

MARCH FORTH

VOLUME 01 ISSUE NO. 1

The first interactive virtual magazine-journal of
Pangasinan State University

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Editor's Note

4th of March 2022

Dear Readers,

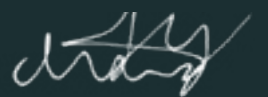
Since the emergence of the pandemic, students, faculty, and staff of the university, alongside billions around the world have experienced suffering in all domains, including information. We – The Technoscope Publications – have stood firm amidst the pandemic in fulfilling our role to provide quick and legitimate information to the student body of Pangasinan State University – Urdujaneta City campus. With this, the barrier between students and information has once again shattered with our newest project.

I proudly present the first edition of the Technoscope Publications' virtual magazine with this semester's title, "*MarchForth*." As you flip through the next pages, you'll be able to read a variety of articles ranging from University news, Philippine politics, health and fitness, and many more.

Our title, March Forth was born out of the countless stories of fellow students giving up on their lifelong dreams as a result of poverty, the pandemic, or other obstacles. Our theme alludes to you in marching forth towards your dreams and highest aspirations, to strive for the best, take risks, make sacrifices, and firmly reject reasons to come in between you and your goals.

This is your day, so march forward, seize the day, and make a difference.
Not tomorrow, now.

MARCHFORTH on the 4th of March.



Adnes Jay Estrada
Editor-In-Chief

The Technoscope Publications



*We've already stepped up our games
In time we grow and knowledge is gained
A fighter cannot surrender by **suffocation**.
Instead, they find their ways to conquer **domination**.*

*Determination now, will save our future later
Exhausting our minds won't let us win bigger
Everyday is to celebrate our small or big win
The fact that we do something to push our dreams
brings us closer to winning.*

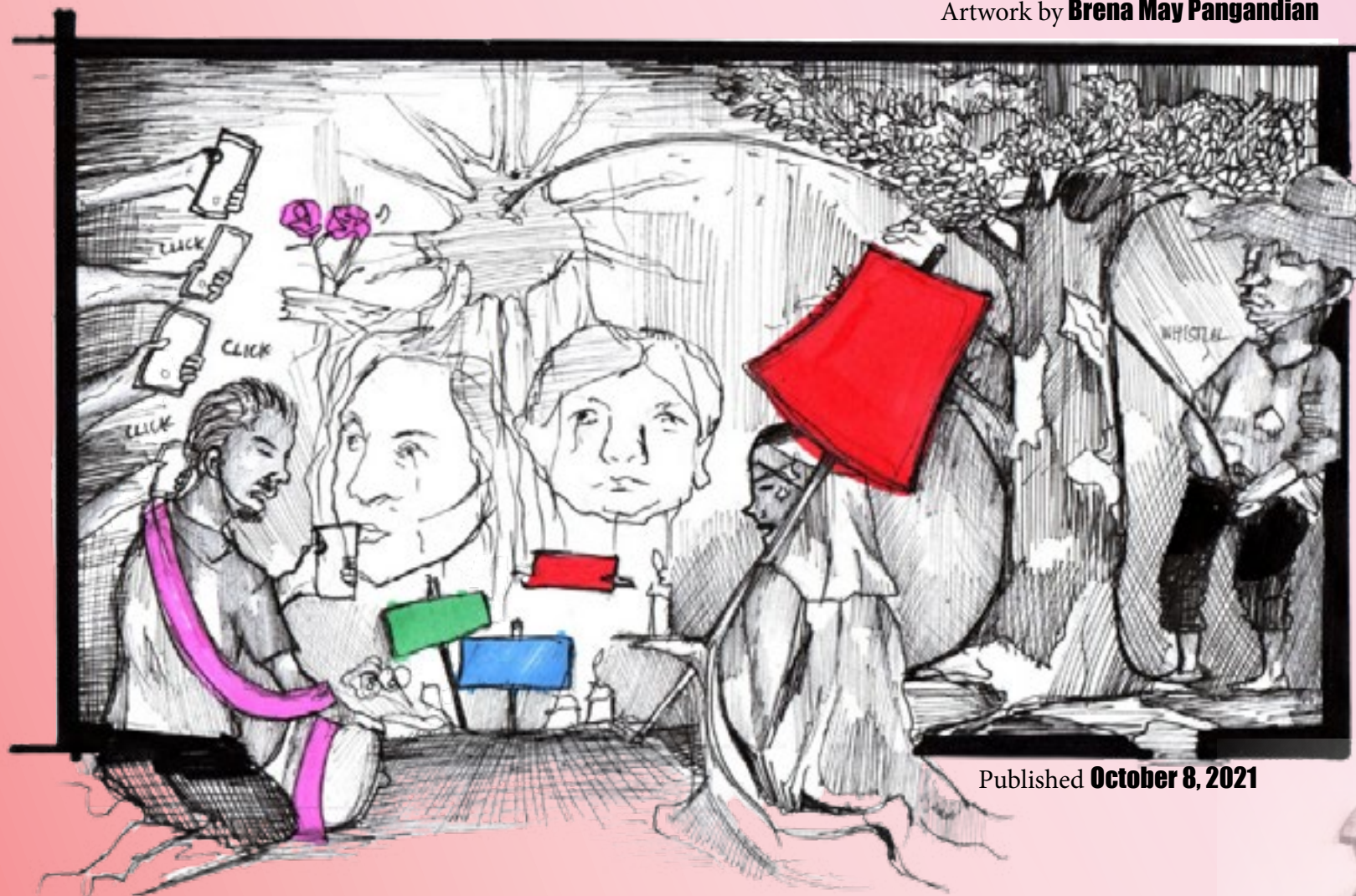
*Therefore, students, pursue your dreams .
MARCHFORTH on the fourth day of march.
Continue to live despite the hardships.
Live this day and **leave a mark.***

Written by, **Alyssa Reign De Vera**,
and edited by, **Adnes Jay Estrada**, *Editor in Chief*



Editorial

Artwork by **Brena May Pangandian**



Published **October 8, 2021**

MESSIANISM

PHILIPPINE

POLITICAL

RELIGION

Written by **Adnes Jay Estrada**, *Editor-In-Chief*
 Cartoon by **Brena May Pangandian**, *Cartoonist*

As of writing, the color pink dominates social media support of Leni Robredo, millions of Filipinos yearn for another Marcos and revive the supposed Philippine golden age, and melancholy takes over as supporters of Sara Duterte are continuously let down due to her repeated rejection of a presidential bid.

The common denominator among all supporters is their God-making, messiah-seeking, and hollywood-reinforced fixation with idolizing their leaders.

Undoubtedly, all fall victim to our personality-based polity.

All candidates give the impression that claim; attained enlightenment and had become manifestations of bodhisattvas, born avatars or incarnations of deities destined to counteract evil, arrived to rid the state of wrongdoings and tyranny, and finally unify everyone of all political ideologies as one body similar to the second coming of Christ.

As they proclaim themselves destined saviors of the state resembling forms of grandeur delusions, their believers grow stronger than ever to the point that it has become senseless to choose a side as no matter which you choose, you can assure the venomous attacks by toxic self-righteous devotees.

Philippine politics has become a religion, and its zealots worship their inaugurated demi-Gods.

The next President of the Philippines is a blur, but the absolute certainty is that he or she will fail to eliminate the culture of corruption in public service, raise the economy to transcendent heights, or solve any systematic obstacle within a span of 6 years.

When supporters realize that change has not come, they call for another ousting and seek a new messiah. This has been the method since the eviction of Ferdinand Marcos, the appointment of Cory Aquino, and the instatement of the 1987 Philippine Constitution.

Without systematic reforms, it is foolish to believe that the next 6 years would differ from the last 6 years. Nevertheless, this phenomena persists, after all, faith can sometimes be foolish.

TO

A C E G L A S S E S

Written by **Jeah Lorein Palma**,
and edited by **Anne Bernel Antazo**, *Column Editor*
Photo by **Alecks Dismaya** and **Gazelle Agero**,
Photojournalists



or the past two years, the pandemic has caused the world to experience health, political, and economic crises. Now, we face the threat of an educational crisis. Due to this, everything has changed. From the moment lockdowns occurred, the way we study, work, and shop have drastically shifted towards the virtual domains. The Philippines is no exemption.

