

## SISFU PARTNERS WITH DE MONTFORT UNIVERSITY

by: Janine Teñoso



### DE MONTFORT UNIVERSITY LEICESTER

To fulfill its mission in preparing SISFU students to be globally competitive and competent, SISFU has partnered with De Montfort University (DMU), one of the largest British institutions in Leicester, UK. DMU will award students who graduate from SISFU with a British degree.

This partnership was made to promote world-class education through chosen international curricula and programs, to be conducted in an environment where students can experience academic breakthroughs and relevant student activities.

In the beginning of school year 2015-

2016, selected students from SISFU were interviewed by some of the representatives of DMU. They were asked to evaluate the school and how beneficial the partnership would be for them. According to one of the students, Sarah Muhsen, "SISFU is really a good preparatory ground for people who really want to go into business because of the environment that's provided here and the international degree earned that no one else offers - and it is all because of the partnerships." In addition, she emphasized that DMU offers great programs in which students are able

to express themselves freely in the most sensible ways - and if she was given the chance to be sent there, she would undoubtedly go for it.














Dr. Melva Diamante, SISFU President, said, "We are happy and proud to have forged an alliance with De Montfort University. We feel strongly that the DMU business programme will greatly benefit Filipino students who desire to have a British education to give them a competitive edge in the pursuit of their chosen careers in the global marketplace."

#### RETURN OF THE BRIDGE

After a two-year hiatus, The Bridge makes a comeback with this issue — not with gongs and cymbals, but with a tough editorial exam, workshops, and working meetings. In its search for students with a "nose for news," knack for campus journalism, and writing flair, the office of Student Affairs conducted a written exam.

The candidates were made to write an essay on the theme "I Love SISFU," and from among the entries, the small, cohesive staff was chosen. The essays on page 10 (Winning Essays) landed two of the candidates the jobs of Editor-in-Chief (Marc Santos) and Managing Editor (Aaron Alvarez), respectively.

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3rd Term General Assembly  
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#### Freshtival: Wet and Wild

With a new year comes a new set of challenges, memories and friends.

The Student Council welcomed the Freshies this school year through the Freshtival, an extraordinary water and music fest. →p.4



BE AMAZING.  
BE SOUTHVILLE.

## FROM THE PRESIDENT'S DESK

When the Editor-in-Chief of The Bridge requested me to write a message on the theme “re-inspiring” for the publication’s first issue after hibernating for two years, I was delighted with the opportunity to share some of my thoughts.

The editorial staff chose a most appropriate theme since The Bridge lost its inspirational role for the time that it has remained dormant.

If we think deeply about the role of college education, we will realize that students’ involvement in this sort of publication, as a contributor or even as a reader, plays a significant part in his/her college education.

What is the purpose of college education? It does not only provide learning and knowledge relevant to one’s chosen career, but also skills that are necessary for graduates to be job-ready, as well as values they need as they make choices in life. College education provides our students with several sources of inspiration to succeed: the challenges that they experience in our classrooms and the rigors of the assessments and research work; the knowledge and life experiences shared with them by their professors; the demands imposed on them when they take on leadership roles in student-run activities, such as membership in the editorial board of the Bridge; or when they have to compete in marketing or culinary arts. Students oftentimes participate in these activities because they are either required to or because the activities are fun, but what they may not realize is that these activities add important skills in their toolboxes which they will one day

find very useful as they move forward in their chosen fields.

In thinking about college education, I became curious to find out if students thought of it a source of inspiration, and if they did, what aspects of the school they found to give them inspiration? Here are some of what they said:

- Tutors/instructors—when they share their life experiences with us; their passion for teaching and our learning;
- Contact with other students and the varied personalities in school that widens my perspective about people, cultures, and diversity;
- The foreign degree which I will obtain upon graduation;
- The assessments and research work which build my skills for the future;
- Student leaders worth emulating;
- Our extra-curricular activities and the thought of internship.

The above responses likewise inspire me, because students realize that college education is more than knowledge, learning, skill-building and values formation. It also provides the inspiration to forge ahead and succeed. With The Bridge being re-born, more sources of inspiration and re-inspiration will be available to students. Let us congratulate its editorial staff and its re-birth.



**Melva M. Diamante, D.B.A.**  
**President**

When tasked by the editors of this publication to write an article based on “rebuilding,” I wondered what on earth I could contribute. Upon reflection, however, I realised that we often face unexpected hurdles in our personal and academic lives; err from our plans or take pathways in life that may seem to be a good idea at the time, but the outcome does not help us in achieving our goals.



**Ms. Caroline Pido**  
**Head of School**  
**School of Hospitality Management**

There will always be occasions when we either succumb to temptation or external influences, or faced with tragedies and unexpected circumstances, or just don’t make the bar on a few occasions.

All the above are not reasons to give up, just a great opportunity to excel and do better the second time around. Within the hospitality industry, we have a saying, “Learn from your mistakes and ensure you do not repeat the same.”

In fact, when our hospitality students are sweating over the fact they do not balance their cashiering shifts in Bistro Lima or SNX, and have to stay back for a couple of hours to find the source of their challenge, I always ask them what they would like for breakfast. This makes them aware that they have to stay, find the problem, and eventually balance. But I also tell them when they do balance that they have just availed of a free learning experience. In the future, when their own staff have a similar challenge, they will be able to guide them and know what to look for. Just for the record, no student has ever stayed overnight and availed of the breakfast offer to date!

It is never too late to “rebuild” or create good study habits and a balance in life that will nurture a good foundation for your future. So to our students and the millennial generation, I encourage you to review your values and vision—and aim for the unachievable and exceed your

dreams!

Remember, as per Henry Ford, “Obstacles are those frightful things you see when you take your eyes off your goal.” We do not expect you to build a great car, but we hope and trust that you will build a great life and career. Wishing all students at all levels a great learning experience in 2016.

