**
DR. JOEY MARIE F. JEGONIA, RGC, RPsy
Guidance Counselor, Xavier University
- 1:00 – 5:00 **WORKSHOP 3: “BEST PRACTICES: A FOLLOW – UP FOR RACE AGAINST SUICIDE PREVENTION IN SCHOOLS”**
MS. MICHELLE AMARILLA – CLIMACO, Rpm
*Project Assistant Manager, Heads Up PH
UNILAB Foundation, Inc.*

AWARDING OF CERTIFICATES AND CLOSING CEREMONIES

Master of Ceremonies

MS. ROSELIE F. RAFOLS, RGC

Business Manager, PGCA – X

PHILIPPINE GUIDANCE AND COUNSELING ASSOCIATION, INC
REGION 10 CHAPTER

PGCA - X

**16th Annual Regional
Conference & Workshop**

DE LUXE HOTEL, CAGAYAN DE ORO CITY

WORKSHOP SPEAKERS



**"EMBRACING UNCERTAINTIES PLUS RESILIENCE:
A MINDSET TO A CHANGING LANDSCAPE"**
DR. ADELAIDA C. GINES, RGC, RPsy
President, PGCA National | Keynote Speaker



"DIVING INTO THE RABBIT HOLE OF THE UNICORNS"
DR. JOEY MARIE F. JEGONIA, RGC, RPsy
Guidance Counselor, Xavier University



**"BEST PRACTICES: A FOLLOW - UP FOR RACE AGAINST
SUICIDE PREVENTION IN SCHOOLS"**
MS. MICHELLE AMARILLA - CLIMACO, Rpm
Project Assistant Manager, Heads Up PH
UNILAB Foundation, Inc.



With CPD PTS for RGC, RPsy/RPm, LPT, RSW

REGISTRATION LINK

https://bit.ly/16thPGCAX_ARC_RegForm2023

REGISTRATION FEE

Php 3,400.00



Deposit payment to BPI Acct.
Name : PGCA-X
Acct. Number : 8993-0023-81

pgcaxsecretariat@gmail.com



Ninojomar Cablay <ninojomar.cablay@deped.gov.ph>

Fwd: PGCA-X Invitation for Deped Mis Or

2 messages

EDILBERTO OPLENARIA <edilberto.oplenaria@deped.gov.ph>
To: ninojomar.cablay@deped.gov.ph

Wed, Aug 16, 2023 at 11:40 AM

----- Forwarded message -----

From: Tessally Villanea Saquin <[redacted]>
Date: Wed, Aug 16, 2023 at 11:38 AM
Subject: PGCA-X Invitation for Deped Mis Or
To: <[redacted]>
CC: PGCA X SECRETARIAT <[redacted]>, Ferdinand Navarro Labitad <[redacted]>

August 17, 2023

EDILBERTO OPLENARIA, CESO V
Schools Division Superintendent
Deped Division of Misamis Oriental

Dear SDS Oplenaria,

Greetings from PGCA-X!

We are delighted to invite you and the counselors, designates, psychologists, psychometricians, social workers and teachers from your Division to attend the 16th PGCA Annual Regional Convention this coming September 7-8, 2023 at De Luxe Hotel, Cagayan de Oro City.

We would especially like to invite our colleagues who have recently attended the RACE Against Suicide rollout last May 27, 2023 at MSU-IIT. The PGCA-X Annual Regional Convention will provide an avenue for the RACE Gatekeepers to further learn as well as share their own best practices in suicide prevention, as facilitated by UNILAB Foundation's own resource person.

Please find the attached letter of invitation for the said event. Thank you and God bless you.

Respectfully,

Tessally V. Saquin, RGC
PGCA-X Asst. PRO and Board Member

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PGCA_X_Invitation_Deped_MisOr.pdf
1276K

Ninojomar Cablay <ninojomar.cablay@deped.gov.ph>
To: EDILBERTO OPLENARIA <edilberto.oplenaria@deped.gov.ph>

Wed, Aug 16, 2023 at 11:40 AM

Received sir
[Quoted text hidden]

Sincerely,



NIÑOJOMAR S. CABLAY
Administrative Officer IV- Records Officer, Department of Education- Division of Misamis Oriental
ninojomar.cablay@deped.gov.ph
Waterfall, Balingasag, Misamis Oriental



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