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Cordillera Career Development College  
**IPI-RESEARCH & EXTENSION SERVICES OFFICE (RESO)**  
**EXTENSION AND COMMUNITY SERVICES**  
Western, Buyagan, La Trinidad, Benguet

# ACTIVITY REPORT



## **STRESS DEBRIEFING AND PSYCHOSOCIAL SUPPORT ACTIVITY for CAYAPES BARRIO SCHOOL, KAPANGAN, BENGUET**

- A** POST ACTIVITY REPORT
- B** PHOTO DOCUMENTATION
- C** CERTIFICATES
- D** ACTIVITY DESIGN



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**POST ACTIVITY REPORT**

**Stress Debriefing and Psychosocial Support Activity for Cayapes Barrio School, Kapangan, Benguet**

**A RATIONALE**

Psychosocial support is the process of facilitating and strengthening resilience within individuals, families and communities to recover from and adapt to critical adversities with potentially damaging long-term impacts. Psychosocial support thus promotes the restoration of social cohesion and set-up.

For the past 2 years, due to Corona Virus pupils are not allowed to go to school and go out because of the restrictions and for safety purposes. Pupils are confined inside their home, playing cellphones, watching tv the whole day, play and sleep anytime. Now, pupils need to adjust and adapt to the demands (New Normal) both academically and socially. Majority of their time are spent in adjusting in time and new rules. Hence, the activity that will be conducted will be focused on the social aspect of their life/

**B OBJECTIVES OF THE SEMINAR**

This activity aims to:

- a) Lessen the stress and anxiety the pupils feels
- b) To be able to adapt and understand what is "New Normal"
- c) Reflect on the changes that happened in their lives.

**C PARTICIPANTS/ CONTRIBUTORS**

- a) Participants are from Grade 1 to Grade 6 Pupils of Cayapes Elementary School
- b) The seminar was headed by The CCDC Team and The Barangay Cayapes Officials

Team CCDC were comprised of:

- ✓ **Michelle Palongdias** (School Guidance)
- ✓ **Annielyn Ofo-ob** (CSW, Instructor)
- ✓ **Bliss Bacacao** (CTE, Instructor)
- ✓ **Kelly Tiongan** (CTE, Instructor)
- ✓ **Marfelyn Angyatao** (CTE, Instructor)
- ✓ **Joel Nehyeban** (CCJE, Instructor)
- ✓ **Dennis Butag** (CCJE, Dean)
- ✓ **Kimberlyn Valdez** (CSW, Instructor and Coordinator for Extension and Community Services)
- ✓ **Maricel Fernando** (School Property Officer)
- ✓ **JK Fernando** (Head of the CCDC General Service)

This is coordination with Barangay Captain, **Hon. Eric Tuanan** and the Barangay Kagawads **Roger Garcia, Nestor Ingosan, Ruben Bagano, Pablo Mendoza, Dolores Dickman, Tessie Sua, Bryan Empizo** and the School Principal **Evangeline Pinong**, represented by **Ma'am Gemma Ladrillio**.

**D DATE and VENUE**

**Date: March 14, 2022**

**Venue: Cayapes Barrio School, Kapangan, Benguet**



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## **E ACTIVITIES**

- ✓ Story Telling
- ✓ Basic Self-defense
- ✓ Coffee painting and Paper folding
- ✓ Focus Group Discussion

## **F COMMENTS AND RECOMMENDATIONS**

The event was a success given the level of participation from the participants. They were enthusiastic to learn more thru accelerated discussion with the Facilitators. The participants give their best in cooperating with the activities and to the facilitators to deeply learned each activity. The Facilitators also recommended to have follow-up activities.

Prepared by:

**MICHELLE C PALONGDIAS**  
*Student Development officer*

**KIMBERLYN M. VALDEZ, RSW**  
*Coordinator, Extension and Community Service  
Photo Documenter*



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**PHOTO DOCUMENTATION**

**STRESS DEBRIEFING AND PSYCHOSOCIAL SUPPORT ACTIVITY for  
CAYAPES BARRIO SCHOOL, KAPANGAN, BENGUET**

**Venue:** CAYAPES BARRIO SCHOOL, KAPANGAN, BENGUET  
**Address:** CAYAPES, KAPANGAN, BENGUET  
**Date:** MARCH 14, 2022

For the past 2 years, due to Corona Virus pupils are not allowed to go to school and go out because of the restrictions and for safety purposes. Hence, the activity that was conducted focused on the social aspect of their life.

