

PHISMETS LTS 2011...Boon to Bloom!



Reverberating the theme **Grow Inward, Look Forward and Reach Outward**, while fortifying to enrich the event central objective of : **"Enhancing the Roles of Medical Laboratory Science Student Leaders in the Prevention of Drug and Substance Abuse"**.

The **2nd ANNUAL MEDICAL TECHNOLOGY LEADERSHIP TRAINING SEMINAR (LTS) and STRATEGIC PLANNING** held on May 12 – 15, 2011 at the ATI-CAR, Benguet State University Compound, La Trinidad, Benguet convened student leaders from the ten (10) MT/MLS Schools in Luzon. Statistical breakdown of delegates as per school participant herein presented as follows :

University of La Salette (ULS)= 28
 Wesleyan University - Philippines= 8
 Good Samaritan College (GSC)= 3
 Philippine Women's University (PWU)= 3
 Angeles University Foundation (AUF)= 2
 Centro Escolar University (CEU)= 2
 Far Eastern University (FEU-NRMF)= 2
 Trinity University of Asia (TUA)= 2
 Arellano University (AU)= 1
 University of Baguio (UB)= 1

Fifty (50) MT/MLS student leader enthusiasts collectively empowered themselves with wide range of leadership seminar and trainings spearheaded by specialists from the **Dangerous Drugs Board (DDB) and Philippine Council of NGOs Against Drug and Substance of Abuse(PHILCADSA)**

A warm up program in getting to know the participants among themselves creatively introduced by the facilitators **SHELLA MARQUEZ**, DDB program specialist and **LALLAINE DIVINA** , PHILCADSA training specialist.

Keeping the night filled with inspirational messages and insights...

-Cont. on Page 2

PHISMETS Reaches Out the 41st PASMETH Annual Convention

Fifty two (52) school members composed of one hundred three (103) medical technology/medical laboratory science educators convened at the summer capital of the country, **AIM Conference Center, Igorot Lodge, Camp John Hay, Baguio City** for the **41st Annual Convention of the Philippine Association of Schools of Medical Technology & Public Health (PASMETH) Inc** held last **May 4 – 7, 2011.**

Philippine Society of Medical Technology Students (**PHISMETS**) enthusiastically participated by the President **MARK ALBEN B. PONCIANO** and

Vice President **PAUL J. INES** unfolded their presence for eventfully witnessing this year time gathering of MT/MLS national academic educators . The traditional opening ceremony was held with the presence of the **Honorable Vice Mayor of Baguio City, Atty. Daniel T. Farinas** whose keynote speech revolved in furtherance of the convention's theme "The Laws of Teaching, the Rise of Learning "

The convention's social and fellowship event was anchored with the rendition of the live band performance showcased by the PHISMETS - University of Baguio Chapter.

Professionally and academically highlighted sessions include the launching of the **Direct Sputum Smear...**

-Cont. on Page 2



Inside this Issue:

. National News . Local News . Feature Corner . Editorial . Writer's Hub .

PHISMETS LTS 2011 ... from Page 1

PASMETH President DIR. MAGDALENA F. NATIVIDAD graced the opening ceremony with her keynote speech which evolved on the character of a true leader. An insight message from the **PASMETH Immediate Past President ZENAIDA CAJUCOM** imparted a piece of her message with emphasis on the L.E.A.D.E.R traits and qualities.

Young and vibrant PHISMETS President **MARK ALBEN B. PONCIANO** pointed out a clear concept on the central theme. An advocacy on Drug Abuse Situations and Prevention was intensified through a partnership talk of PASMETH Secretary and PHISMETS Adviser **Dean Bernard Ebu** and DDB program specialist **Shella Marquez** supported by an AVP film presentation "**Lakbay**". Group dynamics in crafting their group banner and initial preparation for the group cheer performances were high spiritedly deliberated by the groups. **PAUL J. INES** and **JANINNE C. CUNANAN** respectively manned the first day program as the officer of the day and master of ceremony.

Alive and more accelerating second day spiced different activities blended with seminar sessions and interactive workshops soothed by DDB and PHILCADSA event facilitators, cascaded the concepts on "**Life Skills for Student Leaders**" rooted on Building Self Esteem, Decision Making, Communication and Assertiveness. The Birds group graced the day through a morning praise while a retrospective recap on the day one happenings was played through a Photograph AVP. The whole day schedule of the program was equally managed by delegates from the University of La Salette having the most numbered of delegates, **KRISTAL GAYLE P. JUAN** as the master of cere-

monies and **BERNARDINO P. ESTEBAN** as the officer of the day.

