

OLT Celebrates its 9th Foundation Anniversary and Colors Week 2019

By Geraldine T. Cutin

Our Lady of Triumph Institute of Technology spearheads their 9th Foundation Anniversary and Colors week 2019 last September 7-16, 2019 at OLT grounds and selected venue with the theme "Enhancing 21st Century Skills and Sustaining Resiliency & Innovation Towards Internationalization." This is to commemorate the foundation of the school and to showcase student's extra-curricular attributes.

Exceptional beauty, wit, and talent flaunt during the 9th Foundation Anniversary and Colors week of OLT. It was participated by the students in cooperation with the school administrators, Department heads, faculty and staff. Students were divided into four teams; Black Jetsetters, Red Brew masters, Blue Front liners and the Yellow Connoisseurs.

Series of activities were held at OLT grounds, MGM Gymnasium and selected venue. First day September 7, 2019, was the "Talent Show" of Mr. and Ms. OLT Ozamiz 2019. September 8, 2019, a thanksgiving mass held at MGM Gymnasium by the faculty members, administrators and students. Dance contests (hip hop and contemporary dance), Ball/outdoor/board games and the Coronation night of Mr. and Ms. OLT Ozamiz held on September 9. The city-wide parade, opening ceremony, and the cheer dance competition held on the following day of September 10, 2019. Activities such as Literary and arts, Ms. Gay Universe 2019, singing contests (solo, duet, vispop) and ball/indoor/board games held at OLT stage and selected venue were successfully ended.

The Coronation night of Mr. and Ms. OLT Ozamiz 2019 was one of the highlights of the event where eight gorgeous ladies and eight handsome men consequently strutted the runway as they vied for the crown. A jaw-dropping dance as special number of Ms. Dasori Choi the Eat Bulaga's Foreignay, the GMA's Day-off Guest Celebrity host and the KPOP Dance Diva of the Philippines. At the end of the competition, Mr. James Lyster Anquira was crowned as Mr. OLT Ozamiz 2019, and Ms. Niña Calacat crowned as Ms. OLT Ozamiz 2019 they were both from Red Brewmasters.



OLT Celebrates Acquaintance Party

By Geraldine T. Cutin

Glamorous faces. Luxurious attires. Awesome activities. The Our Lady of Triumph Institute of Technology Ozamiz held their "Casino Royale" Acquaintance Party last August 2, 2019 at the MGM Gymnasium Bañadero Highway, Ozamiz City.

OLT's "Casino Royale" themed party was a successful celebration which attended by the Board of Trustees, Administrators, Department heads, Faculty, staff and students with their special guest, Ms. Maria Katherine Pauline Avelino, the Executive Director for Business Development for Shipping Cluster of Philippine Transmarine Carriers Inc. (PTC), Board Director of RCCL Crew Management Inc., and President of the Philippine Association of Maritime Training Centers, Inc. (PAMTCI).

All dressed in Casino Royale, attendees of the annual Acquaintance Party were undoubtedly startled the guest of honor as Miss Avelino said on her speech, "I was so surprised when I entered here at the venue, I wasn't expecting the formality of this event, as you look at me I am not wearing beautiful dress as you do. She

totally amazed seeing the faculty, staff and students wearing luxurious gowns and toxedos.

Live-band disco and production numbers in the program were actively participated by the faculty members, staff and students. Everyone screamed, yelled, and cheered. Delicious foods were served. Happy faces definitely described through an enormous celebration.



OLT Meets Russia

By Jenevie T. Alota

Starting at the arrivals last February 27, 2020, they had a tour to various tourist destinations of the Province of Misamis Occidental with our very own OLT Chairman, Engr. Galileo A. Maglasang, OLT President, Madame Lucile A. Maglasang, and the Regional Director of DOT-Region X, Marie Elaine S. Unchuan. PRBAI has assembled the tour, OLT, MIT with additional assistance from the DOT Region X, the Local Government Unit of Ozamiz City through Mayor Ando Oaminal, Deputy Speaker and 2nd District Representative of Misamis Occidental, Atty.. Henry S. Oaminal, Governor of the Province of Misamis Occidental, Atty. Philip T. Tan, City Mayor of Tangub, Dr. Jennifer W. Tan, and the Municipal Mayors of the Municipalities of Clarin, Jimenez and Sapang Dalaga.



facebook.com/olt.ozamiz (In-photos, left-to-right, Russian Consul to the Philippines Mr. Vladislav Mongus, Chairman of the Philippine-Russian Business Assembly, Inc., Armi Lopez Garcia, Mr. Chongpal Kim, Russian Ambassador to the Philippines, H.E. Igor Anatolyevich Khovaev, Ms. Cherr Lou Maglasang, Russian Consul to the Philippines Mr. Denis Karenin, OLT President Madame Lucile A. Maglasang, MIT President Engr. Galileo A. Maglasang)

OLT Spoken Poetry has its twist by using a Bisaya Version

By Jenevie T. Alota

Cebuano Language used for OLT's Spoken Poetry held at OLT's Quadrangle on the afternoon, September 11, 2019. The event organizer was doing a great job of elevating the competition by practicing our language upfront and having a heartfelt, relatable connection to the audience.

