

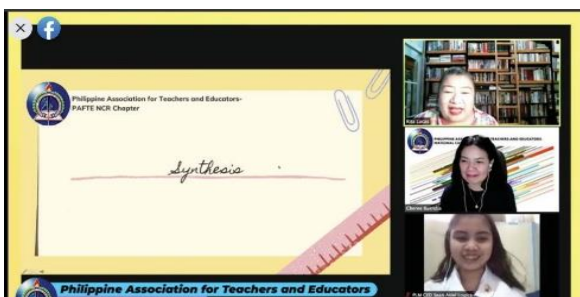
PAFTE-NCR holds First-Ever Webinar for Education Students

The Philippine Association for Teachers and Educators (PAFTE)– National Capital Region held its first-ever webinar entitled Free Webinar for Education Students with the theme: “Guideposts for a Successful and Happier Life: a Conversation Journey” last February 27, 2021, through the Facebook page of PAFTE-NCR as it continues to serve pre-service teachers.

It was attended by teachers and pre-service teachers from NCR, BARMM, CAR, Region 1, Region 2, Region 3, Region 4A, Region 4B, Region 5, Region 6, Region 7, Region 8, Region 9, Region 10, Region 11, and Region 12. Almost 2000 attended the webinar with about 19.5K views and 7.6K comments. For the past months, everyone has been learning and teaching from home. Students put their best efforts to learn, study, and explore. However, many students found that the “new normal” experience challenges their emotional health and well-being. The webinar aimed to acquire a more profound understanding of the proper mindset and balance to have a successful and happier life.

The resource speaker, Dr. Maria Rita D. Lucas, the current chair of PAFTE-NCR chapter and Dean of the School of Education-Liberal Arts-Music-Social Work in Centro Escolar University in Manila, shared in her conversation with pre-service teachers four (4) things: defining happiness, effective steps to success, strategies to cope with stress and 10 Guideposts to happiness and success.

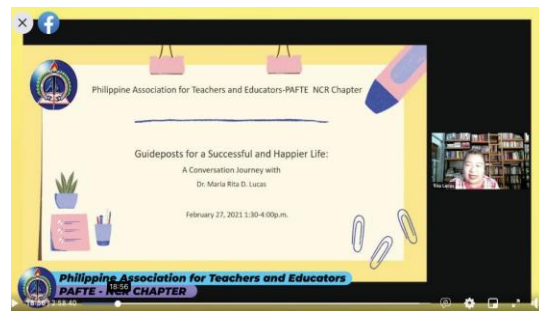
During the webinar, participants were asked to interact by answering questions and listen to a collaborative playlist of songs that were uplifting, motivating, and bringing feelings of joy and well-being.



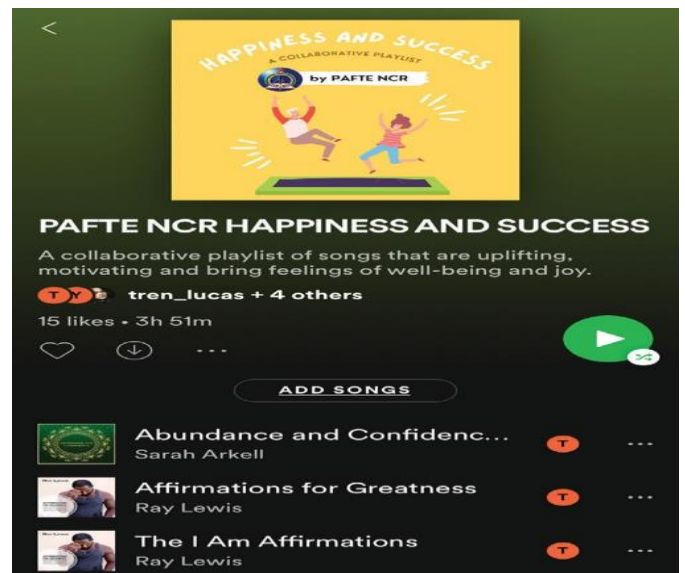
Webinar speaker, Dr. Maria Rita D. Lucas, talking about the Guideposts to happiness and success.



PAFTE NCR officers participating in an interactive song to exercise the mind and body.



Teachers, future and present, are encouraged to join in building the playlist which they can find in Spotify (PAFTE NCR Happiness and Success).



PAFTE NCR Happiness and Success playlist in Spotify

As part of the synthesis, some student representatives from NCR schools shared their learnings about the topic. They were Sean Asiel B. Logica, 3rd-year BECED from Pamantasan ng Lungsod ng Maynila, Ms. Lousse Nicole C. Corro, 2nd-year BSED Sciences from Pamantasan ng Lungsod ng Muntinlupa, and Ms. Ruth Jopillo, Early childhood

Education major from Centro Escolar University. Other participants posted their insights in the comment box of PAFTE NCR Facebook page.

Evaluation results showed that the webinar was rated excellent. Some comments made by the participants were: “Thank you so much because I realized now that success is not just achieving your goals but also becoming who you are in your roles”, “Keep yourself calm and manage your stress... Be happy and be positive as always”, “I've been feeling down nowadays and this webinar uplifts me to become positive, “You've got to believe YOU CAN! Thank you for this webinar. I'm now feeling motivated and inspired” and “I am so blessed to attend this webinar; it helps me to be motivated and pursue my dreams despite our situation right now due to this pandemic”.

With webinars like this, PAFTE-NCR can provide a lot of opportunities for the pre-service teachers to build personal relationships and to have real-time conversations to

learn valuable information about the profession and how to develop and improve oneself.

At the end of the webinar, books from Lorimar Publishing were raffled off as part of the perks of attending the webinar.

PAFTE-NCR Officers and board members for 2020-2022 are Dr. Maria Rita D. Lucas as Chair, Dr. Jimmy M. Romero as Vice-Chair, Dr. Fermae L. Tamayao as Secretary, Dr. Gernalyn A. Solano as Treasurer, Assoc. Prof. Maria Mercedes C. Buendia as PRO, Dr. Gliceria C. Lunag and Dr. Maria Teresa C. Radovan as Board of Directors.



PAFTE NCR officers thanking everyone who participated in the webinar

