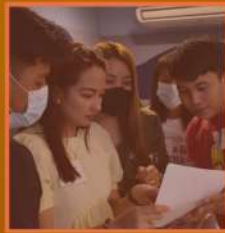




THE OFFICIAL MAGAZINE OF THE TARLAC STATE UNIVERSITY
EXTENSION SERVICES MANAGEMENT OFFICE



THE
DEVELOPMENT
C H R O N I C L E

THE DEVELOPMENT CHRONICLE

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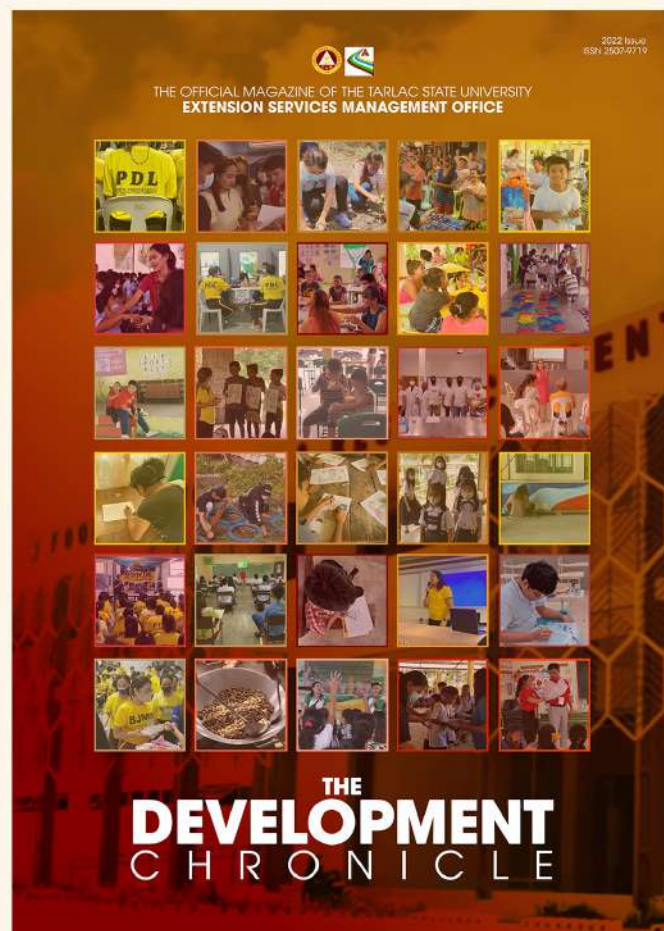
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The Many Faces of Extension

Supporting the advocacy of "leaving no one behind," Tarlac State University's (TSU) extension services have broadened its scope and means of delivery of higher-quality services for the community.

In addition, the shift to the new normal has taught us to extend and offer fresh hope to those who most need it. Hence, this year, the TSU – Extension Services Management Office features "The Many Faces of Extension", rekindling the spirit of volunteerism to create lasting initiatives and touching the lives of people in the community.

**EXTENSION IS
QUALITY SERVICE**



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PRESIDENT'S MESSAGE



The Tarlac State University is honored to present the Development Chronicle Sixth Issue of the Extension Service Management Office (ESMO). I applaud the hard work and determination of Dr. Lea B. Milan, the director of the ESMO, unit heads, and staff for this initiative. No wonder, you were awarded the Government Best Practice Recognition 2021 of the Development Academy of the Philippines. Being recognized means individuals reap the benefits of their hard work and effort. This could not be attained without the plans and programs of the individuals of the whole TSU community.

The ESMO aims to be a champion in community development by strengthening partnerships with public and private organizations and individuals and offering relevant extension programs in line with the University's academic program offerings, expertise, and resources. All of these are geared toward human security, sustainable communities, and inclusive nation-building.

This is clearly shown through our rich and effective extension projects which are commenced by the different experts from the different colleges and offices of the university which would be showcased in this issue.

I also want to acknowledge the commitment of the TSU personnel who work and offer extension services to our stakeholders and clients. I am also appreciative of all of our partners for their trust and confidence in our humble institution. We are eager to carry on working with you.

Let us continue to strengthen our collaboration with all our stakeholders and our future stakeholders in order to address the needs of the communities with world-class extension services.

God bless, TSU, and more power to the ESMO!

DR. ARNOLD E. VELASCO
UNIVERSITY PRESIDENT

PREAMBLE



Tarlac State University, through the Extension Services and Management Office (ESMO), served as catalyst in improving the quality of life of the marginalized communities, the capabilities and products of the MSMEs, and the service delivery of the LGUs as well as by other training beneficiaries. As of 2022, there are 44 active partnerships of TSU with the LGUs, industries, NGOs, NGAs, MSMEs, and other stakeholders towards the achievement of the mandate of the university.

It is noteworthy to state the TSU is truly dedicated in providing quality services to all its stakeholders. Evident to these are: the 8,462.75 number of trainees weighted by length of training; the 128 number of extension programs organized and supported with the SUCs mandate and priority programs; and the 100% of beneficiaries who rated the training courses as satisfactory or higher in terms of quality and relevance.

With the abovementioned data, it is just rightful to applaud the hardworking men and women of ESMO. In addition, it is also worth commending the support and dedication of the different colleges and offices of TSU for us to be able to reach our institutional targets for 2022 under the extension services. With our collective efforts, TSU has proven that we can provide quality and relevant extension programs within and even outside the Province of Tarlac.

To our beloved TSU employees, let us continuously enhance our knowledge and skills for us to be equipped with the rights tools needed in serving our community. With that, let me just say Congratulations once again to all our accomplishments this 2022. We are looking forward for a better and community responsive services for the years to come.

DR. MURPHY P. MOHAMMED
VICE PRESIDENT, RESEARCH DEVELOPMENT AND EXTENSION

DIRECTORS'S CORNER



Greetings in the name of public service!

We at the University Extension Services Management Office are humbled and grateful to present to you the 7th edition of our official magazine, the Development Chronicle. The past two years are indeed challenging for everyone because of the pandemic. However, these challenges don't stop our passionate and dedicated faculty members to reach out and share their expertise with the communities. The creativity of our faculty extension service providers, the unconditional support of our non-teaching staff, and the undying commitment of the TSU Administration burned the bridges of these challenges and creates innovative paths for everyone to serve and be served.

As you unfold every page of this magazine, may you find inspirations and aspirations in our stories of love, hope, and unity with our partner-beneficiaries and benefactors. The year 2022 has been a fruitful year to reach out not just to the people deprived of liberty, the youth, professionals, the education sectors, the MSMEs, and the indigenous people in Tarlac Province but also to connect and serve internationally through our extension services. We are happy also to share with you how we continuously develop and reinvent our wheel towards developing more sustainable and impact-driven "Tatak TSU" Extension services. To do more and to give more, our extension service providers also need to gain more, thus we provided them with the needed capacity-building and intervention activities.

With this magazine, we are sharing with you not just the joy of our simple milestones but also our priceless experiences as we keep on being relevant and responsive to the needs of our communities. From here we will look back and have the baseline to move forward and continue to innovate strategies to empower our people and serve our society.

We are happy to dedicate this to all faculty members who selflessly serve as extension service providers! Thank you very much for all your hard work and dedication. More power to everyone to serve! God bless you all!

DR. LEA B. MILAN
OIC - DIRECTOR, EXTENSION SERVICES MANAGEMENT OFFICE

2022

MILESTONE

**210 COMPLETED
EXTENSION PROJECTS**

**96.74% FACULTY
ENGAGEMENT**

**100% IMPLEMENTATION RATE
OF ALL PROJECT PROPOSALS**

**53 UNIQUE ACTIVE
LINKAGES**

**4,062 TRAINEES WEIGHTED
BY LENGTH OF TRAINING**

**100% DEVELOPMENT
OF IMPACT-DRIVEN
EXTENSION PROJECTS OF
COLLEGES**

**19 IMPACT ASSESSMENT
STUDIES CONDUCTED**

REIGNITING SUSTAINABLE EXTENSION INTERVENTION THROUGH CDEPP

BY VIEN JAMAICA D. SAMSON & ALJON N. LUSONG, ESMO

Community Development Extension Programs and Projects (CDEPP) aims to implement reform-oriented and impact-driven extension projects of the colleges and offices in partnership with various community and industry sectors.

Prior to achieving this, Tarlac State University through the Office of the University Extension Services (OUES) or formerly Extension Services Management Office (ESMO) has long been dedicated to serving the community, in keeping with the university's goal of fostering community development.

One of the OUES' long-term flagship extension programs is the community development program which seeks to assist in understanding a community's needs and connecting them with the institution's capabilities.

While the University unquestionably excels at extension, there is still significant potential for improvement in terms of developing, implementing, monitoring, and evaluating extension projects. The office assessed the extension projects from the years 2015-2020, and it was found that most of the projects that the colleges/programs that have been conducted belonged to the category of short-term projects (1 day to 6 months).

Meanwhile, when ESMO assessed its 2022 mid-year performance, it discovered that only 20% of the colleges filed long-term extension projects and 8% of the projects were college-initiated and the bulk of academic programs are scheduled for higher level accreditation (Level 3, Level 4, Level 4 2nd cycle) in the upcoming two to three years, which calls for project impact assessment and long-term, sustainable community projects.

The map of the province states that the bulk of the extension projects has been conducted in 1st-3rd class municipalities. Hence, the 4th and 5th-class municipalities should also be taken into consideration by the extensionists.

A gradual step was pursued to address the mentioned challenges and the university's quest to lead long-term and sustainable projects for the community. A series of capacity-building activities were conducted, and the revitalization of systems and guidelines was done by the office.

