



OGS Stages Grade 6 Recollection

by Ethan Carl Tongson

The **Office of Guidance Services (OGS)** hosted its annual Mid-year Psycho-spiritual Recollection, conducted through a series of reflective sessions and interactive activities, for Grade 6 students. The event, themed 'Connected and Supported: Building Healthy Relationships,' was held at the Edgar V. Bondoc Gymnasium on November 6 to provide personal and spiritual connection and preparation ahead of their high school transition.

The program consisted of three main talks centered on personal identity, healthy relationships, and spiritual grounding. The students also engaged in a personal writing session directed toward God for spiritual reflection alongside classroom-based activities.

Opening the session, **Dr. NJ Palarisan**, the Elementary Guidance Counselor, centered on the theme '*PALAGI: Reconnecting with Oneself.*' He led students in an activity focused on self-reliance and introspection, encouraging them to identify their own inner light and become their own constant companion. He shared,

"We spend our energy looking for someone who will stay with us, but the truth is this: you are the only person who will always stay and see your journey through."

In the second session '*Bridges of Respect and Compassion*,' **Dr. Alma Y. Rossillon**, the High School Guidance Counselor, highlighted the significance of empathy, advocating for the use of "I-care statements" and outlining four essential steps for mending fractured friendships. She wrapped up her discussion by emphasizing the significance of forgiveness, stating,

"Forgiving someone else is a gift you give yourself. It frees you from carrying the anger."

The final session, '*From the Inside Out: Building Relationship with God*,' was facilitated by **Dr. Nida H. Garcia**, the Vice Principal of the Office of the Guidance Services. She urged students to test their emotions with honesty and embrace vulnerability, emphasizing that spiritual connection is a source of safety and truth. She shared,

"When we allow God to be our truth, we realize safety isn't in what we find, but in the constant companion we already have."

In her closing remarks, the Vice Principal of the Intermediate Department, **Dr. Wilgie Mae T. Serna**, recognized the OGS speakers and commended their significant impact on the personal and emotional development of the Grade 6 students.

The annual Mid-Year Psycho-Spiritual Recollection is a core program of the OGS, designed to provide Grade 6 students with the necessary personal and spiritual preparation for their high school transition.