Overnight, we woke up to an entirely new environment, leaving us bewildered on how to adjust. Countless lost their jobs and lost their means of putting food on the table. Millions were and are still getting infected with the Coronavirus, others had to deal with the agony of losing a loved one without the chance to see them. Hence, humanity was forced to adjust.

We, the students, have also faced said adjustments. One of which is when the state found itself in a dilemma between allowing schools to operate normally amidst the threat of death and misery, or implementing virtual strategies in educating the future of the country. So far, the state has chosen the latter.

To go, or not to go?

Education has shifted into adapting online and modular learning. Indeed, it was a terrifying adjustment at first, but as time went by, our unnatural education had soon become a part of the normal. With talks into the restoration of face-to-face classes, there are a myriad of factors that must first be considered.

Firstly, we must take into account the expenses of going to school, food, uniform, and transportation. Since the start of the pandemic, fares have tremendously increased. Apparently, it was to ensure that social distancing was existent in every public utility vehicle. However, said social distancing isn't even implemented in most buses leaving the people paying double or triple for absolutely no reason. Undoubtedly, the government must implement legislation against the swindling and victimization of commuters.

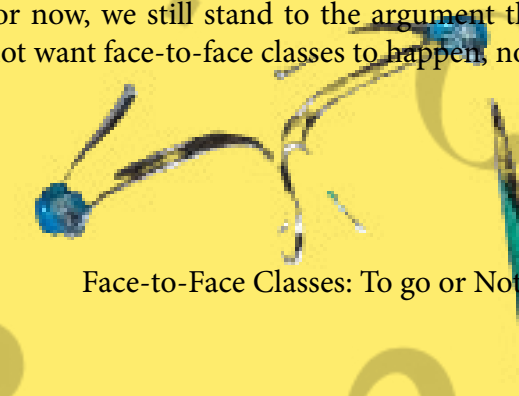
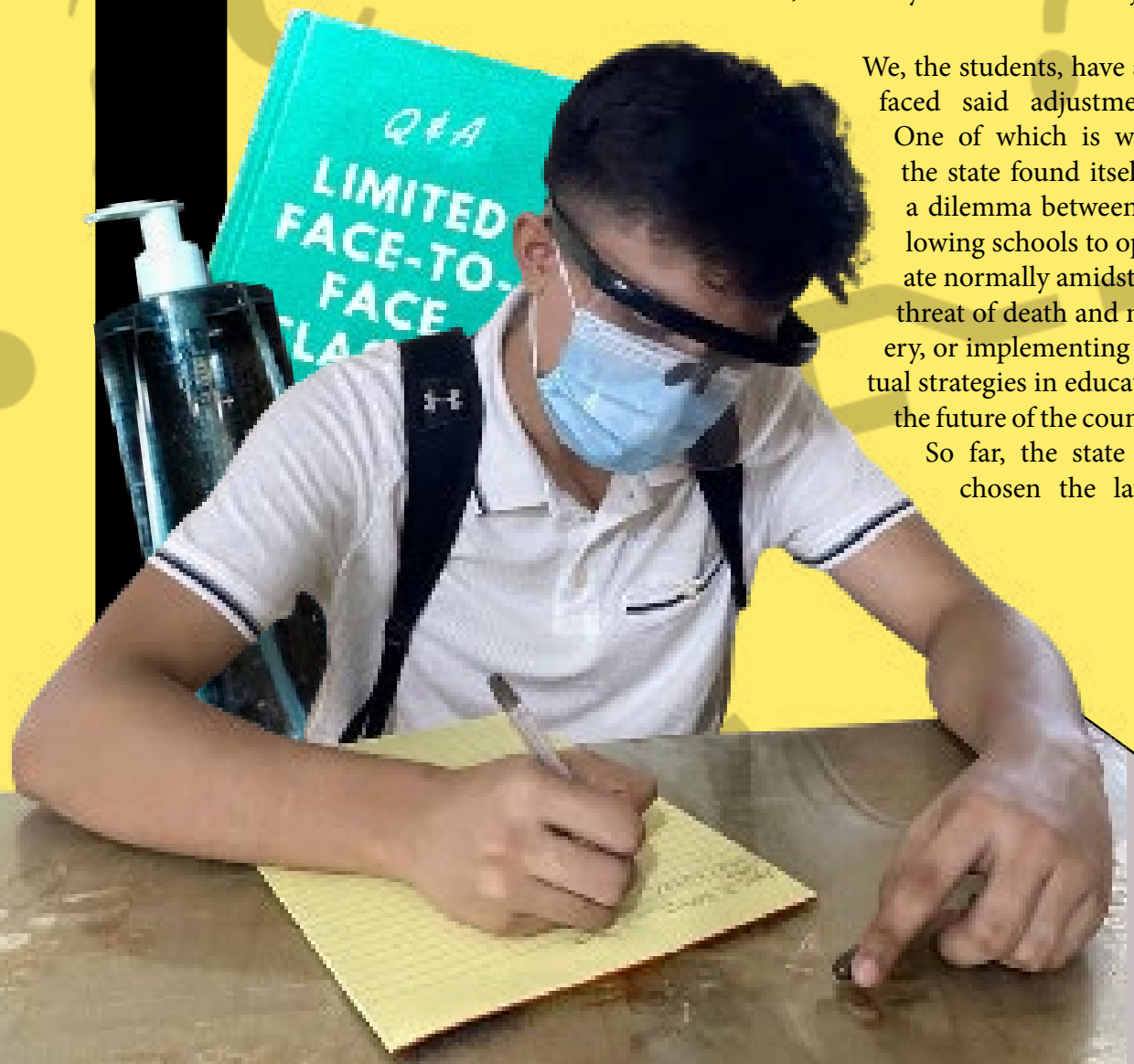
Further, the safety of everyone is far from guaranteed. Despite utmost watchfulness of our surroundings, we can never feel at ease when our enemy is unseen. Safety is the people's first priority, and in this battle, being outside even for a short period of time will jeopardize one's life. All the more, we can encourage everyone to go to school when they feel safe without mandating it, better yet, to create a blended learning experience for students who want to have face-to-face classes and those who want it virtually.

Another benefit of having online classes and modular studying is being able to take it anywhere, especially to working students. It is convenient because they don't have to worry about their location and schedule since most part-time jobs today are done from home. It is also easier for them to do tasks at the same time, like when one can listen to lectures while working and have it recorded so you can go back to it whenever you want to. Whilst in a face-to-face scenario, being from one place to another takes time, and as the saying goes "time is money (gold)."

Indeed, face-to-face classes come with pros and cons, and the same goes for having them online. Some people may assert the joy of physical interaction in school, yet there are others who struggled to go to school due to bullying and harassment. We also cannot deny the fact that many students had it rough during online classes, yet some people found serenity amidst the pandemic.

We have a lot to go through before we reach a justified decision. It is not easy to adjust again especially when there are many changes to deal with. For us to go back, it is either we go with the flow, we cope up to the changes, or do our thing for us to go back to a lifestyle we used to do.

Going back to school is already a question itself, but for now, we still stand to the argument that we do not want face-to-face classes to happen, not just yet.



Written by **Anne Bernel Antazo**, *Column Editor*
 and edited by **Adnes Jay Estrada**, *Editor-In-Chief*

NO CHOICE

A Commentary on the SSC Elections 2021 Miting de Avance & Interview

Taking part in school activities really does give color to college life. However, due to restrictions of the pandemic and the context of online learning; virtual events such as school tours, orientations, club hunting, and even school elections, are nothing compared to the excitement we felt when we were on campus. School Elections are coming to a close and voting for the Supreme Student Council is no doubt not as exciting as before, knowing that only a few people are running for candidacy and having one person running for a position seems like voting is just a formality and we are just left with no other choice.

In the miting de avance held yesterday, the candidates were introduced and were given a chance to talk about their platforms and advocacies. Likewise, interviews were conducted, as well as live question and answer portions provided by the viewers. As a viewer myself, I noticed that there are things lacking that must be commented on, as well as concerns to ponder on the upcoming elections.

