

**Our Paramount Duty**  
is to endow the lives of our students . . .  
with the guidance of a moral compass.

# UC: Culinary Champs Once More



From Left: Jose Calonge, Divina Cerilo, Armando Sab-it, UC CHRMT Dean Isagani Paddit, UC OIC-Pres. Reynaldo U. Agranzamendez, Barry Sadlay, Cerile Valle and Romeo Abundo, Jr.

The University of the Cordilleras again asserted its mastery in the culinary world, bagging the championship in both the Art of Ikebana and Ryouri: Japanese Cooking Competitions held as part of the Matsuri Japanese Festival from March 4 to 12 at the Baguio Convention Center.

UC students Armando Sab-it and Divina Cerilo bagged first and second places in the Art of Ikebana category while Cyril Valle, Barry Sadlay and Romeo Abordo Jr., teamed up to win the Ryouri: Japanese Cooking Competition. The UC contingent impressed the judges by showing authentic Japanese arts in their presentations.

The university's triumphant stint in

the Matsuri competitions affirmed UC's preeminent status as Baguio's leading culinary school, highlighted by several awards and victories in various local and regional cooking competitions. Only on its third year, UC-CHRMT has already bagged five overall titles.

The festival, organized by the Office of the Honorary Consul-General of Japan in Baguio City, along with the Japanese Community of Baguio, celebrated 50 years of friendship between the Philippines and Japan by showcasing the Dolls of Japan, the Ikebana, the Nihon No Sado, the Eiga Sai and the Matsuri.

# Teaching Reinvented: UC Holds Faculty Seminar

Staying true to its role as a leading institution in education excellence, the University of the Cordilleras held a development seminar for its faculty, titled "Lecture Forum on Innovative Teaching" last March 11 at the UC Theater.

The seminar handled by renowned author and esteemed educator Professor Henry S. Tenedero underscored the importance of new and innovative teaching methods that will cater the students' individual and collective needs. The long-time professor also stressed the value of a learner-centered curriculum as a requirement in providing excellent education.

In addition, Prof. Tenedero said that teachers should use new and different learning styles as the cornerstones of their instruction. "It is the teacher's responsibility to find teaching styles that would suit the students," said the professor. Accordingly, he presented tips on how to enhance the teaching-learning process. He then added how spontaneity and humor can reinforce the learning process by engaging students in the teaching-learning process. Learning has to

be enjoyable to the students according to him.

Prof. Tenedero also presented the steps to develop a learner-centered curriculum before highlighting the significance of a students' emotional quotient (EQ). According to the country's leading proponent of emotional intelligence, EQ can sometimes be more important than the intelligence quotients (IQ) of students, particularly in relating to them and evaluating them.

"Teachers today should teach not for testing, but for understanding," said Prof. Tenedero, who has written several books on the teaching-learning process and the value of EQ.

Currently the chair of the Center for Learning and Teaching Styles Philippines, Prof. Tenedero is an alumnus of the Asian Institute of Management and the Harvard University Graduate School for Education Learners. He is also the author of "Breaking the IQ Myth", "What Parents Need to Know about Learning", "The HI CLASS Teacher", and "Kabataang Pinoy, Ikaw ay Henryo."

# UC Finishes Second In Computer Tilt

The University of the Cordilleras nearly added another crown to its growing list of accomplishments, finishing second in the Cisco Networking Academy Regional (Cluster A) Skills Competition 2006 held last February 24 at the Holy Angel University in Angeles Pampanga.

The event, aimed to develop the skills of CNAP students in designing, building and maintaining computer networks saw a unique blend of determination, analytical skills and teamwork from all participating universities. In addition, the competition served as another avenue to promote cooperation between Cisco Networking Academy Schools in the Philippines.

UC-CNAP students Ivan Jester Cleofe and Mark Jeffrey Parra, both from BSCS-3 represented the university and nearly pulled off the victory after weeks of exhaustive training under their coach, Carl Michael Monzon. Despite their bridesmaid finish, it still proved that UC remains one of the top universities in the region when it comes to computer expertise.

An intensive 280-hour program, the Cisco Networking Academy Program trains students on the fundamentals of networking, Internet protocols, router and switch configuration, designing and maintaining local area networks (LANs) and wide area networks (WANs). CNAP also teaches students to configure and maintain Cisco products such as routers and switches, preparing them for the CCNA certification exams in the process. Courses offered in the CNAP program include CCNA1-Networking Basics, CCNA2-Routers and Routing Basics, CCNA3-Switching Basics and Intermediate Routing, and CCNA4-WAN Technologies.

# UC Leads Drive Against Women Violence

The University of the Cordilleras Guidance Center, through its Peer Facilitators group held "RA 9262: Violence Against Women and Children (VAW-C) In Perspective," a seminar aimed to increase awareness regarding violence on women and children last February 28 at the UC Academic Hall.

Guest speaker and UC College of Law alumna Mia Joy O Cawed explained the dynamics of Republic Act 9262, which was passed by Congress to safeguard the rights of women and children, especially against any form of violence, whether physical, emotional, and verbal. The practicing lawyer also elaborated the broader scope RA 9262 aside from identifying the important agencies involved in the fight against women and children violence.

According to Cawed, anyone with knowledge about any acts of violence committed against women and children can now file complaints through the appropriate agencies tasked to lessen, if not eradicate violence against women and children. She also described the Battered Woman Syndrome, giving the corresponding symptoms to spot potential victims.

"It is important for students to become aware of the provisions of RA 9262 because they can use that knowledge in not only for counseling but also to protect themselves and their loved ones," said Guidance Center OIC Director Judith Adina, who helped the Peer Facilitators organize the seminar.

UC Vice President for Administration Dr. Angelita A. Padilla delivered a moving opening statement as she reminded the participants about the 80 women of "Abanse Pinay" who died in the Southern Leyte landslide last February 17 while having their meeting.

Attended by UC students and faculty, the seminar is part of the Guidance Center's continuing commitment to service and development supported by student counselors who make up the Center's Peer Facilitators group. The Rotary Club of Baguio named the group as one of Baguio's Ten Most Outstanding Organizations for 2005.



From left: Ms. Joanne Gorospe, UC VP for Academics Dr. Josefina Domingo, Prof. Henry Tenedero, UC Graduate School Dean Dr. Cleofas Basaen and Ms. Letty Epistola