2016 is going to be an exciting year for the Philippines. One of the major projects of the Association of Southeast Asian Nations is the establishment of an ASEAN Economic Community, which aims to integrate Southeast Asia’s diverse economies, a region with 600 million people. Community and networking are going to play a very important role in all aspects of businesses in the region. It is not about whom you know . . . but who knows you. Ask any senior executive, politician, community leader or successful salesperson which single skill or habit helped them excel in their career—an overwhelming majority will respond with one simple phrase: “Networking and Connections.”

Our SISFU community, by being exposed to competitions and global partners, is going to prepare you to be a global achiever. As a transnational education organization, we aim to prepare our students for the future and the global marketplace.

And so for 2016, I wish for all of you that you become the social change that you wish to see. Use your skills learned at SISFU as leaders of your communities to make that happen in your personal, economic and social lives. Together, we can make a difference.



**Mr. Amir Tohid**  
**Associate Dean,**  
**School of Business and Computing**

## Editorial Board

THE BRIDGE Official Publication of SISFU

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**Janine Teñoso**- News Editor

**Shiandra Mendoza**- Features Editor

**Isabella Bartolome**- Sports Editor

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**Elysa Artates and Katrina Aliño**- SOHM Section Editors

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## Lessons from Travelling

Travelling is the one activity in life where we can learn numerous lessons. The experiences learnt outside the comfort of four walls are immense. But the three main teachings are building, connecting and inspiring.

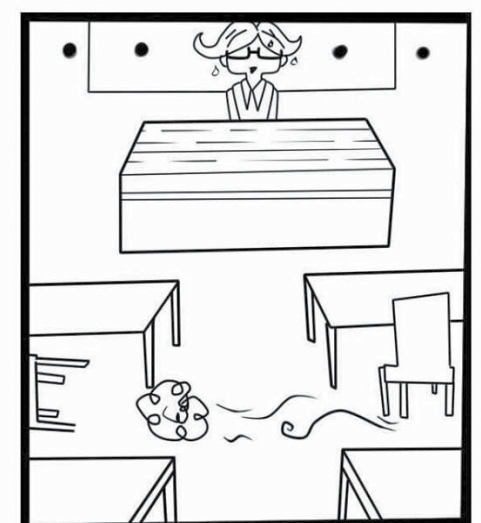
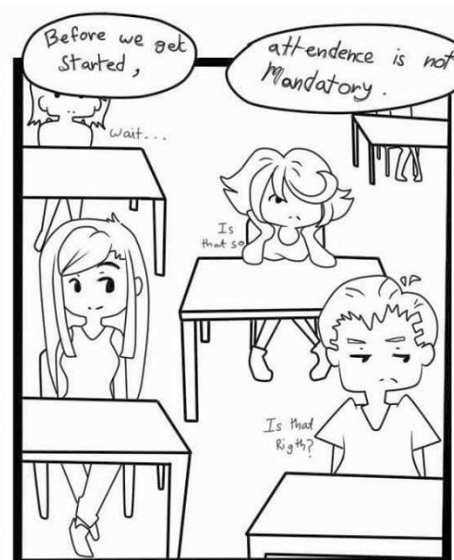
**Building.** From the relationships you develop to the experiences you create, these are the building blocks that form character. The Bridge desires to rebuild its character, through expressing occasions shared by students, faculty and staff in the surrounding world, and in turn showcasing the University's character. Rebuilding The Bridge with adventure-filled stories and up-to-date news is our top priority.

**Connecting.** Travelling has always brought people and cultures closer. Countries are intertwined that being considered local in multiple nations is normal. In The Bridge, reconnecting the students, faculty and staff through a simple newsletter is our goal to achieve.

**Inspiring.** Exploring and losing direction has always allowed minds to flow freely. Knowledge and wisdom excel greatly when in the moment. Travelling has inspired numerous people, and like travelling, The Bridge's content strives to explore new frontiers in Business, Hospitality Management and Culinary Arts.

Two years ago, the Bridge discontinued publishing its issues. Now we are here, ready to bring you the ins and outs of the SISFU world, as well as the real world. It is quite tough bringing this newsletter to life because the team had to start from scratch, completely rejuvenating the way The Bridge presents itself. However, with our understanding of the power behind words, our close-knit group wanted nothing but to rebuild, reconnect, and re-inspire the way you see the world around you.

This couldn't be possible without the inspiration of Sam Maliks's minimalistic logo. It is simplistic yet flows with confidence and solidity.



## The Dream Bin

Let me ask, "Has anyone ever discouraged you from pursuing something that will ultimately give you happiness? In other words, did someone tell you to throw away your dream like an insignificant candy wrapper?"



From what I have observed, Filipino parents sometimes do this with the thought that it is for our best interest as children. I say this because if I were paid for every time I hear a student respond with, "My parents told me to," when I ask why he is taking a particular course, I would be a millionaire.

Now, I would like to make it clear that I am not condemning parents such as these because they always have good intentions. They choose their child's career because it is "practical" or because, "Wala kasing pera doon sa gusto ng anak ko [there's no money in the course my child wants]." I hope this mindset does not become an epidemic in this country.

This line of thinking crushes dreams. This makes us, the children, think that we must sacrifice what we hold close to our hearts in order to have a "guaranteed" way of eventually having a fat bank account. Is money really everything? How about happiness? How about that feeling we endeavour to have for themselves?

→ p.11

## A word from the cartoonist:

### Attendance, is it some kind of food?

By: Micah Ado

The matter of attendance is one of the most highly debated topics in college. Professors desire to have a full attendance in class, but the students long for the freedom to attend or not.

The professors' argument is that if the students would attend more, then they would learn more from the subject. The students' argument is that they pay to enroll in these courses, then attendance should be up to them.

This reminds us of the age-old question, "Which comes first, the chicken or the egg?"

Bottom line, which is better for learning, being absent or being present?

