

PROPOSAL FOR GRADUATE STUDIES:

Extending the Heart of Service through
Progressive Learning and Education

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I. BACKGROUND

Living the dream—indeed, is not as easy how I thought life would be, after college.

In a broad spectrum of metaphorically constructed list of ideations, nevertheless, I have satisfactorily accomplished two of my ultimate aspirations; that is, to become an advocate of psychology and mental health through public speaking, and second, to serve my fellow Filipinos who are in need of psychological support after being victimized by the aggravating dilemma on our society's war against illicit substances.

Taking a step to stand on a pedestal and speak about the science of psychology has been one of the mostly treasured memoirs throughout my one year of becoming a professional in the field. As a newly licensed psychometrician, I never expected that this is where my passion could take me—in front of a crowd, sharing insights and knowledge about the field I have taken. From conveying simple tips on how students from Colegio de San Juan de Letran-Bataan can cultivate their passions towards reaping success, or preparing Bataan Peninsula State University psychology interns for their internship, to objectively teaching substance use disorders for psychometrics aspirants from my own Alma Mater; I guess, I did not fail at reiterating the essence of psychology in various paths we aim to pursue.

Amidst these experiences, I have discovered that achieving that sense of fulfillment does not come from tokens nor monetary values per se, but from the things that keep our passion burning from within—to share, to serve, and to help. Hence, I immediately give a positive response to an invitation without even asking about what can I get in return; I would be happy to live with a piece of sandwich and a bowl of pasta even after a two-hour lecture session. These scenarios strengthen my dedication to pursue my advocacy through volunteerism and services that could offer huge benefits for the society as a whole. These values, I guess, have been adapted since my college years, as I became a PCAFPD scholar who strives for the betterment of our community, of our country.

Pioneering my career as a Rehab Practitioner, on the other hand, has led me towards momentous opportunities. I get inclined to research and development as I serve as a member of our committee, which enabled me to attend seminars and trainings that help us acknowledge the necessity for the conduct of more researches in the country, specifically, in the field of health and allied sciences. I tried to disseminate the skills I have gained from the trainings, on the other hand, when I was invited as a guest panelist at a research defense in one of the schools here in Bataan. In regard to my career, furthermore, I have seen how large my current setting has contributed to my overall growth as a professional. It provides me with ample opportunities to explore more about my strengths, and work on with my weaknesses—by becoming participative in various trainings and conferences offered even by the international organizations. For instance, the recently held National Conference for International Society of Substance Use Professionals (ISSUP) taught us the Universal Treatment Curriculum for Substance Use Disorders. This training, thus, could serve as a means to ensuring that the standardized quality service will be offered as well by our very own

professionals, in treating substance-related issues experienced by our fellow Filipinos.

Living the dream may not be as easy as I thought life would be after college, but one thing I learned throughout my pioneering journey as a professional, is to take risks, no matter how small or big the effort would be; because after all, every dream starts with little steps, and simplest hopes. Currently, I am preparing my documents for a permanent item offered by my employer—Social Welfare Officer I, a lower position indeed, but provides a meaningful initiation of stability and assurance.

II. FINANCIAL

Since my college years, I had been trying my best to think of the ways on how I could manage to pursue my schooling, without relying too much on both of parents' mini pockets. During my young teenage years, I had witnessed how they grinded that much, just to be able to place a fifty-peso bill inside our wallets; my Papa would either borrow a tricycle from our uncle overnight so he could provide three packs of cheese bread for our breakfast, along with our daily allowance that was based on the total amount he earned that night. From that moment, I knew I have to do something to improve our situation—apply for a scholarship in college.

Now, here I am. Through PCAFPD, I was able to gain my license and practice my chosen profession of becoming a psychometrician. I admit that a lot has changed when it comes to our financial situation; but after all, I have realized how hard living in full independence is—that you have to sacrifice huge things, in exchange of surviving for a day.

After I passed the board examinations last year, I actually wanted to continue my academic journey and pursue Graduate School; but as I assessed my situation, I know I would not be able to financially sustain further education, so I decided to refocus my vision and aim for experiences that could help me grow, as a professional. I then took the job of becoming a Health Program Officer at our province's Treatment and Rehabilitation Center under the Department of Health.

However, staying for a year as Job Order personnel was not enough to fill my savings for my future schooling. There were still doubts as well, on taking the risk to enroll, for I know, my contract is at the verge of non-renewal, as I was just an informal employee whose salary depends on the center's budget and workforce capacity plans.

Nonetheless, the courage to go after my hunt for wisdom dominates the moment an item of Social Welfare Assistant was offered to me by my current organization. Although I will be earning a lower salary grade as compared to my previous position, I know that this will account for a much more sustainable job, along with other benefits which may aid in sustaining my academic needs. Thus, with the assistance that I may get from the foundation, along with my undying perseverance

and dedication, I genuinely hope that I will be able to gain my Master's Degree in Psychology, a few years from now.

In addition to the possible sources of support for my future endeavor, my brother and sister could help me in providing some of my Graduate school needs, including books and other academic supplies. I will also be staying at my work's staff house during my Graduate School as well, since my chosen university offers online courses. These factors then, somehow engrave the path to starting my journey towards *Gradschool*. However, it will be hard for us to shoulder the full tuition fee, as this would amount to more than what they earn in a month.

III. PROPOSED COURSE OF STUDY

For every 100,000 Filipinos, there is only one psychologist assigned to address the mental health needs of the aforementioned population—this numerical data, I guess, has always been enough to fuel this eagerness that leads me towards this momentum.