A write shop on article writings supported the refreshing come on edition of the "**Lab Dubb**" the official gazette of PHISMETS.

Environment awareness was a kick off activity on the third day, a commune with nature tagged as "**MedTech Takbo para sa Kalikasan II**" followed by the creation of the **Benguet 2011 Resolutions**, the variety show "**MedTech Halo-Halo Espesyal**", and the **Closing and Candle Lighting Ceremonies**. Lastly, the delegates had the tour at **Ben Cab Museum** and **Lourdes Grotto** in Baguio City and the **Strawberry Farm** in La Trinidad, Benguet.

Though aware of the limitation factors, PHISMETS is optimistically looking forward that the succeeding LTS and activities of the organization to have a nationwide involvement.



PHISMETS Reaches out... from Page 1

Microscopy (DSSM) Competency Based Learning Module (CBLM), Spiritual and Ethical Norms for Educators, Legal Issues in Higher Education, Research and Publications, CHED and PRC Hour, and Business Meeting.

Ushered with more significance on the second day, the bestowal of special awards brought to light the following citations namely : **LIFE MEMBERSHIP AND SERVICE AWARD** : awarded to : Dir. Zenaida C. Cajucum, Dean Sergia S. Cacatian, Dean Zennie B. Acheron and Dean Maria Avelino. The **GRATITUDE AWARD** presented to Philippine Association of Medical Technologists (PAMET), Procter and Gamble (P and G), Sysmex Asia Pacific Ltd. and C and E Publishing, Inc.Thirty Four (34) MT schools were recognized for the institutions active attendance and participation in the last five years PASMETH Conventions and herein entitled the **DR. GUSTAVO U. REYES MEMORIAL INSTITUTIONAL AWARD**

In the same event, PASMETH newly elected members of the Board were : **Dr. Edwin C. Cancino, Dean Petrona B. Benitez** and **Prof. Celia R. Roslin.**

Philippine Medical Laboratory Science certainly take the voyage in travelling a newer heights and roadmapping a landmark of ostentatious



AU-CMLS, the Home of the CHIEFS

Maria Cecilia M. Barroca

With the challenge to fit its NCAA team name, the "CHIEFS" (derived from the university name Cayetano Arellano, the first Filipino Chief Justice of the Philippines), the Arellano University College of Medical Laboratory Science (AU-CMLS) students are striving hard to ride on with this tag. To ably fit the title "CHIEFS" a term popular to Med-Techs which means the Heads (Chief Medical Technologists) of clinical Laboratories, the highly spirited AU-CMLS students first move was to organize themselves. They formed the PHISMETS-AU Chapter and immediately sought national affiliation in June 2010. Since then, it has emerged as the elite local student organization of AU and spearheaded a very well attended MT Week Celebration in September 2010, the very first time in the University. In coordination with the CMLS administration and the AU Office

of Community Development, PHISMETS-AU Chapter helped in the launching of Project HELP Dx (Health Empowerment thru Literacy Program and Diagnostic Tests), the community service arm of the College, and conducted the "Arellanites Type Ko" blood typing program, Medical Technology Exhibit and Awareness Campaign and Allied Health Students Quiz show. The celebration overwhelmingly gathered students, faculty and staff from the elementary, high school and the higher education programs of the University.

The PHISMETS-AU Chapter had also witnessed the PAMET-PASMETH National Quiz Show in UST College of Medicine Auditorium on September 16, 2010 and the 3rd Medical Technology Student Congress on January 22, 2011. Inspired by Dean Bernard U. Ebuén dedication and commitment for

student holistic growth, the organization has vowed to consider all opportunities and shall participate in all local, national, and if able international organized activities which objectives promote members' personal, academic and social developments, as well as those which ascribe to the Arellanites core values, thus, the formative avenues to be rightfully called the "CHIEFS".



CEU COLLEGE OF MEDICAL TECHNOLOGY GOES TO SINGAPORE AND MALAYSIA

The CEU College of Medical Technology held its Education Tour on Singapore and Malaysia as part of celebrating its 50th anniversary headed by the dean, Dr. Charito Bermido, Dr. Aileen C. Patron, the sixteen selective students, and Mr. Dave Saan, an alumni of the college and currently working at SYSMEX Corporation that is well known for its health care facilities.