A one-day psychosocial recreational learning activities featured various learning stations to include coffee painting, storytelling, basic martial arts, paper folding, and, kamustahan/focus group discussion.

The event was a success given the level of participation from the participants. They were enthusiastic to learn more thru accelerated discussion with the Facilitators. The participants give their best in cooperating with the activities and to the facilitators to deeply learned each activity. The Facilitators also recommended to have follow-up activities.

**A ON THE WAY TO THE VENUE**



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**B INTRODUCTION** – introduction of the CCDC team and overview of the activity to be conducted.



As soon as the activities began, the Barangay Captain, Hon. Eric Tuanan extends a hearty greeting and acknowledges the presence of the CCDC Team, which will be executing the aforementioned activity.

**CCDC TEAM**  
(L-R) = **Marfelyn Angyatao** (CTE, Instructor), **Kelly Tiongan** (CTE, Instructor), **Bliss Bacacao** (CTE, Instructor), **Joel Nehyeban** (CCJE, Instructor) and **Dennis Butag** (CCJE, Dean)



**C ACTIVITY PROPER** – roll call, Ice breaker and Grouping (4 teams)



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**Ma'am Michelle Palongdias and Ma'am Annielyn Ofo-ob led the activity, which included a roll-call by grade level and an ice breaker. Following that, they divide the participants into four groups with the help of the CCDC staff and teachers.**



- i. **EXPECTATION SETTING** – *The participants were encouraged to express their thoughts/ reactions/ feelings on the upcoming activities by using emoticons.*



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Following the setting of expectations, each team will be assigned to each station. Each team will go through each station one by one.

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ii. **STATION 1: STORY TELLING** – assigned to **BLISS BACACAO** (CTE, Faculty)



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iii. **STATION 2: BASIC LIFE SUPPORT - JOEL NEHYEBAN (CCJE, Faculty) and DENNIS BUTAG (CCJE, Dean)**



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iv. **STATION 3: COFFEE PAINTING and PAPER FOLDING – MARFELYN ANGYATAO (CTE, Instructor) and KELLY TIONGAN (CTE, Faculty)**



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v. **STATION 4: FOCUS GROUP DISCUSSION – MICHELLE PALONGDIAS (Guidance Office) and ANNIELYN OFO-OB (CSW, Faculty)**



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**Distribution of school supplies to the students while they are in station 4.**



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**D FEEDBACK/ EVALUATION from the participants**



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**E WORDS of appreciation and gratitude from the CCDC Team, Cayapes Bario School Teachers and Barangay Officials led by the Barangay Captain**



**Michelle Palongdias** (*School Guidance*)



**Annielyn Ofo-ob** (*CSW, Instructor*)



**Dennis Butag** (*CCJE, Dean*)



**Bliss Bacacao** (*CTE, Instructor*)



**Kelly Tiongan** (*CTE, Instructor*)



**Marfelyn Angyatao** (*CTE, Instructor*)



**Joel Nehyeban** (*CCJE, Instructor*)



The School Principal **Evangeline Pinong**, represented by **Ma'am Gemma Ladrillio**, **Hon. Eric Tuanan**

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Maricel Fernando (School Property Officer)



Barangay Captain, Hon. Eric Tuanan

**F GIVING OF TOKENS**



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Photo Documenter*



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**CORDILLERA CAREER DEVELOPMENT COLLEGE**  
**(CCDC)**

for sharing their technical expertise and support to the pupils of  
Cayapes Barrio School as subject matter expert on the topic  
**"STRESS DEBRIEFING"**  
at Cayapes Barrio School, Cayapes, Kapangan, Benguet.

Given this **14<sup>th</sup> day of March** in the Year of our Lord  
**Two Thousand and Twenty-Two.**

*Dickman*  
**DOLORES K. DICKMAN**

Committee on Social Services and Tourism

*Tuanan*  
**ERIC V. TUANAN**  
Punong Barangay

*Pinong*  
**EVANGELINE L. PINONG**  
School Principal I  
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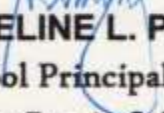
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*Pinong*

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