1st placed won by Black Jetsetter and followed by Blue Frontliners, which also announced later after the competition. Along week celebration of the foundation anniversary and color's week with the theme "Enhancing 21st Century Skills and Sustaining Resilience and Innovation towards Internationalization". Spoken poetry was emotionally involved; participants took various series as they dive into their narratives. As we know that the spoken poetry that trend in the Philippines started by Filipino language. Hence, partaking in the Cebuano language puts a different stage for certainty among the culture and a barrier breaker.

Celebrating our uniqueness would give an edge that comes side by side to the factual endeavors coming.



Last February 28, 2020, OLT President Lucile A. Maglasang and Consul Armi Lopez Garcia warmly received Ambassador Khovaev on his appearance in Ozamiz City as a special guest in Meet Russia! Program. The program rooted in the theme of "Bridging and Strengthening the Philippines and Russian Cultures for Better Trade Investment and Development" and was arranged by the Institute of Technology Our Lady of Triumph in solidarity with the Philippine-Russian Business Assembly Inc.

Therefore, OLT elevated the resources for its student's future into enabling their capabilities to provide choices that never a before scene.

The Unfavorable Circumstance of the Online Classes

By Bless O. Gallibot

The Covid-19 pandemic has greatly affected various aspects of normal life, including going to office and school. As a result, schools have been forced to forego traditional classes and shift to online classes instead. The only way to keep introducing information is to conduct online classes. It involves the development of a virtual classroom using online technologies. The students log into a communication app on their devices and sit in front of their computers. This new system had several hiccups at first, but they have since been straightened out.

Maintaining class politeness, particularly when using unmuted microphones, is a challenge for the instructor. Unwanted noise has the potential to impact the entire class. In addition, the instructor must look into each student's video stream to ensure that they are paying attention.

Furthermore, since the participants are at home in an informal setting, they are more likely to become distracted,

specifically because not everyone has enough internet connection on various online meetings. Despite this, the majority of students have been able to adjust and take online classes with commitment.

The lack of communication with classmates is a significant disadvantage of online courses. However, today's generation has easy access to data networks, making voice and video calls possible. It encourages students to communicate with classmates and even professors, but it is not the same as face-to-face interactions. Teachers have gone over and beyond to assist students and are literally on standby.

Overall, online classes have their own set of challenges, such as virtually correcting notebooks, but they have also brought out certain positive characteristics of everyone. If you're a student or a tutor, you'll need to have more discipline, be more attentive, and responsible than you will in traditional schools.

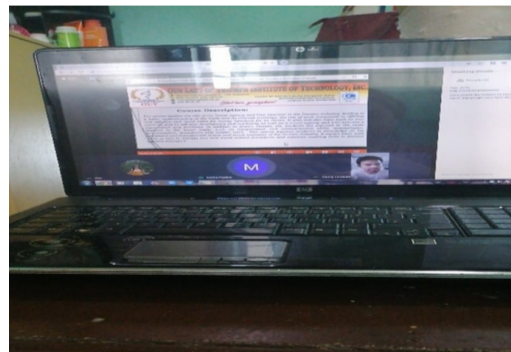


The Pandemic's Chaotic Impact on Undergraduate Students

By Jan Febro Alota

Unpredicted, indeed. Since 2020, we have been dealing with the Pandemic that marks as the 21st century's most crucial event of the human history. It was March 2020 when the whole world started to shut down, people around the globe were panic buying, flights were cancelled, classes were suspended, and malls were temporarily closed, as if the world was finally ending. Embracing the new normal to us students wasn't very easy and started to wonder whether we would be able to continue our studies and complete the program soon. I and my family were stuck in our home for quite a while (3 months to be exact) but every struggles in life has good effect on it and that the Pandemic gave us a chance to reflect, and to spend time with our loved ones. Few months have passed when the province of Misamis Occidental eases The General Community Quarantine and The Commission on Higher Education (CHED) announced that classes will resume on August 2020 through online. The announcement made us excited and a little bit anxious at the same time, afraid of adjusting to the new standard, unsure if the online class would be very effective.

Moreover, when the classes had finally started, I felt a little uncomfortable because attending classes online is not what I am used to. The good thing about it is that, by any chance, it allows us to find resources through Google searching while the instructor's discussion is ongoing. Also, Schoology, an online learning management system that allows educators to organize curriculum, create lesson plans, and provide student assessment and it made our quizzes, assignments, other activities easier to submit, very convenient, right?



