



**CAGAYAN STATE UNIVERSITY- Lasam Campus
COUNSELING AND CAREER SERVICES OFFICE (CCSO)**

**A WEBINAR FOR THE FACULTY AND STAFF OF CAGAYAN STATE UNIVERSITY-LASAM CAMPUS
ON MENTAL HEALTH AWARENESS AND CODE OF ETHICAL STANDARDS**

Date: October 31, 2023

Time: 9:00 a.m. Morning Session

Platform: via Zoom

Organized by: Office of the Campus Executive Officer, Training Office, Human and Resource Management Office and Counseling and Career Services Office

Participants: 48 members of the faculty and staff (16 Male; 32 Female)

Speakers: Dr. Maribi Maria Benita E. Balagan, RGC, Hon. Judge Marie Louise Guan Aragon

The morning online seminar on "Work-Life Balance" chiefly intends to arm and equip the participants with constructive ways toward realizing equilibrium between one's duties and responsibilities in the workplace and their personal life. Moreover, they are also informed by Dr. Balagan regarding the challenges faced by the employees nowadays. Lastly, the noble affair further ventured to offer beneficial strategies and insights to enhance well-being and productivity. Said webinar successfully met its purposes while aiding the participants with valued discernments and operative approaches to uphold a healthier and more productive social climate in one's office and home.

Republic of the Philippines
Cagayan State University- Lasam
Centro 02, Lasam, Cagayan

**WEBINAR ON MENTAL
HEALTH AWARENESS AND
CODE OF ETHICAL
STANDARDS**

Via Zoom

October 31, 2023
Morning session @ 9am
Afternoon session @ 1:30 pm

CAGAYAN STATE UNIVERSITY
LASAM CAMPUS

WEBINAR
On Mental Health
Awareness and
Code of Ethical
Standards

October 31, 2023

VIA Zoom

www.facebook.com/csulasam.edu

In the afternoon, Hon. Judge Marie Louise Guan Aragon of Region VIII was the speaker. She conducted the webinar on the Code of Ethical Standards for Government Employees aimed to enhance participants' comprehension of the ethical principles that underpin public service. Focusing on reliability, accountability, and transparency, the learning opportunity provided essential insights into the expectations and duties of government employees. It highlighted the crucial role of ethical standards in government positions, equipping attendees with the knowledge and resources needed to promote integrity in their work.

Both sessions were insightful that vividly led to the discovery of noteworthy life skills, wisdom and tenets in embracing a meaningful and descent life as public servants.

DOCUMENTATION