## THE HAUNTING: UNSOLVED CRIMES

By: *Isabella Bartolome*

Screams filled the hallways and rooms in SISFU as the fourth chapter of THE HAUNTING, with the theme Unsolved Crimes, took place last October 23. All rooms featured gruesome scenes and atmosphere, with spilled blood and severed appendages lying around the floor. Riddles, zombies and mysteries made it a night to remember.

Participants of all ages (children, adults, and teenagers) streamed into the SISFU building as the promise of a night of terror lured them in.

This particular THE HAUNTING was indeed another success, judging from those who could not seem to get enough of it. Many of those who came the first time came for more. The Student Council could hardly keep up with the demand for lives (a prop used in the riddles) for the “victims.”

As the line of participants slowly dwindled, the student volunteers, Student Council officers, and Faculty relished in the victory of the school's latest

Halloween event. After the event, those who experienced it were excited to participate in next year's Halloween event where new horrors await them.



## NEOVATION: THE FOAM AWAKENS

By: *Shiandra Mendoza*

Our ever-so-beloved summer vacation came to a bittersweet end last June. We all said goodbye to the spontaneous road trips, free-wheeling beach days, and over-all freedom as we moved toward yet another school year to love and dread.

To usher in school year 2015-2016, the SISFU Student Council, organized a massive party entitled Neovation.

The Neovation held last July 31, and sponsored by When in Manila, was an exciting foam party complete with great

music, exhilarating memories, and a dance floor covered in suds and bubbles courtesy of a foam machine! It was open to both SISFU students and the general public looking for a good time. Everyone was encouraged to wear neon clothes and the glow-in-the-dark bracelets provided by the SC officers.

As everyone piled into the venue, Cradle members put up an outstanding performance by serenading the attendees. An awesome laser-tag arena was set up next to the bouncy house for everyone to enjoy while waiting for the party to begin. Everyone got to dance to DJs, Instinct, Salvac and Ikarus sets while soaked in bubbly foam. It was a memorable experience for all as it was the first ever-foam party in this part of town. The party ended with a bang as everyone left tired yet still zesty from all that buzz. It was a huge success and another night to remember for all.



## p.1 ← FRESHTIVAL...

Held last June 15, the Freshtival, was part of the College Preparatory Program organized every year by SISFU and its Student Council. The event was sponsored by Oreo and co-sponsored by Chalk Magazine.

A meet-and-greet session among the freshmen to get to know their batch mates jumpstarted the event, which featured many other activities. Each student organization set up presentations to encourage the new students to sign up and join the orgs of their choice.

The Freshies were divided into the four colors of SISFU: Blue, White, Gold and Maroon. The teams competed in an exciting scavenger hunt—a fun twist to the traditional campus tour. Each team had to venture into SISFU, all the while getting to know their way in and out of the campus. Once all the teams had covered all the bases, everyone gathered at the football field to claim their prizes.

After lunch came the awaited water festival. Each team competed in head-to-head matches, which got them drenched in water. The students got to play thrilling games including an epic Water Balloon Fight, which brought a blast of smiles and laughter from both participants and audience.

The freshmen not only got to bond with their fellow Freshies but also with the upperclassmen. Adding to the beauty of the sunset, Cradle members performed musical numbers. The various booths around featured simple games and gave away cute souvenirs. A DJ then came onstage and the fun escalated into a massive riot of celebratory noises. The Freshies partied to the music while screaming at the top of their voices.

As the extravaganza came to an end, fireworks lit up the sky. Everybody looked up, looking forward to what their first year at SISFU will bring—new challenges, new encounters, new experiences, new victories, and new milestones.



By: *Shiandra Mendoza*



**The Bridge Editorial Staff:** (Front Row, L to R) Isabella Bartolome, Janine Teñoso, Katrina Alino, and Shiandra Mendoza. (Back Row, L to R) Marc Santos, Ceej Maderazo, Icee Velasco, Ellysa Artates, Melissa Gonzales, and Aaron Alvarez

## MILLENNIALS: LOOKING FORWARD TO THE WORKING WORLD

By: *Shiandra Mendoza*

Student life may be a breeze to some, but a hassle to others. Here are some tips that could help make our college days a “training lab” for our workplace after graduation.

Keep things nice and simple. For those activities outside of school, let’s review our outfits. We can have an array of simple makeshift dresses, blouses or blazers that can be easily paired with simple accessories, such as earrings, watches, and shoes. Let’s always take note of the event’s dress code because who would want to be caught dead wearing denim at a formal occasion?

Keep our space neat and tidy. In a special place at our dorm or home, we can have our things (books, notebooks, pad papers, vital documents, flash drives, pens and pencils, scissors) neatly organized and within our reach. This improves productivity and helps us meet crucial

deadlines and appointments.

Socialize with peers. Socializing enables us to make connections and develop healthy relationships with our tutors, SISFU staff, and classmates. Excellent social skills developed early on campus improve our study habits and work performance. This is in preparation for those days in the workplace when we badly want a to-die-for position or promotion.

Execute, execute, EXECUTE! College is the ideal place to build our resume. There are ideas galore in classrooms. We can choose to do any of the three: not listen to them; listen to them and do nothing; or listen to them and put them to action. Action happens in campus clubs—let’s join two or three and see how much we can do as members or officers. Principles are nothing if not executed well, or at all. After we have built an excellent resume, let’s think about getting that dream job. Remember, our talents and smarts

## PAJAMARAMA: KAWAII SESSION

By: *Isabella Bartolome*

A chill and fun-filled night. This is the best way to describe this year’s PAJAMARAMA event. The students and faculty of SISFU spent the night dancing, watching movies, playing games, and just hanging out. It was a great stress reliever for everyone who attended.

Everyone was required to wear onesies or pajamas because it was PAJAMARAMA after all. The hard work of the Student Council and volunteers, who decorated the rooms and hallway that was used for the event, paid off.