I N F E A S I B L E P L A T F O R M S

One of the most reiterated advocacy among the candidates was on Mental Health. Candidates repeatedly said that there was a way for the SSC to “eradicate stress” among students and that there were lots of ways to give life to this advocacy, such as being someone to talk to or having movie nights through MS Teams, and other things alike. They say that because of school workloads, students experience anxiety and depression, when in fact there are other internal and external factors that contribute to a person’s mental illness. Whatever these factors are, they cannot be solved simply through entertainment. It’s great to hear that the student body will be creating actions in breaking the mental health stigma. However, they are not professionals to say that they can reduce the number of students having mental health issues just by being good at giving out pieces of advice. A candidate said something that bounced back to all of the candidates, “Why don’t they just hire professionals to do the job?”

They babbled nonstop on their projects and ‘making voices heard’ when in reality they couldn’t be able to keep up with the problems of each student. Instead, they should make systems to innovate what we already have, especially that limited face-to-face classes are imminent. They can generate QR codes instead of writing down contact tracing slips – which would be impossible to tract when someone gets infected by the virus. Another one would be sanitation and traffic management on campus, they could delegate entry and exit pathways with signs to implement social distancing. Projects should be smart, as they say, and not vague.



Photo by **John Jerick Manuel**

SHOULD WE TAKE IT SERIOUSLY?

As per democratic regulations on the election, anyone can run for office, yet it seems like the candidates were not thoroughly screened to a point that they don't seem to be as formal as they should be. To be specific, it is proper to speak formally when being interviewed in an official event. Yes, it should be light and conforming, but it shouldn't be as casual as talking to a friend over the internet. On top of that, there are candidates who were not present during the virtual

event, despite being informed beforehand, already show a lack of professionalism and effectiveness of leadership. There are also candidates who seem to be not prepared for their introductions when it should be the first thing that they should master because first impressions do matter a lot especially when you're trying to pursue people to believe in you. Having technical difficulties is also inevitable given the situation, however, this should not compromise the significance of the event, especially if we want people to take 'this' seriously and not think that the election is simply a popularity contest.

School elections are very similar to politics. People should know you and your proposed policies so that they could be educated on the options that they have in voting. Even more, the person running for candidacy should show etiquette, basically being aware and respectful to the people around you. If people prepared an event and worked hard for it to be successful, then it is essential that you show formality and professionalism in the event that you are participating in.

LACK OF OPTIONS

As seen in the lineup for people running in the elections, there was little to no competition. Perhaps this made things easier by having no extravagant campaigns. I guess it is practical, why campaign when you know you're the only one running for the position? Many are guaranteed a "sure win" which is why some will wonder 'why even have an election in that case?' For formality I guess? It could be considered that a factor affecting this would be the online setting and the idea of it being virtual makes it less exciting. If we ask if we should still vote, an active student would say, 'of course!', yet others may differ. Knowing that we have to vote for a position with one candidate really does make it look like we're given the illusion of choice but would vote anyways.

On the other hand, there are a few independent candidates, which gives us a sense of responsibility in voting. If an independent candidate would win, then it would add to the diversity of opinions to be considered in the council, however, it does not guarantee anything. It is also undeniable that being a member of a party helps you be known and gain support from other candidates. Will this mean that things will be better if we vote straight? It is unknown. But how would we feel after the elections of the Student Council amidst online learning? That is a question to be answered in the future.

All the more, being involved in these matters will help make a difference. Every vote counts, as well as the hopes of students that come with it. As cliché as it is, we should exercise our right to vote. Being aware of what we have, and utilizing and being able to maximize its potential is a sign that we are heading for a greater cause.

News

PSU-UC ALUM TOPS 2021 LICENSURE EXAMINATIONS; RANKS 1ST IN REE AND RME LICENSURE EXAMINATION

Written by *Vanessa Sido*

Edited by *Aira Mae Delgado*

Creative Works and Layout by *Megan Barrozo*



MARCH FORTH >>

Pangasinan State University- Urda- neta City Campus (PSU-UC) once again proved its prowess in the educational arena as it is hailed as the Top Performing Institution for the September 2021 Registered Electrical Engineer (REE) and Registered Master Electrician (RME) Licensure Examinations, reaped 81.82% passing rate on November 2021 Civil Engineering (CE) Licensure Examination, 83.33% and 87.88% passing rate on September 2021 Licensure Examination for Teachers (LET) and produced topnotchers on the said examinations.

Further, PSU-UC being known as the “Home of the Topnotchers,” produced not only 50 New Registered Electrical Engineers and 51 New Registered Master Electricians but also produced

topnotchers who ranked 10th in the REE Licensure Examination and 6th, 9th, and 10th in the RME Licensure Exam. Engineers Sahra A. Vicente, Aira Kris G. Solar, John Michael T. Soriano with scores of 89.10% and 89.0%, 87.5% and 87.0%, respectively, topped the abovementioned exams, which were held last September 5-7, 2021.

PSU-UC’s success in consistently generating topnotchers and ranking at the top among other schools in engineering-related Licensure exams are truly commendable, however, the list still goes on as Angelo Catabay Magno of PSU-UC placed 9th with a score rating of 91% during the November 2021 CE Licensure Examination.

He is one of the 18 passers out of 22

takers on the examination conducted last November 14-15, 2021 giving the university an 81.82% overall passing rate. Furthermore, Joel John Salamanca Agne successfully notched the 2nd spot for the 2021 Teachers’ Board Examination with the score of 91.60% that was conducted last September 26, 2021, demonstrating how well students at PSU can perform in both engineering and education-related Licensure exams.

Agne is one of the 15 passers out of 18 examinees of LET – Elementary level from PSU-UC, which resulted in the university’s 83.33% overall passing rate.

Meanwhile, 29 out of 33 takers of LET – Secondary Level passed, giving the school an 87.88% overall passing rate.

PSU-UC CANDIDATES BRING HOME MS. PSU 2021 CROWN, 1ST RUNNER TITLE

Written by *Aira Mae Delgado, Jana Marjurie Palma*
Creative Works and Layout by *Megan Barrozo*

Pangasinan State University-Urdaneta City (PSU-UC) candidates Dineva Joy Marcos and Bhon Brandon Bartolome bagged the Ms. PSU and 1st Runner-Up Title, respectively, during the Search for Mr. and Miss PSU 2021 held at Dr. Telesforo N. Boquiren Convention Hall, Lingayen, Pangasinan on December 9, 2021.

Out of 8 other candidates of different campuses of PSU, Marcos was hailed as Miss PSU 2021 while Bartolome brought home the runner-up title and received the 2021 Organic Himalayan Award. Both candidates are from the Civil Engineering Department who showcased their beauty and brain in the said event. Both newly-crowned Marcos and Bartolome were interviewed by the The Telescope Publications with pride and joy.



Bartolome admitted that it was all new to him because it was his first time joining a pageant; he was not used to walking confidently but he wanted to grow, step up and get out of his comfort zone. He also talked about how he wanted to express himself and his knowledge through reciting and answering questions posed by his professor. He also shared tips and stories about his journey in the competition. He encouraged the students that are interested in pageantry and competitions, “Kung mabibigyan sila ng opportunities o chances na kung saan pwede sila maggrow at ma-build ang confidence nila, kailangan i-take nila ‘yun at ‘wag silang magdadalawang-isip. Kasi ang first step ay ang pinaka-mahirap, pero ‘pag natake mo na ‘yun, magugustuhan mo talaga yung result.” It was fulfilling on his part because he bagged the 1st runner-up award as a first timer. He celebrated with his family and team who supported him throughout the pageant and thanked everyone.

Meanwhile, Marcos also shared tips and advice about how to develop speaking skills, how to answer questions in a pageantry, and how to build and boost one’s confidence. She said that we should read a lot especially about current issues, as it is good to stay informed and not just opinionated; we must talk to ourselves in a way that is comforting and encouraging. She even recommended that one must listen to TED talks. And in building confidence, she said that we must know ourselves first—our limitations, capabilities and strengths because we won’t get affected by others if we truly know ourselves. Moreover, she also talked about her journey. She revealed that during the pageant, she was watching the live stream backstage. Along with the unpleasant comments she received, she also saw the undying encouragement and countless positive remarks of people that are supporting her throughout the pageant, which boosted her self-esteem and assertiveness. She uses those criticisms as her

motivation to continue doing great and proving others wrong. After she won the title, she celebrated with her family and friends. She also believes that her winning point was her answer and how she delivered it.

