



DIRECTOR'S CORNER

Dr. Leomar S. Galicia

SERVICES OFFERED BY THE RESEARCH AND DEVELOPMENT CENTER

The Research and Development Center with its bold initiatives to escalating the research culture of the university, envisioning it to be a research-renowned institution through its efficient and effective research mechanisms, ensures that relevant and responsive services are in place for school heads, faculty, students and non-teaching staff who engage in research activities. The following include what the Center offers:

1. SPSS SERVICE

The Statistical Package for the Social Sciences (SPSS) software with its updated Version 23 was purchased by the university in order to ensure quality of statistical computations, whether for descriptive or inferential statistics.

2. TURNITIN SERVICE

Underscoring academic integrity in research writing, the University purchased Turnitin software, the world-leading plagiarism detection tool which measures the originality rate of an academic/research paper against its existing database. Computer units in the Main Library are given access to the software with the guidance of its personnel.

3. DISCIPLINAL SERVICE

The Research Council headed by the research director and research coordinators forms the pool of technical experts when they serve as panelists during student thesis defense, faculty research presentation and when they get invited to serve as resource persons for student seminars, research colloquium and faculty retooling, among others.

4. TECHNICAL QUALITY SERVICE

The Research and Development Center strictly monitors the quality of research outputs by utilizing appropriate quality forms and assessment tools which contain indicators that describe and measure researchers' compliance with research quantity and quality.

5. RESEARCH INCENTIVE AND RESEARCH GRANT SERVICES

Faculty researchers get incentivized when they publish in national or international journal which is either CHED-recognized or SCOPUS/ISI-indexed. They are also given summer research privilege wherein their remuneration will be computed based on their length of service in the institution (minimum of 5 years), provided that they finish the required research output for the summer period. Research grants from outside parties like CHED are also communicated to faculty and student researchers.

6. RESEARCH JOURNALS/EBSCO HOST SERVICE

Tied up with the Library department, the Center assists in providing relevant and quality journals from which research literature and studies can be sourced and referenced. EBSCO Host, an online library platform of the university, is the leading provider of research databases, e-journals, magazine subscriptions, e-books and discovery service for academic and public libraries.

7. RESEARCH ADVISING

More than willing to advise you with your research queries, the research director and research coordinators can be approached for matters involving research concerns which need to be understood or clarified.

8. LANGUAGE EDITING

The Center also offers grammar and content editing in order to ensure the quality of research reports that use understandable and appropriate language for the target readership and wider research community.

9. TRAINING SERVICE

The Center continuously provides research conferences, research seminars, retooling activities, and workshops which provide training that aims at improving research know-how in scientific inquiry among school leaders, faculty, students and non-teaching staff. Whether institutional or off-campus, the Center leads in providing training for its stakeholders.

10. PUBLICATION SERVICE

Publication in institutional, regional, national and international refereed journals is also performed by the Research and Development Center which monitors and evaluates its research publication on a regular basis.

FEATURE STORIES

Acquiring Intellectuality: A Leap to Innovation

By: Ericka Jane R. Pasamba

As I reach my final semester in Senior High School, it is during these months more than ever that I have to bear the demands of restless days and sleepless nights in the fulfillment of what the University promises: to breed academic excellence among learners. As students like me aim to set foot in the grandiose halls of the Philippine International Convention Center, we must also toil our way to the completion of one of our major requirements – Thesis.

Along the process, I have come to realize that writing a thesis paper is not just about diving into a body of knowledge and immersing oneself with far reaching researches and findings, it also entails a lot more social interaction than I anticipated. After fueling our brains to come up with an interesting topic, scrutinizing countless theories like finding a seedling in a barren land, stretching our review of related literature and studies to the widest range possible, and preparing to face panelists during the proposal, an even more challenging phase has to set in – the exhausting methods of data gathering. As the scorching heat upsets the researchers' body, the evidences gathered gradually answer the research questions. The next thing we know is that the end is near. Wrapping up the statistical results and making conclusions signal the endgame.

Conducting series of researches in Senior High has been a test of patience and perseverance. Although the level of difficulty may vary from one researcher to another, what matters most is the acquired intellect through learning to become book and people smart along the research process driven by the sense of achievement of complying with academic requirements and hope that we can contribute in finding solutions to existing dilemmas and taking a leap to innovation.

(Ericka Jane R. Pasamba is a Grade 12 Senior High School student who is also active in campus journalism as Editor-in-Chief of the The Fiat-The Official Publication of the Basic Education Department.)

STRATEGIC COACH
HOW TO BEAT PERFECTIONISM & PROCRASTINATION

TWO MENTAL TRAPS THAT PARALYZE US:
PERFECTIONISM : **PROCRASTINATION**

REFUSAL TO DECIDE OR COMMIT. (Illustration: Person saying "I STILL DON'T LOVE IT.")
REFUSAL TO TAKE ACTION. (Illustration: Person saying "BUT HOW DO I KNOW IT?")

SOLUTION?
DO THE FIRST BOX AS QUICKLY AS POSSIBLE!

WHY?
YOUR BOX IS OFTEN GOOD ENOUGH OR BETTER THAN WHAT OTHERS EXPECTED -- ESPECIALLY WHEN YOU'RE USING YOUR UNIQUE ABILITY.

THERE'S NO SUCH THING AS 100%, BECAUSE YOU'RE ALWAYS LEARNING.

YOU CAN OFTEN DELEGATE THE SECOND BOX TO SOMEONE WITH A TALENT FOR THAT STAGE OF THE PROJECT. YOUR BOX + THEIR BOX = 99%

GET PRODUCTIVE. GET LEVERAGE!

PRODUCTIVITY: MAXIMUM RESULTS IN THE SHORTEST POSSIBLE TIME.
LEVERAGE: MAXIMUM RESULTS WITH THE LEAST AMOUNT OF EFFORT.

TM & © 2015 The Strategic Coach Inc. All rights reserved. Illustrated by Henrik Macdonald.

"Wisdom is not a product of schooling but of the lifelong attempt to acquire it."

Albert Einstein

NobleQuotes.com

EDITORIAL BOARD

Dr. Rowena R. Contillo
Editor-in-Chief

Contributors

Dr. Elena A. Salinas
Dr. Nonet A. Cuy
Prof. Francisca A. Argana
Prof. Ma. Eliza D. Mapanoo
Prof. Olivia J. Factoriza
Prof. Melissa A. Cabria
Engr. Araceli C. Corpuz
Ms. Melanie Q. Matilla
Engr. Kierven R. De Mesa

Dr. Leomar S. Galicia
Dr. Ferdinand C. Somido
Consultants

Friendly Reminder for Researchers

Multitasking Lowers IQ!

A study by the Institute of Psychiatry at the University of London showed that multitasking actually reduces your IQ more than losing a night's sleep or smoking marijuana!

A research by Clifford Nass at Stanford University has shown that multitaskers are terrible at fundamental mental actions such as ignoring irrelevant information or keeping information in their head, and it even decreases high level mental tasks like analytic reasoning.

The secret to working efficiently is...**Focus!** Do one thing at a time. Prioritize. Make a decision. The more we multitask, the more we crave options, and the less we are able to choose. Our ability to be effective in life deteriorates as we multitask, so focus on one thing at a time and you will get more of everything done.

<https://www.tuentin3months.com/stop-wasting-time/>