The college aims to take the learning of the students to a higher level-that is personal experience with the latest medical technologies that show accuracy, convenience, sensitivity and speed, knowing as well how in demand the course is, not just here in the Philippines, but also abroad.

Singapore

It was a sweet treat for the selected students since majority of them are going outside the country for the first time. The first stop of the trip was in Singapore. Aside from visiting the famous landmarks in the country, the group were in amazed as they get a glimpse of the SYSMEX instruments that is used in hospitals and researches. SYSMEX gave a seminar to discuss the principles behind every instruments and also freebies for everyone. The group also invited the Khoo Teck Puat Hospital where they met another alumni of the college and in Singapore General Hospital which in our country is like the Philippine General Hospital. In another day, the group visited Sentosa, which is famous for its series of attractions.

Malaysia

The group also visited Malacca, Malaysia. It was far different from the previous destination since Malaysia is partly agricultural unlike in Singapore that is industrial. The country partly resembles Philippines as well. Malacca gave warm welcome to its guests and showed its historic beauty. In the end, the group brought their souvenirs, visited antique shops, and tasted the well known foods including the favorite dessert, Cendol. The college is continuing to pursue academic excellence together with international aspects. Truly, it is an inspiration for every student and faculty to soar higher.



PWU Offers Graduate School Courses

EC, KIMC, KAMC, DEZT, MBV

Medical health services has always been a thriving industry. The demands in health services increases all the time, and the need for more health service providers with more specialized trainings is now imminent more than ever.

The School of Medical Technology of the Philippine Women's University Manila Campus, in line with its goal to produce well rounded and world class graduates, is now offering a one-month course (with certificate) of Phlebotomy. The institution is also proud to

be one of the two schools in Manila to offer Masteral Degree of Medical Technology with affiliation to different schools, such as St. Alexious College at Coronadal. Masteral Degree of Health Systems Management is also being offered for those who want to expand their scope of service, specifically in the administrative aspect.

For more information, you can call us at 526-8421 local 118, or visit our website at www.pwu.edu.ph.



<http://phismets-national.weebly.com>

FEU: MedTech Sportfest

Medical Technology Sports Festival is a big preparation of the students of Far Eastern University-Dr. Nicanor Reyes Medical Foundation wherein every medical technology week, there is a sports competition between the students.

All throughout, this event shall measure the students' abilities and talents and at the same time be more bonded to each and everyone. It is also a social gathering to all the medical technology students of FEU-NRMF for them to practice camaraderie, cooperation and sportsmanship.

The following Sports Activities are:

- Basketball
- Volleyball
- Swimming
- Chess
- Tennis
- Badminton
- Table Tennis
- Soccer
- Amazing Race
- Recreational Activities

PAMET –Student Research Forum: A Showcase of Researching Skills

In celebration last year of the 2010 National Medical Technology week, the Philippine Association of Medical Technologists (PAMET) conducted a Student Colloquium among Medical Technology students last September 14, 2010 that was held at the Wayland Mandell Hall of the Trinity University of Asia in Quezon City.

Schools who participated in the event were San Juan de Dios, San Pedro College of Davao City, Trinity University of Asia and Emilio Aguinaldo College. Present in the event were PAMET President, Dr. Leila M. Florento, Prof. Wini-freda de Leon, PAMET Board of Director Lily M. Alquiza and Dean Stephen Francis S. Baldo of Trinity University of Asia, Assoc. Prof. Mark D. Francisco of Trinity University of Asia was also

there together with Dr. Florento and Prof. De Leon to be the Panelist to the presenters.

A group from San Pedro College of Davao City was awarded as the winner in the forum for their research entitled "Prevalence of *Ascaris lumbricoïdes*, *Enterobius vermicularis* and other airborne parasites in Davao City". "The Level of Carbon Monoxide poisoning among Jeepney Drivers in Davao City" who bagged the Second Place was also from another group of San Pedro College came and the Third Place was went to the students of Trinity University of Asia for their research on the "Platelet Aggregation Property of *Colocasia esculenta*" using microplate assay and determination of aggregation rate.