Among its remarkable initiative was the office's partnership with the National Center for Public Administration and Governance – Center for Policy and Executive Development of the University of the Philippines Diliman (UP NCPAG-CPED) to be the service provider for the training and capacity development of the extension staff, college extension chairpersons (CECs), and extension service providers (ESPs) with the knowledge and skills to plan and develop impactful extension programs, as well as to undertake results-based monitoring and assessment of such projects.

The University has invested a total of Php 95,944.44 for the training titled "Towards Achieving Excellence in Extension: Capacity Development on Extension Project Planning and Development and Results-Based Monitoring and Evaluation" which was conducted on March 28-30 and April 5-6, 2022.



Following the training, the office continues to advise colleges/programs in developing long-term impactful projects that can be showcased during Academic Program Accreditation, Institutional Accreditation (IA), and Institutional Sustainability Assessment (ISA), among others.

The office planned an “Appreciation Seminar-Workshop on the Requirements of SDG-Driven and Gender Responsive Community Extension Projects: *“Responsive, Sustainable, and Globally Competitive Extension Programs: Towards Championing Community Development cum Benchmarking Mission to Cavite State University”* on August 25-27, 2022 aimed at relaying information about the importance of Sustainable Development Goals (SDG)-driven and gender-responsive projects. With this, the colleges can develop proactive long-term extension projects and programs relevant to Gender and Development (GAD) and SDGs response.

The office applied the knowledge learned and the techniques in preparing a problem tree analysis and logical framework from the capacity development provided by the UP NCPAG-CPED.

With this knowledge, the office has devised forms for the ESPs and trained them in filling out these forms through a *“3-day Coaching and Mentoring Session”* which was conducted on November 9-11, 2022 in order to equip and empower the ESPs in preparing their long-term project proposals.



Concurrently, the OUES has also restructured the University Extension Review and Evaluation Committee (UERE) and Prioritization of Reform-Oriented or Developmental Extension Project Proposals. The policy was given approval by the BOR in the fourth quarter of 2022. At the moment, colleges are developing CDEPP proposals as part of the University's strategic move from a reactive style of delivering short-term extension activities to a proactive approach of leading meaningful and sustained community development programs.



ESMO CONDUCTS AN APPRECIATION SEMINAR-WORKSHOP OF SDG DRIVEN AND GENDER RESPONSIVE COMMUNITY EXTENSION

BY VIEN JAMAICA D. SAMSON, ESMO

As part of the Intervention Program of the Extension Services Management Office (ESMO), the “Appreciation Seminar-Workshop on the Requirements of SDG-Driven and Gender Responsive Community Extension Projects cum-Benchmarking Mission to Cavite State University was conducted on August 25-27, 2022. The reason for the conduct of the said intervention is the following;

1.) This intervention was the offshoot of the conducted capacity development activity on project planning and development and results-based monitoring and evaluation on March 28-30 and April 5-6, 2022;

2.) When the ESMO assessed its 2022 mid-year performance, it discovered that only 20% of the colleges filed long-term extension projects and 8% of the projects were college-initiated; and

3.) The bulk of academic programs are scheduled for higher level accreditation (Level 3, Level 4, Level 4 2nd cycle) in the upcoming two to three years, which calls for project impact assessment and long-term, sustainable community projects.



APPRECIATION ON THE REQUIREMENTS GENDER RESPONSIVE PROJECTS

In order to assist the colleges in the development of pro-active, gender-responsive, SDG-driven long-term, and sustainable extension projects for funding in 2023-2025, the ESMO conducted the aforementioned capacity development activity with a theme “Responsive, Sustainable, and Globally Competitive Extension Programs: Towards Championing Community Development”. The activity aimed to benchmark Cavite State University’s (CvSU) long-term extension projects and best practices. In addition, the activity also aimed at relaying information about the importance of SDG-driven and gender-responsive projects. With the above-mentioned objectives, the colleges can develop proactive long-term extension projects and programs relevant to GAD and SDGs response.

The resource speaker of the said activity is Dr. Robert V. Marcos, OIC-Director of the University Research Office; Dr. Rita E. Pulmano, Director of the Gender and Development Office; Dr. Lea B. Milan, ESMO Director, and the ESMO Units heads namely: Dr. Cynthia G. Quiambao, Engr. Emir Lenard SF. Sicangco, Ms. Vien Jamaica D. Samson, and Mr. Aljon N. Lusong. The mentioned activity was also attended by Dr. Murphy P. Mohammed, Vice President for Research and Extension Services. A total of 36 participants attended the activity comprising of the ESMO staff, College extension chairpersons, and selected faculty members.







FORMER CECs



COLLEGE EXTENSION CHAIRPERSONS

The College Extension Chairpersons (CECs), who acts as the colleges' focal persons are tasked to organize, effectively carry out, and oversee extension programs. The quest for quality extension services requires these dedicated, passionate, and empowered CECs who can serve as a bridge in partnering with the community stakeholders to contribute positively to the community's welfare and development.

EXTENSION IS QUALITY SERVICE

EXTENSION SERVICES MANAGEMENT OFFICE

ESMO LAUNCHES OFFICIAL WEBSITE

BY TRISHA ANNE B. MACASAGUIT, ESMO

Without a doubt, technology has improved our lives significantly. Technology has considerably advanced both educational standards and the way we interact. On May 12, 2022, the Extension Services Management Office launched its official website as Tarlac State University continues to digitalize in line with top-performing universities.

The official website includes information about the four extension programs, Community Development (ComDev), Industry Development Extension (InDex), Extension Support Services Programs (ESSP), and Student Extension Experience (SEE), along with the extension projects and activities of the colleges and offices.

Furthermore, it includes various publications and forms such as the official newsletter and magazine of The Development Chronicle, and the official multidisciplinary journal, The Porch, as well as frequently asked questions (FAQs) and their corresponding responses. The website can now be accessed.



TSU ESMO SPEARHEADS SEMINAR AND TRAINING WORKSHOP IN ROMBLON STATE UNIVERSITY

BY TRISHA ANNE B. MACASAGUIT & ETHEL LYN L. RAMOS, ESMO

As a part of the growing kinship of Tarlac State University (TSU) with sister universities, a 2-day seminar-workshop entitled “Values Enhancement and Extension Program and Project Management Training Workshop for Extensionists” was led by Romblon State University last November 17-18, 2022.

The said university invited the TSU-ESMO Director Dr. Lea B. Milan along with Unit Head of Extension Affairs and Training Unit Engr. Emir SF. Sicangco as the resource speakers of the said event.

The workshop aimed to improve the quality of services in

terms of projects/programs and to enhance its extensionist values and community service attitude with the help of Tarlac State University Extension Services and Management Office experts.

ESMO ASCENDS IN THE CONDUCT OF IMPACT ASSESSMENT TO FOSTER COMMUNITY DEVELOPMENT

BY VIEN JAMAICA D. SAMSON AND KICHELLE B. SOLIMAN, ESMO

The Tarlac State University (TSU) consistently strives to champion community development by continuously providing quality extension projects. With this objective, the Extension Service Management Office (ESMO) forefronts the conduct of a series Impact Assessment (IA) studies for the completed college-initiated extension projects from the year 2017 to 2019. This emerged out from the needs of the university to produce impact assessment researches to showcase during the program level accreditation and other institutional accrediting bodies. The IA studies aims to evaluate the impact or contribution of the extension projects that TSU has been offering to the communities and its beneficiaries and to provide inputs in the review and development of the policies, programs, and procedures in the delivery of extension initiatives.

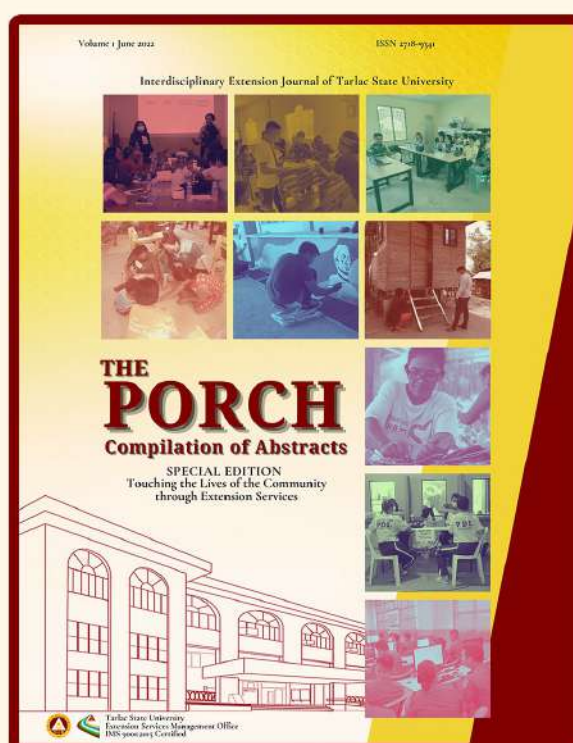
The IA was divided into two schemes. During the first scheme, ESMO called for impact assessors within the university to carry out the IAS. ESMO through the dedicated

faculty experts were able to complete a the total of five (5) impact assessment studies. Meanwhile, to swift the conduct of impact assessment to be able to use during the program level accreditation of the colleges, a second impact assessment studies.

more sustainable sets of new programs and initiatives that would increase the impact of the extension projects and to further reach the most vulnerable members of the community.

The office have compiled the mentioned IA studies and published it through the official extension interdisciplinary journal of the ESMO titled “The Porch: Compilation of Abstracts” with a theme “Touching the Lives of the Community through Extension Services”. This was already printed and published in the official website of TSU..

Thus, this Impact Assessment initiated by the ESMO is a great example of how universities complete the whole project management cycle from project development, implementation to monitoring and evaluation of completed extension projects. With the help of TSU community, the university can continue to provide high-quality services and help to improve the lives of their local communities.