My Experience as a Student During the COVID-19 Pandemic

By Rowena Raagas

Truly shocking, the pandemic has greatly affected my studies because of the situation that we only study at home. One of the biggest challenges of online learning as a student is focusing on the screen for a long period of time. With online learning, there is also a greater chance for students to be easily distracted by social media or other sites. Another key challenge of online classes is internet connectivity. Without a consistent internet connection for students or teachers, there can be a lack of continuity in learning for the child. This is detrimental to the education process. In an online class, there are minimal physical interactions between students and teachers. This often results in a sense of isolation for the students. Online messages, emails and video conferencing can allow for face-to-face interaction. Many parents are concerned about the health hazards of having their children spend so many hours staring at a screen. This increase in screen time is one of the biggest concerns and disadvantages of online learning.

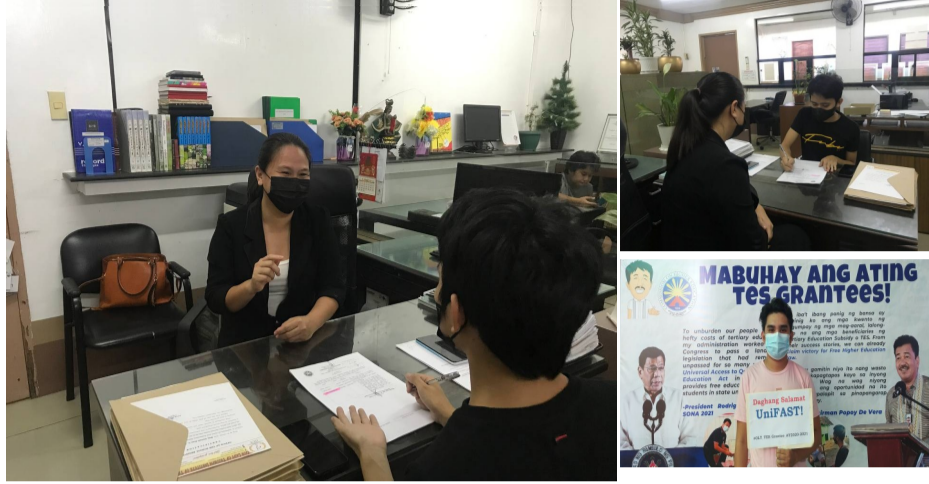
I realized that in pandemic we need to cooperate in order to have safety, we need to follow the protocol in wearing face mask and face shield. As student especially for me it is really hard because sometimes, I can't attend our online consultation for the reason that I don't have an active connectivity.

This time of pandemic I learned a lot of the word of GOD and the church. Through all the knowledge I have learned, I feel that I now have a better understanding of my faith. I first found God when I was young, probably before I remember it since I have gone to church for virtually my entire life.



Students Receive Cash Assistance from CHED

By Kevin D. Gotib



Office of the school registrar

Over 130 students from Our Lady of Triumph Institute of Technology, Inc. (OLT) has finally received the TES cash assistance from the United Student Financial Assistance of Tertiary Education (UNIFAST) and Commission on Higher Education (CHED) for the first semester of the academic year 2021-2022, last June 7-8, 2022 at OLT Ally.

Amidst the COVID-19 outbreak, OLT has found the best way to distribute the students financial assistance after complying with the different health and safety protocols implemented in the province of Misamis Occidental. The release of OLT's student financial assistance is a two-day event.

At the time of the release of the financial subsidy, OLT has made sure that it is well disseminated by giving them orientation on safe and healthy protocols. And maintaining the social distancing policy.

For the students, the release of their financial assistance is one of their most-awaited moments as they were able to pay their tuition fees and other school fees. **Ms. Geraldine Cutin**, a third year tourism student, explained how the TES program is very helpful in financing her college education.

"Growing up in a very poor family, I experienced hardship and struggle. This has been the reason why I choose to stop my studies way back 7 years ago. However, today, with the help of this program, I was able to continue my college studies. Thank you to CHED-UNIFAST for giving me this privilege to provide for my studies as well as my necessities. Truly, kay CHED-UNIFAST, KALIDAD NA EDUKASYON ABOT NA!"

Mrs. Yvon Romo OLT TES Focal Person also shared *"our students as well as OLT were very thankful for this initiative by our government."* With this and if this continues, the problem of our country's education will definitely be solved. *Every Filipino will be educated and now confident in achieving and reaching their dreams!"*

TES is a grant-in-aid program of the Commission on Higher Education (CHED) under Republic Act (RA) 10931, or the Universal Access to Quality Tertiary Education Law (UniFAST), signed by President Rodrigo R. Duterte in 2017. This has helped millions of students across the Philippines for almost five years since then.

The implementation of the Tertiary Education Subsidy (TES) is a great help and indeed a blessing to all students, especially here in OLT. Through the implementation of this program, a lot of students can now be able to finance and achieve a quality education. **MABUHAY ANG ATING TES GRANTEEES!**

OLT'S Honors Assembly

By Jenevie Alota



Al t -

hough the event

Facebook.com/olt.ozamiz (dissected from the live video of the Virtual Honors Assembly and World Teacher's Day program)

happened in virtual setting, the message it imparted was visually seen which showcased how appreciation is so important for college students. Last October 4, 2021 aired through Facebook live and google meet, OLT's first honor assembly .

