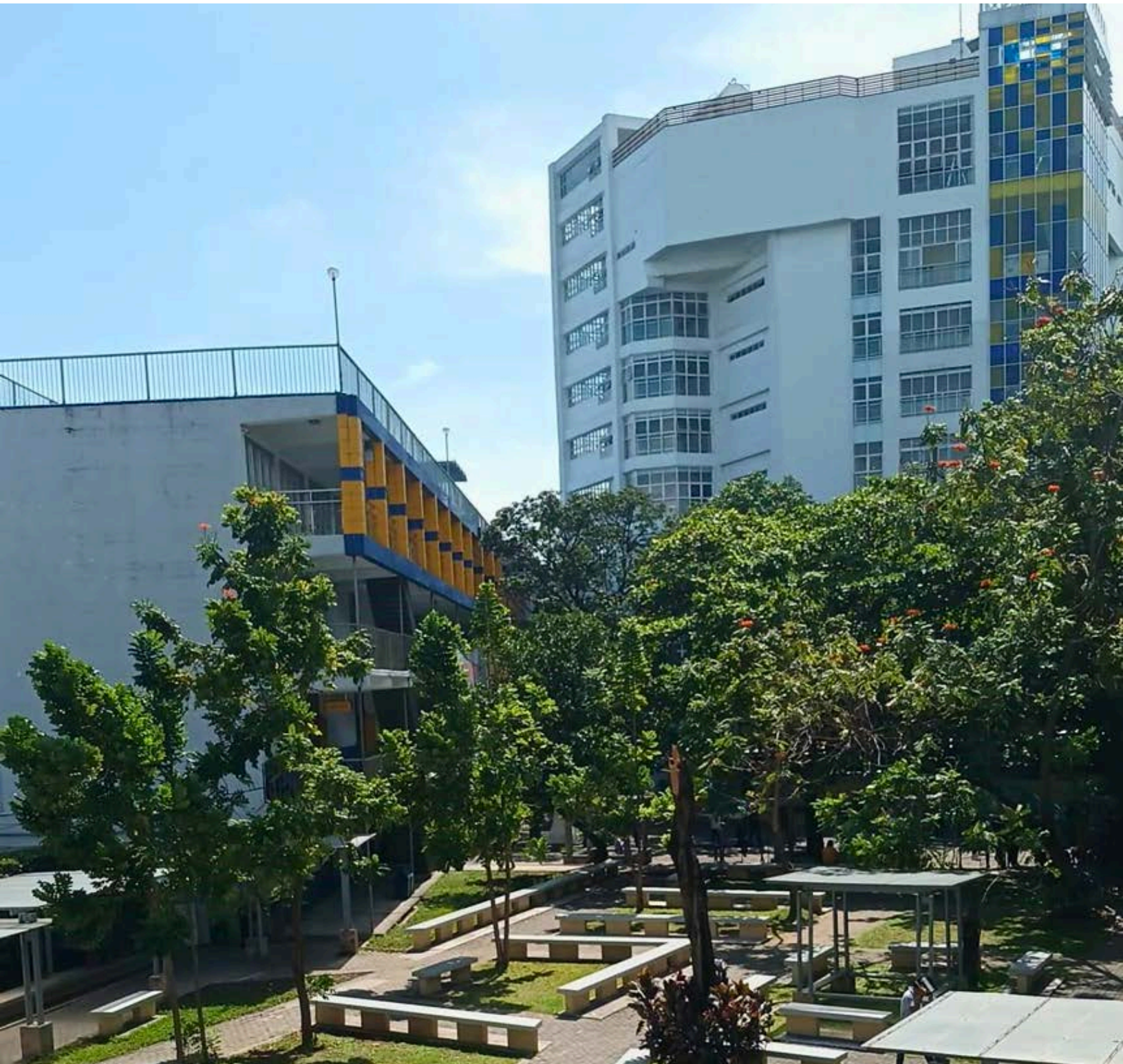


REVISTA

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REVISTA

Revista, as coined by Dr. Allan Galvez in a Naming Contest last August 2022, means *magazine* in Spanish.

COVER



Have you visited JRU lately? The alumni can see both new and old buildings. The Centennial Building at the right side of this picture, which is newly constructed, as well as Building C at the left (with blue and gold posts) which is “old,” symbolize JRU’s commitment to advancement. The new building evokes hope for a brighter future while the “old” building triggers happy memories of beautiful experiences.

Photo: S. Cabeliza

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Find your Inner Hero

A WORD FROM THE EDITOR

OVERCOMING DISSERTATION WRITING CHALLENGES

Having finished one's doctoral studies should contribute specifically to the university's development and generally help in nation building. This is aligned with the lesson from Dr. Avelino Caraan, Jr. who said that doctors cure society's ills.

Do you know how I finished my dissertation? With the Lord's grace and mercy, and with the help of my respondents, adviser Dr. Joy Famini Fabic, JRU Graduate School teachers such as Dr. Maria Corazon Rubinos, Dr. Avelino Caraan, Jr., Dr. Auxie Salvosa, and Dr. Violeta Jerusalem, I was able to finish it amidst the pandemic. Research Director Dr. Ching Limjap helped me look for researchers who had done meta-analysis. Vice President Mr. Gion Fabella searched for a meta-analysis book and found one authored by Cooper in the library. I was searching for a Filipino who has done meta-analysis, but none.