Both their answers in the Q&A portion of the competition were discussed by the netizens on the social media platforms, because of how they answered gracefully and without hesitations. The pageant and their excellent performance made them both strong enough to face their inhibitions and to fully embody their aspirations and advocacies. They both shone and expressed their true selves by answering what is in their hearts and minds.



TECHNOSCOPE'S ONLINE KWENTUHAN AT KUMUSTAHAN PROGRAM ENDS

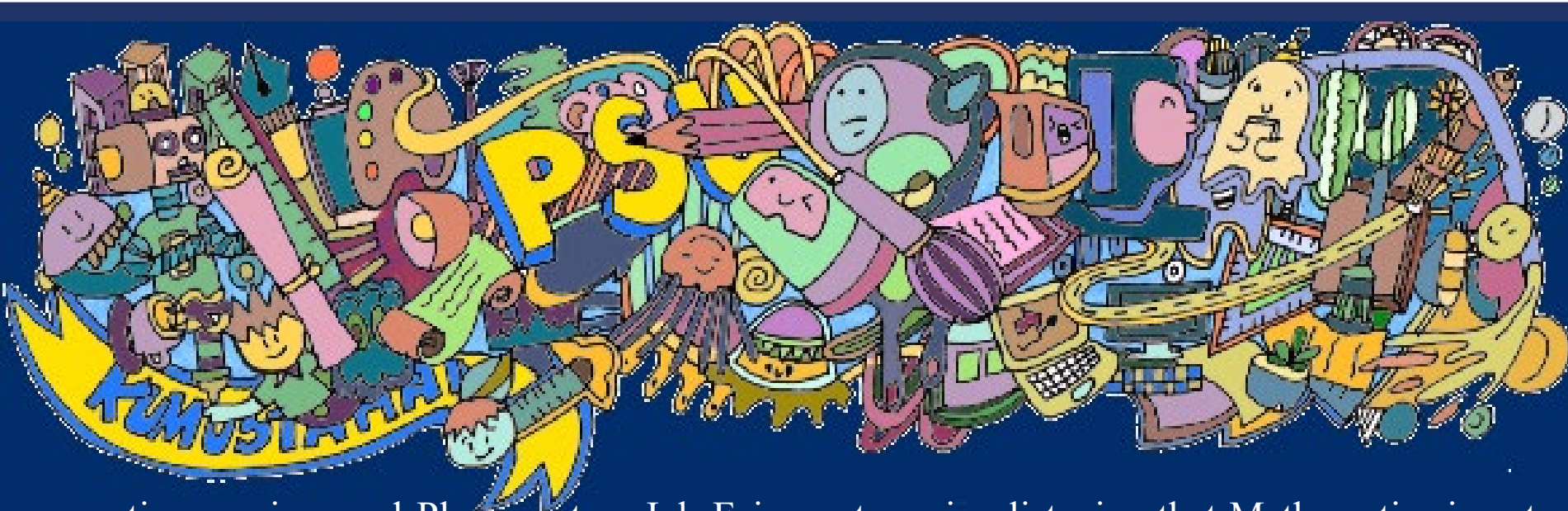
Written by *Vanessa Sido, Jana Marjurie Palma and Jaira Mae Anca* | Creative Works by *Brena Mae Pangandian, Megan Barrozo* | Layout by *Megan Barrozo*

The Technoscope Publications' weekly program entitled "Watcha Gonna Do PSU: Online Kwentuhan at Kumustahan" successfully ended since the first semester for the Academic Year 2021-2022, recording a total of seven episodes aired Live on Facebook from November 26, 2021 to January 21, 2022.

The program aimed to give voice, inspire, educate and entertain the students and employees of Pangasinan State University-Urdaneta Campus (PSU-UC) by inviting individuals affiliated with university who have exhibited and contributed excellence, and significant impact in fields or courses of the university or the university itself. It comprises of three parts: the Kwentuhan at Kumustahan segment, TALAK Y TALK in which students and employees were given opportunity to express their concerns about the university, and the Fast Talk segment wherein guests were asked questions concerning the university and their personal lives. Viewers were also allowed to engage in the program by posting their questions, thoughts, and opinions in the comments section as well as shouting out their names. Intermission numbers from talented individuals of PSU-

UC were also played during program. In November 26, 2021, PSU-UC's Assistant Guidance Counselor, Ivi Desiree Alberto, was invited to appear on the first episode of the program. During the conversation, she brought light on what sort of a person she is and discussed her experiences on how she dealt through the pandemic whereas she gave words of encouragement and tips about coping with the challenges during these times. After all, it takes one's own personal experience to gain a deeper understanding of others' struggles. She also considers listening to others' rants, problems and confabs "best moments" and an opportunity to touch other people's lives. She reminded students that if they have any concerns, they can always reach out to her by messaging her online. She also stressed how the Guidance and Counseling Office offer various services such as Infor-





mation services and Placement or Job Fairs to help students get employed. Meanwhile, John Joel Salamanca Agne, a PSU graduate and a Topnotcher of the 2021 Licensure Examination for Teachers (LET), gave useful tips on how to prepare before taking LET on the program's second episode which aired on December 3, 2021. During the interview, he also shared his joy and experiences while taking the exam and after the results came. The sporty and achiever Agne enlightened viewers with his wisdom and encouragement by saying "Okay lang madapa" implying that there are certain challenges we might not overcome but failure is part of our lives and it is just. Last December 10, 2021, Technoscope Publications had the chance to interview the newly appointed SSC Adviser and a well-known Mathematics professor, Andhee Jacobe. Jacobe spoke about how he was in the classroom during the face-to-face classes and online classes. He also shared how he spends his time aside from solving math problems. In addition, he said that he likes Mathematics because of the notion, "Mathematics simplifies things," and the fulfillment after solving. He also advised the students that are currently

streaming-listening that Mathematics is not something we should be afraid of; instead, we should keep on practicing methods and the equations themselves for our improvement and fulfillment.

In Episode 4, the Reigning Ms. PSU 2021, Dineva Joy Marcos was interviewed on December 17, 2021. She is an independent and adventurous woman who loves to travel and embrace cultures in every place she visits. Aside from being a beauty queen, she is also an Engineering student, a volunteer, an outstanding student, and a student leader. She imparted a few experiences and tips on how she maintains and balance her personal life, mental health, and academics. She emphasized that we should be mindful about what we say because it can affect others' emotions, self-esteem, and self-worth.

14 th of January on the year 2022, a special guest from the campus was invited. Jessa Norberte, the Assistant Librarian Campus, also an instructor of GE subjects, in P.E. and NSTP shared her experiences as the librarian of the campus. Her job wasn't easy to handle but she strives to do her work right as she is a book lover. Being a librarian, it is

necessary for them to assist the needs of students or faculty members for their curriculum or research. Although the common stereotype about librarians is precipitous, Norberte is a proof that librarians are very approachable. Reading at least 10 minutes a day would help to develop the comprehension of the student, that's why she suggests doing it so. According to her, reading books could expands our vocabulary. Being a librarian could be exhausting at some time, but she still finds her work fun and exciting.

An inspiring interview with Diana Ramos who has taken ROTC, on January 21, 2022 inspired women who thinks that military is only for men. As for her, if a person is dedicated and inspired to pursue what he/she wants, then they can find the courage to love and like what they do. That's what made her continue in pursuing ROTC even if she was criticized by other people. Her experience made her thought that the journey she took wasn't easy. But according to her, when her course was coming to an end, all the hardships, criticism, and challenges she encountered, she just laughs at it. Her companions motivated her to continue, and along the way, she finds her course enjoyable and fun. ROTC isn't all about Military. They study about the rules and regulations for human rights. It also teaches fellow students how they will manage their time well, to be responsible and be aware of their actions.

The program was temporarily stopped to let the students enjoy their semestral break. The program is scheduled to start again on the second semester.