ESMO through the Extension Studies and Publication Unit (ESPU) have hired there (3) project-based impact assessors to expedite the conduct of IA studies. During the second scheme, a total of eleven (11) IA studies were completed by the office. Furthermore, the IAS also helped the Extension Service Providers (ESPs) to plan for better projects which led to

TSU INKS PARTNERSHIP WITH PHILIPPINE NATIONAL VOLUNTEER SERVICE COORDINATING AGENCY

BY ADRIAN D. DIZON, ESMO

To acknowledge the consistently unwavering support of its partners to promote volunteerism as a development strategy, the Philippine National Volunteer Service Coordinating Agency (PNVSCA) concluded a year-end celebration by highlighting their partners through the Partnership Building and Appreciation Ceremony held on December 28, 2022, live at the Benguet State University, and via Zoom online platform.

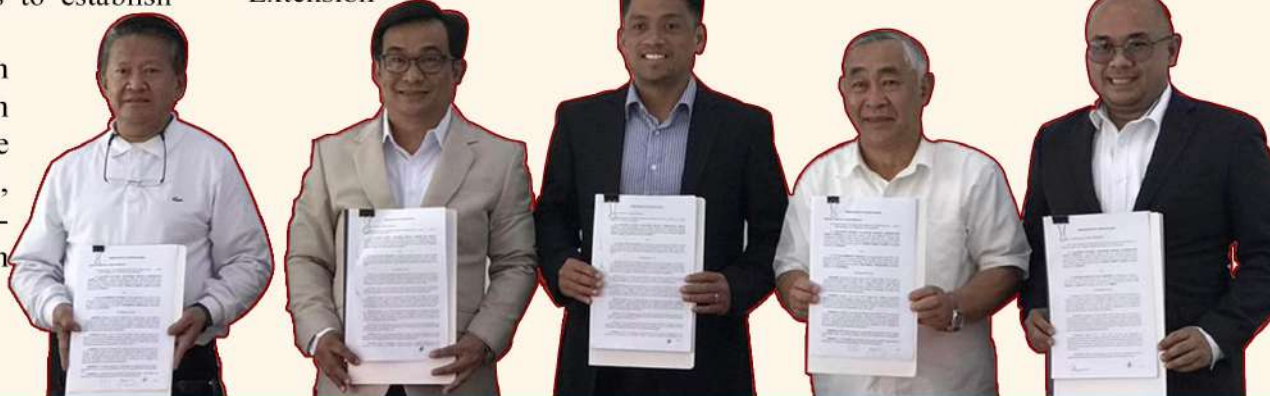
A Memorandum of Understanding (MOU) was signed between the Tarlac State University (TSU) and PNVSCA which aims to establish the mainstreaming of volunteerism within the academe. Both parties are responsible for engaging students, teaching, and non-teaching personnel in volunteerism.

Furthermore, the partnership also geared towards promoting the advocacy of volunteerism for nation-building and development.

PNVSCA Executive Director, Donald James Gawwe, expressed his gratitude to all the volunteers for their commitment and dedication as the government's partner for nation-building and encourages other individuals, groups, or institutions to be part of making volunteerism a way of life in the country.

TSU was represented by Vice President for Research and Extension

Services, Dr. Murphy P. Mohammed, and his Executive Assistant, Mr. Joshua Jay E. Jetomo who served as a witness in the said MOU Signing. The said activity was also attended by Local Government Units (LGUs) and Higher Education Institutions (HEIs) that also inked their partnership with PNVSCA.



ESMO ADMINISTERS COLLEGE HOPPING INITIATIVES

BY MARK CHRISTIAN T. AGUSTIN, ESMO

The Extension Services Management Office has always been dedicated to the continual improvement of its service delivery, policies, and guidelines toward achieving the university's mission. Among its best practices is the conducted college hopping which aimed to inform the deans and faculties of their college extension performances (e.g., Approved Projects, Unique Linkages, Regular and Special Training, Adopters, Faculty

Involvement, Faculty Credit Hours, and lastly the Customer Satisfaction) in relation to Accreditation Status of the program and long-term extension projects in the last 3 years, these were discussed by Dr. Cynthia G. Quiambao, the Unit Head for the Planning and Monitoring Unit. Dr. Quiambao stated that having a long-term extension project is now a must for each college, the reason why TSU is now gearing towards higher accreditation levels.



| to p. 20



The TSU Extension Services Management Office's quality policy states that the office is "committed to continually improving the delivery of excellent extension services that are compliant to regular and statutory requirements...". This statement reflects that TSU is not only focused on quality instruction and research but is also tasked to perform quality extension services to the partner beneficiaries, institutions, and community. These are being done by the faculty members of the colleges' academic programs, also known as extensions service providers (ESPs).



Based on the extension projects from the years 2015-2020, most of the projects that the ESPs have conducted belonged to the category of short-term projects (1 day to 6 months). The ESMO envisions to capacitating the ESPs to prepare and implement long-term projects that can create more impact among partner beneficiaries and communities. These projects can

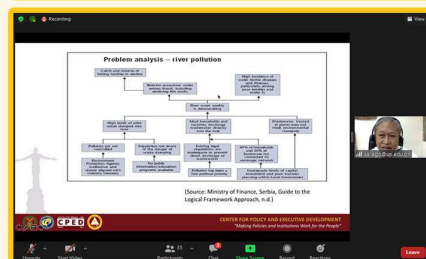
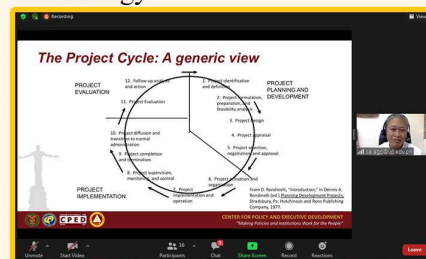
also be showcased during Academic Program Accreditation, Institutional Accreditation (IA), and Institutional Sustainability Assessment (ISA), among others. Aside from the abovementioned, skills in project monitoring and evaluation are also needed by the ESPs to equip themselves with tools and techniques for monitoring and evaluating extension projects.



In the mentioned context, the TSU-ESMO has partnered with the University of the Philippines-Diliman, National College of Public Administration and Governance, Center for Policy and Executive Development (UP-NCPAG-CPED) to conduct a 5-day training titled "Capacity Development on Project Planning and Development and Results-based Monitoring and Evaluation" on March 28-30 and April 5-6, 2022. The activity aimed at equipping the extension staff, college extension chairpersons (CECs), and extension service providers with the knowledge and skills that will enable them to plan and develop impactful extension projects and

conduct results-based monitoring and evaluation of such projects. This activity also enabled the mentioned participants to generate at least one (1) extension project proposal (preferably long-term) which is aligned with international, national, regional, and/or local priorities and the identified needs and priority programs of the stakeholders of the University.

The said 5-day training was participated by the following colleges: College of Architecture and Fine Arts, College of Arts and Social Sciences, College Business and Accountancy, College of Computer Studies, College of Criminal Justice Education, College of Teacher Education, College of Public Administration and Governance, College of Science, and College of Engineering and Technology



ESMO SEEKS TO ENGAGE MORE EXTENSION PARTNERS THROUGH THE EXTENSION AFFAIRS UNIT

BY ENGR. EMIR LENARD S.F. SICANGCO, ESMO

Aiming towards internationalization of extension and establishment of stronger and more meaningful partnerships with external stakeholders, the TSU Extension Services Management Office (ESMO) works proactively to engage international organizations, government agencies, non-government organizations, state universities, and colleges (SUCs) as well as the private sector in the University's community development work and other extension programs, projects, and activities.

In the middle of 2022, the ESMO shifted the focus of its Extension Affairs and Training Unit from merely managing extension learning and development programs for personnel and extension service providers and coordinating extension-related external events to promoting the extension programs and services of the University to potential beneficiaries and partners.

The ESMO personnels have been more proactive in terms of attending various functions



Photo by: TSU - Office of Public Affairs

within and outside Tarlac, where opportunities for networking and pitching of extension proposals and ideas abound.

During the latter part of the year, the ESMO has already met and talked with several international volunteering organizations, government agencies, various local government units (LGUs), private organizations, and SUCs to establish various forms of partnerships ranging from extension service delivery,

funding of extension projects, resource sharing, and network expansion, among others.

While the rest of the proposed partnerships are still under negotiation, TSU was able to seal its partnership with the Philippine National Volunteer Service Coordinating Agency (PNVSCA) through the signing of a memorandum of agreement last December 28, 2022, in Baguio City. The collaboration involves mainstreaming volunteerism in the education curriculum, assisting PNVSCA in the promotion and advocacy of volunteerism for nation-building and development, conduct of volunteerism research, creation of a volunteerism database, and provision for technical assistance to further capacitate TSU's volunteer service corps.

With its proactive approach, ESMO projects a significant increase in the number of the University's unique extension projects, partnerships, and linkages for 2023.

THE REINFORCEMENT AND OPERATIONALIZATION OF COLLEGE EXTENSION UNITS

BY VIEN JAMAICA D. SAMSON & TRISHA ANNE B. MACASAGUIT, ESMO



The Extension Services Management Office (ESMO) assessed its mid-year performance in 2022 which were discussed with the college Deans, Department Chairpersons, and College Extension Chairpersons (CECs) during the College Hopping conducted by ESMO. It revealed that most extensions that are being conducted by the colleges are short-term projects and there are only 8% are college-initiated long-term projects. The requirement to conduct long-term and impactful projects for the community is indeed imperative in attaining higher program-level accreditations of the academic program. In addition, the University has experienced a rapid increase in the number of stakeholders seeking assistance from the expertise of the colleges.

To address the findings from the ESMO's midyear performance, the office developed an extension intervention program that was approved by the university president. One of the major intervention plans was the reinforcement and operationalization of the

College Extension Units (CEU) in each college. This will address the issues and concerns on the development of long-term extension proposals and documentation of extension activities.