They say that it takes a village to take care of a child. Similarly, in the academe, it takes the whole university to help the doctoral student finish her dissertation.

The beauty of research is that the researcher builds upon the previous studies of other researchers. Here are some ways that I practiced in this journey.

Looking for Quantitative Methods. The security guards of the neighboring JRU schools answered the phones and informed me that the students and teachers have online classes. There was no way to conduct surveys. There was no way to undertake experiments, since there were no available students in face-to-face mode.

Meta-analysis to the Rescue. I came across Dr. Terri Pigott, of Georgia State University, who spoke about Meta-Analysis in videos posted on YouTube. She had written some articles in online journals. I emailed her and asked her available time. My one-on-one consultation turned out to be a webinar for my graduate school teachers and classmates. We attended it via Zoom at 9:00 PM (Philippine time; 9:00 AM USA time). Another professor from the Netherlands gave his classroom lecture videos on meta-analysis. He is Dr. Robert Suurmond of Maastricht University. Meta-analysis is a combination of findings of multiple studies investigating a common topic.

Exploring Qualitative Methods. I emailed universities that are members of associations of educators and university marketing personnel. I was able to find one foreign university and three Philippine-based universities. The respondents granted an in-depth interview with me, although I cannot disclose the names of these respondents, due to confidentiality.

Using the Dissertation. I graduated with Academic Distinction in 2021, with the generosity and kindness of my family, adviser, teachers, meta-analysis experts and university officials. Now I am applying parts of my dissertation to my work in the Alumni Development Office. The title is *School Brand: Its Association with Enrollment and Retention*. I came from the marketing and advertising research industry, that's why I was inclined to research about this topic. Indeed, research needs a practical application to be more appreciated. #HusayRizal #Findyourinnerhero

All the best,
Dr. STELLA MAY CABELIZA



JRU Graduate School library, my home for 2 ½ years

PRESIDENT'S MESSAGE

REBUILDING

The pandemic has given us time to reflect and pause. In my case, amidst the daily posts I sent out to the community over the past three years, I did think a lot about the role of alumni, and how Jose Rizal University could partner with all of you to help the university forward past the pandemic, into this post-pandemic New Normal.

Much of that reflection resulted in deciding to set up the Alumni Development Office (ADO) just over a year ago, as the expanded version of our Alumni Office. Historically, the University's interaction with the Jose Rizal University Alumni Association (JRUA) has been through the Alumni Office, which functioned as its support arm (and still does). The Alumni Office was first created on January 7, 1980 when it was provided with a secretary who reported to the Athletics Director, who was then sitting in the alumni board and served as the liaison between the Alumni Board and the University.

Last year, it became clear of the need to recognize the pivotal role that our alumni needed to play in the fulfillment of the University's Vision and Mission.

The University recognized it needed to work with alumni on several internal projects (from database development, to branding, to career talks, to employment partnerships and grants) – that would have different timetables from the equally-important priorities of the JRUA – but that it needed to still support and protect the independence of the JRUA as the main voice for the alumni. It was thus necessary to restructure the office, so that it could co-equally continue its support for the JRUA, while working on JRU's strategic initiatives. These needs led to the creation of a *development* office, an alumni-partnering approach common in universities here and abroad.

All these take guidance from the University's Mission and Vision. The Mission is to *"develop its students to become useful and responsible citizens through the effective transfer of relevant knowledge and desirable values."*

The Vision is that “JRU will be a market leader in the use of technology for innovations in teaching and learning to produce graduates of social importance.”

I am proud to say that these aspirations are captured by our alumni, around the Philippines and the world. Alumni have exemplified the concept of “useful and responsible citizens,” and “graduates of social importance.” Locally and internationally, they have reached out to us through our online events as well as by updating their personal profiles. They are versatile and make a difference in the communities they serve: they work as nurses, technicians, accountants, software developers, hotel coordinators, shipping administrators, business owners and professionals, among others.

Those who could, came back to the University during the University Week

2023 and assembled themselves in the Alumni Booth. They traveled around the newly-constructed Centennial Building, saw our hyflex classrooms, the mini-hospital, the mini-hotel, our teaching kitchens, and commended the innovative exhibits of students. As they toured the modern facilities, they became nostalgic and preferred to see the old classrooms. They happily recalled their childhood and teenage years. One alumnus was so moved to give scholarships to the JRUA, and pledge a facility for the College of HTM.

I welcome all of you to enjoy this issue of *Revista*, and the hopes it brings for our future together. JRU is a home for all Rizalians, each a Hero willing and able to make a difference in their communities. At JRU, we challenge students to Find Your Inner Hero, our most recent being the NCAA Track and Field Team, that recently successfully defended its championship, with back-to-back victories.

#HusayRizal #FindYourInnerHero!