AUF-MedTech Student Crowned Ginoong PRISAA 2011

Frederico Webster Magcalas, 2nd year Medical Technology student at Angeles University Foundation bagged the award as Ginoong PRISAA 2011 at the recently concluded PRISAA 2011 National Collegiate Games Search for Ginoong at Binibining PRISAA. It was held at Unibersidad de Zamboanga, Zamboanga City last April 14, 2011. Private School Athletics Association (PRISAA) is an event participated by the different private schools nationwide. This time, besides conducting sport events, a pageant was also organized and participated by different schools nationwide.

Magcalas shone out of the 10 male candidates in the said pageant. He did not only emerge as the title holder of the said pageant but he also got special awards such as Mr. Photogenic and Best in Modern Filipino Attire. His charms did not only work nationally but also locally because he is the reigning Mr. University where he also won Best in Formal Attire. He also proves his worth as a medical technology student by attaining high grades to prove his academic competitiveness.

ULS MLS transcends new dimensions



EVANS

ESTEBAN

VICENTE

VIZCARRA

VIGILIA

GALO

Academic year 2010 – 2011 curtained a remarkable school term which unfolds grandeur of competitiveness crafted and ushered with stand out inspirations. University of La Salette (ULS) Medical laboratory Science (MLS) Department sparks various local, regional and national tilts bringing home crowns and sashes that radiates shinning triumphs in co-curricular involvement and participation.

BMLS Freshman **JEREMY JANE M. EVANS**, the reigning Mutya ng Santiago City 2010 captured pageant titles as the 2010 Ms Department of Science & Technology (D.O.S.T.) Northern Luzon during the 6th Northern Luzon Cluster Science and Technology Fair on August 20-30, 2010 at the University of La Salette, Ms. National PHISMETS 2011 during the national search for Ms. PHISMETS on the occasion of the 3rd Annual Medical Technology Student Congress last January 22, 2011 held at Our Lady of Fatima University (OLFU) Lagro Campus, Quezon City and the Second Runner up out from the 21 candidates in the National Search for Ms. ALIWAN Festival 2011 held at Aliwan Theater in Manila last April 15, 2011.

BMLS Sophomore **BERNARDINO P. ESTEBAN** consistently bagged the Second Runner up titles in the Search for Mr. ULS Regional Higher Education Institutions (RHEIs) last November 5, 2010 at the ULS Gymnasium and during the national search for Mr. National PHISMETS 2011 on the occasion of the 3rd Annual Medical Technology Student Congress last January 22, 2011 held at Our Lady of Fatima University (OLFU) Lagro Campus, Quezon City. Likewise he became a national finalist to represent Region 02 Cagayan Valley in the National Search for 2011 Ginoong Private Schools Athletic Associations (PRISAA) during the 2011 National Collegiate Games held at the Universidad de Zamboanga Summit Center last April 8 – 14, 2011.

Back to back titles bestowed to **NOEL C. VIGILIA**, BMLS 3 and **MARK OLIVE P. GALO**, BMLS 1 as the 2011 MR and MS. College of Medicine and Allied Medical Programs (CMAMP) 2011 last March 1, 2011 during the CMAMP Night 2011 @ the ULS Gymnasium.

The Cagayan Valley Regional Super Quiz show held at Cagayan State University (CSU) in Tuguegarao Cagayan last March 9, 2011 with more than 30 individual en-

tries from Higher Educational Institutions in Region 02, the Third Place was achieved by **HAROLD JAY P. VICENTE**, BMLS 4.

Venturing into Research, ULS MLS Coordinator and Faculty **RALLIEGH F. VIZCARRA, RMT, MBM, MSPH** , a DOST Research Grantee was accepted as National Associate Member of the National Research Council of the Philippines (NRCP) Division of Medical Sciences, being the very first in Region 02 who qualified under this division, he took his Oath of Membership last March 9, 2011 during the 78th NRCP National general Assembly in Manila Hotel. He was also admitted as National Regular Member of the Philippine Association of Research Managers (PhilARM) last March 16, 2011 and to the University of the Philippines (UP) Open University (OU) for the Diploma in Research and Development Management (DR&DM). Saletinian Medical Laboratory Science certainly take the voyage in travailing a newer heights and road mapping a landmark of ostentatious achievements.