With the mentioned plan, the office has hired and deployed to colleges a total of nine (9) clerks and nine (9) technical staff and operationalized the CEU. This will also aid and effectively respond to the growing demands of the stakeholders and the community.

Prior to their deployment, an activity titled "Seminar/Workshop for the Newly Hired Technical Staff of the ESMO" held on November 2 and 3, 2022 was organized by the ESMO which aimed to provide comprehensive training and guidance on the Extension Pre and Post-Process to the newly deployed Technical Staff and Clerks in each College Extension Unit. Also, Mr. John-Ville Caliboso served as the resource speaker for the seminar entitled "Workplace Ethics" Ethics contribute to the development of a climate of trust and respect by defining clear

standards for conduct. Higher job happiness and productivity are the results of this. Additionally, ethical behavior shields both employers and employees from any legal issues. The activity covered a range of topics related to the Extension Pre and Post-Process, including understanding the principles and best practices of extension work, developing effective extension programs, conducting community needs assessments, establishing partnerships with stakeholders, managing resources and budgets, monitoring and evaluating extension projects, and documenting outcomes and impacts. To promote a cooperative learning atmosphere, the seminar also included opportunities for practical exercises, group discussions, and knowledge sharing among participants.

The said staff were deployed on November 4, 2022. The deployment of Technical Staff and Clerks to each College Extension Unit is expected to strengthen TSU's commitment to better its quality in providing extension services for the community.

LEAVING NO ONE BEHIND

ESMO'S COMMITMENT TO SUSTAINABLE DEVELOPMENT

BY MARK CHRISTIAN T. AGUSTIN, ESMO

The Sustainable Development Goals (SDGs) are a set of 17 global goals that have been adopted by all United Nations member states. The SDGs aim to guide global efforts to reduce poverty, promote economic growth, and ensure environmental sustainability. They were adopted in 2015 and are set to be achieved by 2030.

The goals build upon the success of the Millennium Development Goals and address a range of global challenges, including poverty, inequality, climate change, and environmental degradation. They serve as the latest addition to a long line of global development initiatives.

The Extension Services Management Office has identified six SDGs as its core strengths. These include Zero Hunger, Good Health and Well-being (SDG 2 and 3) which make up 14.41% of its efforts, Quality Education (SDG 4) which accounts for 37.12%, No Poverty and Decent Work and Economic Growth (SDG 1 and 8) which account for 24.45%, and Industry, Innovation, and Infrastructure (SDG 9) which accounts for 9.17%.

SDG 4 aims to ensure inclusive and quality education for all, seeking to ensure equal access to free, quality primary and secondary education for children and adults, as well as eliminate gender disparities in education and promote lifelong learning opportunities.

To achieve this goal, each college of the university has extensions related to SDG 4, including Capacity Building for Teachers on Teaching Science and Mathematics, Capacity Building on Philippine Professional Standards for Teachers (PPST) for APSTAP Teaching Force, Development of Interactive Multimedia Teaching Aids in Physics and Chemistry and an International Webinar Series titled "Lets GET e-VACS SCINTED! Global Engaging Technologies: E-nrichment of Virtually Acquired Concepts and Skills in Science in the new normal through Adaptable Technological and Educational Derivatives.

SDG 1 aims to eradicate extreme poverty worldwide, reduce poverty and inequality for all people, and promote sustainable economic growth to create more job opportunities and increase incomes. The targets include implementing social protection system for those living in poverty, ensuring equal rights and access to economic resources.

SDG 8 seeks to promote inclusive and sustainable economic growth, full and productive employment, and decent work for all. This goal aims to reduce inequalities in income and wealth, create more and better jobs, and ensure wage levels that reflect the economic productivity of workers. It also seeks to ensure safe and

secure working conditions, protect labor rights, promote social dialogue and collective bargaining, and combat child labor.

Entrepreneurial Skills and Training in Making Gourmet Bangus Sardines and Gourmet Dilis in Bottles, DOST-CEST Project: Skills Training on Taro, Rattan Handicrafts Making, Tiger Grass Handicrafts Making, and DOST-eCEST Project: Skills Training in Making Sweet Potato Buchi and Empanada are some of the initiatives that contribute to SDG 1 and 8

SDG 2 focuses on achieving Zero Hunger, which means ensuring that everyone in the world has access to sufficient, safe, and nutritious food all year round. This goal aims to end hunger and malnutrition, increase food productivity, and promote sustainable agriculture. It recognizes that hunger and malnutrition are caused not only by the lack of food but also by poverty, inequality, and inadequate access to education, health-care, and infrastructure. Some extension services provided by the colleges to support this goal include the Feeding Program 2022 and Gabay Kalusugan





SDG 3 on the other hand, focuses on providing quality health-care and promoting well-being for all. The College of Science offers extension services such as Basic First Aid Seminar and Training, Seminar on Health and Nutrition, Oplan Resbakuna Program, Healthy Life, Healthy Smile, Project KALUSUGAN, and more to support this goal. SDG 3 aims to ensure universal access to quality healthcare and life-saving medicines and vaccines. It also seeks to address the root causes of poverty, inequality, and disease, including malnutrition and non-communicable diseases. The goal also calls for the promotion of mental health and well-being, as well as the prevention and treatment of substance abuse.

SDG 9 focuses on building resilient infrastructure and fostering innovation. The goal seeks to build resilient infrastructure and promote its efficient use, including through the use of renewable energy and energy efficiency measures. Additionally, it calls for investment in research and development, innovation, and digital technologies to promote economic diversification and inclusion.



9.17%

9 INDUSTRY, INNOVATION AND INFRASTRUCTURE



14.41%

2 ZERO HUNGER



3 GOOD HEALTH AND WELL-BEING



24.45%

1 NO POVERTY



8 DECENT WORK AND ECONOMIC GROWTH



37.12%

4 QUALITY EDUCATION



DTI TAPS FTRC FOR SME CARAVAN

BY TRISHA ANNE B. MACASAQUIT, ESMO

As part of the continuous support of Tarlac State University to the MSMEs, the Food and Technology Research Center (FTRC) extended its expertise on Food Safety and Quality Control among Food Business Operators on the third day of the MSME Caravan. The Department of Trade and Industry spearheaded the said activity which was held at Bulwagan ng Kanlahi ng Diwa ng Tarlac.

One of the expert resource speakers, Dr. Lea B. Milan, asked a question to MSME owners and employees to begin her discussion about Food Safety Essentials, of what their respective enterprises' products are, which the participants responded to as bread, garlic chips, chili garlic paste, and mushroom chips, then continued to talk about how essential food safety is to both day-to-day life and the food business sector.

Also, she tackled the difference between quality food and safe food where she emphasized the danger of contaminants and hazards. Additionally, she also cited real-life cases for the participants to fully understand the importance of Food Safety and briefly discussed about Good Manufacturing Practices (GMP) which led to discussing the importance of complying with the Food and Drug Authority (FDA) when it comes to Food Production facilities. Moreover, Dr. Milan promoted the services and assistance of the TSU Food Technology and Research Center

that offers free consultation if an MSME decides to seek FDA approval, then continued to emphasize the importance of FDA approval and license to operate, where she pointed out that licenses are not an option but compliance.

On the other hand, Dr. Leah T. Matias started her talk with the phrase "Quality is always at cost" to further know the understanding of the participants about the topic, she proceeded to ask the participants what the meaning of quality and its importance in the food business sector, most especially in food processing. Also, differentiated quality assurance and quality control where she explained that quality assurance is focused on the process while quality control is focused on the product. Also highlighted the significance of sensory evaluation as a part of product making, where physical and chemical methods were distinguished, followed by the analysis of microscopy methods.

Furthermore, to truly capture the essence of the talk, Dr. Matias enumerated food quality attributes which include external factors, texture, flavors, and more. There are also basic tools of quality control namely: ingredients, specifications, approved supplier list, product formulas, critical control point identification, manufacturing procedures, and product standards.



ESMO AND CHILD DEVELOPMENT WORKERS GO HAND IN HAND

BY TRISHA ANNE B. MACASAGUIT & MARK CHRISTIAN T. AGUSTIN, ESMO

In line with the support of Tarlac State University to the Municipalities of Tarlac, TSU-ESMO conducted a 2-part “Focus Group Discussion (FGD) and Baseline Assessment with the Municipal Social Welfare and Development Workers in the Province of Tarlac” at TSU – Villa Lucinda Hostel. The activity intends to specify the issues and challenges of the Child Development Workers (CDWs) in the province of Tarlac and to develop long-term programs having a positive impact on the community.

TSU-Vice President for Research and Extension Services, Dr. Murphy P. Mohammed, TSU-ESMO Director, Dr. Lea B. Milan, together with the ESMO Unit Heads, Dr. Cynthia G. Quiambao, Mr. Aljon N. Lusong, and Ms. Vien Jamaica D. Samson has attended and facilitated the said event.

Meanwhile, Ms. Mildred G. Arciaga, the overall CDW coordinator, the MSWD head of Moncada, and the CDW attendees

from the Municipality of Anao, Gerona, Moncada, Pura, Ramos, San Manuel, and Paniqui have actively participated in the FGD.

Additionally, the Focus Group Discussion thrived into a seminar training and workshop for Municipal Social Welfare and Development Office (MSDWOs) and Day Care Worker Presidents held at the Paladin Hotel, Baguio City, on December 12, 2022.

The seminar was led by the Expert Service Provider, Unit Head of ESMO, Dr. Cynthia G. Quiambao, who shared her expertise on Pedagogical Principles in Development Learning. Dr. Quiambao began her interactive talk by defining Learning and Development which is a systematic process to enhance one's skills, knowledge, and competencies for better performance.

The talk is divided into a 3-part discussion, where the first part is “The Learner” where Dr. Quiambao highlighted that the teaching revolves around the Learners, which is why it is important to know the different types of Learners and how to deal with them using different learning styles. Followed by the “Pedagogy of Learning” where the practice of teaching is further explained, along with the act of leading a child.