TECHNOSCOPE HOLDS AN INTERVIEW FOR STUDENT COUNCIL CANDIDATES; AGUILAR WINS PRESIDENCY

Written by *Aira Mae Delgado* | Creative works by *Brena Mae Pangandian, Megan Barrozo* | Layout by *Megan Barrozo*

Pangasinan State University- Urdaneta City Campus aspiring candidates of the Supreme Student Council's (SSC) have faced off in the Techno-Talks: SSC Election Special 2021 on November 4, 2021 hosted by the Technoscope Publications with the partnership of the Electoral Tribunal. It is a virtual interview with this academic year's SSC candidates through the MS Teams and live-streamed through the Facebook page of the organization which highlighted their responsibilities, platforms, achievements, and capabilities.

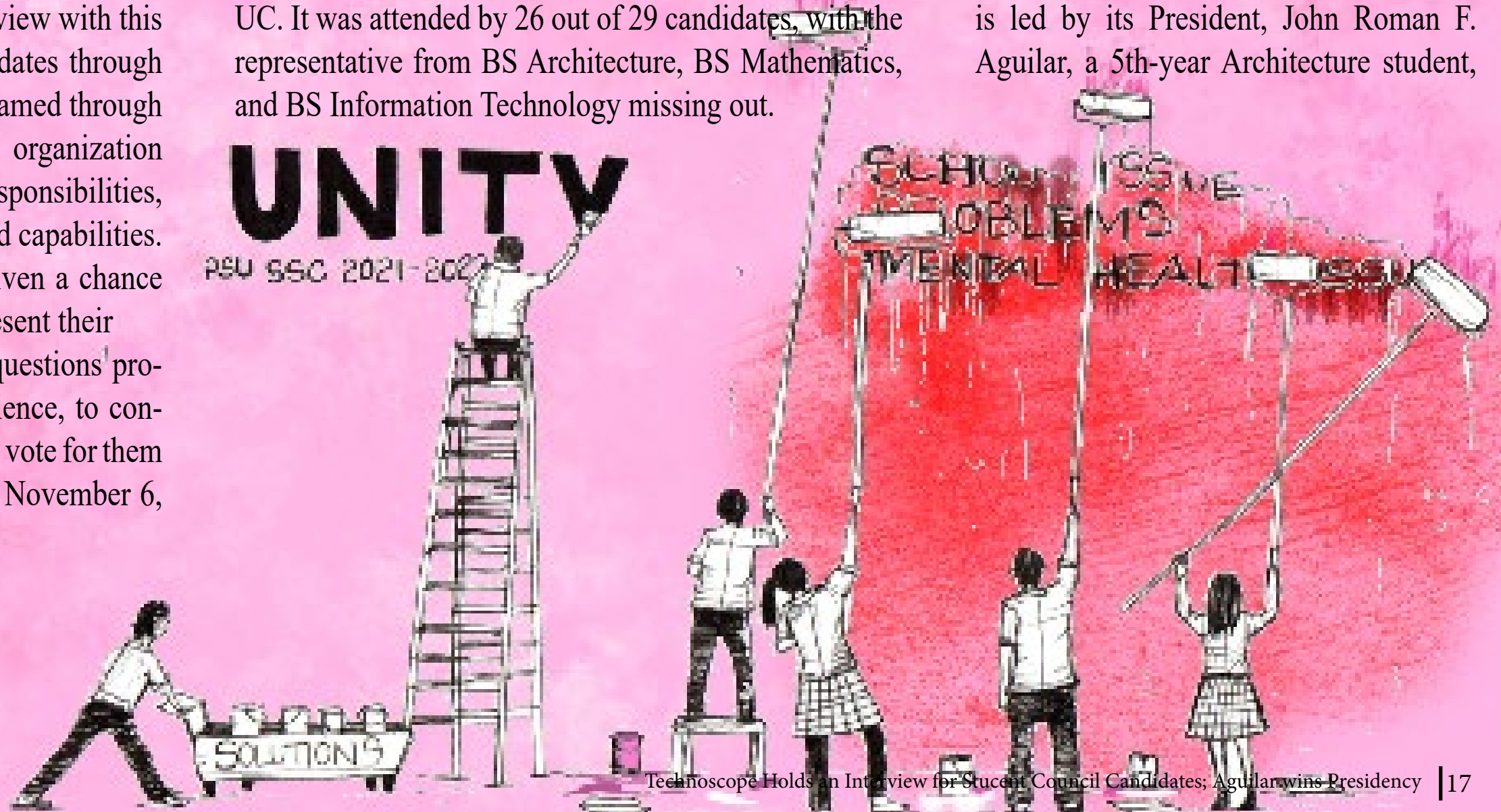
Each candidate was given a chance to campaign themselves, present their platforms, and answer the questions provided by the hosts and audience, to convince their fellow students to vote for them in the incoming election on November 6, 2021.

Thereafter, the candidates had the opportunity to ask their opponents regarding their concerns.

The said event is the alternative for the Miting de Avance, which was annually held during the face-to-face classes. With the new set-up of distant learning, Technoscope presents an interview catering to the students' need to get to know the future student leaders of PSU-UC. It was attended by 26 out of 29 candidates, with the representative from BS Architecture, BS Mathematics, and BS Information Technology missing out.

On Saturday, November 6, PSU-UC held its SSC Election. There were 45.18% students casts their votes through their student portal. At the close of voting, the votes were sorted, tallied and counted. The elected candidates are from the BUK-LOD Party. This year's student council is led by its President, John Roman F. Aguilar, a 5th-year Architecture student,

UNITY
PSU SSC 2021-2022





together with the Executive Vice President, Israel M. Serafica, a 4th-year ABEL student. Other members of the Executive Department are Christian J. Gallego, Vice President for Communications; Bren Justin P. Guevarra, Vice President for Student's Rights and Welfare; Jennilyn B. Awanin, Vice President for Projects and Activities; Joshua Marc M. Alcause and Gerna A. Riparip as Public Information Officers; John Cyrelle B. Cerame and Lovely Kris C. Gaona as Business Managers; and Jean B. Callejo and Ace Brando C. Mamaril as Auditors.

Meanwhile, the Legislative Department is composed of Sheira Mae G. Battad, House Speaker; Dominique Jason C. Agbulos, Deputy House Speaker; Melchor R. Parino, Majority Floor Leader; and Winnie Crisel G. Galliguez, Minority Floor Leader. Also, the Representatives, namely, Irel Cosette S. Comilang of BS Architecture, Claren T. Rivera of BS Civil Engineering, John Michael L. Agustin of BS Computer Engineering, Julius M. Aquino of BS Electrical Engineering, Lloyd Jezreel L. Perez of AB English Language, Gwyneth Berni Karloux F. Manongdo of Teacher Education, Erickson T. Bautista of BS Information Technology, and Sandra Benitez Rous of BS Mathematics.

Newly elected officers for the Academic Year 2021-2022 took their Oath of Office during the Virtual Induction and Oath-taking Ceremony on November 8, via MS Teams. They pledged before the PSU-Urdaneta Campus Executive Director, Dr. Honorio L. Cascolan. The virtual ceremony was also attended by the SSC Adviser, Mr. J. Axel Arenas, and the OIC of Student Services Unit, Ms. Joanna Marie M. Delos Santos. Students of PSU-Urdaneta Campus are now looking forward to the projects and activities of the council presented during their campaign.

Feature



10 COLLEGE MYTHS DEBUNKED

Are you a freshman? Do you have what it takes to make it out alive in college? Here is a reality check on common myths about college.

1. College is a great place to meet someone special and fall in love.

When you're in college, you will be molded for the real world. There's a lot of work, stress, lack of sleep, and even tears. *Only a handful of people experience true love during their college years.* Books are far more important than dating because romance has the potential to damage your academic performance. So make informed decisions about your future and prioritize readings over romantic relationships.

2. You can relax when it comes to minor subjects.

You must devote the same amount of time and effort in your minor subjects as you do to majors. If you get a low grade on any of your majors, *your minors can pull up your general weighted average.* Thus, it is strategic to always give your best.

3. Exams are not a big deal.

You're not in high school anymore, where extracurriculars contribute to your final grade, and teachers can give extra credit. *In college, it's do or die;* take all assessments seriously because they are the ultimate determinants of your grade.

4. There are plenty of opportunities to gain extra points.

When you're in college, instructors are not obliged to offer extra points. A big portion of your grade still depends on your exam and quiz results. Therefore, *seize every opportunity to gain extra points;* you'll be thankful once they add up and save you from a failing grade.