The highlight of the night was the lip-sync battle between competitors from 1st and 2nd year students. The audience had a blast watching the performances of the competitors as hoots of laughter and screams filled the room.

The night ended as it had begun with everyone having a good time and just being themselves with friends, classmates, schoolmates, and teachers.

are wasted if we do not execute or see actual results of what are expected of us.

Prepare for a job we’re passionate about. While still in school, let us set our eyes on the career we want and will enjoy. This is important because the more we enjoy what we’re doing, the better we work! Loving one’s job (in our case, lessons and assignments) encourages hard work, and hard work breeds productivity. But as Confucius said, “Choose a job you love, and you will never have to work a day in your life.”

## DORM LIFE: SURVIVAL TIPS

By: *Shiandra Mendoza*

Although many students live in their parents’ homes, many others live in dorms—an opportunity for them to learn independence. Here are some tips for dormers like me.

Label all your belongings. If you share majority of your items with both your dorm mates and roommates, always consider keeping a tab on them and label each one. This will prevent confusion and possible conflicts in the future.

Share items with your dorm mates.

Your roommate has lost a pen; why not lend him yours? Sharing improves your relationship with your fellow dorm mates and roommates. This also keeps a positive aura within your space. (Unless, you’re unsure if you can trust your roommates, right?) Just do not share anything too personal like a toothbrush.

Lock your cabinets. In my dorm, all boarders share one kitchen. Each one has his/her own cabinets and has access to the fridge and freezer. Usually, this system works, however, there are times when there are missing

pans or utensils. Sharing is caring, but to avoid losing a knife or a plate, lock your cabinet. This can help stray hands from dipping into your precious jar of Nutella.

Keep an eye on your valuables. Always, and I mean ALWAYS, look out for your valuables. By valuables I mean, money, jewelry and other expensive items. Be alert whenever you have money lying around and don’t be tempted to pick up anything not yours, especially someone else’s Nutella—now, that’s a crime against humanity.

**JANUARY**

**26**

Start of Class  
ICHM BBHM  
(Bachelor's degree)

**23**

General Staff Meeting

**5**

Parents' Night

**MARCH**

**6**

SGEN Family Day

**15-18**

International Buffet,  
Bistro Lima



**19**

3rd Student General Assembly

**29**

SISFU Alumni Homecoming



**8**

Special Non-working Holiday (Chinese New Year)

**4-5**

De Montfort Visit by Marcus Warren

**FEBRUARY**

**9-12**

International Buffet,  
Bistro Lima

**25**

Special Non-working Holiday,  
(People Power Revolution)



**29**

Last day of classes  
2nd year SOHM  
Pearson, ICHM

**22**

Last day of classes 3rd year  
SOHM ICHM

**Feb 29 -  
March 4**

DMU students' enhancement week

**8**

Bistro Lima start of Term Break  
Last day of classes SOBC  
Pearson 1st & 2nd yr.,  
SOHM first year

**APRIL**

**9**

Regular Non-working Holiday (Araw ng Kagitingan)



*3rd term*  
**S.Y. 2015-2016**

By: Aaron Alvarez

## WILL THE APEC CHANGE YOU?

Asia-Pacific leaders came together in the annual Asia-Pacific Economic Cooperation (APEC) Summit last November 18-19. The Philippines had the opportunity to host it and cater to one of the most influential and powerful groups of politicians. World leaders such as US President Barack Obama, Canadian Prime Minister Justin Trudeau, Japanese Prime Minister Shinzo Abe and Mexican President Enrique Nieto attended the APEC Summit.

(Fun fact: Justin Trudeau was elected at the age of 43, making him the second youngest Canadian Prime Minister.)

While we students may have deemed this event as a gift because of the weeklong vacation, it was a complete hell for drivers. Traffic got so bad; commuters would walk to their destination because this was faster than waiting for the cars to even budge. This social irritation spawned puns such as “tr-APEC”. Dads used this in their desperate attempt to deliver a great joke because they thought this was “APEC-tive”.

The highlight of the Summit was the 23rd Economic Leaders’ Meeting where the world leaders discussed the expansion of trade and investment by continuing to bring down tariffs and other hurdles. They have also agreed on combatting drug trafficking, supporting agricultural sectors, and partnering for defense, food security and disaster risk reduction. The main goal is to produce additional economic growth for the Asia-Pacific region.

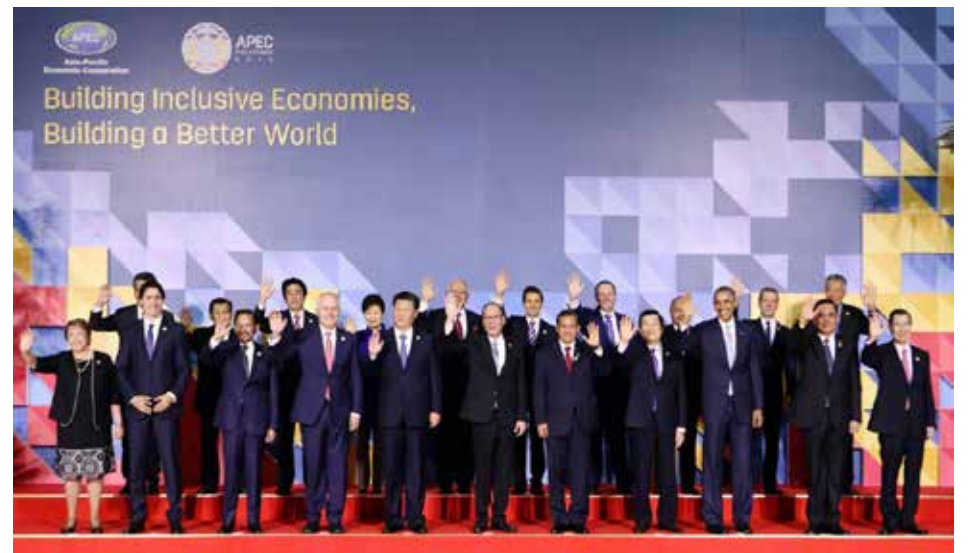
This is important to SISFU students who are now involved in a small and/or medium enterprise or are planning to start one in the future. These enterprises should be promoted for they are essential to the Philippines’ economic growth—they will provide

employment to a large population. Expected moves are: bringing down trade barriers, more lenient financing and building management and entrepreneurial competency within the enterprises.

