



**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<br><b>MS. JANICE T. OCRAY, MA, RGC</b><br>Director, Counseling and Career Center |
| 9:15 - 9:20   | Introduction of Speaker  |
| 9:20 - 10:20  | Talk Proper:<br><b>AIVIE ANGELIQUE B. CHENG</b><br>Recruitment Operations Specialist<br>Optum    |
| 10:20 - 10:35 | Company Information Session: Optum   |
| 10:35 - 10:50 | Q & A  |
| 10:50 - 11:00 | Awarding of Certificates<br>Photo Op<br>Evaluation<br>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>



**OCTOBER 19, 2022**



**2:00 - 4:00 PM**



VIA **zoom**



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# 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 <b>REV. FR. LOUIE R. CORONEL, O.P., EHL</b>
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  <b>MS. THERESE DELA CRUZ, RGC</b> 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  <b>DR. RYAN B. CORONA, RGC</b> 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