Best regards,

Dr. VICENTE K. FABELLA
President



Photo: S. Cabeliza



JRU ALUMNI ASSOCIATION (JRUA) OFFICERS

President:

Ernesto E. Victorino, HS '72 and MBA '98

First Vice President:

Efren Y. Dimalanta, HS'54 and BCS' 57

Second Vice President:

Rhea P. Topacio, HS '78 and BCS '82

Secretary:

Divina Gracia C. Cabrera, HS' 78

Assistant Secretary:

Loretta Devi M. De Leon- ES '74 & HS '78

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Elenita V. Fresto, HS '78 and BCS '82

Assistant Treasurer:

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Niño T. Quintos, ES'89 and HS'93

Jowin B. Pellas, CO'20

Jomel Dela Cruz, HS'97

Rochelle Flores, CO'23

JRUAA INDUCTS NEW OFFICERS

The Jose Rizal University Alumni Association (JRUA) officers took their oath of office before Jose Rizal University President Dr. Vincent K. Fabella on April 28, 2023 at the Centennial Building.



Mr. Ernesto E. Victorino, President
Photo: S. Cabeliza



Atty. Leo G. Berenguer (HS'88), Guest Speaker
Photos: G. Cabrera

2023



From left to right: Mr. Dela Cruz, Ms. Pellas, Mr. Quintos, Mr. Ortega, Ms. Beltran, JRUAA President Mr. Victorino, JRU President Dr. Fabella, Ms. Cabrera, Ms. De Leon, Ms. Fresto, Mr. Navarro, Mr. Martin, Mr. Dimalanta, and Mr. Rayos



PRESIDENTIAL AWARDEES WITH THE JRUAA OFFICERS

From left to right: Atty. Carroll Tang, Mr. Daniel Cabaña, and Dr. Evangeline De Jesus. (All holding beautifully crafted plaques.)



From left to right: Mr. Navarro, Alumni Relations Coordinator Ms. Jillian Dela Cruz, Mr. Quintos, Ms. Pellas, Ms. Cabrera, Ms. Beltran



Young Rizalian Ukulele and Ensemble

INDUCTION CEREMONY 2023

Photo Credit: Gabrielle Angela D. Santos

ALUMNI FOCUS

DR. MARGIE U. ALCAIDE

DR. ALLAN F. GALVEZ

ATTY. CLARISA A. TIMBANG



The Dean Who Sees
Unlimited Opportunities

The Dean Who Named
The Revista Magazine

The Calm Lawyer

ALUMNI FOCUS

Dr. Margie U. Alcaide

THE DEAN WHO SEES UNLIMITED OPPORTUNITIES

"You have the potential to go a long way, so do not be tired in persevering."

Father's piece of advice to Dr. Margie Alcaide

Dr. Margie U. Alcaide is an adventurous person, who is guided by her father's advice:

You can be better than what you are doing.

FROM INTERNATIONAL TEACHING TO LOCAL TEACHING

Dr. Alcaide was an instructor in Qatar International Safety Center in Doha, Qatar for four years. Safety courses may include emergency response training, sea survival training, among other related courses. She was the instructor in the theoretical aspect while another instructor taught the practical approach. Here students were adult learners.

She has a US certification in Preparing to Teach in the Lifelong Learning Sector (PTLLS). This is like Training the Trainers. A Safety Officer will train his subordinates, for instance.

International teaching gave a higher salary. In Qatar, there is a distinct respect over women instructors.



DR. MARGIE U. ALCAIDE

MA in Education, 2016

Doctor of Education, major in Educational Management, 2019

Dean - College of Education, Arts and Sciences, JRU

Dr. Alcaide provides the extra mile in teaching. She allows the students to process learning. She asks "Did you understand my lesson?" She is motivated because her students consider her as an ideal teacher.

FROM TEACHING TO CHAIRING A DEPARTMENT TO BEING A DEAN

She was a Junior High School teacher prior to moving to the College of Education, Arts and Sciences. She became the Education department chair. After three semesters, she became the Dean.

She described her leadership and management style.

I try to lead by listening to them. I try to give them a chance to speak. From being a listening ear, I must guide the teachers. They are the frontliners to the students.

She is leading one hundred four (104) teachers including seven (7) Department Chairs. It is not a small feat, she said.

In performing the shift from one role to another, from teaching to chairing and department to being a dean, Dr. Alcaide has described this as a smooth transition. It is also a swift transition. Indeed, she has manifested her father's piece of advice as you can be better than what you are doing.

FROM LOCAL SCHOLAR TO FULBRIGHT SCHOLAR

She took her Master of Arts in Education and Doctor of Education major in Educational Management in Jose Rizal University. She only paid the miscellaneous fees.

She is a recipient of a Fulbright scholarship program in the Philippines for the International Leaders in Education Fellowship Program which was fully funded by the government of United States through International Research Exchanges (IREX). She was assigned in Arizona State University. She enrolled in three (3) subjects and one of these is Young Adult Literature.

One of the teachers who mentored her was Dr. James Blasingame.

Every day, you are like in a theater. You are like in a play. Do you know why? He is dressed up in a costume that is related to the topic.

He was kind and generous. He gave away books to Dr. Alcaide and her classmates.

Get as many as you want.

He had creative teaching strategies.

We had an open university. May pakulo ang bawat program. Nag play kami ng one scene in Harry Potter. He gave me a role. I was Dementor (These are monstrous creatures that remove happy memories and feelings of a human being). Kunwari, aatakihin ko yung bata (audience). "I don't like you!" sabi ng bata. Tinanggal ko yung mask. Sabi ng nanay, "Oh, she is very beautiful!". Sabi ng bata, "Don't be bad".

He praised Dr. Alcaide for that performance and said that she can "act innately".