The World Health Organization and Department of Health proves the extreme shortage of mental health specialists globally, but most especially, in the country. In a research conducted by Lally, Tully, and Samaniego (2019), it has been cited that 14% of a 1.4 million differently abled population in the Philippines were identified to have a mental disorder. These numerical values, nevertheless, are just a part of the massive scarcity in the provision of services relevant to mental health.

In my one-year experience in treating the symptoms associated with Addiction and Substance Use Disorders, I have seen the value of pursuing further education to cater the rising needs for mental health professionals in the field. For instance, in our center, only one psychologist does all the interventions in terms of safekeeping the psychological well-being of our stakeholders—in a ratio of one to 200 plus residents. Hence, I have to admit that there were times when not all of our clients' concerns were immediately addressed, as we have to prioritize those who urgently need help. There were instances when psychometricians have to conduct emergency counseling, which was actually beyond the coverage of our Rpm license. This practice then calls for the need to crave for more skills and knowledge that may contribute to the overall development of our community, to provide services that are based on modern perspectives and not on obsolete, stigmatizing theories.

With these aggravating demands and issues, I have recognized that this profession is not a career alone, but a calling—a passion; for it requires huge amount of dedication and perseverance to achieve its fullest capacity, that is, to modify and change the lives of people through prevention and recovery.

In my advocacy for the value of treatment and rehabilitation for substance use disorders, I

am planning to take the next step to elevate my academic progression as a requisite to earning my license as a psychologist who aim to specialize in addressing addiction-related concerns. This degree could also widen by arena to disseminate and share my expertise as a college instructor who speaks in front of the next generation of Psychology practioners, which I always dream of becoming.

To make these things possible, I am planning to take Master of Science in Psychology at Holy Angel University—one of the leading universities in Central Luzon, which produces numerous topnotchers in our field. Hence, I believe that spending my next academic journey here will be fruitful, in hopes that I will be gaining the necessary competencies needed for my future endeavors. On the other hand, it is the nearest university that offers my preferred MS Psychology, given that universities and colleges here in Bataan do not offer such a kind of program. It also provides a good curriculum for working students, and allows online classes for convenience. Lastly, the thing that makes it even more superior amongst other universities in our region, is that students get to focus on a particular course per trimester, thereby allowing the accomplishment of all its units for three consecutive months.

Hence, in consideration of all of these insights, I believe that taking my pioneering step by applying for this scholarship grant would take me into the fulfillment of all my aspirations. Living the dream may not be as easy as I thought it would be after college, but one thing is for sure—neither it will after Graduate School. Afterall, a dream depends on hard work despite of it becoming a realm.

IV. BUDGET

Number of Semesters	3
Maximum Number of Courses/ Units per Trimester	9
Tuition and Fees	Please see Appendix A
Other Related Expenses	
Books	<p>*No expenses if e-books are available; if required, I already have some of the books needed (major subjects included in the board exam), except for Counseling and Psychotherapy which costs Php 520.</p> <ul style="list-style-type: none">• Theory and Practice of Counseling and Psychotherapy 9th Edition by Geral Corey= Php 520.00
Supplies	<ul style="list-style-type: none">• Ballpen= Php 50.00• Notebook= Php 200.00• Yellow pad= Php 50.00 <p><i>*Most of the lecture sessions will be held via online</i></p>
Thesis	<p><i>Undefined yet; Approximate amount of Php 5,000-Php 10,000 will be used for Data Gathering/ Interpretation (e.g. Statistician Fee)</i></p>

APPROXIMATE COMPUTATION	
Tuition (Per Trimester)	Php 2,422.25 x 9 units = Php 21, 800.25
Other Fees (Per Trimester)	Php 8,765.75
SUBTOTAL	Php 30,566.00
Entrance Fee	Php 15,500.00
TOTAL (TUITION AND FEES)	Php 46,066.00
Other Related Expenses	Php 820.00
Thesis	Php 10,000.00

**Other sources of financial support shall come from my monthly salary, as an employed civil servant.*

APPENDIX A.

HOLY ANGEL UNIVERSITY
TUITION and OTHER FEES FOR SCHOOL YEAR 2024-2025
1ST TRIMESTER, GRADUATE SCHOOL
PAYMENT CATEGORY

	LOCAL STUDENT	FOREIGN STUDENT	RE-ENROLLMENT
TUITION RATE			
MASTERAL PROGRAM	2,422.25	4,674.50	1,000.00
DOCTORAL PROGRAM	2,575.00	4,968.00	1,000.00
MISCELLANEOUS FEES:			
Registration Fee	336.25	336.25	336.25
Library Fee	3,552.50	3,552.50	3,552.50
Medical/Dental Fee	261.25	261.25	-
Authorized contribution	101.75	101.75	
I.D. Fee	188.50	188.50	188.50
Audio Visual Fee	680.00	680.00	-
Energy Fee	475.00	475.00	
Development Fee	859.25	859.25	
Network/Internet Fee	665.00	665.00	
<i>sub total</i>	7,119.50	7,119.50	4,077.25
OTHER FEES:			
Technology Fee	645.00	645.00	-
E-Learning Fee	948.50	948.50	-
Group Insurance	52.75	52.75	52.75
<i>sub total</i>	1,646.25	1,646.25	52.75
TOTAL	8,765.75	8,765.75	4,130.00

Deferred Fees:

Graduate Students Journal	671.75	671.75	-
Gate Control Access	293.00	293.00	-

LABORATORY FEE

Fee is based on the number of laboratory subjects with laboratory category

ENTRANCE FEE	15,500.00	15,500.00	5,130.00
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Note 1: The paid Entrance Fee will be deducted from the total assessment for the trimester

Note 2: Gate Access Fee and Graduate School Journal were deferred and will not be collected for SY 2024-2025