Whether you think of the APEC as a vacation, “tr-APEC” hell, or something insignificant, the annual event promotes unity within the region to reach a positive economical change together.

However, these discussions and annual meetings alone will not be effective for the growth of Philippine economy if the government and citizenry will not do their share.

We are so busy waiting for the government to change its ways, but have we taken into account changing ours? We are so busy waiting for change, but really, change must start with us. How? For starters, do we honestly obey traffic rules? (This calls for another article.)



(Photo: APEC website)

## Good news? You decide

Australia’s largest telecommunications company, Telstra, is reported to have been discussing a possible joint venture with San Miguel Corporation to bring in Telstra to compete with the telecom giants, the Philippine Long Distance Company and Globe Telecom. However, no formal agreement has been reached due to discussions in financing the companies’ endeavors.

This rumor is exciting to Internet users like me and the rest of the SISFU populace.

For the past eight decades, the two prominent companies, PLDT and Globe, have been providing telecom services to the Filipinos. But as time goes by, the dependence on technology, especially smartphones and personal computers, has become more dominant amongst users. Since these gadgets are internet-driven, users are becoming more restless with the current companies’ slow Internet speed. In addition, the subscription prices are ridiculously high.

Telstra’s discussed entry into the Filipino market is a wake-up call to Globe and PLDT because the company is known to provide unbelievably fast Internet and low prices. Consumers, on the other hand, believe that a savior has come to deliver them from the “unfair prices and speed” they put up with for the past years. It has been reported that Globe’s CEO and President Ernest Cu said this about Telstra’s possible entry, “Once they sign, we’ll talk; but right now there is no deal yet. I

don’t get scared of ghosts. Anyone who comes in is a threat. But I’m not going to react to a threat that’s not real. Sign the contract and we’ll play.”

Manuel V. Pangilinan, PLDT chairman, stated, “We need to protect our market share for prepaid and postpaid. We’ll feel their presence, but it depends on what their tactics (are). It’s hard to speculate. But really, they wouldn’t come in without a fanfare. The novelty of a new player ... some people will be lured to try.”

Ernest Cu is much more confident, “They are priming the market. We’ve been working on our network for 13 years now. Do you think they can deliver on Day One?”

While it is hard to speculate on what will happen in the market tomorrow, we (I assume all students who depend on the Internet for research) are excitingly waiting for a savior like Telstra. But will it be able to deliver and meet our expectations? Only time will tell.

IT'S HOW  
WE CONNECT





# SISFU Gallery

By: Ceej Maderazo



Freshtival



Neovation



Performance of the Students of University of Medan



Pajamarama



MOU Signing



General Assembly



SISFU vs PERPETUAL



Monarch's Cup



SISFUN





Rotaract in Taguig



Rotaract Gift Giving



Industrial Visit



The Haunting



The Bridge



## T'was a Night in Bistro Lima

By: Elysa Artates



All these glorious food was topped off with a mug of delicious hot chocolate and a generous heap of fluffy marshmallows. It was a culinary experience taste buds will long remember.

An additional twist to cap the day was a raffle of wines to take home, making the dinner much more memorable and exciting.



The Bistro Lima must have been visited by Santa's elves as the restaurant became a second home for guests to celebrate Christmas Eve in November.

The 2nd year Culinary Arts Students organized the event on November 23 where a three-course meal, with popular dishes from a typical Christmas dinner, was prepared and served by the students.

The doors to Bistro Lima opened at 6 pm with glittering lights and hanging playful branches to welcome the diners. The warm lights and winter tunes brought in the vibes of Christmas; even the table napkins were folded in the shape of a Christmas tree! Reindeers, silver snowflakes, and flags of snowmen red and green adorned the walls.

The Bistro Lima was at full capacity that evening and why not? The menu of Squash Soup topped with Crispy Kale made the guests' mouth water; the Fresh Herb & Apple Chicken Breast Roulade with Sage Gravy, spiced baby potatoes and red radish and vegetables made their stomachs rumble; and bites of the Gingerbread Cake made their faces glow with smiles.



The Christmas Dinner, overall, was an unforgettable experience. The service and the preparation and plating of food was of great quality and to think it was all prepared by students! Young people still learning their craft can hold their own in a restaurant setting in both service and creating the food.

## Future Hoteliers and Restaurateurs Attend Power Conference of the Year

By: Katrina Alino

Hospitality Management and Culinary Arts students attended The 6th National Young Hoteliers and Restaurateurs Power Conference, organized by graduating tourism students from De La Salle University-Dasmaringas, on January 30 in SMX Convention Centre, Mall of Asia Complex.

The theme of the 6th NYHRPC was "Hospitality 360: Honoring the Past, Treasuring the Present and Shaping the Future". The purpose of the event was to provide students with the basic framework for planning and managing, to develop the skills necessary for interacting with various players involved in the event industry, as well as the immense potential of the hospitality industry in the development of the national economy. The conference also aimed to build camaraderie among students from other universities. Other universities such as University of Baguio, Tomas Claudio Memorial College, University of Northern Philippines, Technology University of the Philippines. Guest Speakers such as Mr. PJ Lanot, Ms. Ma. Veritas F. Luna, Ms. Lhoree Valerio, and Ms. Abbygale Arenas De Leon each gave an informative talk to the young audience. Informative topics like '10 resources for Success', '2016 Food trends for restaurants', 'How to Win the Hearts of Your Guests', and 'The Power of Image' were discussed, readying the young hoteliers and restaurateurs for the busy and thriving industry. The function hall was filled with laughter and enthusiasm with every speaker giving an ounce of knowledge of their years of experience in the industry.



by: Janine Teñoso

## Indonesian Embassy Visits SISFU

The Indonesian cultural attache, University of Medan, visited SISFU on September 26 to forge a possible partnership in achieving excellence through global education. It was a meeting that brought two organizations with the same goal: to develop in students a globally competitive mindset in an academic environment that provides all the tools they need as they move with their chosen careers toward international landscapes.