He is humble and modest. With all the accolades that he has received, including a Lifetime Award, he went down on his knees and wiped the water spilled on the classroom floor.

He invited the Cinderella book author so that his students can ask questions. Then he brought his class to a publishing house where a book author was launching his book.

Dr. Blasingame always supported Dr. Alcaide in conferences and trainings. They both had respect for each other in the academe. He has seen her potential. "Your school is blessed to have you", he said.

AWARDS AND REWARDS

When Dr. Alcaide was the Department Chair of the Education Program, she was named as the Outstanding Research Advocate by Asia Pacific Association of Educators Training Institute (APAETI). She received the Guro Excellence Award on January 10, 2021.

She has visited the United States, Indonesia, Malaysia, Cambodia and Vietnam due to research and academic-related matters.

ADVICE TO STUDENTS

Dr. Alcaide said that students should envision themselves on how they can see themselves years from now.

Begin with the end in mind. How do you design yourself? How do students design themselves? Even as early as first year, where do you see yourself after 4 years? How do you want to see yourself 4 years from now? If you want to become a good teacher, design yourself as a good teacher. If you want to become a dean, design yourself to be a dean.



Photos: M. Alcaide

HER FATHER AS A GUIDING FORCE

Her father, who was a good provider, was a sanitary inspector in Cagayan Valley. However, he was a frustrated medical doctor. He was a voracious reader with a broad and deep vocabulary. That is what she emulated in him.

I can see you, Margie, that you will go to the US”.

That was one of her father's visions for her and indeed, Dr. Alcaide went to the US to study. Indeed, Dr. Alcaide has bloomed into an excellent daughter.



As a Dementor in Dr. Blasingame's class, during Fulbright scholarship, USA



ALUMNI FOCUS

Dr. Allan F. Galvez

THE DEAN WHO NAMED THE REVISTA MAGAZINE

Do you know who coined the word "HusayPreneur", the Entrepreneurship program of the College of Business Administration and Accountancy? Do you know who named our alumni magazine called *Revista*? Do you know who came up with "Husay Rizal"?

"Sometimes customers are drawn to the name of the product. Perhaps this is part of my training while in the industry. The basis of the topic is what interests me and matters on which I am knowledgeable".

He may well be a Copywriter, the person who gives names to objects or concepts. That is a role in advertising. But we are in the Academe and we are talking about Dr. Allan F. Galvez, Dean of the College of Business Administration. He loves to fuse words and phrases to come up with names. The dean believes in serendipity. Serendipity is finding pleasing things that one has not been searching for. He found his passion in the academe.



Dr. Allan F. Galvez

Master in Business Administration, 2002
Dean - College of Business Administration
and Accountancy

He found fulfillment in teaching. He now can spend more time with his family. Working in the academe has flexibility. One can define the lessons. In academe, there is a transfer of knowledge from teacher to student. Whereas in industry, the salary is higher but there is not enough time for the family and for oneself.

BEGINNINGS IN SUPPLY CHAIN

What is the Supply Chain? These are procedures involved in the manufacture and distribution of a product.

Dr. Galvez took up BS Accountancy. But his first job interview was for Distribution Planner in Universal Robina Corporation, and he was hired immediately,

I was a working student in my uncle's office. I did not have an idea about what a distribution planner is. I applied as Accounting or Audit staff because I am an Accountancy graduate.

He explains the importance of the Supply Chain.

In supply chain, the company depends on you, on how fast you can deliver, how fast you can meet the deadline in the logistics world. "

When he was not yet a regular employee, he was able to evacuate the finished goods from the warehouse in their Tarlac Plant during an employees' strike. That's why he earned the respect of his officemates.

I was able to deliver, to execute well.

Eventually, he learned to love the job. He rose in the corporate ladder, from being a Distribution Planner, an Assistant Warehouse Manager, Warehouse Manager, Distribution manager, then Supply Chain Manager.

FROM NON-TEACHING TO TEACHING

Dr. Galvez had a smooth transition from non-teaching to teaching. He found out that working in the academe is his passion.

In working with the academe, you have more flexibility, in terms of time and manner of delivering your objective.

You have the luxury of flexibility. Your objective is to deliver lessons with the hope of inculcating lessons. Sharing your work experiences in the industry to the students with the hope of guiding them also.

In the Industry, you follow some standard or criteria that you have to work with. That's why I know that my life is in the academe. That interest was triggered when I was in graduate school. I made a pact with myself that after graduating from masters, I will teach in academe. Even on a part-time basis lang, but I was always transferred from one area, that's why I was not able to teach immediately.

Almost a decade after my masters, I was able to teach. We cannot tell what will happen to us.

Dr. Galvez was not culture-shocked toward JRU.

I found JRU to be more conducive. Working in the industry is so hectic, so studying is like a diversion: new game, new environment, sharing of ideas.

TEACHING IS IN THE BLOOD

Decision making in the family involved Dr. Galvez asking his father about teaching. His father was a teacher in De La Salle Araneta University who shifted to government service.

The first person I consulted. He said that it is a good decision. But the salary is lower than the salary in industry. There is a big difference in the salary in the academe versus the industry. Money is not the main source of happiness. That's when I realized na ang passion ko ay teaching.

Dr. Galvez's relatives are also teachers. As a teacher, he specializes in Supply Chain Management; Logistics; Production and Operation Management; Finance Management; Business Analytics; Total Quality Management (TQM); Strategic Management and Business Policy and Marketing subjects.