And to fully grasp and assess the understanding of the participants in the lecture discussed by the Resource Speaker, the seminar proceeded in a workshop where the groups identified a type of learner and what actions to take, what learning style to use, for the betterment of the performance of the Learners.



ESMO Administers College Hopping...

BY MARK CHRISTIAN T. AGUSTIN, ESMO

Moreover, Dr. Lea B. Milan, ESMO Director, discussed the extension college funds that can be used to extension related activities and projects covering PS, MOOE, and Equipment Outlay. Also, Dr. Milan proposed to the deans to have an Adult Education Extension Program, which aims to develop and foster the skill sets that learners currently don't even recognize that the must further enhance their existing proficiencies and become

more active participants in their community. Each college will have one unique Adult Education Extension Program that is related to their banner programs.

To conclude, Dr. Lea B. Milan presented to the deans and faculties about the proposed college extension unit, which will have one technical staff and clerk for each college that will help improve the process of extension.

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CTED INTRODUCES SMART VILLAGE IN CHINA

BY DR. MARIA AGNES P. LADIA (PROJECT HEAD), WANG LIANFANG, NA LIN, XUANYAN GONG, YAN LIU, TIAN MIXIANG, WEI YAO (EDD-EDMA STUDENT), MS. IVY JOY T. GABRIEL (TECHNICAL STAFF)

Innovation can be challenging; thus, it can also be life-changing. With the subsequent primary schools serving as the beneficiary of this extension project, they gave the spotlight not only with academic-related lessons and principles which dwell into introducing science and technology with an additional intake of livelihood.

Further to that, a saying goes to Philippine culture “Kung walang itinanim, walang aanihin” it has been relatively comparable with the tactic taken by the TSU – College of

Teacher Education extension services, headed by Dr. Maria Agnes P. Ladia to the smarty project. The overall purpose of the project is for young minds to learn, appreciate, and live with science and technology hence in a clever way.

The Project’s aspiration was sorted to wit; To introduce Science and Technology exhibits with the children, led by one of the volunteers Huang Wenjie, then followed a drone show by Zhang Weikun, Chen Dongxin, and Liu Junliang. Zhang, Chen, and Liu



enlightened the students about the importance and main role of drones in China.

On the other hand, Wu Ruyi and Xing Haojie amuse them with the functioning ability of (AI) Artificial Intelligence of Alpha Robots. Then further, the whole afternoon was filled with several science experiments and interactive Q and A sessions.

The deal shift towards educating and learning with this extension is considered a leap of faith by the community and the service providers as well. Without sustainability, unveiled knowledge and productive learning has no place to settle.

Therefore, hitting the active minds of the primary students with science-based alchemy, overwhelming their eyes and beliefs that science and technology can be fun too, is once the aim of this project and was successfully realized after the completion. In effect, students did not just develop new learnings but also gained compelling motivation in experimenting and cooperative notions in fully rebuild and revitalized rural communities as transformative and revolutionary.



"DANDELION" VOLUNTEER EDUCATION SERVICE PROJECT

BY DR. MARIA AGNES P. LADIA (PROJECT HEAD), NA LIN, WANG LIANFANG, XUANYAN GONG, YAN LIU, TIAN MIXIANG, WEI YAO (EDD-EDMA STUDENT), MS. IVY JOY T. GABRIEL (TECHNICAL STAFF)

Education must not hold isolated. A new at the menu approach in capitalizing the youth to accessible education. The tale of Rural Revitalization in the Yizhou District of Guangxi Zhuang Autonomous Region of China enables the growth of opportunity of claiming better education for the children in the rural community.

The stated project pilots one of the advocated extension services in partnership with the TSU - College of Teacher Education. It is focuses on expanding knowledge transfer and sharing among rural communities in China. It has been the overall intention and purpose of the project head, Dr. Maria Agnes P. Ladia, together with her hardworking graduate school teachers, Na Lin, Lianfang Wang, Xuanyan Gong, Yan Liu, Tian Mixiang, and Wei Yao, to not just teach the youth in a one-time situation, but to also encourage other volunteers to set their clock in giving and opening chances of learning and personality development with those who are in the rural-based community.

It is truly enlivening as these graduate school students did not just set the standard of educating them with the basic lessons and lectures at school. Hence, develop their confidence, camaraderie, and

diverse creativity and specialized with their outmost potential in academics, arts, math, and other subject matter through the uplifting and fresh activities made for them.

Like a Dandelion flower that symbolizes growth, optimism, and hope. We can all be a seed of hope that can be carried by the wind and brought through many far and near places that need us the most. With these approaches, the perspective of lifelong learning and continuity of the student's progress has been considered productive as they experience new and advanced understandings in which the project head and members of the project hold that no students shall be left behind.



CET PROVIDES TECHNICAL ASSISTANCE ON FACILITY LAYOUTING FOR PEANUT PROCESSING

BY STEPHANIE S. CARMEN, CET

The College of Engineering and Technology – Industrial Engineering Department (CET-IE) has continuously delivered quality extension service through technical consultancy. This 2022, the program successfully implemented an extension activity titled: Technical Assistance on Peanut Processing Facility Layout for Paroba Livelihood Business and Agriculture Association Compliant to Good Manufacturing Practices (GMP), requested by the Department of Agrarian Reform - Village Level Farm-focused Enterprise Development (DAR-VLFED). VLFED is one of the enterprise development programs of DAR Pampanga that promotes collaboration among relevant partner institutions to provide ARB's organizations with technical and funding requirements for the construction/renovation of their processing center and the production of quality processed products. This project aims to provide professional assistance to a Micro, Small, and Medium Enterprise (MSME), the Paroba Livelihood Business and Agriculture Association (PLBAA).



The PLBAA was registered with the Department of Labor and Employment (DOLE) on November 2, 2016, with registration number RO 304-1611 – WA-055. It has 50 members: 27 are reported as Agrarian Reform Beneficiaries (ARBs). In addition, it also has the Nagkakaisang Magpapatubig ng Paroba Matamo Arayat Inc. and Parabo Matamo Agriculture Cooperative. Since its establishment, various government institutions have assisted and helped the association, such as but not limited to the Department of Agrarian Reform (DAR), the Department of Agriculture (DA), the Department of Trade and Industry (DTI), the Department of Science and Technology (DOST), the Department of Social Welfare and Development, and the Local Government Unit (LGU).

Moreover, the Paroba Livelihood Business and Agriculture Association (PLBAA) farms 200 hectares of land with crops such as peanuts, sweet corn, onions, monggo, watermelon, and rice. Currently, PLBAA is the model farm of Pampanga province and is considered an Organic Learning Site by the Office of the Provincial Agriculturist. Moreover, the PLBAA is one of the leading producers of peanuts and sweet corn in Central Luzon and distributes the crop nationwide.

CET-IE faculty experts, namely Engr. Dick S. Tuazon, Engr. Ann Jeannette S. Lopez, Engr. Anna May M. Angeles, Engr. Jayriz D. Dungca, and Engr. Maria Victoria Rodriguez collaborated with food technologist Mr. Aljon N. Lusong, headed by the project leader, Engr. Renz Paul P. Quiambao.

The team conducted an initial assessment of the location where the facility will be built and then collected the vital data and information that will be used to draft a GMP-compliant facility layout. Afterward, the team was able to draft the layout following the standards, then proceeded to

discuss it with the other college programs for revision and finalization, and eventually for presentation with the beneficiary.

On July 20, 2022, Engr. Renz Paul P. Quiambao, Industrial Engineering Technical Consultant, presented the proposed Good Manufacturing Practices (GMP) and Food Safety Compliant Production facility. Furthermore, Civil Engineering Technical Consultant Engr. Neil Andrew Meneses discussed the Architectural, Structural, and Plumbing Plans, while Electrical Engineering Technical Consultant Engr. Crispin I. Flora introduced the Electrical Plans and Bill of Materials.



WIRELESS ACCESS FOR HEALTH TAPS CCS FOR THE REVIEW AND EVALUATION OF PRIVACY IMPACT ASSESSMENT AND DATA PRIVACY MANUAL

BY CARLYN T. NONO, CCS

Wireless Access for Health (WAH) is the most Digital-private partnership on digital health in the Philippines. WAH is supported and funded by organizations that believe in its mission to address health inequities in the country. The WAH partnership is a partnership that offers to transform local healthcare delivery. Through the WAH Partnership, local governments and health workers receive expertise and technology assistance on health governance, facility management, and Philippine financing. In partnership with WAH, the Tarlac State University (TSU) provided a technical consultancy, review, and evaluate their Privacy Impact Assessment (PIA) and Data Privacy Manual of Wireless Access for Health.

The Tarlac State University - College of Computer Studies (CCS) and Wireless Access for Health extension engagement revolves around capacity building and application of applicable privacy requirements of the Data Privacy Act of 2012. It started with a webinar on cybersecurity and data privacy held on October 21, 2020, via Zoom. As an offshoot of capacity building, the WAH has created its Privacy Impact Assessment (PIA) which is a requirement in compliance with RA 10173. The presentation and critiquing of the WAH-PIA were



conducted on April 27, 2022, at the WAH office and was attended by Dr. Marlon V. Gamido – the privacy specialist from CCS and WAH employees in charge of the PIA. The final output will be subjected to fine-tuning and approval by the WAH director.

Furthermore, this completed extension activity of CCS contributes to Sustainable Development Goals, specifically SDG 09 or Industry, Innovation, and Infrastructure. This activity helps to upgrade and create action to build resilient infrastructure, promote inclusive and sustainable industrialization, and foster innovation. This helps to bring prosperity, create jobs, and ensure that we make stable and prosperous societies across the globe. A functioning and resilient infrastructure is the foundation of every thriving community.

