



# MARIANO MARCOS STATE UNIVERSITY

## Mental Health Activities and Services for Students

Every Nation Campus (ENC) and the Mariano Marcos State University (MMSU) values formation, leadership and spiritual development




<https://www.mmsu.edu.ph/news/mmsu-enc-partner-to-promote-values-formation-spiritual-devt>







<https://www.mmsu.edu.ph/news/enc-launches-student-retreat>

## Student Affairs and Services

STUDENT AFFAIRS AND SERVICESMMSU Home

ABOUT USSERVICESGENERAL INFORMATIONSTUDENT'S ORGANIZATION



**Student Development**

This office, managed by the Chief of Student Development oversees the conduct of various student activities in the University. It specifically monitors...

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**Scholarship and Assistantship**

Admission Services (Registrar's Office) The ISPS Unit coordinates with the Registrar's Office in assisting the students...

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**Medical and Dental**

"For your optimum medical and dental health" Mission It shall provide adequate, high quality and efficient medical and dental services in order to ach...


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**Guidance and Counseling**

INVENTORY SERVICES Collects information about the students' personal/educational, health conditions and other social data needed to fully underst...

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<https://sas.mmsu.edu.ph/>

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ABOUT USSERVICESGENERAL INFORMATIONSTUDENT'S ORGANIZATION

**University Guidance Services**

**Student Org. & Publication**  
**Scholarship & Assistantship**  
**Medical and Dental**  
**Guidance and Counseling**

**INVENTORY SERVICES**

Collects information about the students' personal/educational, health conditions and other social data needed to fully understand the student using the Cumulative Records of Students form (CuReS -UGC Form 1).

**INFORMATION SERVICE**

Refers to informative activities and materials design to facilitate students' adjustment s to academic life.

**COUNSELING**

It is a specialized service of guidance and basically an enabling process, designed to help students come to terms with his/her life and grow to greater maturity through learning to take responsibility and to make decisions for himself/herself. It can be done individually or by group depending on the student's choice and need.

<https://sas.mmsu.edu.ph/services/guidance-and-counseling>

# MMSU 24/7 Counseling Service

At times like this....



We are more than willing to listen....  
Share your thoughts, sentiments  
and we will always be there to help  
and guide you through.

Send us a text message and we will call you.  
Count us in.  
We will be waiting for you...

For your counseling needs and other concerns,  
please feel free to contact.

**0977 155 6135 (globe) or 0961 503 9411,  
0961 761 0549 (smart)**

## YOUR FRIENDLY LISTENER

GERALDEEN B. PASCUAL, RGC	CBEA	+63 905 310 7169 +63 947 200 9593
IRENE DLC. FLORES, RGC	CAFSD	+63 917 502 2060
MADelyn Q. QUITORIANO	CASAT	+63 915 830 7657
RODEL B. REYES	CAS	+63 951 350 7757
SHAREID AGUILAR	CHS	+63 977 156 0668
ROMELYN N. PABRO	COE	+63 951 350 7752
DIAN ANTONETTE N. REANTILLO	CIT	+63 951 722 6639
ROSELIA A. BORROMEO	CTE	+63 966 234 6453 +63 919 605 5884
GINA SYLVIA S. GAOAT	CTE	+63 933 869 4356
ALBERT P. LAYUS	LES Laoag	+63 930 235 3035
ELSIE R. MARCELINO	LHS Laoag	+63 928 369 5177
FELMA A. MAGNO	LES Batac	+63 926 995 6164
MIGNOS CECILIA S. DIEGO	LHS Batac	+63 917 515 4008

<https://www.mmsu.edu.ph/about/mmsu-247-counseling-service>





MARIANO MARCOS STATE UNIVERSITY  
OFFICE OF STUDENT AFFAIRS AND SERVICES

✉ osas@mmsu.edu.ph

🌐 sas.mmsu.edu.ph

📘 MMSU Office of Student Affairs and Services

HAPPY  
WORLD MENTAL  
HEALTH DAY,  
STALLIONS!

TALK  
TO US!

IF YOU NEED HELP, ASK FOR IT!  
THIS FEELING WILL PASS.  
THE FEAR IS REAL BUT  
THE DANGER IS NOT.



*We listen. We help. We guide.*

<https://www.facebook.com/mmsuosas>

<https://www.facebook.com/photo/?fbid=623635903264500&set=a.399603772334382>



# Career Guidance Program

For Freshmen and Sophomores  
**OCTOBER 24, 2023**

**College of Teacher Education**

## **AM**

8:00 - 11:45 AM  
Teatro Ilocandia,  
MMSU Batac

**For Freshman Students**

**Developing Good Study Habits**  
~ Ms. Keith Marione Ilay

**Adjustment to College Life**  
~ Ms. Kristine Maylan Esperos

**Preventing Bullying**  
~ Ms. Nataliza Llapitan

## **PM**

1:00 - 4:45 PM  
Teatro Ilocandia,  
MMSU Batac

**For Sophomore Students**

**Coping with Stress**  
~ Mr. Dave Patrick L. Ruiz

**HIV Awareness and Pro-Life True Love Waits**  
~ Mr. Rodel Reyes

**Enhancing Self-Confidence**  
~ Ms. Romelyn Pabro

Dress Code: **New Students : Any Shirt with Shades of Yellow**  
**Sophomore Students : Yellow Rabbi/ Org. Shirt**

Note: Career Guidance Program and the start of CTE Intramurals are scheduled for the same day. Hence, freshman and sophomore athletes with conflicting game schedules will have their chance to participate in the career guidance program on Friday, October 27 at Teatro Ilocandia.



## Health and Other Student Support Facilities

### Support Center

Dedicated to providing quality academic and non-academic support to students, MMSU maintains several special centers to promote student well-being.

Academic centers include: the Language Center, which provides support programs to enhance language proficiency as a vehicle for academic and career success, and the University Statistical Services Office, which provides technical assistance in statistical analysis. The research centers and laboratories also serve as academic support centers for specific concerns. For instance, the NBERIC Laboratories and TLDC laboratories serve as learning and research centers for bioenergy and drug discovery, respectively.

Non-academic support centers include the Guidance and Counseling Centers (one in each college / unit) and the Career Hub. A Support Center for Minority Students is also available, specially for students from indigenous cultural communities. These services are overseen by the Office of Students Affairs and Services.

1. Language Center
2. University Statistical Services Office
3. Guidance and Counseling Centers
4. Support Center for Minority Students



## University Infirmary

