



# The UPLAND Farm

Official Student Publication of Ifugao State University - Lamut Campus



## IFSU grads place 7<sup>th</sup> in CLE, 9<sup>th</sup> in ALE

By: Fraylene D. Buyagawon



**WOMEN TRAILBLAZERS:** Lamut Campus graduates Franie B. Bumilao (left), top 7<sup>th</sup>, and Imee G. Mutal, top 9<sup>th</sup>, set the bar high with pacesetter performance in their respective licensure examination.

Two Ifugao State University (IFSU) graduates landed as topnotchers in their respective licensure examinations. Franie Buyayo Bumilao ranked 7<sup>th</sup> in the Criminologists Licensure Examination (CLE) while Imee Gallawon Mutal placed 9<sup>th</sup> in the Agriculture Licensure Examination (ALE). IFSU also garnered Top 8 among Best Performing Schools nationwide with 86.62% (123 out of 142) passing in the CLE. Moreover, IFSU was declared as the 4th Best School in the country to study Bachelor of Science in Criminology by Local Pulse. net, a digital platform that focuses on educational content.

The Philippine Regulations Commission conducted the licensure examinations on separate occasions in November 2019 and released its results in January 2020.

Bumilao, who was awarded Student Journalist of the Year in 2019 Commencement Exercises, shared that her performance in the licensure examination reflects the excellent quality of education of the University.

“Determination coupled with hard work made me aced the board examination,” she remarked in front of the CCJE undergraduate students during a Thanksgiving Program held for CLE passers at IFSU in February 2020.

On the other hand, Mutal,

who graduated as Cum Laude, said she owes her joining the roster of topnotchers in ALE to good strategy, focus, and discipline during her review days.

Dr. Eva Marie Codamon-Dugyon, University President, lauded the topnotchers for the honor they have brought to the University.

“You both proved the capacity of the University to produce excellent academic services to its studentry, the reason of the IFSU’ existence,” Dugyon remarked.

The two graduates received a cash award of PhP 20,000.00 each from the University for their exemplary performance in their board examinations.

*Continued on page 5...*

## IFSU halts face-to-face classes

By: Fraylene D. Buyagawon

The Ifugao State University (IFSU) suspended the conduct of face-to-face classes effective immediately through an Executive Order (EO) from the University President Dr. Eva Marie Codamon-Dugyon following Presidential Proclamation No. 922, various Commission on Higher Education (CHED) advisories, and other issuances from the Ifugao Local Government due to the widespread of Covid-19 virus.

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## Ray of light in dark times

Undoubtedly, the COVID-19 pandemic brought enormous impacts across all sectors worldwide. One of the areas immensely affected is the educational sector. With the sudden shift of learning mode from in-person to virtual learning, students, teachers, and administrators need to find ways to adapt to the situation.

When the pandemic broke, both teachers and students were apprehensive about the 'new normal' mode of learning. The issue on internet connectivity, delivery of modules, and other requirements to conduct the learning process in the virtual world were among the concerns of students and teachers.

Due to the geographical location of the province, there are areas where internet connectivity is difficult. Students in these communities need to walk far to look for an internet connection. Others need to climb trees and roofs of their homes to send their requirements to their teachers. Some need to go to town centers to accomplish their school requirements.

Kudos to the IFSU administration for immediately responding to the demands of conditions. The Ifugao State University (IFSU) managed to adjust despite challenges, particularly at the start of the pandemic. Again, IFSU proved its essence as being the lone higher education institution in the province. To secure its students, IFSU brought education nearer to its students through modular and online learning.

Also, we commend the students for their determination, resilience, and flexibility. We are indeed 21st-century learners as we adapted well to online learning. We learned how to unlearn and relearn things as we go about the 'new normal' of the educational landscape.

We laud the two graduates of IFSU who topped two different board examinations amidst the pandemic. In the dark Covid times, the positive news you brought is a 'ray of light' among us, students and the rest of the IFSU community.//

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0975-494-3083  
Contact Details

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## Students assisted thru Emergency Response Program

By: Fraylene D. Buyagawon



Students across campuses of the Ifugao State University (IFSU) were not left behind after the University's pronouncement of class suspension on March 15, 2020.

Dubbed 'Baddangan Program', the University responded to the needs of students through activities, namely: *Libreng Sakay*, Adopt-a-Student, Distribution of

food and non-food packs to stranded students in the campus and their boarding houses and dormitories; and *Linggo*: Mental Health Support and Assistance.