The event started with a prayer, followed by the singing of the national anthem and the ASEAN hymn. The Masters of Ceremony was **Mr. Medel Unido**, giving a short foretelling of the general mechanics of what it takes to be an academic achiever. The School Director, **Mr. Chris Junn S. Puelas** gave a reminder and a congratulatory message to the students. The opening message was brought by the TM Program Dean, **Ms. Malou Paulino**. Followed by a message from the HM Program Head, **Ms. Celeste Dugal**. The highlight of the ceremony started. The instructors featured their own achievers separating the set of subjects by semester. The following are the arrangements of professors that showcased their achievers together with the total count of their achievers.

After the achievers presented, the HM Program Head, **Ms. Celeste Dugal** introduced the special awards to students that partaked in extracurricular representing the institution to national competition whom are; Alota, Jenevie Basubas, Jay Ann Bongcaras, Vennes Clarin, Jeanny Erquita, Einne Serafin, Dante Sevilla, Maria Jessa.

The language of reciprocating the sacrifices and hardships amid the challenges of the pandemic by awarding the acknowledged students of their productivity and hard work. It is believed that this ceremony will happen annually. Congratulations, achievers!

OLT'S Virtual Commencement Exercises A.Y. 2019-2020 and A.Y. 2020-2021 : Truth of Success

By Geraldine Cutin



Resiliency, excellence and determination delineates how Triumphants won the battle despite the pandemic that brings them towards success on their commencement exercise on Friday, 26th of November 2021.

"Making it to the finish line is rewarding to note that you finally overcome the academic pressures and tedious course requirements," said **Dr. Mansueto P. Atillio, Ph.D.**, Senior Vice President of Our Lady of Triumph Institute of Technology, Inc. Ozamiz City in his opening remarks on the auspicious virtual commencement exercises of Our Lady of Triumph Institute of Technology, Inc. for A.Y. 2019-2020 and A.Y. 2020-2021 Friday, November 26, 2021 1:00 P.M. with the theme, "Embracing 21st Century Challenges with Resiliency and Excellence". The commencement exercises hereby declared 28 graduates of Bachelor of Science in Hotel and Restaurant Management for A.Y. 2019-2020, 29 graduates of Bachelor of Science in Hotel and Restaurant Management for A.Y. 2020-2021, for Bachelor of Science in Tourism Management, 6 graduates for A.Y. 2019-2020 and 3 graduates for A.Y. 2020-2021. 13 graduates of Associate in Hotel and Restaurant Management for A.Y. 2019-2020 and the Senior High School graduates under the TVL Track, 7 graduates for A.Y. 2019-2020 and 8 for A.Y. 2020-2021.

OLT'S virtual commencement exercises with the Masters of the Ceremony Ms. Eppie Pearl Orcullo formally started it with the invocation followed by the singing of the Philippine National Anthem and the opening remarks of Dr. Mansueto Atillio. Before recognizing as graduates, Ms. Malou Paulino, Program Head of Bachelor of Science in Tourism Management has presented first the numbers of candidates for graduation and conferred by the OLT School President, Madame Lucile Maglasang. During the commencement address, the School President herself challenged the graduates who are still bringing unbridled enthusiasm as she said, "Take that enthusiasm out in this world and use it to achieve your goals." After delivering her message, she congratulates the graduates and encourages them to navigate and find opportunities greater than ever.

Reading the names of the graduates was lead by Ms. Yvon Romo, OLT School Registrar, and Ms. Glady Mae Baliquig, Student Affairs Officer and Senior High School Focal presents the Senior High School graduates from the TVL Track. Pledge of Loyalty was lead by one of the graduates from A.Y. 2020-2021 Bill Kelly Jalalon followed immediately with the oath of membership to the OLT Alumni Association administered by Mr. Medel Jun Unido, Quality Management Representative of OLT. Finally, a heartfelt closing remark of the School Director Mr. Chris Junn Puelas ended the virtual commencement exercise. Indeed, it is a truth of success that serves as an evidence of the graduates being resilient and excellent together with their families and friends in the midst of this pandemic.



CASA College Visits at Our Lady of Triumph Institute of Technology

By Shyn Andog



Photo with the school director, school president, chairman of the board and Director of CASA College

The Our Lady of Triumph Institute of Technology Ozamiz got an opportunity to organize a one-day Career Guidance on 26th May 2022 at the MIT Gymnasium. The program was participated by all fully vaccinated OLT and MIT students under the supervision of the school director Mr. Chris Junn S. Puelas. The special guest of Honour for the event was Mr. Yiannis Saveriades, the director and president of CASA College and high school of Cyprus together with his administrator staff in the Philippines Miss Nancy Jimenez.

The CASA College Director of Cyprus, visited the school with a purpose of enticing their career goals and objectives towards the school. They were enthusiastic about encouraging students to study in Cyprus and create awareness about the opportunities that await the students who want to study abroad. The special guest of Honour for this event was Mr. Yiannis Saveriades, the director and president of CASA College, and Miss Nancy Jimenez, the administrator of CASA College.