Held at the boardroom on the 5th floor of the SISFU building, the meeting between our Indonesian guests and SISFU officers brought to the table studies and possibilities to expand the experiences of SISFU students in different countries around the world, one of which is an exchange program between the rich culture of Indonesia and the Philippines and the global thrust of their universities.

Later that same day, the first and second year students of SISFU gathered at the mini theatre of Southville International School to watch the Indonesian dancers from the University of Indonesia perform some of their popular folk dances. After the performances, each section got a chance to take photos with the visitors.



## The Last Hurrah: 3rd General Assembly

by: Janine Teñoso

As SISFU stepped into the last semester, students were welcomed with a few sets of reminders during the 3rd General Assembly held at the SISFU gymnasium last January 19. The gathering also included special awards given to students who had perfect attendance during the last term.

Dr. Diamante, SISFU President, formally began the event with a message about student achievement and experience. She emphasized that a student must always be punctual, honest and responsible in submitting their papers on time. She further elaborated that a student must not be participative only in class but also in extracurricular activities for these bring out the fun in school. And if any student wants to consult her, she has established an open-door policy in her office. She ended her talk by informing the students that one of her objectives to make their stay in SISFU a great experience.

The program continued with Ms. Mediodia giving reminders about the processes involved in student clearances and exam permits. It was then followed by Ms. Yvette setting out new information regarding student discounts on certain stores such as Pinkberry and Outre. Mrs. Carol Pido gave out special awards to students in SOHM who had perfect attendance during the previous term. The freshmen are: Chris Borja and Louie Serate. The second year students are: Gabie Cobrado, Kimly Galicia, Ken Mardo and Jeric Montilla.



Mr. Tohid likewise gave out special awards to SOBC students who had perfect attendance during the second term. The freshmen are: Lev Niel Britanico, Dominic Flor de Liz, Carlos Gervacio, Jessica Hernandez, Nicole Acosta, Rodolph Joseph Cannu, Alyanna Nina Flores, Margot Galang, Ga Young Kim, Shiandra Mendoza, and Willard Miguel Tan. Last, but not least, Christian Aaron Alvarez, the only second year student.

Before the assembly ended, the attendees were serenaded by first-year student, Janine Tenoso, with the song number "Love Yourself".



# Winning Essays

## Marc Santos: I Love SISFU

Enthusiasm. Fear. Change. Drive. Commitment.

Has the thought of being a university student ever struck your mind? All of the words above resemble what it might be like for a student to experience university. It may just seem like yesterday, you were getting ready for High School. It seems surreal being called a university student, on the way to getting your bachelor's degree.

When you take the time to just sit, open your mind and look around, you can see the diverse personalities and characters being mixed and mashed under one roof. But the wonder is where the personalities co-exist. Wandering the halls of the university and relaxing in the student centres make everything seem simpler.

SISFU is a surreal dream, a dream that I'd want to last forever. But in this generation, there seems to be a lack of faith in forever, as they would say, "Walang Forever." I can tell you one thing that does last forever .

..  
Papers. The seemingly everlasting pile of papers can overwhelm anyone. But isn't that what we signed up for when we chose to become university students? The responsibility, creativity, and the demand are what we get for growing up. This is the difference between independence and dependence.

SISFU gives us the chance to invent ourselves. What this means is that the freedom they give us and the responsibilities they bestow on us are the tools we

can use to find out who we are and where we fit in. SISFU gives us the tools to mold ourselves to be able to thrive and survive in the outside world.

Sharing this feeling is the beauty of it. The laughter that friends share and the great memories that will last a lifetime are the diamonds you get from the pressure of becoming bigger, better, stronger. But it's mostly because of the pressure from papers.

Sharing the extracurricular activities with your friends like the futsal, basketball, volleyball, and badminton teams can wash all the stresses away. The grace and talent that are being displayed in Cradle and the digital creativity from the Computer Society can inspire.

All this experience gives you an estimated perspective of what the real world is like. What's so great about SISFU is that they treat you like Peter Parker (a.k.a Spiderman). SISFU is Uncle Ben. Nurturing you and taking care of you, while at the same time, giving you space to find out who you are. Knowing students' great potential, SISFU tells its students: "With great power comes great responsibility".

That is why . . . I love SISFU.



## Aaron Alvarez: I Love SISFU

Where does one begin to express their feelings for an educational institution such as SISFU? It has many notable characteristics, which the students and faculty come to love. SISFU carries a certain personality that is unique and endearing. This, of course, is the international mindset it plants in its students.

Today, everyone and everything are more connected than they were years ago. We live in a world where contacting someone a thousand miles away is made possible with a click of a button. However, social groups do not know the immense potential this holds; they would rather use this for their personal well-being such as contacting friends and loved ones. While this is all perfectly fine, there are more ways a person can use the wide networks this digital age has bestowed upon this generation.

As a student, the international mindset SISFU has planted in me has helped me realize the numerous opportunities these wide networks give. One is the open door to greater markets a business is capable of tapping into. Back then, only businesses with large capital can tap into huge markets, but since the Internet has connected mostly everyone, small businesses have become more competitive.

