



UNIVERSITY OF SANTO TOMAS
Counseling and Career Center



THOMGUTS:

Thomasian Gear-Up Tools for Success

SYNERGY: COMMUNICATION, TEAMWORK AND COLLABORATION AMIDST THE CHANGING LANDSCAPE OF WORK

**A CAREER DEVELOPMENT LEARNING SESSION FOR
SECOND YEAR STUDENTS**

GUEST SPEAKER:

MS. AIVIE ANGELIQUE B. CHENG

Recruitment Operations Specialist
OPTUM

**Collaborate to create bigger and better things with others!
Learn the value and essentials of effective communication and teamwork amidst the changing
landscape of work.**



**October 14, 2022 (Friday)
via Zoom**



9:00am – 11:00am



SYNERGY: Communication, Teamwork and Collaboration Amidst the Changing Landscape of Work

A Thomasian Gear-Up Tools for Success (THOMGUTS)
Learning Session for Second Year Students
AY 2022-2023

PROGRAMME

8:45 AM	Registration
9:00 - 9:10	Opening Prayer / National Anthem
9:10 - 9:15	Welcome Remarks MS. JANICE T. OCRAY, MA, RGC Director, Counseling and Career Center
9:15 - 9:20	Introduction of Speaker
9:20 - 10:20	Talk Proper: AIVIE ANGELIQUE B. CHENG Recruitment Operations Specialist Optum
10:20- 10:35	Company Information Session: Optum
10:35 - 10:50	Q & A
10:50 – 11:00	Awarding of Certificates Photo Op Evaluation Closing / UST Hymn

Register in advance for this webinar:

<https://careers-ust.prosple.com/ust-webinar22/register>

THE NOW NORMAL: Navigating Transitions THROUGH Character Strengths

GUEST SPEAKERS:



MS. THERESE DELA CRUZ, RGC

Training, Research, and Development
Services Management Head
Asian Psychological Services and
Assessment Inc. (APSA)



DR. RYAN B. CORONA, RGC

Director for Admission and
Guidance and Wellness Center
City College of San Jose Del Monte

[REGISTER HERE:](https://bit.ly/TheNowNormalReg)

<https://bit.ly/TheNowNormalReg>



OCTOBER 19, 2022



2:00 - 4:00 PM



VIA zoom



@UST1611OFFICIAL



@USTCOUNSELINGANDCAREERCENTER

THE NOW NORMAL:

NAVIGATING TRANSITIONS THROUGH CHARACTER STRENGTHS

OCTOBER 19, 2022 (2:00-4:00 PM) VIA ZOOM

PROGRAMME

1:00-1:45 PM	REGISTRATION/LOG IN
1:45-2:00 PM	VIDEO PRESENTATION
2:00-2:05 PM	PRAYER NATIONAL ANTHEM
2:05-2:15 PM	OPENING REMARKS REV. FR. LOUIE R. CORONEL, O.P., EHL
2:15-2:20 PM	INTRODUCTION OF GUEST SPEAKERS
2:20-3:00 PM	TALK 1: CHARACTER STRENGTHS AND ITS APPLICATION TO COPING AND MANAGING ACADEMIC STRESS MS. THERESE DELA CRUZ, RGC TRAINING, RESEARCH, AND DEVELOPMENT /SERVICES MANAGEMENT HEAD ASIAN PSYCHOLOGICAL SERVICES AND ASSESSMENT INC. (APSA)
3:00-3:40 PM	TALK 2: CHARACTER STRENGTHS AND ITS APPLICATION TO BOOSTING HEALTH AND WELLNESS DR. RYAN B. CORONA, RGC DIRECTOR FOR ADMISSION AND GUIDANCE AND WELLNESS CENTER CITY COLLEGE OF SAN JOSE DEL MONTE
3:40-3:50 PM	OPEN FORUM
3:50-4:00 PM	AWARDING OF CERTIFICATES EVALUATION UST HYMN

MR. JOHN MARTIN D. CENTENO, MA, RGC
MS. RIECHELL E. TESTOR, MA, RGC

MASTERS OF CEREMONY