GSC'S BANTAY KALUSUGAN 2011

In celebration with the Good Samaritan Colleges' 38th Founding Anniversary, the College of Allied Health Professions in cooperation with the Students Affairs Office convened **BANTAY KALUSUGAN 2011** last February 14-18, 2011 held at the Clinical Laboratory, Good Samaritan Colleges, Cabanatuan City, Nueva Ecija. This event aimed to promote health awareness, to market the course and to collect fund for the organization.

The Department of Medical Laboratory Science, through the coordination of Mrs. Marilyn Canlas, RMT and PHISMETS GSC, third and fourth year MLS students offered routine laboratory tests such as blood typing, hemoglobin, hematocrit, LDL, HDL, total cholesterol determinations, and urinalysis among students, staffs, professors, administrators of the institution and adopted community of the College, at lower rates.

For five consecutive days, MLS students united and carried out their duties responsibly. They were exposed with their future job which can be very useful in preparations for their upcoming internship. The event is said to be a 4-in-1 activity through which everyone involved learned from each other.



The Dawning of PHISMETS-Nueva Ecija Chapter



Medical Technology Then, Now Medical Laboratory Science was held at the Good Samaritan Colleges, Catalina Theater Hall. It was an honor to have Professor Ralleigh Vizcarra, a member of the PASMETH National Board and Mrs. Tita Alzate, President of the PAMET Nueva Ecija Chapter, as speakers for the event. Mrs. Tita Alzate's *Sputum Examinations Techniques* uplifted every student's studious spirits. Professor Ralleigh Vizcarra's *Medical Technology Then, and Now Medical Laboratory Science's* made everyone glimpse around the past. After hearing the inspiring and informative lectures of the respective speakers, the induction of Nueva Chapter officers took place, headed by Maria Maida Perez, National Secretary, PHISMETS. The Medical Technology/Medical Laboratory Science students not only proved their interests in studying, also, showcased their talents during that said event. In between lectures, students from Nueva Ecija Colleges and Good Samaritan Colleges performed series of acoustic love songs.

As a part of the National MedTech Week Celebration, September 22, 2010, in cooperation with the PAMET Nueva Ecija Chapter, Medical Technology/Medical Laboratory Science Schools of Nueva Ecija, the very first PHISMETS Nueva Ecija Chapter was organized. This was held at the Eduardo L. Joson Nueva Ecija Provincial Hospital, Conference Hall. The said event was participated by three Medical Technology/Medical Laboratory Science Schools, namely, Good Samaritan Colleges, Nueva Ecija Colleges and Wesleyan University of the Philippines. About 190 Medical Technology/Medical Laboratory Science students attended the election of officers. The schools have decided to choose 5 representa-

tives each to be members of the Board. After voting for the 15 members of the Board, the students were dismissed and the election for the Officers of the Board took place at the same place. Good Samaritan Colleges brags the presidency in the person of Rica Ella Velayo, a third year MLS student. Harold Querijero, from the Nueva Ecija Colleges was elected as the Vice President. The newly founded PHISMETS NE Chapter is being handled under the motherly supervisions of the PASMETH and PAMET members namely, Mrs. Tita Alzate (PAMET), Mr. John Paul Tumampus (PAMET), and Mrs. Grace Bacalso (WUP). September 25, 2010, Saturday of that very same week, the First PHISMETS Nueva Ecija Inter-School Seminar, with the theme:



<http://phismets-national.weebly.com>

THE BORN OF DRUG EDUCATOR AND THE RISE OF DRUG FREE ENVIRONMENT

Jeric Adamson O. Dagdagan

With the theme "Enhancing the Roles of Medical Laboratory Science Student Leaders in the prevention of Drug and Substance abuse. The Philippine Society of Medical Technology students in coordination with the Philippine Association of Schools of Medical Technology and Public Health Incorporated in a fortified collaboration with the Dangerous Drugs Board and PHILCADSA had held its 2nd Annual Medical Technology Students Leadership Training and Strategic Planning last May 12-

15,2011 at the Agricultural Training Institute- Cordillera Administrative Region, Benguet State University, La Trinidad Benguet. The four days training which endeavours to promote the growth and development of Medical Laboratory Science Students were participated by ten different universities here in the country comprising 50 delegates. It promotes camaraderie and enhancement of the student leadership competence and proficiency in managing and leading student organi-

zations within the framework of a drug free campus and environment.