SISFU does not only make its students realize an opportunity like this one, but also provides the necessary tools that their students can use to take advantage of it. Every assignment gives us the chance to apply what we have learned in an international context. These also harness our capabilities and prepare us for the corporate world upon graduation.

SISFU imparts knowledge that is updated and of high quality. The professors make sure that every student

absorbs as much as he can. This brings me to another reason why I love SISFU—the professors. They are caring and open towards the students. In SISFU, there is an "open-door" policy wherein students are allowed to talk to their professors and ask help from them.

There is a certain care they show that most professors in other universities do not. This is made possible because of the smaller class sizes. The professors are able to get to know and care for their students.

These characteristics are what I love most about SISFU. Some students may have different opinions. They might love SISFU because of the home-like community, the hospitality of the faculty or maybe even the facilities, but as for me, I love the education it provides. SISFU not only aims to make its students book-smart but also street smart. They show us how to handle situations in the workplace; the faculty and staff do not treat us as students but as professionals.

All of these will benefit us students, but we must also do our part in practicing what we have learned and projecting professionalism in every aspect possible. We must take all the necessary actions to maximize what we learn in SISFU and we will become globally competitive; this is why I love SISFU.



## Filipino Pride: Philippine Volcanoes

By: Marc Santos

The Philippine Volcanoes were met with greetings erupting from the SISFU's doorsteps, women flanking the men from either side, gazing at their figures that seemed to be chiseled from stone.

On the third of September, the National Squad joined students and staff for lunch in the Bistro Lima. Fit with a three-course meal, with some of the players having tea on the side—quite the British feeling.

Earlier that day, the Philippine Volcanoes were escorted by the students and staff from their Headquarters in Silangan, Calamba City, which has beautiful facilities. The training grounds boasted of a large rugby pitch, packed with bleachers and state of the art sporting equipment. Aside from having access to the main hall, the players had a swimming pool for cool downs and a changing room. In addition, they had dormitories where team building activities take place and sleeping areas for players that are based abroad who need a bed when training with the national squad.

Some of the names who attended the lunch included: former All Blacks player, Coach Geoff Alley; the captain of the squad, Jake Letts; Gaz Holgate;

Harry Morris; Chris Everingham, the three veterans on the squad; Bob Guerrero; Robert Jones; and Litz Ramirez, one of the first full born and bred Filipino rugby players to join the squad.

Being with the Philippine Volcanoes up close was inspiring not only to those interested in football, but also to those aspiring to become athletes at all levels. They showed great humility but there was a hint of underlying confidence that is always present in athletes playing at that level. Their professionalism hadn't gone unnoticed. In addition, during the ride to the school, the team was definitely light hearted and always in it for the fun.



## MVP TALK

by: Janine Teñoso



The first-ever business talk-and-chat with Manny V. Pangilinan, also known as MVP, whose tight schedule is legendary, was hailed as a feat by faculty and students of the International Baccalaureate, Southville International School and Colleges, and SISFU. The well-attended gathering was held at the Luxembourg Gymnasium on November 6.

“There is no secret to success, it's all about hard work and dedication to what you are doing,” MVP stressed, defining the circumstances that led him to where he is today.

MVP began his talk by narrating stories about his family and childhood, emphasizing that success comes to a person with the right values and attitude. He talked about perseverance, hard work and determination in the workplace. He also gave some lessons about sportsmanship by sharing the story behind the FIBA championship (Philippines vs. China).

After giving varied points on business ethics, he allowed a Q and A. Some of the students, alumni and teachers from the three different schools, along with the other guests, Coleen Garcia and Andrew E., asked questions which were all willingly answered by MVP, citing his actual experiences.

“He is truly inspiring and humble, with so much wisdom to learn from,” was the consensus of the students, who looked forward to his next business talk-and-chat.

## p.3 ← The Dream Bin

Maybe we feel crushed that we have let go of our dream of being a pilot or an engineer—or maybe not. If we do, then I have good news! We have a resource that many underestimate and overlook—time. It is not too late to retrieve our dream from the bin and place it back in our heart. Just because we are now in a certain spot does not mean we have to remain there forever.

Let's challenge ourselves to pursue and achieve our dream.

Let's hurdle those roadblocks. Anyone among our peers who criticizes us for doing something that will make us happy is an insecure coward who is too scared of pursuing his own dreams. Let us not allow him to discourage us while we still do not have everything figured out. One day, when we're doing what we love, we can look back and say to ourselves, “I am glad I got my dream back from the bin.”

Believe in what you do; do what you believe will make you happy.

By: Melissa Gonzales

## Chris Godinez

“SISFU served as a way for me to be the person I am today by strengthening my communication skills through reports and presentations.”

Chris is currently a Sales Advisor of Engel & Voelkers. He is also starting up a career in the real estate industry in Hong Kong. SISFU played a significant role for Chris since the reporting and presentations he has, enhanced his communication skills. According to him, his job as a Sales Advisor requires good communication skills that will enable him to obtain clients.



## Patricia Alvarez

*“SISFU has equipped me to become flexible in situations that demand global professionalism.”*

*As a former student of SISFU, Patricia is now studying in Deakin University. Studying in a foreign country had its own challenges for Patricia. However, spending two years in SISFU, which gave a different curriculum compared to the usual Filipino universities prepared her well enough in adapting to the university life in Australia. Patricia gained confidence and diligence towards meeting each deadline since she is now very used to writing papers, finishing research projects, and presenting to a crowd. According to her, studying in a foreign university has been made easier because of her experience in SISFU.*

## Heidi Sumagingsing

“SISFU has taught me things that I need to know in my job, most especially in Accounting.”

Heidi is working as a Marketing Associate in BPI under corporate banking. At first, it was difficult for her since it was different from school, but she was able to cope since SISFU prepared her for such scenarios. When asked how she managed to stand out from the rest during the interview, she answered that she can fluently speak in English. Her interviewer also loved the way she was well prepared for the interview, from the outfit to the personality. SISFU transformed Heidi into a professional employee by becoming globally competitive. In addition, the professors taught her useful lessons that she eventually made use of in her daily job as a Marketing Associate.