BARAS-BARAS HIGH SCHOOL TAPS CCJE FOR DRUG AWARENESS AND PREVENTION SYMPOSIUM

BY CRISTAL JADE C. DELA CRUZ, CCJE



Tarlac State University - College of Criminal Justice Education conducted a seminar in Baras- Baras High School through the extension activity titled “Seminar on Drug Awareness and Prevention” on November 23, 2022. The mentioned activity aimed to educate the students to understand that all drugs, legal and illegal, have the potential to cause harm and that the drug experience is because of many factors including the person, the drug, and the environment.

The seminar included faculty experts from Criminal Justice Education department, namely Jan Vincent S. Carmen, Marie Fe F. Buscayno, Girlie L. Baustista, and Jelly Ann V. Mercado. Also, it covered the following topics: The Nature of Drugs & Dangerous Drugs, The Influences of Drug Abuse, its effects and reasons why people turn to drugs, and the salient features of RA 9165.

Ms. Marie Fe Buscayno led the discussion by outlining the legal and illegal uses of drugs. She highlighted the problem from a proactive perspective creating a scenario in which levels of substance abuse education can be applied to an ever-expanding demographic of people struggling with addiction.

On the other hand, Ms. Girlie Bautista discussed the Influences of Drug Abuse and its effects and reasons why people turn to drugs. During her discussion, she mentioned that for some individuals, the onset of drug use could be from untreated psychiatric issues such as anxiety and depression. The rush of pleasure from using drugs can provide temporary solace from suffering, which can stem from many mental health or other issues including the following: trauma or abuse, mental illness, low self-esteem, poverty, relationship problems, loss of a loved one, stress,

chronic pain, or medical conditions.

To conclude, Republic Act 9165 or the Comprehensive Dangerous Drugs Act of 2002 was addressed by Ms. Jelly Ann Mercado. During her speech, she mentioned that RA 9165 was a policy of the State: to safeguard the integrity of its territory & the well-being of its citizenry, particularly the youth, from the harmful effects of dangerous drugs on their physical & mental well-being, and to defend the same against acts or omissions detrimental to their development and preservation.



MAED PISAY HOLDS INTERNATIONAL EXTENSION ACTIVITIES AMID PANDEMIC

BY DR. CYNTHIA G. QUIAMBAO, ESMO

Tarlac State University through the International Affairs and Linkages Office (IALO), continues to gear up towards Internationalization through various programs and events. To foster and establish a wide network with foreign educational institutions and other entities, they oversee the internationalization programs of the University in consonance with the programs and requirements of the Commission on Higher Education (CHED). Organizing international webinars in the different colleges has been one of the most effective ways of integrating international students into the TSU academic community.

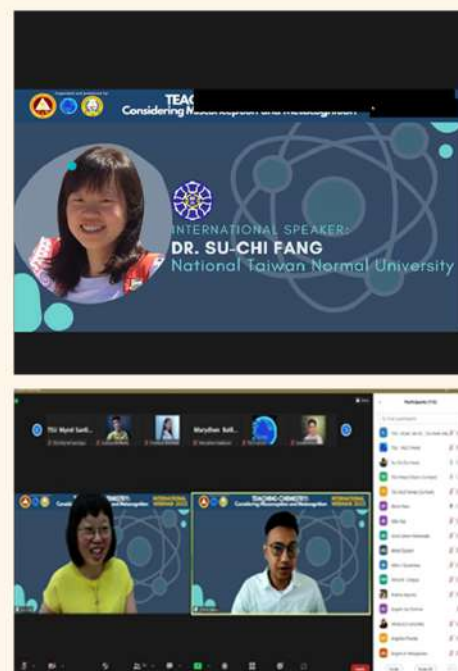
The College of Teacher Education (CTEd) Master of Arts in Education major in Physical Science (PISAY), conducted international extension activities like the webinar series, which first launched on July 30, 2021, titled “Teaching Strategies in Upskilling Personalized Studies in Science (TSU-PSS).” The resource speaker was Dr. Muhammad Mustafa, an Assistant Professor in School, and Life Sciences at Forman Christian College in Pakistan. The webinar focused on introducing the concept of personalized learning as an alternative modality in the teaching-learning process and aimed to equip the different facilitators of learning especially the science teachers with the different strategies in personalized learning and provide a venue

for collaborative teaching-learning approaches amidst this pandemic. The webinar was participated by 228 teacher-educators from different places in the Philippines, China, and Florida USA.

On July 29, 2022, the Master of Arts in Education major in Physical Science conducted another International Extension activity title “Let’s GET e-VACS Scinated!” (Globally Engaging Technologies: Enrichment of Virtually Acquired Concepts and Skills in SCience in the new Normal through Adaptable Technological and Educational Derivatives) attended by 112 participants from the different regions in the Philippines as well as teachers from Indonesia. Dr. Su-Chi Fang, an Associate Professor at the Graduate Institute of Science Education, National Taiwan Normal University was invited to give a lecture on Teaching Chemistry: Considering Metacognitions and Misconceptions in the classroom setting. She presented outcome patterns that can assist teachers in identifying steps to deal with students' perspectives or misconceptions. She mentioned that, before a teacher starts his or her lesson, the students have their own perspectives. Most of their perspectives are inaccurate and contradict the scientific evidence. Science teachers need to let their learners know that there is another viewpoint, which is the scientific which is based on facts and

evidence. Teachers need to guide them in their metacognition and correct their misconceptions.

There is always a way to have an efficient teaching-learning process as long as the teachers can value and respect students' alternative conceptions and use them as resources for instruction rather than a hindrance for learning. Educators will be able to determine the sensible and practical ways of teaching in science classes hence the development of beneficial scientific skills, engaging teaching and learning atmosphere, and a wide range of experiences with the aid of technology, and lastly to build appropriate pedagogical strategies to support the diverse needs of different learners through various digital resources.



CPAG EXTENDS / IN BJMP

BY DIANNE M. LLORCA, CPAG

The outreach activity titled "BJMP Outreach Program" was conducted simultaneously with the National Consciousness Week of the BJMP. The said outreach activity aimed at identifying the needs of the BJMP and extends Medical and Dental Mission for the PDL.

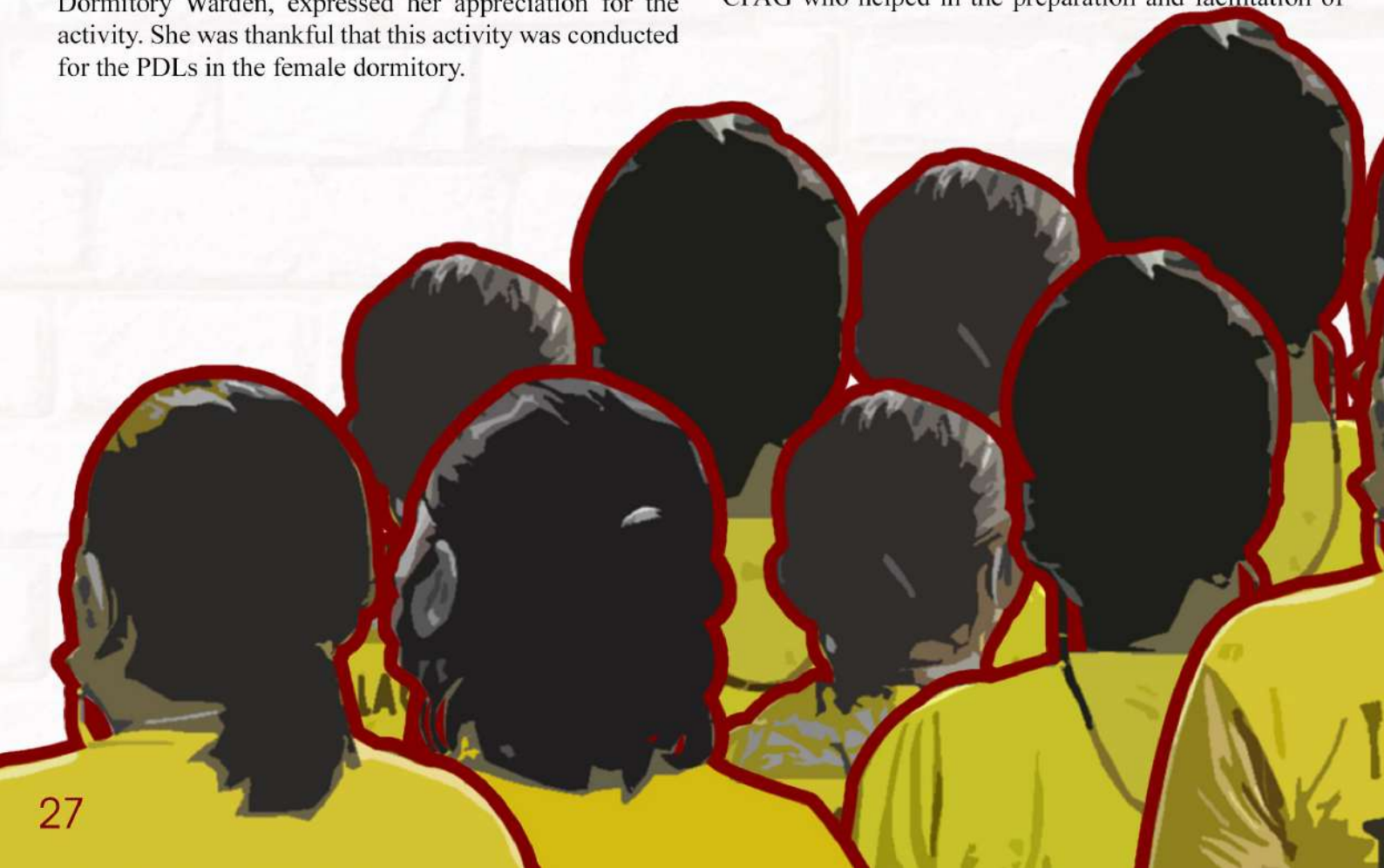
The outreach exercise was led by Dr. Edwin Caoleng, Dean of CPAG. Dr. Caoleng gave a message to the PDLs and BJMP Personnel in his opening remarks. His message was focused on the commitment of his fellow college faculty members to not only impart knowledge and develop the full potential of their students but also to apply it in real life by rendering services for the community who are less privileged in life and those who are deprived by society.