The Career Guidance program with Ma'am Eppie Pearl Orcullo, the Master of Ceremony, formally started the program with the invocation through a video presentation, followed by the singing of the National Anthem and OLT Hymn, followed by opening remarks and an introduction of the guests of honor by Mr. Chris Junn Puelas, the school director. Followed by a message from

the first speaker Mr. Yiannis Saveriades who is very grateful and glad for what he saw as he says, "to be honest, I did not expect to see all of you because I was expecting to see only Madam Lucille, but it is appreciated" he also added that the main reason for their visit to give students a view on the programs that they offer in Cyprus and ended his message with an encouragement for the students to study in CASA College in Cyprus.

After he delivered his message, Ms. Nancy Jimenez presented the programs of CASA College and KASA High School, where the goal of their visit was to open up the mind of the Filipino student to become more globally competitive, not just local. However, in international as well, she explained all the opportunities that await those students planning to study in Cyprus. In addition, she discusses all the requirements and courses they offer and the exciting part: studying students can also work. Students can manage their schedule lecture presentation was ended by Ms. Nancy Jimenez with a warm "thank you."

The program's highlight is to give students information regarding the programs that the CASA College offers, presented by Miss Nancy Jimenez, the administrator from the Philippines.

After the presentation, the program proceeded

with the giving of the message by the OLT school president Madam Lucille Maglasang. In the message, she expressed her gratitude for the visit of CASA College in OLT despite their busy schedule; she added her message on how the OLT copes with the challenges and continues to give and sustain quality education. She added that the intimate partnership between the OLT and CASA College aims to expound and improve education and academic opportunities for the students. By then, the activity is one step closer to linking the school to the rest of the world. She ended her message with the OLT tagline "Start Here, Go Anywhere."

A forwarding message followed the program from Ms. Malou Paulino, the college dean, and a photo session officially ended. The program indeed gives students the knowledge and aspiration to be more globally competitive and gives them the idea of what opportunities await them when studying internationally.

TESDA DDG John Visits OLT

Chris Junn S. Puelas



Ozamiz City. OLT Chairman of the Board, Engr. Galileo A. Maglasang, together with its Corporate Secretary, Ms. Cherry Lou A. Maglasang, warmly welcomed the Deputy Director-General for Partnerships and Linkages of the Technical Education and Skills Authority (TESDA), USec. Aniceto "John" R. Bertiz III at the Ozamiz City Airport last June 22, 2022 to kickoff its Campus Visit to OLT in its campuses located in Ozamiz City and Pagadian City.

DDG John was also welcomed by the staff of TESDA from the Regional Office, Cagayan de Oro City headed by its Regional Director, Ashary Banto, and from the Provincial Office in Oroquieta City headed by Provincial Director John Simborios.

DDG John went to OLT Campus in Bañadero Highway, Ozamiz City for the campus tour which he was warmly greeted by its School President, Lucile A. Maglasang, together with its personnel.

In his speech during the short program held in the MGM Gymnasium and attended by the teaching and non-teaching personnel of OLT and Misamis Institute of Technology, DDG John expressed his appreciation for the opportunity to expound the plans and programs of TESDA along with its vision and mission to help many Filipinos. He also expressed his felicitations to the efforts of the OLT management to put up mobile laboratories in Culinary and Housekeeping which he saw during his campus tour.

After lunch, DDG John proceeded to OLT Pagadian City where there he was welcomed by the personnel and Plumbing NC II trainees. He then reiterated his programs and life-stories which greatly inspired the attendees. While at Pagadian City, he was also welcomed by TESDA-9 Regional Director, Dan Navarro and the Provincial Director for Zamboanga del Sur, Engr. Alan Bacatan.

The visit of DDG John was made through a personnel invitation of Engr. Galileo A. Maglasang and Ms. Cherry Lou A. Maglasang with the aim to showcase the programs and facilities of OLT for its TESDA-registered programs, and DDG John commended the efforts of the management and vowed to expand the programs of TESDA anchored on their slogan, TESDA – Abot Lahat.

Outgoing OLT Students Greets New Oaminal Administration

By: Jenevie T. Alota



Selected Tourism Management graduating students of the Our Lady of Triumph Institute of Technology (OLT) joined Ozamiz Mayor Ando Oaminal, his Sangguniang Panlungsod (SP), and the Asenso Ozamiz Partylist with the incoming administration of Mayor-elect Atty. Indy Oaminal in a small ceremony and luncheon last June 28, 2022.

The said ceremony, attended by relatives, supporters, and the graduating students from this school, was intended to foster deep and lasting relations between Our lady of Triumph and the incumbent LGU through cordial interactions and consistent support.

Henry "Indy" F. Oaminal Jr., Ozamiz Mayor-elect, takes on the baton of service from his predecessor, younger brother, and co-partylist from the Election 2022, Ando Oaminal, who has served the city of Ozamiz for years before being elected as Fourth District Representative – continuing the line of excellence in leadership for the next few years.