In addition, Dr. Galvez has completed the Capital Market Investment Teaching Accreditation Program (CMITAP) from the Capital Markets Institute of the Philippines, Inc. thus qualifying him to teach Finance subjects.

LEADERSHIP IN THE ACADEME & INDUSTRY

There are similarities in terms of management.

Your role is to guide the group. There is a goal. Make sure that the goal of the college is being met. Make sure that you are hiring the right people, seamless yung operation. Management - you have to plan, basic management role- plan, organize, direct and control. You have to be on top of everything. You meet a lot of people. You are the leader.

Some differences that Dr. Galvez has pointed out are the objectives of the industry and the academe and how these objectives are achieved.

In the industry- more on towards business- focused problem, deadline-driven, profit-oriented, focused on solving these problems. In the Academe- research, discovery, focus on seeking knowledge, gaining more knowledge to transfer to students.

THE DEAN AS RESEARCHER

Another outstanding feature of Dr. Galvez is that he comes up with unique topics in research. These topics emerged from the practical perspective during his industry stint.

RESEARCHER WITH THE BEST PAPER

Dr. Galvez's paper was adjudged as Best Paper in the Business Category in 2019 in the International Conference on Business and Technology as a requirement for a degree in PhD in Business Management. The paper is entitled "Warehousing and Distribution Management of National Food Authority (NFA) Rice in the Philippines: Best Practices".

It is about warehousing and distribution management. He said that Dr. Andres Navarro, father of Senior High School Principal Mr. Romel Navarro suggested that Dr. Galvez will study the supply chain on rice. His research study went on smoothly and he discovered significant findings about rice, which until now, his study can give birth to various related studies.

My father used to work in the Philippine Rice Research. He had contacts. Rice is the staple food of Filipinos. It is a political product. There is a great impact if there is no rice. The NFA rice was controversial. I discovered a lot about the rice industry. The offshoots of my research are rice tariffication, Mekong River, etc. My research advocacy is that the number of farmers is being depleted. Who will work as a farmer? Succession problem. The rice land is getting scarcer, therefore we will become dependent on imported rice. How come the Thailander, Vietnamese come here to study agriculture? We are importing rice from them. Our farmers are dependent on rain. As compared to Thailand and Vietnam, they harvest twice or thrice a year because they have the Mekong River. Natural irrigation. Modern. Mechanized. So they sell rice at a much cheaper price.

Table 1. List of Published Research Papers

Title of Paper	Name of International and National-Refereed Journal	Year
“Warehouse and Distribution Management of National Food Authority (NFA) Rice in the Philippines: Best Practices”	JRU Business, Education and Law Journal, 3.28.19	2019
“Comparative Study on Good Warehousing Practices: Basis for Producing Food Quality Products”	HOST RESCON 2019 (Hospitality and Tourism Research Conference)	2019
“Warehouse and Distribution Management of National Food Authority (NFA) Rice in the Philippines: Best Practices”	International Organization of Educators and Research P-ISSN 2651-7701 E- ISSN 2651 – 771X	2019
The Effectiveness of a Graphical Form Lecture on the Learning Comprehension of Jose Rizal University College Students.	JRU Business, Education and Law Journal 3.35.16	2016

My research now is sustainability of rice farming. Succession plan of farmers. Another research is rice importation and Mekong river.

EXCELLENT RESEARCHER, PROLIFIC SPEAKER

In 2014, Dr. Galvez became a member of the pool of instructors in the Philippine National Police. He started teaching two courses: 1) basic logistics course for non-commissioned officers and 2) logistics management course for officers.

Recently, he began speaking about Gender and Development. Last February 10, he spoke about Gender Responsive- Based Approaches in the Governance, Research Instruction and Partnership for Sustainability of the GAD Program, in the National Seminar- Workshop organized by the Philippine Association of Gender and Development Advocates, Inc. (PAGDAI). During Women’s Month, he spoke about Magna Carta of Women on March 10, invited by the LGU of the City of Mandaluyong.

His upcoming speakership will be on April 28 where he will talk about “Strategies That Drive Success” in a lecture series conducted by the College of Business Administration and Accountancy.

CHED SCHOLAR IN HIS DOCTORAL STUDIES

Dr. Galvez availed of the CHED scholarship in which JRU is the sending school, since he graduated MBA from JRU and the Centro Escolar University (CEU) as the receiving school. He chose CEU because of its proximity to his workplace and residence.

CHOOSING JRU FOR HIS MBA

Location is the most important factor for Dr. Galvez.

I am from Mandaluyong. Proximity from my work in Pasig, malapit lang. The Tower was newly constructed; teachers are efficient; facilities are beautiful.

One anecdote, I almost gave up studying in the subject of Sir Ted Calaguas. My group mates were absent. I was the one who answered all the questions of my teacher. It feels like a massacre. I asked myself, shall I give up? I was able to gain respect from my classmates. Because they saw that I still answered the questions even if these were difficult to answer.

MEMBERSHIP IN ORGANIZATIONS

Dr. Galvez is a member of Philippine Society for Educational Research and Evaluation, Inc. (PSERE) and International Organization of Educators and Researchers Inc. (IOER)

WHAT CAN JRU DO FOR YOU AS AN ALUMNUS?