## News flash!

## Bread of Life

All the first year students of the School of Business Pearson went on an industrial visit last February 10 to learn about two “bread-making” organizations.

The journey began at the Bangko Sentral ng Pilipinas, where they were able to learn and understand how real money (bread) is made and the role of the Central Bank in the Philippine economy.

From there, they went to the Gardenia Bakeries Philippines a state-of-the-art bread factory in Binan, Laguna. It was a fun learning experience for all as the students saw how Gardenia makes their bread. They had a personal tour of the factory and were able to grab samples of their bread and how a successful business is run.

## Rotaract Emergency Preparedness Program

By: Junnase Llanes (contributor)

The Rotaract Emergency Preparedness Program (REPP), a project which helped prepare 50 mothers from CAA against natural calamities like typhoon, flood, fire, and earthquake, was organized by 3rd year volunteer SISFU students and held last summer at the Rondlhan Ministries and Compassion Inc., Baranggay CAA, Las Pinas. They were assisted by Ms. Yvette Bautista, Head of Academic Support, and Ms. Jhen Bebing, Program Admin Coordinator, in organizing the event that included a preparedness lecture, distribution of emergency kits, some fun and games, and afternoon snacks.

The mothers were given pamphlets on what to do before, during, and after a disaster, which included the contact details of a person who can assist them when an emergency occurs. The SISFU Rotaract Club prepared games (with prizes) to find out whether the attendees listened and understood the lectures by Heidi Sumagingsing, Jessica Castro, Rachel Royena, and Khea Gio. The mothers were also asked to role play, including an earthquake drill, to help them know exactly what needs to be done during disasters.

After the lectures and games, the volunteer students distributed the SISFU Cares Emergency Kit which included a solar fan with light, shampoo & conditioner, soap, lighter, t-shirt, and canned goods. After which, snacks were served.

The successful event, which had all the women participating, listening, and cooperating, was spiced with fun and camaraderie. The participants appreciated this grand gesture from the Rotary Club.

“This will help save our and our families’ lives,” they said, leaving the venue with big smiles on their faces.



## Christmas Gift Giving 2015

By: Rachel Royena (contributor)

Christmas Gift Giving 2015, which provided a fun-filled Christmas party to over 100 children in CAA, was mounted last December 11 by the Rotaractors from SISFU. This project gave the Rotaractors an opportunity to bring joy to these children by giving each one a Christmas gift. Generous SISFU students, staff and faculty who were more than willing to sponsor a child, gave all the gifts. We would like to thank everyone involved for making this project possible! Truly, it is more blessed to give than to receive. We encourage everyone to make a child smile every Christmas!







Calling all Business students!!!

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For other questions, please contact:  
Aldric Yriarte, SJMA President  
09272156513  
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09178080649

## SISFUN 2015: An Intense Battle

By: Isabella Bartolome

Cheers from every team erupted on the last day of SISFUN 2015, November 16, 2015, when the awarding ceremony transpired and the results for the major games (basketball, volleyball, futsal, and badminton) were announced.

In basketball, White Foxes and Maroon Dragons fought for the championship but in the end White Foxes prevailed with a score of 81-44.

In volleyball, it was an intense battle between White Foxes and Golden Griffins that lasted through four long sets. White Foxes eventually won with a score of three wins and one loss. Final scores: 1st set, 15-25 (in favor of White); 2nd set-, 25-11 (in favor of Gold); 3rd set, 29-31 (in favor of White); 4th set, 23-25 (in favor of White).

In Futsal, White Foxes slayed Maroon Dragons with a final score of 11-0. The Maroon Dragons fought hard but White Foxes prevailed.

In Badminton, Men's Doubles winner is the Blue Titans with a score of 2-0. Maroon Dragons were the Mixed Doubles and Women's Doubles Champions winning both matches with a score of 2-0. This crowned the Maroon Dragons as the SISFU Badminton Champions.

SISFUN 2015 was truly an unforgettable event that highlighted sportsmanship and camaraderie among all the teams.

The battle cry of all participants after the awarding was, "On to SISFUN 2016!" As early as now, the heat is on.



## Paladins Tackle the Monarchs

By: Isabella Bartolome

The SISFU Paladins composed of Marc Santos, Takashi Nishikouri, Martin Jordana, Gian Barcelona, Armando Perez, Martin Ansay, Tisha Paulino, and Shainaz Takezawa played their hearts out during the tune-up game against the Monarchs.

Led by coach Francisco de Boer, the Monarchs is a football club made up of former and current students of Southville, Las Piñas. Some of its members who regularly practice on campus are: John Taylor, Martin Sarmiento, Ken Watanabe, Christian Darrow, Marcel Togumagoma, and Michael Gacad.

This friendly game ended with a score of 4-5 in favor of the Monarchs. Although it was just sort of practice for the Palladins, all players from

both teams battled it out as though it were a championship game.

Even during the warm-up, it was obvious that the Paladins were raring to play. It was no surprise that from the beginning, the game was consistently intense. The Paladins were in sync as they played as a team, scoring their first three goals within the first game.

During the second game, even though they didn't score, the Paladins fire burned forth. Punished with four stingers from John Taylor and the rest of the Monarchs, the Palladins teamed-up cohesively and played their best.

In the third and final game, the Palladins scored their final goal. Unfortunately the Monarchs had a score of five at this point, while the Paladins had a score of four. "Not a bad game at all," the Palladins said, feeling victorious. This tune-up game was proof that the Paladin Futsal team is passionate about the sport. Tune-up or championship game, the Palladins see no difference in their attitude as well as fortitude.

For the next games, the Paladins vowed to continue playing their hearts out and bring pride to SISFU by showing teamwork, unity, and sportsmanship, win or lose.