LINKAGE AND MAGNIFICATION

Mark Alben Ponciano



The purpose of learning is growing and our minds, unlike our bodies, continue to grow as we continue to live. A person is molded not only in the cognitive (mind), but also in the affective (emotion) and psychomotor (action) domains. Therefore it is not only an all in the mind matter nor confined within the four walls of the classroom, but includes the whole aspect of an individual: intrapersonal and interpersonal relationships, decisions made and actions taken in lieu with sound values, norms and principles. With the establishment and continuous fortification of our attributes through learning, we are able to **Grow Inward**.

Seek and you shall find, look then make your move. Keeping in mind our goals gives us a clear view of the target we are aiming for. Also, getting out of our comfort zone and exploring various fields of progress shall be rewarded by innovations and experiences to be proud of. Though discouragements, mistakes, conflicts and failures are inevitable part of the equation, optimism coupled with patience, respect, proper disposition and perseverance shall shed light on the vagueness. Moreover, the means of development will not always come in spoon-fed stuffs. Remember: do not wait for opportunity, create it; do not wait for time, make it. Accordingly, our knowledge empowered by experiences formulates our eagerness to **Look Forward**.

Leadership is action, not position. To lead is to serve, for a good leader inspires people to have confidence in the leader, but a great leader inspires people to have confidence in themselves. Thus, unity in diversity and conversion of conflicts to oneness are challenges to all organizations, with the right balancing of the equation of members, objectives, tasks and goals depends on the group as one body. Henceforth, to be an effective group, we must be one in mind, one in heart, one in voice, and one in action, only then we can **Reach Outward**.

PHISMETS aims for the integral and holistic development of the medical laboratory science students through its mother organization, PASMETH. Hence, we are all linked to make a difference and magnified things to strengthen our potentials; we are linked as medical laboratory science students and can be magnified in full dimension; we are linked from different institutions but together we are magnified as one through PHISMETS. And so, let us all go for change, share the same advocacy, and together let us all **Grow Inward, Look Forward, and Reach Outward!**



Five Important Things I've Learned from the 2nd Annual Medical Technology Students Leadership Training and Strategic Planning

Bryan Michael N. Balunes (Wesleyan University – Philippines)

Listening to lectures and participating in activities during the 2nd Annual Medical Technology Students Leadership Training and Strategic Planning held on May 12-15, 2011 at ATI-CAR, Benguet State University Compound, La Trinidad, Benguet enabled me to become more interested in learning new things regarding leadership. And from that seminar, I learned five important things.

1. Do's and don'ts when dealing with difficult people.



Dir. Magdalena F. Natividad, PASMETH president, stated that a leader must be calm, understand the person's intentions, get some perspective from others, let the person know his/her intentions behind what he/she is doing, build rapport, treat his/her members with respect, and seek for advice or help from a higher authority when facing difficult situations. Furthermore, a leader must not take people behaviors personally, fight back, nor apiece and change his/her members.

2. Dir. Zenaida C. Cajucom's message.



Dir. Cajucom, immediate past president of PASMETH, enumerated the two kinds of values: *preference values* (values that a person prefers) and *principal values* (values that leaders of the world need). She stated that there are three kinds of people in the world: people who want things to happen, people who do not want things to happen, and people who wait for things to happen. She also stressed that poisons are drugs and drugs are poisons. Lastly, she quoted that leaders must have a vision which is the essence of leadership.

3. Ways to strengthen self-esteem.



Ms. Lallaine Divina, from Dangerous Drugs Board, discussed that self-esteem can be strengthened in some ways such as giving positive strokes generously (in the form of appreciation, smile, or pat), facing problems, knowing what you want and asking for it (and work for it), loving yourself, and remembering the 3Fs: Face your fears, Forget your failures, and Forgive yourself.

4. "Leadership in Potter's Way" by Dir. Zenaida Cajucom.

At first, Dean. Cajucom defined leadership as a term to distinguish people in an organization or group, an ability, and a relationship. She enumerated the stages of pottery making when it comes to leadership: mixing; wedging a leader of pride; centering him in Jesus; raising him to his maximum potential; shaping him with his personality, skills, talents, etc.; trimming off his undesirable attitudes and traits; drying him to be holy, persevering and willing to serve; bisque firing him to transform his character; glazing him with spiritual gifts; and final firing him for strength. She also differentiated worldly leadership from servant leadership. Lastly, she implied that considering God in leadership leads to most effective form of leadership.