Additionally, Ms. Jessica Corpuz, the BJMP female Dormitory Warden, expressed her appreciation for the activity. She was thankful that this activity was conducted for the PDLs in the female dormitory.

One of the DPA students, Dr. Ethel B. Vital-Cornes, a Lifestyle Medicine specialist from Capas, Tarlac, also volunteered to impart knowledge about leading a healthy lifestyle. She described "Lifestyle Medicine" as a medical strategy that employs behavioral therapies supported by empirical research to prevent, treat, and manage chronic disease.

Also, she covered the top five causes of death, how people are classified by their BMI, and the nutritional value of certain common foods to maintain a healthy lifestyle and ward off illnesses that can escalate their chronic stage.

The Medical Services Unit of TSU, the Dental Services Unit of Tarlac Provincial Hospital, the Masters in Public Administration, and Doctors in Public administration assisted the PDLs, along with the students and faculties of CPAG who helped in the preparation and facilitation of



A HELPING HAND TARLAC

the entire activity, and additional organizations without whose full support the aforementioned activity would never be successful.

Under the supervision of our doctors, who also dedicated their time to provide important services to our PDL and employees, 75 PDL and 15 staff members of BJMP obtained their necessities as well as the chance to consult their current health state.

In light of this, the personnel and staff of BJMP, BPA, MPA, DPA, the medical unit services of TSU, the dental unit services of TPH, and the efforts made by the CPAG students were all acknowledged by TSU-CPAG for their unflinching support.

The said outreach activity is contributed to SDG 03: Good Health and Well-Being and SDG 10: Reduced Inequalities. The extension activity done by the TSU-CPAG was deemed significant to have their hygiene

essentials provided by the Extension Service Provider and a free consultation to make them aware of their current health status especially since some of PDL are already senior.

Furthermore, the lesson imparted by one of the resource speakers was beneficial since it emphasized the prevention of acquiring diseases and achieving a wealthy and healthy lifestyle. Moreover, it was a commendable action by the TSU-CPAG in recognizing a group of people who are incarcerated and deprived of liberty are also deem deserve to bestow such activities despite the social strata to where they currently belonged. This was also to promote diminishing inequalities.



KEEPING PSYCHOLOGY CLASSIC AND RELEVANT

BY FRANCELLE L. CALUB & DANIEL T. DIZON, CASS



As part of the university's commitment to provide quality and relevant community services, the Department of Psychology of the College of Arts and Social Sciences accomplished a number of extension works during the 1st semester of the Academic Year 2022-2023. This includes projects that focused on leadership, career guidance, mental health and wellness and the continued partnership with the Gender and Development Office.

The year began with a series of career guidance seminars where various schools in the province sought assistance in preparing their senior high school students to face college. This guided them toward what area or field of study they should pursue and what awaits them after high school life. The department administered psychological tests, gave career talks and tips, and assist students in properly choosing the right career

that would best suit them. Sta. Juliana High School in Capas, Tarlac, Sto. Cristo Integrated School and Golden Olympus Colleges Inc. in Tarlac City were the specific community beneficiaries.

The department, being the frontrunner in mental health and leadership needs has also been tapped to provide services to different sectors. One of the organizations that benefited was the Public Sector Training Center in Tarlac, which is a part of the Department of Science and Technology. There, they assisted in the facilitation of a team-building activity with the objective of "becoming high-performing public sector organizations." The Disability Sensitivity Training and Stress Management Activity that was held in DSWD Amor Village was another activity that took place. Furthermore, the department assisted San Pablo Elementary School in providing stress

management and psychosocial to its faculty and students. In addition, a student leadership workshop on intensifying political psychology was presented at PHINMA Araullo University's College of Education and Liberal Arts.

The department has also kept its partnership with the office of Gender and Development, which led to the successful holding of a Seminar on Gender Sensitivity Orientation on March 22, 2022, at Tibag Elementary School. The seminar focused on the topic "High Risk of Cyber Bullying, Online Sexual Abuse, and Exposure to Harmful Content and Online Threats during this time of COVID-19 situation". In terms of consistent collaboration, the department held several workshops at the Our Lady of Peace College Seminary (OLPCS). This also includes "Academic Formation for Seminarians: Teaching Theories of Personality" and "Psychological Testing for Incoming Seminarians."

As another year sails through, the Department of Psychology continues its tie-ups with organizations outside TSU to provide services needed by the community. The initiatives that were cited are just the beginning of the many extension services that the department hopes to provide in the future. After all, one of the department's goals is to make Psychology as classic and relevant as possible where a helping hand is extended one community at a time.

FIFTY FAMILIES IN SITIO BATSON RECEIVE NOCHE BUENA PACKAGE

BY FRANCELLE L. CALUB & DANIEL T. DIZON, CASS

Fifty families in Sitio Batson, Sto. Niño, Bamban, Tarlac were the beneficiaries of Project R3GALO in Bamban where they received a Noche Buena package from sponsors and volunteers. The outreach activity culminated on December 18, 2022, at Sitio Batson, Bamban aimed to provide felt needs and other services to the less fortunate and to celebrate life and success by giving back to society.

PROJECT R3GALO is a Christmas gift-giving program launched by The Outstanding Student of the Philippines Region 3 Alumni Community of Heroes (TOSPR3ACH) in 2021. It aims to conduct simultaneous outreach activities in the seven provinces of Central Luzon which includes Tarlac. For 2022, selected



families Bamban, Gerona, Victoria, and Moncada were chosen to be their beneficiaries.

Gawad Kalinga - Tarlac State University Organization collaborated with TSU College of Arts and Social Sciences for the outreach activity in Bamban, Tarlac. Together with other volunteers, they distributed 50-holiday packages.

Present in the activity were the volunteers from Gawad Kalinga Tarlac, Tarlac State University organizations and students.

Moreover, Prof. Francelle L Calub, CASS Extension Chairperson, Mr. Derich Bognot and Mr. Romnick Galleon, staff from the CASS Extension Unit, and Ms. Vien Jamaica Samson, Unit Head of Extension Services Management Office also joined and helped in facilitating the outreach activity.

Sitio Batson Chieftain Mr. Berting Garcia was also present in the activity. In his message, he expressed his heartfelt gratitude towards the volunteers for choosing their community as one of the project beneficiaries. He said that he is thankful for all the volunteers and donors for sharing their time and blessings this Christmas season.



CAFA ADMINISTERS ITS ARCHITECTURAL EXAMINATION IN-HOUSE REVIEW OF 2022

BY LALAINA ROSE F. SANTOS, CAFA

With the success of the first part of the Buklat Architectural Licensure Examination In-house Review, the Tarlac State University's College of Architecture and Fine Arts showcases once again its Architectural Examination In-House reviews of 2022 to the TSU-CAFA graduates and United Architects of the Philippines Graduate Auxiliary (UAPGA) -Tarlac members.

The success was proven in the previous extension activity. The first Architectural Examination In-house review was attended by 106 participants. And with over 99 Architectural Licensure Examination applicants in different testing centers, 46 of them are now newly inducted architects. Wherein 26 of them are official passers from the College of Architecture and Fine Arts, 12 are BUKLAT participants; and 19 are BUKLAT Participants who successfully passed the exam.

The extension project was led by Ar. Darylle Ann C. Cea. The project intends to get a high number of board passers and examination ratings. Also, to improve the number of Architectural Licensure Examination board exam takers of TSU-CAFA graduates. And to extend the program to the UAPGA chapter members and TSU-CAFA graduates.

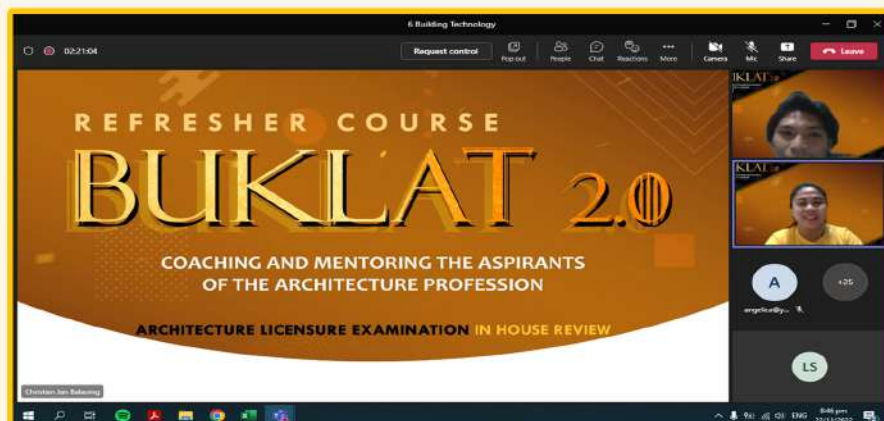
From November 8, 2022, to December 11, 2022, the Tarlac State University - College of Architecture and Fine Arts (TSU-CAFA) extended its extension service through a series of In-house review sessions which was held online using the Microsoft Teams application, and also, the college conducted its first-ever face-to-face Mock Board Examinations. On the other hand, it was held at the Tarlac State University San Isidro Campus.