5. You should hang out with your friends often.

Hanging out with friends is okay, but not at the expense of your academic workload! In college, *you must learn to identify your priorities and practice time management.* Keep track of your deadlines and prepare for your assessments before having fun if you want to graduate on time.

6. You will always look fresh.

College is *not as glamorous as Hollywood* makes it seem. You will not always afford the time or money to look preppy and fashionable. Nobody cares, anyway. Looking neat and well-kempt is more practical.

7. You should always compete with your classmates.

Competition is good, but not always necessary. You should aim to compete with yourself; in other words, *improve your skills without comparing yourself with others*. Craving for academic validation is fine, but don't let it consume you.

8. You will always have time to sleep.

Sleep is a luxury not everyone can afford in college. Your instructors don't care if you have to pull an all-nighter to finish your assignment; you have to make the sacrifice. Remember, you can always get back to sleep, but you can't get another chance if you fail your assessment.

9. All college instructors are considerate.

College instructors are stricter than your high school teachers. Do not get angry if they don't cut you some slack; *remember that it's their class, their rules*. So if you have a considerate college instructor, it doesn't hurt to thank them now and then.

10. It makes no difference whether or not you show up.

Attendance is essential; you should always do your best to make it on time in class because **1) they contribute to your grade, 2) you won't end up studying on your own, and 3) you might miss out on important details that are not in the lecture slides**. Lectures can be boring, but it trains you to keep your focus.



Of course, every college institution is different, and circumstances will vary. One thing's for sure is that your survival in college depends on your character and how you respond to the challenges you face here.

College life will eventually test your limits and become challenging; after all, nothing worth it comes easy. So, always stay determined – this is only the beginning.

Written by **JCZARINAH R. CORPUZ** and edited by **JESSADINE ROSE BALUYOT**, *Feature Editor*.

Photo by: **GAZELLE F. AGERO**

B LEADERSHIP IN THE NEW NORMAL: Unusual Characteristics of Effective Leaders

The pandemic is a whole new battleground for our student leaders, but it has also presented them with an excellent opportunity to hone their skills. Adapting to stay relevant can be daunting. Conflicts among organizations within the institution, lack of teamwork, and miscommunication are some of the many problems a student leader may face. Amidst the massive pressure, their character will determine the outcome of their quest. We are all familiar with fundamental leadership virtues like being responsible, strategic, ethical, having good communication, etc. Now, here are three unusual characteristics that a leader could demonstrate to prosper in this new normal: a 'go-with-the-flow' outlook, approachability, and comedy skills.

'Go with the flow nature

Do you have an agreeable and open personality? Ironically, this is one of the signs of a good leader. Usually, we think that leaders are decisive and take control. If you have an easy-going personality, it can be easy to fall into the trap of following when you should, in fact, be leading. If you do not argue much and you're receptive to everyone's point of view, you likely believe that your opinion does not matter. However, your worldview is possibly the most important as you have weighed the options. Because you possess a genuine interest in others, you look at the world with less bias. If you think you should not lead because someone else spoke confidently about their project, and if you believe that your only purpose is to help people leave their mark on the world, you are doing more harm than good. Your insights are what no one else took time to develop. Due to your self-doubt, you are more considerate of other suggestions, making you more adaptable and flexible. So, take the initiative and show the way. If someone is to lead, they should be willing to look at an issue with an open mind before deciding on anything.

Approachable attitude

Someone approachable is friendly and easy to talk to. You may think that this is an uncommon trait for a leader since leaders are on top of the hierarchy, who are often busy dealing with serious matters. One cannot simply meet directly with leaders, so they usually have an assistant or a representative who will relay any messages for them. Besides, we do not typically associate a leader with someone who is cordial and welcoming; friendliness and amity do not indicate authority or dominance. However, having an approachable leader is a substantial advantage for any organization. Approachable leaders promote a sense of belonging to all members. No matter the organization's size, everyone - regardless of their role - deserves to feel that they are an integral part of the group. If members are free to reach out to those in charge, they will feel safe and secure. They will not feel oppressed or silenced, and they can foster good relationships within the organization. In addition to this, it will develop trust, productivity, and unity.

Comedic Character

Do you enjoy cracking jokes and making people laugh? If so, you may be surprised to learn that you have leadership potential. At times, there are seriously challenging issues for the organization to tackle. Financial matters can be a touchy subject as they could bring a lot of pressure. The COVID-19 pandemic has brought hardships upon everyone, and it is normal to feel down. Comedy is a great tool to ease tension and help people think with optimism and levelheadedness. Stress relief and bonding opportunities are all part of what some well-timed humor does. Light-hearted and wholesome humor can go a long way in boosting rapport and team morale. You don't have to be a comedic genius all the time. If a sense of humor isn't something a leader can bring to the table, the leader can delegate someone funny yet appropriate. Remember, this must be done carefully. For instance, it would be inappropriate to make jokes at the expense of someone else. A leader should always be sensitive to everyone's feelings.

By and large, the new normal has made us all realize the significance of influential leaders who are built differently than others - different in the sense that they have unique traits that are neglected but essential to overcome trials we have never faced before. By manifesting the fundamental qualities and the unusual characteristics mentioned, leaders can stand out from the rest and become catalysts or proponents of impactful change. Thus, leaders are urged to conduct deep introspection and identify what other aspects can be improved.

Written by **Jessadine Rose Baluyot** & **Jelly Lei Lacusong**, and edited by **Adnes Jay Estrada**, *Editor-In-Chief*

Sports

ESPORTS AS NEW TRENDING SPORT

Written by *Christian Francisco, Fedelyn Labaste*
Creative works and Layout by *Megan Barrozo*



E-sports, also known as “electronic sports” is a form of video game competition which have grown in popularity in recent years as technology advanced at a rapid pace. Video games made the computers accelerated, developers push the limits to obtain breakthroughs, and even consumers became more passionate for it provides a constant improving features. Its revenue nets up to billions of dollars which surpass the combined industries of global film and American sports. Some of the most popular esports games includes League of Legends, Counterstrike: Global Offensive, Overwatch, Dota 2, and Call of Duty. Due to its worldwide emergence, a certain issue circulates and uproars a timely question in the world of gaming: Should Esports be classified as today’s sport or not?

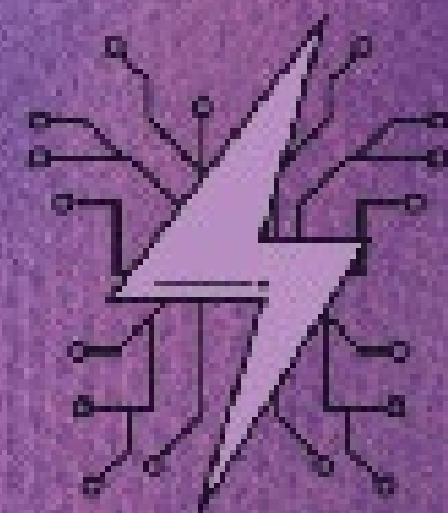
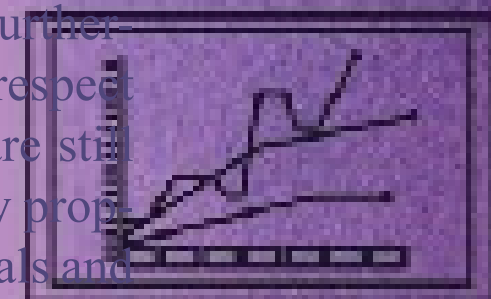
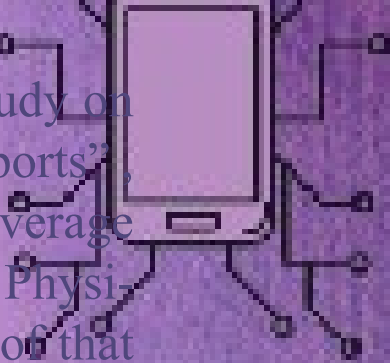
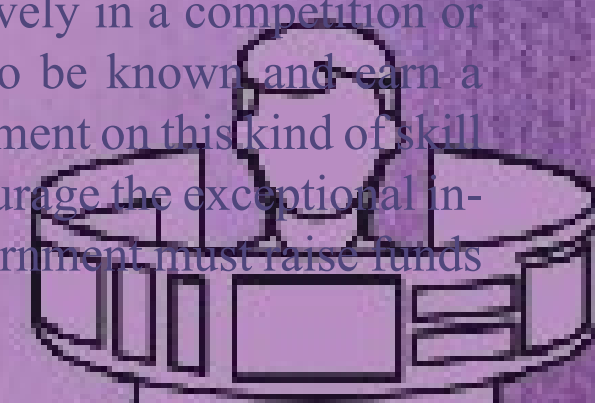
In my personal reference, esports are sports because it is perfectly intertwined at most points. Both are entertainment-related competitions which draw large crowds, like how basketball tournaments are held in large venues and league of legends tournaments in arenas. Esports should be considered as sports for sport athletes and esports players go through a training process in order to compete. They exert a significant number of training sessions which last in hours, months, or years in order to master and improve skills. Esports demand a lot of practice, hard work, skill sets, and dedication too for its athletes use a keyboard and mouse which moves at a rate of more than 400 movements per minute, and while some may not believe it, they experience also a variety of injuries, including wrist injuries, eye fatigue, hand pain, and more. Added to this, I believe that esports, as same as sports, gathers a lot of fans and money to extend the support to the chosen individual or team to compete. Esports are staged in vast arenas, attract many spectators, and are well-liked by people all over the world.

