

**CORDILLERA CAREER DEVELOPMENT COLLEGE**

Buyagan, Poblacion, La Trinidad, Benguet

Form No.

Version No.

POST ACTIVITY REPORT

Approval:

Effective Date:

Name of Activity: Mental Health is a Universal Human Right ^{Integration}
 Seed to Forest: Act to Action and Life Skills

Department (Organizer)

GUIDANCE / SDO

Participants (How many participated?): Students: 208 Teachers/Employees: _____ Guest (Write full name): _____

Nature of Activity: Curricular Co-Curricular Extra-Curricular

Date/s of Activity: October 16, 2023 Time: 8:00AM - 10:30AM Venue: JMM Hall

Conditions (Check one): Safe & Orderly Partially safe and orderly
 Unsafe & Disorderly Others (Specify)

General Evaluation of the Activity (Check one)
 EXCELLENT: The activity was properly planned, coordinated & executed. Objectives were achieved. Potentials of the students involved were uncovered.
 VERY GOOD: The activity was adequately planned, coordinated & executed. Objectives of the activity were achieved and the activity is adequate in enhancing the academic program of the department/ organization.
 GOOD: The activity was fairly planned, coordinated & executed. Objectives were partially achieved and the activity is averagely adequate in enhancing the program of the department/ organization.
 FAIR: The activity was poorly planned, coordinated & executed. Most of the objectives were not achieved. The activity is lightly adequate in enhancing the program of the department/ organization.
 POOR: The activity showed poor planning, coordination & execution. Objectives were not achieved making the activity no adequate in enhancing the program of the department/ organization.

Objectives of the activity (Bullet form. As many and as detailed as you can.)
 a. to improve knowledge about MH and identify facts and myth about it.
 b. To raise awareness of the students to warning signs of suicide.
 c. To provide information to access in MH services
 To integrate life skills and coping skills.

Flow/Highlight of the Activity (Bullet form. As many and as detailed as you can.)
 • Discussion on facts and Myth about suicide
 no warning signs of suicide
 no life skills and coping skills e.g. self care ≠ toxic positivity.
 • Film viewing on "The boy, the mole, the fox, and the horse."
 • Reflection on processing of the activity.

Significant Accomplishment/s (e.g. awards received for sports or competitions):
 • Impartation of the warning signs of suicide as a step in the prevention
 - provision of the 24/7 hotlines to contact in cases of MH emergency
 - Imparted coping skills and preventive strategies to MH.

Untoward Incident/s (use separate sheet if needed):
 • None

Recommendation/s for future event: (use separate sheet if needed)
 • Morning session is strongly suggested as time for seminar

Accomplished:
 Signature of Activity Organizer Over Printed Name
 Contact No: 0945-502-8385

Noted:
 Signature of Adviser Over Printed Name
 Contact No:

Noted: (Liquidation report of the budget requested)
 MARIAN P. MARCOS
 Business Officer

Noted:
 JAYLO K. LACADEN
 Head, SSO

Note:
 ✓ This form must be accomplished in 2 copies (Department/Organization's copy and SSO's copy).
 ✓ This form must be processed and submitted at the Student Services Office three (3) days after the activity.
 ✓ Attach Liquidation report (if applicable) and labeled pictures of the activity.
 ✓ Send a soft copy of this form to cb@ccdc.edu.ph and sso@ccdc.edu.ph and attach raw pictures of the activity.

Received and Filed:
 Date: 10-16-23



CORDILLERA CAREER DEVELOPMENT COLLEGE
Buyagan, Poblacion, La Trinidad, Benguet

STUDENT DEVELOPMENT OFFICE

SEED TO FOREST:

A Call to Action and Integration of Life Skills

Junior High Students

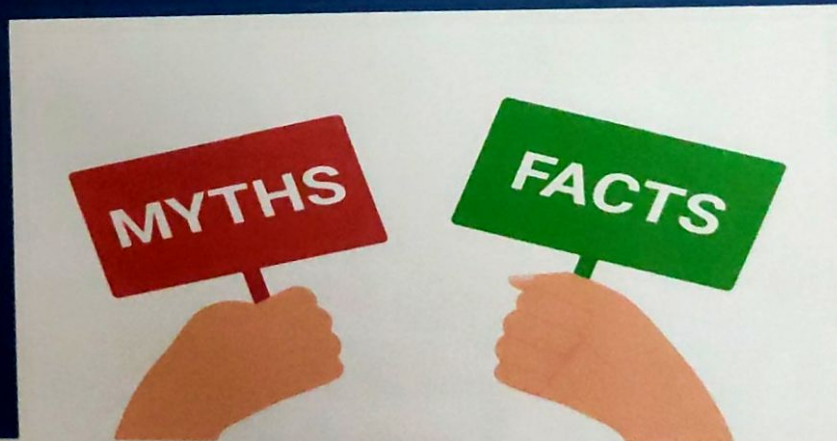
October 16, 2023

8:00AM-10:00am

JMM Hall

Picture 1: With the rising incident of suicide case in our community. Awareness of the prevention and bracing ourselves is a must. As the theme would say, Mental Health is a Universal Human Right.

Talking about suicide increases the chance a person will act on it.



Picture 2: Discussion about the Facts and Myth about suicide. This is an interactive activity. Junior Highschool majority answered myth in this picture.

Explanation: Talking about suicide may reduce, rather than increase, suicidal ideation. It improves mental health-related outcomes and the likelihood that the person would seek treatment. Opening this conversation helps people find an alternative view of their existing circumstances. If someone is in crisis or depressed, asking if he or she is thinking about suicide can help, so don't hesitate to start the conversation.

Warning Signs:

- Talking about suicide — making statements such as “I’m going to kill myself“, “I wish I were dead” or “I wish I hadn’t been born“.
- Getting the means to take your own life, such as stockpiling pills, storing sharp object at the room.
- Withdrawing from social contact and wanting to be left alone.
- **Difficulty concentrating, thinking clearly (zoning out)**

Picture 3: Discussion about the Warning Signs of Suicide. Eighteen (18) warning signs were shared as they take part in the prevention of this.



Picture 4: Introduction of the objectives of the seminar through picture and story of the "Cracked Pot".



Picture 5: Film viewing entitled: *The Boy, The Mole, The Fox, and The Horse*. The Junior High School Significant learning is "asking for help is not a weakness but it is refusing to give up."



Picture 6: As part of their Life Skill, they practiced putting positive thinking into action. They uttered the phrase: "ay exam na naman" but with different body posture. This entails that even our body posture and action can make a huge difference.