Under the *Libreng Sakay*, at least 60 students from Lamut Campus were ferried by University vehicles to their hometowns in Ifugao and nearby provinces like Quirino and

Mountain Province as of April 16, 2020.

Through the Adopt-a-Student, 60 students stranded due to the Enhanced Community Quarantine were accommodated by families of IFSU employees.

Around PhP292,000 was also raised by the University from cash donations of employees, alumni, and other private individuals. This was utilized to purchase much-needed grocery items for stranded students, frontline workers, and communities.

The University through its Guidance and Counselling Offices conducted tele-counseling to students.

The University Health Clinic also opened for check-up services of students and community members. As of writing, it has already served 70 clients and counting.//

## Mobile enrollment program benefits students

By: Liwanag A. Dunuan

At least 1,280 students of the Ifugao State University (IFSU) - Lamut Campus patronized the 'IFSU Mobile Admission and Enrollment' conducted by the University to accommodate students who were unable to enroll onsite for the 1st Semester of the Academic Year 2020-2021 due to the looming COVID-19 pandemic that restricted students' movement.

"We will not allow this pandemic to prevent young people to complete their higher education so the University will bring our process nearer them for easy and safe access. This is a manifestation that in these trying times, IFSU will not leave any student behind," said Dr. Eva Marie Codamon-Dugyon, University President.

The event was scheduled on separate dates in coordination with



the local government units from the different municipalities of Ifugao and outside the province, namely: Lamut, Kiangnan, Asipulo, Lagawe, Hingyon, Hungduan, Banaue, Mayoyao, Diadi, Kasibu, Cordon, and Cabarroguis.

Said activity was jointly conducted by the Department of Registrar and Admission Services (DRAS), Department of Student

Services and Development (DSSD), and representatives from different colleges with the supervision of the Office of the Vice President for Academic Affairs (OVPA).

IFSU personnel on the field adhered to standard safety measures and health protocols against Covid-19 by observing physical distancing and wearing face masks.//



## Webinar series center on mental health

By: Riah Lhene N. Agibuay

To develop mental health awareness especially among students and employees, the Extension and Training Section of the Department of Psychology under the College of Arts and Sciences (CAS) hosted a four (4) day webinar series on “Achieving and Maintaining Mental Health Wellness amidst Difficult Times” through Zoom and Facebook live on October

20-23, 2020.

Abigail Baguilat, IFSU-Main Campus Guidance Counsellor, discussed the first of the series entitled, “On stress and Anxiety: Bending But Not Breaking.”

Baguilat explained the current mental health situation, mental health concepts, COVID-19 mental health impacts, and ways of dealing with

stress and anxiety.

“There is no health without mental health. So we need to give importance and prioritize our mental well-being,” said Baguilat.

Florence N. Bahni, faculty member of the Department of Psychology of Saint Mary’s University (SMU) focused on the effect of depression on students who are into modular learning due to the current pandemic with her talk on “On Depression: It’s OK Not to Be Ok.”

Bahni f “I would like you to realize that achieving excellence in academic is more achievable and fulfilling if you have a healthy mind and body”, addressing the common quote among students, “Ang tulog pwedeng mabawi pero ang mababang grades hindi na pwedeng mabawi.”

She pointed out that it is that good grades equally important physical and mental health.

Reiner B. Dulawan, Guidance Counsellor of SMU, explained the third of the series entitled, “On Suicide: Silver Lining, Embracing

*Continued on page 5...*

## 5 TES student-grantees get 20k each for 1st sem of AY 19-20

By: Geomarie B. Lu-ong  
Fraylene D. Buyagawon

Five (5) students of Lamut Campus of the Ifugao State University (IFSU) joined 190 more grantees from other campuses in receiving a cheque worth PhP 20,000 each from the Tertiary Education Subsidy (TES) Program as educational aid for the 1st Semester of Academic Year 2019-2020 on separate occasions in June and July of 2020.

The TES is a core program under the Universal Access to Quality Tertiary Education Act being implemented by the Commission on Higher Education (CHED)-UniFAST. The recipients were identified through



the Listahanan 2.0 ranked according to the estimated per capita household income by the Department of Social Welfare and Development.