On the other hand, people claim that dictionary rejects the narrative of Esports as sports for the definition of latter is an activity involving physical exertion and skill in which an individual or team competes for pleasure. It is undeniably fact that emergence of CoViD-19 pandemic brought the current generation closer in the engagement of digital world yet still, esports are flagged as separable in the real world of sports. Some says traditional sports obligate a full-body movement- though board games like chess is an exception for it is a person's finger which primary use to move the equipment and win over the opponent. Sports should improve health and well-being which is antithesis to esports. Esports are unhealthy for it consumes a long hour sitting on a gaming chair in front of screens with a pack of junk chips while controlling the game. Playing esports does not help build muscles and lose fat, boost both mind and mood which sport usually does. Excessive usage of electronic devices also leads to headaches and radiation. Furthermore, its players often debunk the essence of sportsmanship due to irresectable ethos. Arenas are distracting for there is an involvement of money as bet and tends to rave or badmouth especially in the climax. Citizens favors esports as an art form but far from the category of real sports due to its different dimensions.

To oppose the claims of people especially on the definition of dictionary of sports, I found out an

study entitled "Do E-Athletes Move? A Study on Training and Physical Activity in Elite E-Sports", which implies esports athletes train for an average of 5.28 hours per day throughout the year. Physical activity accounts for about 1.08 hours of that daily training. Esports may not require as much physical strength or cause a player to sweat as much as other sports, such as basketball or football players, but it still does and the moment that there are movements and use of strengths on the hands or fingers, no matter how minor the exertion, is still considered physical exertion. Furthermore, esports widely practice the sense of respect and brotherhood. Though foul behaviors are still present, it creates a room for betterment by proper execution of rules and possession of morals and values.

In conclusion, I stand firm on the side of the classification of esports as one of today's sport. As the world continuous to revolve and inflict changes, so we---as humans too. We must accept changes and become adaptive not only on our way of living but also in normalizing a trend. Esports are the new sports since it is highly competitive and could give us a world class experience and recognition. I am looking forward for esports athletes to be train vigorously in various aspects to hone focus and perform effectively in a competition or tournament. It deserves to be known and earn a spot to decline the belittlement on this kind of skill and talent. Lastly, to encourage the exceptional individuals to join, the government must raise funds



RELENTLESS MELENDRES

behind the scenes of PSU-Urdaneta's mythical rookie

Written by *Christian Niturada*
Edited by *Adnes Jay Estrada*
Creative Works and Layout by *Megan Barrozo*

“Hard work beats talent when talent doesn't work hard.”

Standing at five-foot-ten without shoes, junior small forward John Fermin Melendres has always breathed both the skills and the grit on the hardcourt, boosting one or both on such occasions. Before the pandemic has struck its dawn in the country, Melendres is a reliable contributor to the Pangasinan State University - Urdaneta Campus basketball team.

But it is not an easy path for him all the time, as the Pangasinense wingman can attest to his experience.

“Yung story ko no'ng pumasok ako sa PSU Team is, una, naglaro ako sa (ng) Intrams namin no'ng first year,” he recalled to *The Technoscope*, while playing for the official freshmen team and impressing their coach.

He did not disappoint, however, as his talents were sufficient enough for the rookie to be handpicked for the 12-man Urdaneta team to com-

pete with other campuses for the crown as the best campus in the PSU system inside the basketball court.

“Parang ‘yun na rin kasi ‘yung tryout no'n kaya, no'n, pinalad ako, nagging mythical five ako no'n. Kaya ‘yon, napansin siguro nila ako so kinuha nila ako sa Team,” he added.

Then it was all systems go for Melendres as the PSU-Lingayen coach, who was also assigned for the entire Pangasinan State basketball team, took notice of his talents when they competed against other PSU campuses in Bayambang, together with then Urdaneta's team captain Chino Kang.

“magko-collect sila ng 12 players do'n. So, ‘yun pinalad ulit tayo, nakuha ulit ako ng--, napansin ako ng coach ng PSU-Lingayen and then kinuha niya ako do'n,” he quipped.

From there he stood with the best possible lineup for the Golden Lions as they competed in the six-school SCUAA-I regional meet in 2019, although they were beaten badly only getting one win. Nonetheless, he still saw this opportunity as

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the most memorable highlight of his career before the pandemic struck.

He, however, admitted that not everyone is always on his side as he heard naysayers along his basketball way.

“Naranasan (ko yung bashing). Kasi, hindi naman mawawala ‘yung bashers sa ano eh, sa kahit anong sports, laging nandiyan,” Melendres told *The Technoscope*.

With doubters along in the road, he then picked up the game ball and use them as fuel for the next game forward.

“Kapag once na b-in-ash ka parang mas mamo-motivate ka na mas ipapakita mo sa kanila na kung ano ‘yung kaya mong gawin. ‘yon, ‘yung mga kaya mong gawin.” He added.

The junior baller always believed in hard work, as he stated hard work, consistent training, and avoidance of slacking always get him in shape, from official PSU games to even a pickup ball game in the streets, alongside workout including joggings, and eating adequate amount for nutrition.

Melendres, who’s well known for his offensive arsenal including handles, always look up to fellow Pangasinan baller and now Gilas Pilipinas assistant coach Marc Pingris, who was well-known from his humble beginnings in Pozorrubio.

He also added local cagers LA Tenoerio and Jayson Castro, two of Pingris’ for-

mer teammates at the legendary Gilas 2013 lineup, as favorite players as he saw them as “magagaling silang mag-point guard kahit mga maliliit lang sila,” as well as idolizing Jordan, Kobe, and LeBron in their respective grind and playstyle.

He admitted that sometimes his frustrations get the best of him inside the game.

“Sa tingin ko ‘yung weakness ko ‘yung is kapag nafu-frustrate ako o kaya kapag naiinis ako, gano’n, parang nawawala yung laro ko kasi kapag naiinis ako,” he quoted.

The BS Math junior student still sees his journey continuing, on and off the PSU court, with God, family, and loved ones as his motivation to move forward, and is determined to inspire more of PSU’s students and up-and-coming ballers.

He still hopes that the pandemic end so he can formally return to his beloved sport without hesitations.

“Sana ano, makalaro ulit tayo. Sana mawala na rin ‘yung Pandemic para tuloy-tuloy na ‘yung pag-aaral and then ‘yung sports natin para hindi tayo mabakante,” he quipped.

Melendres’ journey from a rookie baller to one of Pangasinan’s best tells us that it was not age and seniority that always determine the best on any aspect, but our grit and skill, whether it is on our studies, or inside the hardcourt, and that is how we can shoot our own ways to greatness.

HEALTH AMIDST THE PANDEMIC: How to stay fit?

Written by *Christian Francisco, Fedelyn Labaste* | Edited by *Adnes Jay Estrada* | Photo by *Gaze Fernandez* | Creative works and Layout by *Megan Barrozo*

Aspects of our daily existence drastically changed through the span of two years caused by the global outbreak. We are constantly confronted with disruptions and have to adapt to a variety of situations in our lives. How does one stay fit amidst the pandemic?