Dr. Galvez is always thankful of JRU.

Opportunity to become part of the academe, in whatever capacity. Any opportunity to help JRU.

ADVICE TO STUDENTS WHO ARE SEARCHING FOR THEIR PASSION

The Dean believes in Serendipity which in his own words mean "you are not looking for it pero kusang dumarating".

Always remember what makes them happy. Your passion will come naturally. If you are a new graduate, you have the luxury of time to explore. What is my sense of purpose? You will realize it. Work first in the industry, then look for your passion.

While I was studying my MBA, there was a movie entitled "Beautiful Mind". The main character wanted to teach. He wants to be part of the academe. That is his fulfillment in life. Similar to the character, I want to be a teacher also.

Your passion will be revealed unexpectedly. That is what I call serendipity.

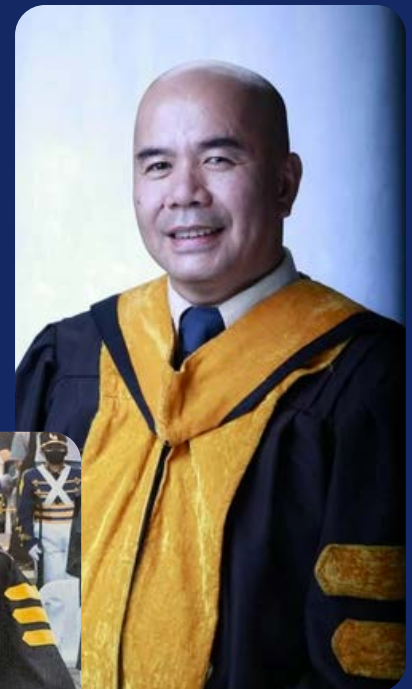
My classmates cannot imagine that I am now teaching. Those from La Union. That I became a Dean. But I proved them wrong. That was my motivation.

Let me borrow a quote from Napoleon Hill who wrote Think and Grow Rich.

"The starting point of all achievement is DESIRE. Keep this constantly in mind. Weak desire brings weak results, just as a small fire makes a small amount of heat."

In closing his piece of advice, Dr. Galvez said that:

"You cannot improve what you cannot measure".



Photos: A. Galvez

ALUMNI FOCUS

Atty. Clarisa A. Timbang

THE CALM LAWYER

Do you know how to keep calm, despite the pressures at work? Our alumna, Atty. Clarisa A. Timbang surely practices this calmness. This is manifested in her gentle voice, her way of doing things and in the decisions that she makes. She is the Senior Legal Counsel of Globe Telecom, Inc.. She has been working in this company for 15 years. She took up her law degree from our Law School in 2014 and passed the Bar in 2015.

AS A LAW STUDENT, TAKE THE TIME TO READ.

She shares that she reads during lunch break in her office. She takes lunch for 10 minutes, and then the rest of the time, she reads. Her professors taught her that one must always read and understand the provisions by heart. They reminded her that “during the review proper, it should not be the first time to read the provisions.”

MY JRU LAW PROFESSORS GAVE US VALUABLE GUIDANCE.

She is thankful for her professors for giving her the correct direction as to what to focus her time on and what she must do to prepare herself in taking the Bar.

“What I love most in JRU Law School is the invaluable guidance from the professors on where to focus on your limited time. We were told to concentrate on fundamental



Atty. Clarisa A. Timbang

LLB 2014

Senior Legal Counsel, Globe Telecom

laws and not so much on the cases. Sa dami ng decided cases, di mo mababasa lahat iyan. Kahit anong cases will come up sa Bar, you will have the capability to answer it, as long as you know the fundamentals of the law.”

Teachers, according to her, are very important in the law school journey because they are the primary source of knowledge and guidance for the students. Therefore, their competencies should be strengthened. Benchmarking with other universities on the best practices also helps.

SELF- DISCIPLINE IS ONE KEY TO MEET YOUR GOALS.

If one’s priority is to study, then you must have self-discipline, she highlighted. This includes maximizing one’s time to be productive, to practice time management and to know one’s priorities: which comes first?

"When I was in law school, wala munang parties, no celebrations with friends and weekend getaways. I was a working student then so when it comes to work, focus talaga to deliver your tasks. During lunchtime, I spend it to catch up on reading. Sacrifice and discipline are of great help. Otherwise, mahirap i-sustain because you really need to allot time everyday to read."

ADAPTABILITY IS ANOTHER KEY.

She reminded that one must be adaptable in order to cope with one's workplace concerns. She reads books on leadership and other topics that would improve herself so that she could always do her best as a leader.

"As we go up the ladder, self improvement is inevitable. In order for us to effectively assume and perform higher roles ... continuous learning is one of the secrets. Kailangan maging adaptable."

TO WHOM DO YOU DEDICATE THIS ACHIEVEMENT FOR?

Why are you studying Law? Why do you want to become a lawyer? These are the questions that are clear for Atty. Timbang. She knows what she wants. She knows why she wants it. She knows how to achieve what she wants.

"It all boils down to your inspiration which is your family. Yun ang main reason to pursue and survive."

Entering law school is not a joke, yung requirement niya for you to study every day and for you to pass the subjects is a serious one. Hindi ka lang aasa sa swerte. You need to do your part. Decide what you want to be. To whom you dedicate your success."