Eleven (11) key subjects and discussions were covered in the virtual lecture series, each of which was led by a different college faculty member. The following are some of the topics that were discussed: Ar. Darylle Ann Cea spoke about study habits for the Board Exam; Ar. Julia Nicole Balanquit and Ar. Arlen Guieb deliberated on tropical design and theory of architecture; Ar. Jenny Estrada spoke about planning; Engr. John Daniel Umali spoke about structural conceptualization; Ar. Joanna Patricia Grande spoke



about structural conceptualization; Ar. Joanna Patricia Grande spoke about the Building Laws; Ar. Paolo Andrew Hasegawa deliberated on the History of Architecture; Ar. Miyelle Anne Barce, Ar. Mary Claire G. Yalung.

In addition to the in-house review series, the extension activity also provided a Mock Board Exam Simulation over the course of two days. The TSU San Isidro Campus CAFA Building served as the site for this simulated board exam. The purpose of the extension is important for two reasons: first, is to ensure that the beneficiaries are well-prepared for the upcoming exam by familiarizing themselves with the material and developing an in-depth understanding of the most crucial concepts. And second, to give the beneficiaries a chance to practice taking the exam under timed conditions similar to those of the real board examination.



PROJECT TIBAG KICKS OFF: A WAY FOR BETTER COMMUNITY INITIATED BY THE TSU CBA

BY ASSOC PROF. CHRISTINE JANELLE M. SANTIAGO & ALDREX G. LAXAMANA, CBA



Tarlac State University - College of Business and Accountancy (TSU-CBA) concluded its extension service this year with a community outreach that benefited Tibag Elementary School students (TES). A Memorandum of Understanding was forged between two educational institutions prior to the said event. TSU-CBA faculty members were in attendance, led by their extension chairpersons, Prof. Christine Janelle M. Santiago, Mr. Aldrex G. Laxamana, and Mr. John Edward S. Estayo. During the event, the TES parents-teachers council, student council, and Tibag barangay officials all showed their support.

The multifaceted community outreach was divided into four parts: a meal management seminar for parents, a medical mission to assess students' BMI, vitamin, and health kit distribution, and feeding activity.

The well-attended event was regarded as the beginning of a long-term collaboration between TSU-CBA and TES. TSU faculty, staff, medical team, and extension experts were in attendance, indicating a thriving and promising extension program initiated by the green college. Dr. Lea B. Milan and Dr. Jhonel C. Panlilio were also present throughout the program. HTM Society, JFINEX and YES, CBA- CSC, and The Work were also present to represent the college's student body. Faculty from all departments were also visible in the scene.

The mentioned institutions' long-term expansion project will last until 2025. A well-planned series of services, consultations, training and activities were scheduled during the period. These will benefit not only TES students but will also contribute to the development of the entire barangay.



PROJECT KRIMINOLOHIYA: CCJE CONDUCTS OUTREACH PROGRAM

BY CRISTAL JADE C. DELA CRUZ, CCJE

Compassion is one of the most important virtues we can possess. When we give back, we learn to be more compassionate towards others. It feels good to know we can make a difference in someone's life, we feel like we can do anything we set our minds to.

Hence, giving back is a good habit to inculcate that can make you feel happy. So as the Holiday season rolled in, each one of us felt the breeze of love, kindness, and generosity sweep through. For December, Tarlac State University-College of Criminal Justice Education prepared an outreach program of gift-giving through the extension activity titled **"PROJECT KRIMINOLOHIYA: PROVISION OF HYGIENE KITS TO THE PDLs AND DETAINEES OF TARLAC CITY JAIL - FEMALE DORMITORY"** on December 15, 2022.

For the PDLs and Detainees of Tarlac City Jail. The mentioned activity aimed to provide basic hygiene kits to the PDLs and Detainees. Hygiene kits help people improve cleanliness (with items such as sanitary materials like soap, shampoo, and toothpaste), and good hygiene lowers your risk for diseases and illnesses commonly spread through viruses and bacteria. Practicing good hygiene can prevent you from developing painful diseases and infections.



During his speech to the Tarlac City Jail detainees, College of Criminal Justice Education Dean, Dr. Roel R. Alviar inspired them to never give up, to find hope even in the darkest situations, and to never stop fighting. Furthermore, he appreciates the BJMP-Tarlac for accepting the TSU-CCJE students as their OJTs. In addition, Mr. Jan Vincent S. Carmen a faculty member, acknowledged the hospitality of BJMP-Tarlac for allowing the TSU-CCJE to participate in the gift-giving for the detainees and PDLs of Tarlac City Jail (TCJ) - Female Dormitory.

As the outreach program makes sure that everyone in the community has access to these services (such as Hygiene kits because it helps to limit infections from spreading from

person to person), this completed extension activity of CCJE contributes to Goal 6 of the Sustainable Development Goals (SDG). Additionally, access to clean water and sanitary facilities can aid in economic growth because healthier populations create healthier communities. Goal 10 of the Sustainable Development.



COS CONTINUES IMPLEMENTATION OF CEST REGION III AT SAN JOSE

BY JERICHO V. TAROY, COS

On December 27, 2022, a seminar and training entitled “Basic First Aid (2021 Expanded Implementation of CEST Region III) was conducted. The objective of the activity was to teach participants to demonstrate and train the beneficiaries on how to perform basic first aid during the case of an accident.

Tarlac State University's College of Science, Department of Science and Technology, and volunteers from the Red Cross Youth Council administered the seminar and training. Furthermore, one of the DOST's key programs is the Community Empowerment Thru Science and Technology initiative (CEST). It was created in response to the government's National Poverty Alleviation Program. The mission of CEST is to build innovative, capable, and resilient rural communities.

Mr. Jomer Manalang, COS College Extension Chairperson, delivered the opening remarks. He was grateful for the beneficiaries' efforts since their first project for the community. Also, he complimented his colleagues' dedication and volunteerism from the Red Cross Youth Council.

Moreover, Ms. Angela Guevarra and Mr. Jeremy Peralta, BSN students of TSU-COS and Red Cross Youth Council volunteers, led the discussion on Basic First Aid. Ms. Angela Guevarra discussed the causes and effects of people being choked while eating or taking something by accident. She also discussed the technical procedure that should be followed in putting bondage during bone fracture. Mr. Peralta, on the other hand, talked about basic first aid for experiencing Loose Bowel Movements (LBM) and what are the common causes of having such. The said speaker also demonstrated how to make an Oral Rehydration Solution (ORESOL), which can serve as first aid to reduce a person's suffering from LBM. He also went over different types of wounds and incisions and how to treat them to prevent possible infection. As a result, the aforementioned training is indeed beneficial to the community, as they live in what we call far-flung areas where access to some essential aid is inaccessible.

The goals of the Sustainable Development Goals (SDG) Agenda Goal 3 (Good Health and Well-Being) and Goal 10 (Reduced



Inequalities) are aligned with and benefited from the outreach work and knowledge transfer that COS completed. The outreach program highlighted the distribution of first aid kits, snacks, and meals provided by DOST and TSU-COS. Imparting lessons on health awareness is beneficial to sustain and develop health status to the beneficiaries. Also, participants communicated with each other about the status of their lives. In light of this, issues and needs of the community were identified. Furthermore, promoting and empowering such a community is indeed beneficial to reduce inequalities among other groups.

COS CONDUCTS A COMMUNITY OUTREACH PROGRAM IN MAPALAD ELEMENTARY SCHOOL

BY JERICHO V. TAROY, COS

On December 6, 2022, faculty from the College of Science (COS) and the College of Teacher Education (CTEd) organized a community outreach program at Mapalad Elementary School. Through the assistance of the Tarlac State University – Extension Services Providers, this outreach effort intends to support the school through the distribution of hygiene kits and vitamins and the conduct of about the appropriate hygiene to all the students.

Dr. Alma M. Corpuz designed and supervised the outreach program. While she shared her motivational speech and commended the instructors for their efforts and the parents for their assistance in keeping the school's sense of community strong, she also acknowledged the deserving students at the mentioned school. In addition, Prof. Mary Jane N. Rigor, the Dean of COS, provided her the opening comments and expressed her gratitude for the school's warm welcome. She expressed her compliments for the teachers' devotion in instilling valuable lessons into every student's life.

Additionally, at the final event, the head of Mapalad Elementary School, Dr. Jennifer G. Agrano, expressed her sincerest gratitude to TSU-COS and CTEd for hosting a significant



On the other hand, Mr. Jomer Manalang, a faculty member of COS and the Program Extension Chairperson, instructed the pupils on the five steps of proper handwashing by singing the "Happy Birthday" song twice. He underlined that by properly washing their hands, kids could avoid diseases, possibly improve their academic performance, and improve their overall health. In addition, Ms. Regie Jimenez, also a faculty of COS, gave an important lesson on how to avoid mosquito bites that could possibly cause dengue fever. Given that dengue is a virus that is common spread during the rainy season.

Furthermore, Prof. Mary Jane N. Rigor and Ms. Vanessa G. Albino were in charge of distributing the

hygiene kits. A total of Forty (40) students received their hygiene kits which contained alcohol, facemasks, soap, and a pair of slippers. The Sustainable Development Goals Agendum Goal 3 Good Health and Well-being and Goal 4, Quality Education were attained with and benefited from the conducted outreach work of COS and CTEd.



THE COLLEGES



our people

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THE ESMO TEAM

A group of committed individuals determined to make a positive impact to the community is one of the foundations of every successful university. The TSU Extension Services Management Office is honored to introduce and present a fresh group of competent and dynamic technical staff and seasoned staff members that further strengthen the mission and goals of the Extension. Four units were established to promote community development with the continued support of the University Administration. Furthermore, the ESMO will continue to be an engine in supporting the University's vision, mission, goals, and objectives by offering quality and relevant extension programs and projects while remaining an inspiration in community service.



QUALITY POLICY

The TSU - Extension Services Management Office is committed to continually improved delivery of excellent extension services that are compliant to applicable regulatory and statutory requirements to the utmost satisfaction of its valued clients, partners and other stakeholders, through sharing of expertise for the socio-cultural, technological, educational and environmental conditions of the populace towards sustainable development.



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