5. Activities and Group Dynamics.



Aside from enjoying these events, they enabled the participants to realize and apply the concepts from the different lectures discussed by the resource speakers.

Life Skills Development

Life skills development was deliberated to the students leaders by Ms. Lalaine Divina and Ms. Shella Marquez during the 2nd Annual PHISMETS LTS. They trained students with the goal of having the sense of responsibility and enthusiasm. Furthermore, the facilitators discussed self-esteem, communication, decision-making and assertion followed by work-shop after each topic to adopt and practice values for the development of their intra and interpersonal skills.

THE RIGHT STEP (Social Responsibility Towards Fighting the Drug Menace)

Kristal Gayle P. Juan, BMLS 2 University of La Salette, Santiago City, Isabela

In the status quo or in the present situation drug users are really rampant in our society. And of all the age that abuse drugs, the youngsters or the teen population are definitely the highest. Foremost, among the devastating aspects on social problems is the seeming less focus on inculcating and instilling in their young minds the awareness on drug abuse and the focus on values education. The stress on being aware and on values education should be taken into prime consideration and attention in order to provide God-fearing and God-loving individuals and not drug addicts.

We all know that nowadays, we merely observed that the older people may use drugs on a recreational basis, but teen approach drugs with the same intensity and desperation with which they approach everything else. Many teens have a sense that they are immortal and nothing that they do will have a lasting effect. Unfortunately, much to their chagrin or knowledge, many find themselves struggling with addiction their whole lives. If we create a morally equipped individual particularly the youth, they will turn out to be peace loving, cooperative and fulfilled citizens as they lead their own life and existence in this uncertain world. One concerned citizen may ask the authori-

ties on the health sector, if they are giving importance in fighting for the increasing number of drug users and if they are spreading and informing the whole citizenry about the cons or disadvantages of using drugs and what it can cause to their lives. Furthermore, as a concerned citizen of these democratic country, we can do something to create a peaceful and serene environment composing of disciplined and organized people.

Henceforth, we student leaders, must take the **RIGHT STEP** in helping the authorities of the health sector, including organizations that is actively evolving in these magnificent world particularly the Philippine Society of Medical Technology Students (PHISMETS) to lessen the number of population of drug users in our country. Because, in our own little ways we could do something. By promoting and realizing the Social Responsibility towards fighting drug menace. And most importantly by "Growing Inward, Looking Forward, and Reaching Outward! And lastly, we should realize the theme "Enhancing the roles of Medical Laboratory Science Student in preventing Drugs and Substance Abuse." Let us empower and enlighten the minds of every people who are taking drugs. In the real sense of the

word, we should stop them! "Say no to drugs!" So that they could help themselves in uplifting and improving their lives. And to help in the verge of economic success. DREAM,WORK, REALIZE and BELIEVE that we can do something to create a better one.



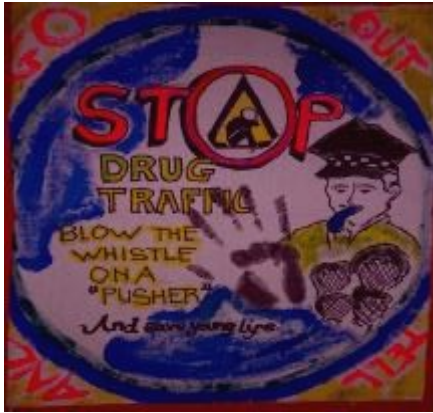
FOOD FOR THOUGHT

"Hope is some extraordinary spiritual grace that God gives us to control our fears, not to oust them."

"Put your heart, mind, and soul into even your smallest acts. This is the secret of success."

"The only thing that ultimately matters is to eat an ice-cream cone, play a slide trombone, plant a small tree, good God, now you're free."

Introducing the Animalistic 5 of the 2nd Annual PHISMETS LTS



1. GOAT - "Stop drug traffic, Blow the whistle on a pusher, and save young lives." In the status quo or in the present situation, drug users are really rampant in our society. With our slogan, "Stop drug traffic, Blow whistle on a pusher". In our own simple ways, we student leaders can do something. And that is, to instill and in calculate in their young minds the word "goat" which means "go out and tell". Go out by informing them the awareness of Drug Abuse and the disadvantages it can cause on into our lives by telling them that it's not yet the end. They still have time to change, to change for a new life and for a better one. By helping hand in hand, and having the so-called social responsibility in saving young lives.