Her husband was the one who encouraged her to take up Law. Her family is her main motivation in achieving her goals.

WHEN YOU ARE A LEADER, YOUR FOCUS IS ON YOUR PEOPLE.

The leader must respect and prioritize the welfare of his people. In the workplace, there are different beliefs and opinions, hence, respect is very important.

"You need to practice deep listening skill for you to be able to understand your people. Being a leader is not about yourself. Hindi pwedeng ikaw lang ang laging tama. Positive influence, providing some respect are some important traits of a leader. Given these, it will not be difficult for them to follow the path that you want them to go."

A leader must be aware of himself. She said that to be self-aware, one must have the "ability to discern" and "know the impact of your actions to others".

"We should always watch our actions to avoid hurting the feelings of others. Importante iyan sa workplace. Kahit sa kapitbahay, if we are cautious in dealing with them, wala tayong makakaaway."

AS A TEAM PLAYER, YOU MUST LEARN FROM THE JOURNEY.

She observed that the younger generations nowadays need to practice more patience as they go up the corporate ladder. They should enjoy the journey, improve themselves while they are preparing to achieve their goals and learn from the lessons along the way. She emphasized that they should be more adaptable to the working environment and consider the pros and cons before jumping from one job to another.

REMEMBER THE PEOPLE WHO HAVE HELPED YOU.

Gratefulness is another trait that she reminds the readers to practice. This is remembering the persons who gave their kindness, time, and generosity in showing their support.

"The moment you realized your dream, remember those who helped you along the way and express your gratitude for everything they did."

Atty. Timbang has shared her time and words of wisdom last July 30, 2022, as she spoke about *How to Keep Calm* in the online alumni event. Calmness indeed would make a person think clearly, decide wisely and know what goals to pursue.

Note: This story was reprinted from the Blog Young Ones, Young Once found in the JRU website.

UNIVERSITY WEEK 2023

ALUMNI ACHIEVERS BOOK CORNER



Project of our JRU University Library
Led by Mrs. Rosela Del Mundo, University Librarian
With Ms. Rechy Llamas (alumna), as coordinator
In cooperation with the Alumni Development Office
Special thanks to Ms. Lilia Lardizabal (alumna)



AILEEN NAVOR HERMOSO
Elementary 1977, High School 1981
Businesswoman

Favorite Book: The Year of the Princess
Author: Gordon Honeycombe
Rationale: Princess Diana was beautiful inside and out. She's elegant and sophisticated.

**DR. ALLAN F. GALVEZ**

Master in Business Administration, 2002
Dean, College of Business Administration and Accountancy
Jose Rizal University

Favorite Book: *Think and Grow Rich*

Author: Napoleon Hill

I love this book because it gives me a burning desire to place myself as if I have achieved something already. As if I have achieved the result. The book creates a mindset using the power of imagination to build new realities.

MR. LEO BENJAMIN L. JERUSALEM

Master in Business Administration, 2020;
Doctor in Business Administration (ongoing)
College Professor & Program Coordinator

Favorite Book: *Introduction to Food and Beverage Services (2nd ed.)*

Author: Leo Benjamin L. Jerusalem

Rationale: He was the one who wrote this book, including the first edition. This was based on his personal experiences in food and beverage industry.

**MR. ELEUTERIO TIMOTEO**

Master in Business Administration, 1998
College Professor

Favorite Book: *Mathematics of Investment Made Simple*

Author: Dr. Felina C. Young

Rationale: He loves the problem solving situations in the book, which guide him in his class.

**MRS. RAMONA CHRISTINE G. MATIBAG**

Bachelor in Secondary Education, 2018 (Cum Laude)
Senior High School Faculty

Favorite Book: *Speak Up- A Worktext in Speech and Oral Communication*

Author: Rommel Madayag

Rationale: This book helps develop public speaking skills and self-confidence. It encourages readers to speak the truth.

**MS. MICHENELA GRACE M. ESTRADA**

Bachelor in Secondary Education, 2018 (Cum Laude)
Senior High School Faculty

Favorite Book: *The Mark of Athena*

Author: Rick Riordan

Rationale: Fascinated with Greek Mythology. Athena means Goddess; connected with Percy Jackson and The Olympian series.



**ATTY. AMADOR F. BRIOSO, JR.**

Elementary 1972, High School 1976

An author, banker, lawyer, and publisher

Senior legal advisor in a Riyadh-based Saudi digital bank

Favorite Book: *Jose Rizal: Life, Works and Writings*

Author: Gregorio F. Zaide

Rationale: Atty. Brioso keeps learning a lot of things about the life and works of the National Hero, making him love all the more everything about Rizal and books written about Rizal (or what is termed as Rizaliana).

MS. PRINCESS BHEA C. ROMANA

BS Accountancy, 2022 (Cum Laude)

Budget Assistant

Favorite Book: *Intermediate Accounting*

Author: Nenita Robles and Patricia Empleo

Rationale: The book gave me guidance on how to apply Accounting in real life situations. It has increased my self-confidence.

**MRS. PRECIOUS JOY G. CAUNTAY**

Student Development Coordinator

Favorite Book: *Empowerment Technologies*

Author: Innovative Training Works, Inc.

Rationale: I consider this book as one of my favorites because of the content that I think is helpful to all people of all ages. It gives the foundation of knowledge and skills required in using the computer and internet. It helps us improve skills and discover the world of technology.