The subsidy covers education-related expenses which include an allowance for books, supplies, transportation, and miscellaneous personal expenses; allowance for

expenses related to the student’s disability; and a one-time cost of obtaining the first professional credentials or qualifications.

Dr. Michele Jaymalin-Dulay, University Special Focal Person for UniFAST together with representatives

*Continued on page 6...*



# Stranded IFSU student interns in Israel safely arrive in Ph

By: Gretchen T. Tayaban



Twenty-nine (29) students of the College of Agriculture and Home Sciences (CAHS) of the Ifugao State University (IFSU) – Lamut Campus together with seven (7) interns of IFSU-Potia Campus have been safely repatriated to the Philippines through the joint effort of the Commission on Higher Education (CHED) and the Department of Foreign Affairs (DFA) in October 2020.

They joined the other 224 student interns from the different State Universities and Colleges in the country after CHED through Commission en banc Resolution No. 396-2020 suspended all foreign internships for AY 2020-

2021 to protect the health of the students and instructed all higher education institutions (HEIs) to bring home all of their students who are still abroad.

The student interns have completed their eleven (11) months of international internship/training under the Granot AgroStudies Program in Israel.

Dickson M. Lupai, one of the interns, stated that his experience in Israel was one of the best opportunities for he gained new knowledge from their advanced technologies in agricultural production.

“I am so thankful to the IFSU Family and to those who were part of the program for allowing us to undergo our internship in Israel. On behalf of the on-the-job trainees, our deepest appreciation to the University President, coordinators, and the CHED for keeping us safe and sound until we reach our home despite the pandemic,” remarked Lupai.

The student interns were quarantined in an accredited facility in Manila and were later fetched by IFSU vehicles and ferried to their hometowns in Ifugao. They underwent quarantine at their respective Local Government Unit isolation centers before going home to their families.//

## Webinar series... from page 4

Hope and Optimism.”

Dulawan negated the myth that only experts can stop a suicide.

“Anyone can stop suicide. You just need to listen, show that you care, provide hope and empathize with them. Pwede natin siyang i-prevent, huwag lang tayong matakot,” pointed out Dulawan.

Meanwhile, Donato O. Abaya, Faculty Member and Chairperson of IFSU - Department of Psychology, tackled the last part of the series entitled, “On Resilience: All is well... Smile and Never Give Up.”

“Your response shows your level of resilience,” stressed Abaya as he shared helpful ways on how to be resilient during this pandemic.

Abaya mentioned that being active in social media (Tiktok), being an environmentalist (plantitos and

plantitas), working from home, and doing online selling are some of the effective mechanisms on how to cope during this new normal.

The event was attended by various agencies such as the Municipal Local Government Units, Department of Social Welfare and Development, Quirino State University, among others.//

## IFSU grads place 7<sup>th</sup> ... from page 1

Bumilao and Mutal hailed from the College of Criminal Justice Education (CCJE) and College of Agriculture and Home Sciences (CAHS), respectively.

As of writing, Bumilao who is from Kiangan, Ifugao is currently pursuing a law degree at the University of the Cordilleras while Mutal who is from Hingyon, Ifugao is taking up her Master’s Degree at Nueva Vizcaya State University.

## IFSU halts face-to... from page 1

Dated March 15, 2020, the EO signed by Dr. Dugyon instructed teachers to shift to alternative learning mode in accordance with earlier released Memorandum Order No. 24 and EO No. 13 to ensure that students are still able to fulfill their academic requirements.

Students staying in boarding houses and dormitories are required to go home to their hometowns while waiting for further instructions, according to said EO. They are also advised to stay home to stay safe.

Meanwhile, employees are advised to report to work following a staggered work arrangement to ensure continuity of University operations. //



