October 21, 2019

MEMORANDUM TO:

OIC, Office of the Asst. Schools Division Superintendent
Chief Education Supervisors, CID and SGOD
Secondary School Principals
Officers-in-Charge
Public Schools

COUNSELORS’ APPROACHES TO MANAGING SOCIAL MEDIA ADDICTION

Attached is a letter from Ms. Sandra G. Recto, Director, Communication and Public Affairs, Lyceum of the Philippines University dated October 1, 2019 re: Guidance Counselor Seminar entitled “Counselors’ Approaches to Managing Social Media Addiction” on November 14, 2019 8:00 a.m. to 4:00 p.m. at Bayleaf Intramuros, content of which is self-explanatory.

This is issued for information purpose only and not an indorsement of the activity.

SHERYLL T. GAYOLA
Education Program Supervisor
Officer-In-Charge
Office of the Schools Division Superintendent

Maka-Diyos, Makatao, Makalikasan at Makabansa
October 1, 2019

TO THE DIVISIONS OFFICE

Dear Sir/Madam:

Greetings!

The Lyceum of the Philippines University would like to invite Principals & Guidance Counselors from public schools to attend this year’s Guidance Counselor’s Seminar entitled, “Counselors’ Approaches to Managing Social Media Addiction” on November 14, Thursday, 8:00 a.m. to 4:00 p.m. at The Bayleaf Intramuros.

Social media addiction is a bigger challenge than we can imagine. Most students check and interact on social sites throughout the day and they do not have any idea of the actual time they spend on social media. In the past years, our annual guidance seminars were focused on mental health issues such as addiction, depression, suicide, and disruptive behaviors of students. Although we know that there are various factors that brought about these phenomena, social media seems to be one of the most influential culprits nowadays. Its effects are now becoming more apparent.

This seminar for high school guidance counselors is intended to equip participants with knowledge, skills, and attitudes in managing social media behaviors and in providing effective interventions.

Specifically, at the end of the seminar, the participants are expected to:

1. Engage in the discussion to understand the signs and symptoms of social media addiction as well as its effects on mental health;
2. Enhance counseling skills in providing interventions in preventing, treating, and managing social media exposure for students as well as skills in assisting parents in guiding their children; and
3. Enrich counselors’ wellness by thriving in the helping profession through energy management using Neuro-linguistic Programming (NLP) approaches.

Early registration rate is PHP 1,350 and applies to reservations and payments made on or before November 4, 2019. The onsite fee is PHP 1,500 and requires prior reservation which also applies to reservation made after the deadline with limited slots available. Registration is on a FIRST-COME-FIRST-SERVED basis. The fee is inclusive of materials, meals and certificates. Slots are limited, so they may call us at 8527-8251 loc. 162 or 8404-3115 and ask for Ms. Agnes and/or Ms. Mary. Reservation forms may also be faxed to 8527-2690 or emailed to agnes.manalaysay@lpu.edu.ph / mary.nenas@lpu.edu.ph for confirmation.

Come and be part of this proactive learning experience!

Very truly yours,

SANDRA G. RECTO
Director, Communication and Public Affairs
RESERVATION FORM

16th Guidance Counselor’s Seminar
COUNSELORS’ APPROACHES TO MANAGING SOCIAL MEDIA ADDICTION
Muralla Ballroom - The Bayleaf Intramuros, Manila
November 14, 2019, Thursday - 8:00 a.m. to 4:00 p.m.

Name: ___________________________ Last Name: ___________________________ First Name: ___________________________ Middle Initial: ___________________________

Nickname: ___________________________ Designation: ___________________________

Name of School: ___________________________

Address of School: ___________________________

Telephone No.: ___________________________ Fax No.: ___________________________

Mobile No.: ___________________________ E-mail Add.: ___________________________

Total Payable: ___________________________ Date of Reservation: ___________________________

Please check your preferred payment option (kindly choose one). Deadline of reservation is on November 4, 2019. (With LIMITED slots only)

I will have my payment sent to your office on or before November 4, 2019 □ Php 1,350.00

I will deposit my payment to LPU’s BPI current account on or before November 4, 2019 □ Php 1,350.00

I will pay on-site. □ Php 1,500.00

TERMS AND CONDITIONS

1. The registration fee is payable in full upon signing of this reservation form which serves as an invoice and must be paid on or before November 4, 2019. On-site payment will be collected on the day of the conference.

2. Payments are preferably made in cash. In case of check payments, only Manager's or Company checks will be accepted. Please make check payable to: LYCEUM OF THE PHILIPPINES UNIVERSITY

3. Over-the-counter payments may also be made at any Bank of the Philippine Islands (BPI) branch (Except BPI Family Savings Bank), to this account: Lyceum of the Philippines University – Intramuros Branch Current Account # 4955-8134-27. Please fax the deposit slip to 8527-2690 to confirm payment or email to agnes.manalaysay@lpu.edu.ph / mary.penaa@lpu.edu.ph. Kindly call to confirm if the reservation form & deposit slip are received at 8527-8251 loc. 162, 8404-3115, or 0915-546-5179 and look for Ms. Agnes / Ms. Mary.

4. Cancellation Policy: Notice of cancellation should be sent / faxed in writing to Lyceum on or before November 4, 2019. Otherwise the registration fee is non-refundable. However, the conference participation may be transferred to another person with prior notice.

By providing personal information to Lyceum of the Philippines University (LPU), I hereby acknowledge and certify that I have carefully read and understood the terms and conditions of the Data Privacy Policy of LPU and I am confirming that the data is true and correct. I understand that LPU reserves the right to revise any decision made on the basis of information provided should the information be found to be untrue or incorrect. I likewise agree that any issue that may arise in connection with the processing of my personal information will be settled amicably with LPU before resorting to appropriate arbitration or court proceedings within the Philippine jurisdiction. Finally, I am providing my voluntary consent and authorization to LPU and its duly authorized representatives to lawfully process my data information.