In the helms of the incoming Sangguniang Panlungsod is Vice Mayor-elect Simplicia Neri, along with the Asenso councillorship slate, who will be comprising the other half of Ozamiz City's local government units.

The said event, held in front of Mayor Fernando T. Bernad Hall, also witnessed the inauguration and the oath-taking of Mayor-elect Indy Oaminal Jr. and the incoming Sangguniang Panlungsod.

OLT Student Council Expands Services, Conducts Leadership Training

By: Jenevie T. Alota



Jovelle Kristin Dajao joined the Our Lady of Triumph Institute of Technology (OLT) Supreme Student Council last May 2022 in a virtual leadership training to widen the student council's knowledge and expertise in expanding student services.

Utilizing the advancements of virtual conferencing, the OLT SSC conducted the said seminar in order to revitalize and revamp the organization's horizons, and broaden their minds on how to better serve the OLT studentry.

Dajao, a graduate of Psychology in the La Salle University, spoke to the student council of OLT regarding the role of youth organizations, such as the Student Council, in inspiring and instilling relevant values to their fellow students, as well as aiding them in having the best possible education experience during their stay in the university,

"It will enhance the leaders within us, for I believe that leadership exists in all of us," said Dajao, as she discussed the innate responsibility of everyone in leadership and decision-making, given that the student council is the highest representative body of the studentry within the university.

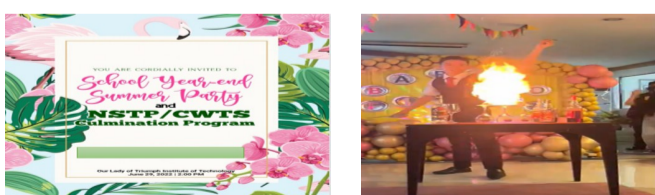
Dajao also mentioned the "Step, Swim, Bike, and Race" leadership strategy to the student officers; highlighting the role of each one of them in inspiring their co-students to excel in academics, as well as how to instill internal and external accountability within the student council itself.

The seminar capped with Dajao emphasizing the role of youth leadership in guiding their fellow students as they tread through the pandemic school life – like a torch leading a stray to the end of the tunnel.

A question-and-answer portion was also held at the end of the talk, with students asking Dajao how to maximize coordination processes and possible vantage points when it comes to conducting projects.

The OLT SSC honored Dajao's insights through a brief awarding of a Certificate of Appreciation to the resource speaker.

OLT Students Showcase Their Skills in Event Management Through Culmination Programs



By: Jenevie T. Alota

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The games are partaken by the parents of the students. The event's highlight is the Flairing Presentation by Jeremiah Cuizon, and the TikTok dance competition won by July Malalay, Karen Pactores, and another classmate. The after-party was filled with fun and a roller-coaster cycle of emotions throughout the event.

Above all, it was noticed that students are more participative and proactive in these events since HTM Industry itself is a skills-based industry. While being a student, they should enhance the learning they receive through seeking experiences and practicing with accountability for more sense of urgency in these significant areas of the HTM Industry. They are looking forward to more events that give the students more sense of community since, as human beings, it is where one finds their inclined potential.

Efficiency, Experience, Excellence: The Road to Success

By: Anne Christine G. Saldo



Cartooning By: Dennir Deo Gabato

Every end of the school year is every honor students' most awaited occasion for the entire academic year. Medals and certificates are given to recognize their outstanding performance in school, may it be in academics and in sports. We often see parents walking up the stage with proud smiles evident on their faces. Indeed that is what every honor students' desire: to make their parents proud. However, this isn't always the case. We face pressure behind this treasure.

Children may have consistent high grades but this becomes the beacon for expectations. It is hard to break one's record just because we wanted to grow more. The fact is, we are not always perfect. I personally study on sleepless nights, sometimes waking up at 3:00 past midnight. The growing expectations push us to pressure ourselves with the fear of being a disappointment. Geniuses aren't born perfect. They went through tough times, walking through rocky lanes. Awards are not thrown into their doorsteps neither. It is burdensome to make a single mistake because if you do, people would label you already as a failure. Human beings have corrupted minds that a single error weighs more than numerous of your successes. What exactly is the standard of an intelligent honor student? To not become a dismay to the masses? To read books 24/7? To be born perfect? What limits do we have to enjoy freedom without holding your anticipation? Alcoholics, perverts, robbers, honor students. We are all the same. We are all humans. Maybe actions can define who you are but that doesn't sum up one's entire personality. How come we limit what we want to do? So long as it doesn't affect or offend anybody, I think it is safe to do the things

we yearn.

Everyone faces insecurities so I hope we don't pressure those who do well in their academics. We make mistakes and we learn. We are normal people wanting to live a normal and free life. We do our best as we wish to accomplish more for the people we love. Compliments can us to do better.