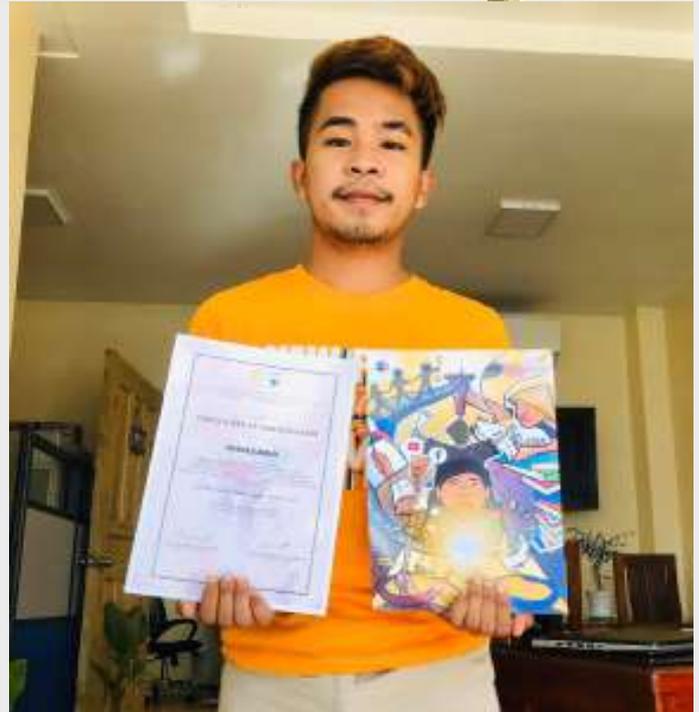
## BSIT stude is finalist in Nat'l Digital Poster Making tilt

By: *Rechina B. Beleran*

Patrick Q. Abalos, a 4th-year student of Bachelor of Science in Information Technology (BSIT) and layout artist and cartoonist of The Upland Farm, official student publication of the Ifugao State University-Lamut Campus qualified as one of the Top 25 Finalists among 224 contenders in Digital Poster Making Contest during the 30th Library and Information Services (LIS) Month by the National Library of the Philippines on September 22, 2020.

Bannering the theme, “LibREAL Libraries Relate, Engage, Advocate, Lead,” said activity aimed for amateur artists, senior high school and college students to showcase their artistic prowess to a wider audience.

Eva Marie Codamon-Dugyon, University President, lauded Abalos for waving IFSU in the national arena.//



## IFSU educators hailed on World Teacher’s Day ’20 Celeb

By: *Gretchen T. Tayaban*

Led by the College of Education (COE), the Ifugao State University (IFSU) teachers joined in celebrating the World Teacher’s Day at the Covered Court, Lamut Campus on October 05, 2020.

Students shared their greetings and well-wishes to their teachers through recorded videos.

Bulkman Smith B. Manzano, President of the University Supreme Student Government (USSG) Ferderation and a student of the COE, thanked the teachers who continue to shape young souls.

“All the efforts and hard work you invested to bring out the best in us can never be repaid in mere words. Thank you for not giving up on us in these most trying times,” Manzano shared.

Dr. Eva Marie Codamon-Dugyon, IFSU University President, delivered her inspirational message to the teachers in their journey to this new normal.

“Don’t ever think that your efforts and works as a teacher are insignificant and make no difference” She added.



“The road for teaching is not a bed of roses,” stated Dr. Alice Y. Brawner, a faculty member of COE), who served as the guest speaker.

“Being a teacher is not a joke. Stop dreaming of roses when you are a teacher,” she added.

Dr. Brawner also shared experiences in her 40 years of teaching during the normal and new normal.

“I become an IT expert and at the same time, an independent learner,” she remarked.

Dr. Nancy Ann P. Gonzales, Vice President for Academic Affairs, shared that teachers must be the sources of inspiration for students

despite the situation we are all in.//

### 5 TES student-grant... from page 4

from the Cashier’s Office and Department of Student Services and Development personally awarded the grants-in-aid to 17 students of IFSU - Hungduan on June 29; 39 students of IFSU - Lagawe on July 9; 13 students of IFSU-Aguinaldo and 91 IFSU - Potia students on July 13; and 5 students of Tinoc Campus on October 5.

IFSU observed standard health protocols such as physical distancing and wearing of facemasks during the awarding of grants in the different towns.//



## BADGING WITH FLEXIBLE LEARNING

*Liwanag A. Dunuan*

2020 is a year like no other and perhaps the worst year in history. The COVID-19 virus continues to creep in the lives of teachers and students. It forced educational institutions to close indefinitely. Most of us are at home now as face-to-face classes are disrupted and flexible learning becoming the new normal.