The content is very light; explanations are easy to understand and provide a lot of examples related to our daily lives with technology involvement.

**MRS. AGNES S. DAQUINA**

Bachelor in Secondary Education major in English, 2000

Discipline Coordinator

Favorite Book: *An Introduction to Qualitative Research Methods and Report Writing*

Author: Diana Mendoza and Ma. Lourdes Melegrito

Rationale: A book is a friend who is always there to help us. Friend whom I can count on most of the time. Research as the lion's share, find it so "boring" because it has a lot of reading and searching. But what they do not know about Research is that it is connected with our studies and our daily living. For me, what matters most is Research. It has a very special spot in my heart.

**MS. LEODELYN S. GALIT**

BS Commercial Science, 2009

Budget Assistant

Favorite Book: *The Power of Positive Thinking*

Author: Norman Vincent Peale

Rationale: This book guides me on how to deal with stress, anxiety, and other challenges experienced in daily life, through the power of positive thinking. It also emphasizes tips on how to keep calm.



ALUMNI EVENTS

ALUMNUS LAUNCHES LATEST BOOK

Dr. Lino L. Dizon (AB History 1981 and Commissioner at the National Historical Commission) launched his latest book on March 29, 2023 at University of Sto. Tomas. Title: *Imprenta de Ramirez Y Giraudier*. Her Excellency Hon. Luli Arroyo, Ambassador to Austria was the special guest. With Dr. Stella May Cabeliza is History faculty Dr. Aloha Villapando Aguirre, an alumna.



*Alumnus Launches Latest Book
(Photos: S. Cabeliza)*

ALUMNI SPEAK IN HUSAYPRENEUR PROGRAM

Last March 25, 2023, the College of Business Administration and Accountancy (BAA), led by Dean Dr. Allan F. Galvez, organized the HusayPreneur Program. Five (5) speakers, three (3) of whom are alumni, spoke about *How to Start a Business*.

The alumni are Ms. Jessica Avila, Mr. Justin Bereber and Mr. Herbert Garcia. The non-alumni are Mr. Melvyn Isidro and Mr. Tony Nola.

Dr. Philip Zerrillo, Guest Speaker, talked about Entrepreneurship. The audience are BAA students and teachers.



*Alumni Speak in HusayPreneur Program
(Photo: Nikko Dumlaog)*

ALUMNI JUDGE COMPETITION

The College of Computer Studies & Engineering (CSE) celebrated its College Week on April 27 to 29, 2023, through various activities. One of the activities is the Business Pitch Competition.

Three alumni were invited as judges. These are from left to right: Dr. Cherrylyn Albayalde, Ms. Celine Ventanilla and Dr. Mary Grace Batac.



*ADO Invites Alumni as Judges for CSE
(Photo: S. Cabeliza)*

ALUMNI SHARE IDEAS IN LECTURE SERIES

Dr. Allan Galvez, College of Business Administration and Accountancy Dean and Dr. Jhon Ven Saint Pasahol, faculty, enhanced the knowledge of the student audience during the College Week last April 28, 2023 at Building G. Dr. Galvez discussed *Strategies that Drive Successful Brands* while Dr. Pasahol talked about *Understanding Consumer Behavior*. A total of 268 students from public and private schools graced the event. The lecture was conducted in hyflex mode for students from the Mataas na Paaralang Neptali Gonzales (MPNAG), Addition Hills Integrated School (AHIS), Eulogio Amang Rodriguez Institute of Science and Technology (EARIST), Juan Sumulong High School and JRU.

ALUMNI COME HOME TO CSE DURING COLLEGE WEEK

The College of Computer Studies and Engineering has a strong unified alumni. These alumni are always available whenever their alma mater needs them. They gave inspiring advice to students during the College Week last April 29, 2023 at GCL-4. Coming from various programs within the college, the alumni speakers were as follows: Pamela Joyce Kiang (BSIT), Ariel Martinez (BSIT- BA), Engr. Carlos Cartera (BSECE), Engr. James Maniable (BSCpE), and Dyon Bacudio (BSEMC-DAT). The picture shows the alumni speakers, College of Computer Studies and Engineering Dean Engr. Liza Reyes, OJT Coordinator Ms. Jyr Marie Reyes, faculty and ADO Head Dr. Cabeliza.



Dr. Allan Galvez
(Photo: JRU Fun Shots FB Page)



Dr. Jhon Ven Saint Pasahol
(Photo: JRU Fun Shots FB Page)



Photo credit: JRU Computer Society FB page

The background of the page is a photograph of a window with yellow and blue panes, looking out onto a cityscape. The window frames are dark brown. The panes are arranged in a grid pattern, with some panes being yellow and others blue. The cityscape is visible through the panes, showing buildings and streets.

REVISTA

The back cover shows the beautiful Centennial Building's windows, captured by Ms. Airah Antonio, our alumna who garnered Third Place in the Licensure Examination for Teachers (LET). The windows serve as protection to students, teachers, and other stakeholders of JRU. Protection against the harsh weather, storms, heavy rains, and blinding sunshine. At the same time, the windows, when opened, capture the whole world outside of JRU. A beautiful world giving hope of a bright future.

Photo Credit: Airah Murielle Antonio, BEd'15, MAEd'21