OLT Serves at AYA Hotel and Residences

By: Jenevie T. Alota

Courtesy of Ritchee Looc's Facebook post (In-photos, left-to-right, John Michael Asoy, Aya Hotel Head Employee, Generoso, Aurelio Aleman, Jenevie Alota, Judy Jeane Adolfo, Honey Sanchez, Greshyll Gallegos, Levi Grace (Aya Hotel Head Employee, Ritchee Looc, Jeanny Clarin, Jeremiah Cuizon, Jonathan Agustin)

Trial card of 1-week On-The-Job experience for upcoming selected 4th-year students of OLT together with two graduating students at AYA Hotel and Residences HSO Tower 1 happened on July 20 to July 22, 2022.

The event was for DOLE X's Regional Mid-Year Performance Assessment, Fellowship Night DOLE-X Management Committee and the Local Government Officials of Misamis Occidental, and the 7th Management Committee Meeting.

The event might only be 3 days, but the students equipped the whole establishment with the help of head employees in the Hotel before July 20, the start of the gathering, which equates to a 1-week apprenticeship in the Hotel as special request trainees of the premise. Although the Hotel has not had its grand opening yet, even though the building is almost done, they catered to guests at the request of Governor Henry S. Oaminal Sr., Cong. Sancho Fernando' Ando' F. Oaminal, and Henry' Indy' F. Oaminal Jr., which is also the case for selected OLT Students under special request from them.

The students were assigned to their field of program/courses as Tourism Management students worked in the Front Office and Hospitality Management students to the Hotel Rooms, Public Lounges, Conference Room, and Banquet Hall. The learning of students from the campus shone as they worked their craft and love to their career in organizing, preparing, maneuvering, and coordinating with one another, explicating what OLT students got and putting their best foot forward in demonstrating an exemplary performance throughout their traineeship in the Hotel.

Since the pandemic began, OJT has been challenging for graduate students of academic years 2020-2022 due to the restrictions of COVID-19, especially on how the latter affected the Hospitality and Tourism Industry workforce, which also led the virtual OJT and in-school OJT of the past years. However, this juncture shows an emblem of hope for face-to-face and industry-based company OJT, building extreme excitement for the student's upcoming OJT and coming back of in-company-based OJT for the school. Students have found this experience as a foreseeing tool for the future on what would happen for their upcoming OJT. Indeed, an excellent pre-OJT involvement for the students and strengthening the bond between LGU, AYA Hotel and Residences, and OLT.

Misamis University hosts 55th ASEAN Month Celebration

By Kevin Gotib

After the motorcade and the grand parade of colors, the Commission on Higher Education (CHED) Region 10, along with Higher Education Institutions (HEIs) across Region 10, successfully celebrated the 55th ASEAN Month on August 11, 2022, with a cultural showcase and commemorative event at Misamis University in Ozamiz City.

With this year's Cambodia's ASEAN chairmanship theme, ASEAN A.C.T.: Addressing Challenges Together, CHED Region 10 emphasizes how collective efforts as ASEAN members can be of great help, specially in opening doors for opportunities and in addressing different challenges such as the global pandemic.

During a welcome message, Misamis University President Karen Belina F. De Leon showed her deepest gratitude to the CHED Region 10 and to the participating higher education institutions (HEIs) for their unwavering support and collaboration in bringing one of the most significant events in the province of Misamis Occidental.

Through the Opening Salvo led by the Gov. Alfonso D. Tan college students and Sinanduloy dancers, the participating HEIs all over the region represented a particular ASEAN member-country by wearing colorful and elegant costumes inspired by traditional ASEAN dresses.



One of the most anticipated highlights of the celebration is the ASEAN cultural presentation of the participating HEIs, namely; MSU-Maigo School of Arts and Trades, USTP Panaon Campus, Medina Foundation College, Southern Capital College, Adventist Technological Institute, Christ the King College Maranding, and Misamis University-Oroquieta Campus. The said schools have performed spectacular and symbolic dances and folkdances, showcasing the beauty of diversity as a member of ASEAN.

The 55th ASEAN celebration also featured a Hors d'Oeuvres display where small dishes and appetizers from different ASEAN countries were presented, such as Indonesia's famous Chicken Satay, Tahu Goreng Krispi by Our Lady of Triumph Institute of Technology, Inc. (OLT), along with other ASEAN dishes such as Virgin Sunrise and Vietnam's Banh Mi.

Part of the program was also the awarding of plaques and certificates to the participating HEIs, together with their respective school presidents.

The 55th ASEAN celebration is a commemoration of the connections and unity we have built. With its 55 years of being together, the ASEAN, together with its member states, is continuously working to reaffirm solidarity and unity amongst the ASEAN community.

OLT Concludes Labinay Community Extension Services 2022

By: Judy Jeane A. Adolfo



Group Photo of Attendees and OLT Community Extension Services Facilitating Faculty

The third time community extension services granted for Barangay Labinay, Ozamiz City culminated last April 01, 2022, at the Barangay's Covered Court Hall. The officials and residents of the barangay gave grateful messages to Our Lady of Triumph Institute of Technology, Inc. for another three months packed with insightful lessons.

The institution has provided the community extension service in this Barangay since year 2019. Annually, the event takes place from January to March.