Flexible learning, however, is the

only way for every school to deliver quality education amid the pandemic. It adopts three (3) modes of learning which are: (1) Online – the usage of online classrooms in delivering instructions such as videos, audios, and other web-based platforms; (2) Modular or Offline – it does not use an internet connection rather, learning is cooked through printed modules as a whole; and (3) Blended – the combination of the online and modular platform in delivering lessons to the students. Despite the crisis, our University is doing its best to cure the needs through times. The University established the Learning Management System (LMS) Hub as well as the Department of Library Services (DLS) went digital; hence, books can be freely accessed by teachers and students using their usernames and passwords.

Not all students have benefited from this mode of learning considering the unstable internet connectivity. Some students in the far-flung areas have to climb up the mountain and spot for a strong internet connection to submit

their requirements. Aside from that, the distribution of modules was delayed and a few students were not able to receive theirs resulting in backlogs and a lack of information particularly for those who have no android phones.

Distance education also limits engaging interaction with teachers and classmates. Spending several hours in front of a screen can cause eye strain, headache, and fatigue which I have truly experienced.

However, even with those drawbacks, there are good things that flexible learning brought to the students. Many students up-scaled their information technology skills by regularly using online learning platforms. Others also have the opportunity now to work while having their studies. Interestingly, some students have a convenient time doing their requirements with no lapses in their homes.

We cannot deny the challenges with this ‘new normal.’ But, let us #HODL or hold on to dear life, schoolmates as we await a ‘better normal’ for us all.//

## IFSU in a Hundred Year

*Rachel B. Tuguinay*

The Ifugao State University (IFSU) has transformed from a humble beginning in 1920. Surely, we will not be in the same institution in the future as we are now. In its centennial year, we honor the men and women behind IFSU’s existence both in the past and present years.

The institution’s exodus was built upon agriculture. Its colors, green and yellow, tell it so. As we prod on to the next century, may the agriculture programs of the University be strengthened more. Agriculture is not only part of the IFSU’s rich history but is also an indispensable element of Ifugao’s culture.

The IFSU’s vision and core value of cultural sensitivity encapsulate the distinct feature of IFSU which is its rich cultural heritage. The vision is enshrined in its curriculum that added indigenous knowledge, systems, and practices. The vision entails culturally-relevant activities which are helpful in molding excellent

and culturally-grounded students and alumni. IFSU continues to empower its students by strengthening its cross-cultural education, exchange student programs and seminars on the restoration of Indigenous Knowledge, Systems and Practices (IKSP).

IFSU has gone so far in terms of its extension activities, and as shown by students and graduates who shine in their degrees, crafts, and careers. We are proud of our alumni who continue to wave IFSU’s flag and walk by the University’s ideals wherever they are now.

As our University President Eva Marie Codamon-Dugyon pointed out, “The year 2020 undoubtedly ushered in new challenges as we face the uncertainties of tomorrow. I hope that the university’s vision will stir in IFSU employees and students new hope and stronger faith to be able to transcend what and where the University is today as the lone higher education institution in the province



of Ifugao.” Cheers to IFSU’s 100 years!

Thanks to our beloved University President and the rest of the administration for allowing and supporting religious associations and organizations to thrive in the University. These groups help us, students, in developing and strengthening our spiritual lives that empower us to carry the core values of the University. This school is more than a producer of excellent alumni but also a molder of good, responsible, and God-fearing citizens. IFSU is more than an academic institution. It is an organization that will help you grow in every aspect of life.//



## #IFSUCares

*Fraylene D. Buyagawon*

“Helping can transform someone’s dark moment with a blaze of light.”

The pandemic came like a shark that engulfed the pathway of the Ifugao State University immobilizing regular functions. Everything was halted for a while for all to find possible airway for

survival.

That situation clicked the Emergency Response Program against COVID-19 which once again proved the ‘Bayanihan’ spirit of the Ifugao community. The University, also launched the ‘Baddangan’ Project with a bucket of programs such the Adopt-a-Student in Lagawe and Lamut Campuses. Stranded students were accommodated by families of IFSU employees during the Enhanced Community Quarantine period.

The outreach activities on the distribution of foodpacks and health materials to students was also noteworthy as these saved them from their financial and material woes.

We appreciate also the “Libreng Sakay” that safely ferried fellow students to their hometowns. “Thank you” is not enough.

The disinfection drive or “Operation Linis” and community health assistance from the

University to the local community also strengthened the student-community-school relationship.

To add more of their heartfelt gift, the University conducted a “Muntanom Ta Waday Kanon” where seeds kits and corresponding techno guides and polyethylene bags were distributed to farmer-partners and households willing to adopt urban gardening practices.