Physical fitness

Researchers have reported COVID-19 home confinement has resulted in a decrease in all levels of physical activity and about a 28% increase in daily sitting time as well as an unhealthy pattern of food consumption. Being physically active is essential for it helps people relieve stress and anxiety, reduces health risks, prevents diseases, boosts the immune system, and improves flexibility and balance. There are numerous ways to stay fit as we adjust to our new normal. Allowing time for physical activities and movements at home every day can help you get used to a new routine. Some physical activities you can do at home include walking around the house, dancing, playing with kids or pets, or following an online exercise class like Zumba, which is available and very accessible with the use of the internet. Consider too a healthy diet for it affects what you think and feel whilst getting enough sleep. Make sure to put self-care as your top priority.

Psychological fitness

It is disheartening to surf on the internet and see life stories of humans who had been totally overpowered by their invisible giants. Dear friends, social distancing is not equal to social isolation. By means of technology, we can use social media platforms to keep in touch with those quality people. Express how's your day and never hesitate to ask for

help. We are delighted to hear you out than to attend an untimely death.

Though it is necessary to stay informed and up-to-date news in regards to the coronavirus, the bombardment of over information triggers our mental health. Once you caught the latest, take time to put off the device and read your favorite book, binge-watch a show on Netflix, window shop for a minute, or just chill. Anxiety is a certain and normal response to stress. You've combat a lot of trying times in the last years, and with proper care, we can overcome this too.

Financial Fftness

The uncertainty of the situation impacts also financial stability. The monthly sale of Lazada and Shopeemay serve as bait for those who do not recognize the means between the needs and wants. Sustaining the money means canceling the least important expenses and otherwise contributing to the savings account. Discover skills and the will to be trained to limit the hiring of laborer/s. The money found inside your pocket or at the bank can be aligned to entrepreneurship such as raising milk tea shops, goods, and other trends which could gain profit. Wise spending while earning happily is such one all should aim for!

Spiritual fitness

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The saying “do not waste a crisis” pursues everyone to find something to do productively. We must grab the opportunity to think from an optimistic perspective and put our faith in the Lord. Join churchservices through online streams and limited face-to-face fellowship. These are outlets to used to be involved in worship and other divine disciplines. Always speak with gratitude and set a daily communion with Him to avoid spiritual lockdown.

May all the se tips energize the aspects of your being. Remember that you are not alone for we are perfectly intertwined with each other so it means none of us are truly alone.

Literary

ALA-UNA

Naalimpungatan ako nang magising kaya
nama'y bumangon ako at kinuha ang ma-
gasin. Sabik na sabik maramdaman ulit ang
kakaibang dulot ng gamot. Kaya't 'binaba
ko ang magasin at nagsimulang malungkot:

"Hindi ko nanaising bumalik sa selda
Kayat gagawin ko ang aking makakaya
Upang pigilan ang bugso ng damdamin
Na ang gamot ay mapasakin."

Paulit-ulit kong sinambit ang katagang alam kong posibleng
mangyari:

Pagpatak ng ala-una, nakita ko ang sarili
Kuntento, masaya, hindi mapaliwanag ang damdamin
Pag kabalisa at lungkot ay 'di ko na napansin
Doon ko napagtanto na ang tanging kahulugan ko ng kaligayan,
ay ang mabaliw at masabik sa ibat-ibang klase ng gamot.

Lahat sila ay nagtatanong, nagbago naba ako?
Sagot ko nama'y oo, hindi, siguro?
Mahirap iwasan ang bagay na nakakapagpasaya sa'yo
Ganon ang pakiramdam ko sa tuwing naiisip ang kutsara, light-
er at panusok.

Pagpatak ng ala-una, dinama ko ulit ang ligaya

Naulit nang naulit hanggang sa ang katawan ko'y dina kinaya

Kasabay ng mabagal kong paghinga

Ang pagsara ng aking mga mata

Puno ng pagsisisi,

Bugbog ang katawan,

"Ganito pala ang pakiramdam ng malunod sa sariling kinaa-
dikan"

Written by Alyssa Reign De Vera,
and edited by Cejay Beltran, Literary Editor

Photo by: Alecks Dismaya, Photo-Journalist



MARCH FORWARD

Sa Pagitan ng Pahina at Pahinga

Written by *Christian Francisco* | Edited by *Cejay Beltran* | Photo, Creative Works, and Layout *Megan Barrozo*

Sa pagpatak ng bawat minuto
Ay ang pagdagdag ng mga nakapatong
Sa kanya-kanyang ulo

Kayraming dambuhala
Pilit na nagwiwika:
“Kasalanan ang magpahinga..”

Leeg ay ngawit
Umaaray ang likod sa sakit
Sumasandal nang pilit
Maisakatuparan lang mga sinasambit
Nakakapagod nga naman talaga
Sa dami ng pinapagawa't problema
Tila pinagsakluban ng langit at lupa

Kung ito'y isang pantasya
Gagamit ng mahika o salamangka
Hihiling sa sansinukob, galaksiya,
Samahan kami nawa

Lubog na ang buwan
Tama na ang tagu-taguan
Mapapasilip sa durungawan
Agam-agam na abot kalawakan

Babalik sa isipan
May suntok sa kalamnan
Walang pagkukunwari

Dahil sa isip ay may sumasagi:
“Tila di kakayaning umabot sa huli
Dahil katulad ng pluma
Naghihingalo ang tinta
Pagod na sa tamang sukat at tugma
Animo'y walang mabubuo na obra maestra”

Magpahinga
Huwag hayaan na masagad pa

Huminga,
Patilain ang luha
Ekis sa diksyunaryo ang pagsuko;
Walang magpapatalo -- hindi hahayaang
maubos ako

Magpapapuno sa Maylikha
Batid kong hindi ako nag-iisa
At sa sandaling makaahon na,
Ako rin ang makapagsilbing iyong pahinga!



Blues

Written by *Rhona May Galletes* | Edited by *Cejay Beltran*
 Photo by *Alecks Dismaya* | Creative works and Layout by *Megan Barrozo*

We were childhood playmates
 I was part of your life,
 On the first parts of it

It broke my heart
 When you said you forgot
 The precious memories we had

We're pained when you left us for good
 One moment I see us playing
 The next, we're all mourning

I remember it clearly
 How we walked like a train
 You were my favorite cousin

I was there, giving birthday hats
 Then cried over the snow-white one
 Your guest took away from my head

I was there when you giggled
 As the digicam flickered,
 As you hold a vast white balloon

On our mini-satin dresses, a basket of
 petals
 I stand before you as we looked
 So innocent at lense and flashes

But I was no longer there
 When we started to learn numbers and
 alphabets
 You never returned later that summer

I lost my dad before my seventh
 Clueless as I waited for you both,
 Woke up earlier, looked up the rising sun

Take me back to December when you
 never
 looked at my side, let me take you back
 to our purest moments, when our hearts
 were all right

You left without proper goodbyes
 It felt like a bad dream looking at all
 whites,
 Looking at your beautiful face, as you
 rest forever.

Adviser's Note

Imagine holding the power to change the world – all on the palm of your hand!

Even so, you can get this power when you believe in yourself first.

Members of the Technoscope Publication are living testaments of life's unceasing lessons in everyday life. The pandemic was not even able to stop the resiliency of one another. Their exhilarating experiences were transformed into powerful articles and works, dedicated to keep the multitude of students aware and informed of new events. In those masterpieces, we have made you think, laugh, and even cry: emotions that we use to move forward. As everyone learns from one other, the path to success will never be out of sight.

This virtual magazine is a tribute to all of you who continue to provide support to us. Each page embodies the writers and artists who marvelously crafted this issue. Today, you shall witness the combined efforts of talented people who never gave up amid trials and challenges.

You, too, can become just like them.

MARCH FORTH >> towards your dreams and make a stand!

Deo gratias!



Emil Isaac Conde
Adviser
The Technoscope Publications







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DO YOU HAVE

*Be part
of us!*

CLICK THE LOGO TO JOIN!
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**HAVE WHAT
IT TAKES**



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