2. DOG -A man who is addicted to illegal drugs was seated on the right side. He is a symbol of pushers and users of these illegal drugs, who offers the bad substances to the dog in the

center. As you can see, the side where the man is seated in colored dim. It depicts darkness and doom. The dog symbolizes us citizens who resist drugs and the man that carry the dog is simply symbolizing us, YOUTH LEADERS, whose role is to help vulnerable citizens to be away from the poisonous drugs and help us to go with the right path wherein brightness, positive things, success awaits us. The man carries a box containing kits that were used by a medical technologist and these are the things or instruments that are beneficial to us and will make us productive individuals with an excellent principles and positive outlook in life.



3. COW - The cow is a strong and hardworking mammal just like that should a leader be. The cow's head represents knowledge and wisdom. And in order to have that knowledge and wisdom we should grow, look and reach. Like what is written inside the cow's head we should grow by learning from the lectures about drug abuse look forward by trying to have a good plan on how to help in preventing drug and substance abuse. Also as a student leader after learning and planning we should have the initiative to imple-

ment these plans or we have to reach the goals that we have set.



4. CAT - The cat framework symbolizes "Cat Group". The head of the Cat symbol depicts the PHISMETS logo which represents the Medical Technology schools nationwide, and the cat's body represent the world which through the programs being implemented by the PHISMETS toward Drug Prevention this leads to a path of Having a Drug Free world.



5. BIRD - The banner has the logo of a bird in the middle to represent our group. The shield represents our knowledge that protects us from unwanted things. The microscope represents us, Medical Technology students. The four corners have logos of drugs that should not be advocated. The banner being colorful symbolizes life that will indeed be colorful of. We live freely and a drug free life.

Medical Laboratory Scientist

Franz

More than just a name
 We are silent workers in this game
 Our skills are of great help
 Working without thinking of ourselves

Living up to our principles and values
 Giving you effective and efficient diagnosis
 Dedicating ourselves with great effort
 Proving a work of excellence!

Save lives, that's what we do
 One major mistake we can't undo
 Because your life depends on how we test
 you
 That's how Laboratory Scientists inject
 wisdom in you



LEADERSHIP

PAUL J. INES

**LEADERSHIP IS LIKE A FOOD TO EAT
 EVERY MEASURE MUST BE FIT
 WRONG INGREDIENTS WILL
 DESTROY THE REST
 GOOD COMBINATION WILL GIVE THE BEST**

**LEADERSHIP NEEDS A CUP OF MANAGING
 WHICH WILL GIVE GOOD DECISION-MAKING
 LEADERSHIP NEEDS A BOWL OF THINKING
 TO MAKE OUR MIND KEEP ON BURNING**

**LEADERSHIP NEEDS A PLATE OF AUTHORITY
 THAT WILL HOLD THE MINDS
 OF THE MAJORITY
 LEADERSHIP NEEDS A SPOON OF DIGNITY
 WHICH SYMBOLIZES THE VALUE OF BRAVERY**

**MIX ALL THE INGREDIENTS TO MAKE
 A GOOD RESULT
 A RESULT OF A LEADER THAT
 ARE MADE TO CONSULT
 THANK YOU LORD FOR THESE LEADERS
 MAY THIS BE A MODEL TO OTHERS**

"Show me your hands. Do they have scars from giving? Show me your feet. Are they wounded in service? Show me your heart. Have you left a place for divine love?"

*"Health is the greatest possession.
 Contentment is the greatest treasure.
 Confidence is the greatest friend.
 Non-being is the greatest joy."*

"A word of encouragement after a failure is better than a sentence, a paragraph or even a novel of praise after a success."

mark

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EMBLEM of PHISMETS-National



The **Three Circles** symbolizes the continuous active involvement of **Luzon, Visayas** and **Mindanao** to the national transforming venue of Medical Laboratory Science Students.

The **Laurel** symbolizes **Nature** and the continuation of **Life** every year.

The **Green Letters** correspond to the color **Health**.

The **5 Bubbles** from a **Test Tube** represent the **5 objectives** embodied in the **Constitution**.

The **15 Interconnected Molecules** outside a test tube signify the **Unity of the 15 Board Schools** exploring various possibilities and aiming towards the integral growth and holistic development of Medical Laboratory Science Students.

The **Microscope** signifies **Medical Laboratory Science**.

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