This generosity proved my belief that the University cares for its stakeholders despite backlashes given by some individuals that they were not covered with those assistance, and the goods were not enough for them.

This negative opinion does invalidate the University’s act of love in the most trying times. It is a proof of IFSU’s excellent public service and good governance in our societal arena.

Mabuhay ang IFSU!//

## Presence Be Known

*Riah Lhene N. Agibuay*

The Covid-19 pandemic brought a tremendous impact on our day-to-day lives, especially among young people. College students across the nation struggle with the sudden campus closing. This situation continues to force us to adopt the new mode of learning. It is a tough transition for students. It is not then surprising that mental and emotional issues are rampant such as stress, anxiety, depression, suicidal attempts, among others.

We laud the Ifugao State University (IFSU) effort to provide a platform as a way to safeguard the mental health of young people, most of which are its clientele. The “Linggop” which is a mental health and support program under the University’s Emergency Response Program against Covid-19 is timely, necessary, and responsive. This program is a testament that students remain the

priority of the University.

This intervention program is a free and non-judgmental instrument for someone to open up to someone who understands and can appropriately respond to situations.

Need someone to talk to? Our school counselor got your back! Want to know more about mental health issues and interventions? Please check the webinar series conducted by the Department of Psychology and Guidance Counselling Office made available to everyone in the University’s office.

Difficulties are inevitable. But, we help one another in order for us to easily adapt to the new circumstances, sustain relationships, make informed decisions, and manage our emotions.

There is still a strong stigma or negative attitude around mental health. This prevents early diagnosis



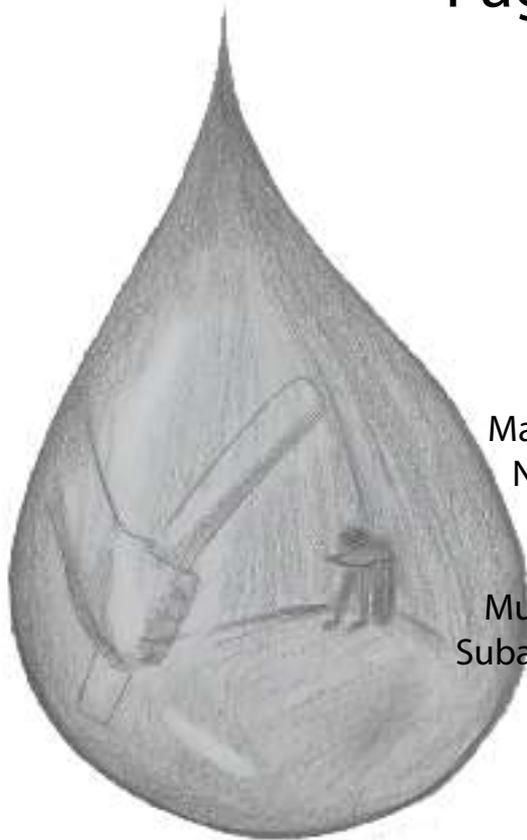
which is a key to treatment as people with mental health problems may experience discrimination and other negative treatments.

Dear students, may we be instruments in putting a stop to stigma and discrimination against people with mental health conditions. Let us empower people to talk and get the help they need by normalizing the conversation about mental health.//



# Pag-alpas sa dahas ni ama

Chen



Nakaupo't nakatinghaya  
Isipan tila sa kalawaka'y napadpad na  
Kadiliman ang bumabalot sa paligid  
Waring hikbi na lamang ang naririnig.

Maliit na patak ng luha  
Ang naramdaman sa kanyang mukha  
Malamig na hangin ang bumalot sa paligid  
Nang maalala ang mga pait na nadama.

Inilathala ang salaysay ni ina  
Mula sa kamay ng mapagsamantalang ama  
Subalit kanyang ginunita ang mapait na ala-ala  
Nang siya ay nasaktan ng ama.

Napaluha sa mga naranasan  
Nagpasaklolo kung saan-saan  
Ngunit tila makapangyarihan ang ama  
Tinatakpan ang kahinaan ng ina.

Isang hiling sa lahat ng mambabasa at makikinig  
Bigyang boses ang mga biktima  
Bigyang hustisya ang kababaihang iniwan  
Kabataang nasira ang kinabukasan dahil sa karahasan.