This year, the culmination was facilitated by OLT NSTP Coordinator Mr. Jumel Auxtero, RCES Coordinator Ms. Eppie Pearl Milittante, and Students Council Officer Ms. Gladys Mae Baliquig, as well as her student officers SSC Governor Jenevie Alota and Third Year Representative Nicole Carpio.

There were a total of 40 people, including the OLT program facilitators, residents and barangay officials who attended the culmination event. It was a beneficial program for the people of Labinay because they learned about basic food preparation, cooking of nutritious food, proper hygiene, and procedures for efficiently doing household chores. The participants' learnings could serve as a refresher on the importance of nutrition in preparing meals for the family in order to stay healthy and strong while dealing with the Covid-19 Pandemic.

Mr. Jerson Daguman Chairman of the Barangay, said "Dakong katabang ang kalihukan sa malnutisyon sa kabataan. "Dako ang pasalamat sa mga lumulupyo ngadto sa uban usab. "Daghang salamat kayo sa OLT"

As a sort of acknowledgement to Mr. Daguman's message, Mr. Auxtero on behalf of the School Director, Mr. Chris Ju Puelas, who was unable to attend the program, expressed his gratitude to everyone who joined the activities and made the program a successful one. "Pasalamat ug pagyukbo sa katawhan sa pagparticipate sa programa," he said in his speech. "Hinaot nakakuha kamog kaalaman para sa pagluto para sa inyong mga anak ug mga pagkaon nga puno sa nutrisyon para sa tibook pamilya ug panimalay.

The culmination program concluded with the presentation of certificates to all participating Barangay Labinay residents and officials, as well as the completion of evaluation forms. The culmination and gratitude program lasted an hour. It was brought to a close at 11:45 A.M.

A produced column of the triumph. Writers are from young generation who contribute their poetry, thoughts, opinions and experiences.

THE HONOR STUDENTS

By: Anne Christine G. Saldo

Every end of the school year is every honor students' most awaited occasion for the entire academic year. Medals and certificates are given to recognize their outstanding performance in school, may it be in academics and in sports. We often see parents walking up the stage with proud smiles evident on their faces. Indeed that is what every honor students' desire: to make their parents proud. However, this isn't always the case. We face pressure behind this treasure.

Children may have consistent high grades but this becomes the beacon for expectations. It is hard to break one's record just because we wanted to grow more. The fact is, we are not always perfect. I personally study on sleepless nights, sometimes waking up at 3:00 past midnight. The growing expectations push us to pressure ourselves with the fear of being a disappointment. Geniuses aren't born perfect. They went through tough times, walking through rocky lanes. Awards are not thrown into their doorsteps neither. It is burdensome to make a single mistake because if you do, people would label you already as a failure.

Human beings have corrupted minds that a single error weighs more than numerous of your successes. What exactly is the standard of an intelligent honor student? To not become a dismay to the masses? To read books 24/7? To be born perfect? What limits do we have to enjoy freedom without holding your anticipation? Alcoholics, perverts, robbers, mobs, honor students. We are all the same. We are all humans. Maybe actions can define who you are but that doesn't sum up one's entire personality. How come we limit what we want to do? So long as it doesn't affect or offend anybody, I think it is safe to do the things we yearn.

Everyone faces insecurities so I hope we don't pressure those who do well in their academics. We make mistakes and we learn. We are normal people wanting to live a normal and free life. We do our best as we wish to accomplish more for the people we love. Compliments can motivate us to do better.

WHEN DO I DRAW A LINE?

Anne Christine G. Saldo

When do I draw a line?
When I feel restrained but am moving freely,
When emotions overwhelm the pessimist soul,
When I hold back tears to hold on pride.

How long do I have to ponder on the things that I do?
When the worlds stops spinning?
When pigs start to grow wings?
When we revolve into entirely different species?

Is martyrdom a sin?
When the heart screams louder while the mind speaks calmly,
When incoherent emotions clash for dominance,
When I try to do what I want instead of what people received is right.

Should I keep my hands tie down?
When controlling is key to suppress apathy,
When I couldn't speak my mind neither does my heart.
When I shut down my feelings to protect others.

How long will my selfishness last?
When tolerance is stronger than what I desire,
When carrying a heavy burden is a sign of strengthening a relationship.
When I'm struggling and wounded for my own sanity.

Is it all worth it?
When they tell you you're free but actually aren't
When they dictate your every action according to their liking.
If I'm too much, tell me, when do I draw a line?

Nagmahal

El-cid T. Pulalon

Noong nakita ko ang wangis ng iyong pagmumuka
Ako'y nawindang sa ganda mong pinakita
Gulong-gulo ang isipan, sa 'king nasulyapan
Marahil ako'y nabigla sa taglay mong ganda
At patuloy kang sinusulyapan bawat galaw na iyong ginagawa
Halos hindi ako maka-imik sa mala hugis bigas na mukha
Ang paghanga na ito ay hanggang paghanga lang na dapat tudlokan
Lagi nalang kasi akong umaasa kaya nasasaktan at napapariwala.

Photos