## My little Prayer

Chen

As I walked on the street, an unseen enemy  
afflicts  
I watched and stood still, as people beseech for  
tranquil.

A supplication to God I made, as we face this  
pandemic  
Pleaded to stop dilemma, and things soon come  
to end.

That dream of turning things back, but you  
really can't  
A hope on making things better, as God make  
things possible.





## Academic Woes

Chen



It was a bright sunny day but everything did not feel right. It was not the same as what it had been three years ago.

I was passing down the streets looking at people covering their faces. Schools and establishments were closed. I needed to have a phone and an internet connection. I asked the people around about these unusual happenings. Then, I remembered the news I heard from the television about a pandemic. Better stay at home than getting infected. It was okay though, I need to rest my mind. I just never imagined the widespread of such.

I was in a far-flung area where the internet seems to be out of reach. Remote to be exact. Later, classes resumed online, and we needed to meet our teachers in an application that requires a good connection. "How can I do this?" I thought. So, then I tried to find ways. I walked

miles to go into places where there is a strong signal. Walking and looking for strong signal was an everyday routine for me. I was still able to join classes but things got harder. There are times that I could not join due to connection problems. It was a big issue!

I tried to reach some of my educators but I guess changing one's mindset might be a contradiction from the highs and lows. It was devastating since I had these valid reasons but few of them seemed difficult to get in touch with. "Stop giving a senseless reason," a certain teacher replied to a student. Thinking of what students go through with their lives, it was inappropriate for the teacher to spill out. I heard the student crying out of depression and embarrassment. She was about to lose her confidence. I saw her hiding those tears in public with a fake smile. It has never been good. But, the worst was that I was looking

up at her but suddenly looked down as I saw her bloody on the ground.

It was supposedly fun as a student but suddenly turned into horror. This experience must serve as a lesson for everyone. Having patience with every student especially since every one of us goes through a lot this time of crisis is a big help. Let us put ourselves in their shoes. Students are also trying! It is just that the community they are in the perfect environment for learning and accomplishing the requirements for academics.

Not all have access to signal, not all afford that kind of internet. Yet, despite this, most students were able to comply.

Consideration is all that every student asks for. Helping in times of difficulty is helping every student towards their success.//



# Warriores

Albione Terrence

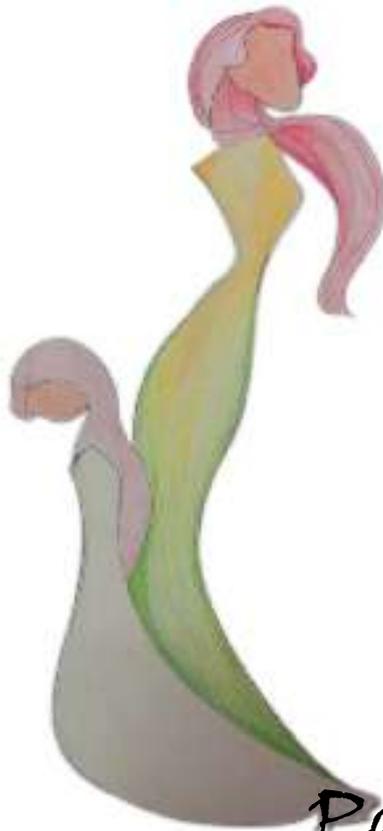
Broken and abused  
Literally thrown like garbage  
I couldn't keep it  
She was still weak  
Wasn't sure what to do next.

Here standing to show  
Time to return home  
Develop such a strong bond  
had me in tears.

She builds the guts to do things  
They thought she can't so she did  
She comes out  
Taller than before  
Wipe of the dirt.

Courage and fear  
Guarantee you won't stay  
On the ground forever  
Independent choices heal  
The victim powerful strike.

Resilient voice awakens  
The sleeping warrior in every woman  
She isn't wasting her time understanding people  
The past who hurt her comes no more  
The mother and her child.



# Pa-Hinga

Payren

*Magandang tanawin  
Kay sariwang hangin  
Lawiswis ng amihang'y  
Humahaplos sa bawat daplis  
Sa sarili habang binibilang  
Ang bawat oras na lumilipas.*

*Lumilipas ang segundo  
Kasama ang imaheng sa isipan  
Lang pala binuo  
Binuo ngunit parang ang hirap mabuo  
Nakagapos sa mga bakod ng  
Panahong napakalabo  
Napakalabo, napakagulo  
Tila ba wala nang katapusan ito  
Gustong kumawala ngunit tila  
Napapaligiran ka ng mga bato  
Napakaraming bato  
Tahimik na ingay doon at dito.*

*Pa-Hinga naman oh,  
Oras, pwede bang ihinto,  
Hayaang pakiramdaman ang  
Sariling pagod  
Kahit saglit, kahit isang minuto,  
Payagan mo lang huminga ng maayos  
Hayaang lumaya ng ilang segundo,  
Maramdaman na malaya pa rin ito.*



**Vision**

A globally recognized University upholding excellence amidst rich cultural heritage

**Mission**

Produce employable graduates who are morally upright, socially and culturally responsible professionals through quality, relevant, and innovative INSTRUCTION, RESEARCH, EXTENSION, AND RESOURCE GENERATION

**Goals and Objectives**

**ACADEMIC EXCELLENCE**

1. Assure quality of programs
2. Ensure effective student lifecycle management and career development
3. Provide unique and lifelong learning experience in the entire student lifecycle
4. Integrate internationalization perspective towards global connectedness
5. Strengthen student welfare services for a successful academic formation of students
6. Integrate indigenous knowledge, system and practices (IKSP) in the academic programs to intensify conservation of the rich cultural heritage

**STRONG RESEARCH LEADERSHIP AND CULTURE**

1. Establish a strong brand and strengthen image building of IFSU as a research leader
2. Intensify conduct of research and dissemination of RD outputs
3. Intensify conservation of the rich cultural heritage.

**SUSTAINABLE EXTENSION AND COMMUNITY ENGAGEMENT**

1. Package and transfer knowledge and technologies relevant to the needs of the clientele
2. Create a widely shared organizational culture that encourages, promotes, and rewards extension and community engagements
3. Establish/Strengthen/Sustain linkages with LGUs, industries, and other organizations/stakeholders for resource sharing, extension program, and service complementation

**EXCELLENT PUBLIC SERVICE AND GOOD GOVERNANCE**

1. Ensure efficient, transparent and accountable delivery of administrative services
2. Forge strong network system and resource sharing through collaborative activities conducted regularly
3. Strengthen the university's local and international visibility
4. Enhance efficiency in resource generation and mobilization
5. Upgrade competencies of human resources
6. Technologize front line services and other services of the University
7. Ensure a clean, green, safe, and GAD-responsive University environment
8. Intensify conservation of the rich cultural heritage integrating culture in the administrative and support services



**IFSU holds first-ever Virtual Graduation Rites for Class of 2020**

By: Riah Lhene N. Agibuyay

For the first time in its 100 years of existence, the Ifugao State University (IFSU) held its commencement exercises virtually via a pre-recorded video premiered on the University's YouTube Channel and Facebook Account on August 6, 2020.

The 11th Commencement Exercises and Centennial Graduation bannered the theme, "Celebrating achievements, rising above adversities, advancing and bringing hope to communities."

Dr. Lilian A. De las Llagas, Commissioner of the Commission on Higher Education (CHED) and Chairperson of IFSU Board of Regents, represented by Dr. Danilo B. Bose, OIC Regional Director of CHED-CAR, shared about resilience and capacity in finding opportunities in crisis.

"Get out there and become the biggest failures you can be as quickly as you can. Set another win, take risk, feel free and empowered to try new things to be the agent of change for your family and community with today's diploma that you have earned," Dr. De las Llagas remarked.

Meanwhile, Donna Den Dulnuan, the only student qualified for Cum Laude from the graduating class, focused her sharing on turning challenges and disappointments as an inspiration to improve flaws and hone skills.

"I hope and pray that all of us will achieve our goals and dreams in life. Some might achieve it earlier and others might take more time but more importantly we will be moving forward," said Dulnuan.

On the other hand, Phoebe Mae A. Madiwo, Cum Laude from the College of Advanced Education of Lamut Campus, talked about looking for silver linings in most difficult situations.

"Our graduation today is a testimony that we are victors for we have surpassed the challenges brought by this pandemic. It might have closed the doors of our schools but it has opened windows for opportunities and learnings," she said.

Dr. Eva Marie Codamon-Dugyon, University President, hoped that the graduates will continue to imbibe IFSU's core values in their future workplaces.//