



PHILIPPINE ASSOCIATION OF CAMPUS STUDENT ADVISERS (PACSA), INC.

SEC REGISTRATION NUMBER: 157638

PACSA National Capital Region (NCR) National Midyear Convention 2020

PACSANS STEP UP

Synergy of Triumphs and Exuding Perseverance in Unlocking Possibilities

November 23 – 28, 2020

The pandemic brought a lot of unforeseen things to human lives. And one of the most affected aspects is our mental health. The uncertainties led people to experience anxiety, stress, fear, discomfort, unending inconvenience, financial struggle, instability in behavior and many more. This is also what we see from all the social media that made the situation very toxic.

The first Virtual PACSA National Capital Midyear Convention with the theme: PACSANS STEP UP: Synergy of Triumphs and Exuding Perseverance in Unlocking Possibilities this November 23 – 28, 2020. The six-day training/workshop/seminar gave you incredible insights in overcoming the uncertainties brought by the pandemic. The convention aims empower and revive human spirit and soul – that helps us to CULTIVATE as a person and IMPROVE important life skills while helping other people.

Invited respected speakers emphasized the different important topics in the area of **Wellness, Relationship, Aspirations, Advocacy, Self and Action Plan**

The six-day virtual convention attended by more than 100 higher educational institutions in the Philippines led by some Student Affairs Practitioners, Campus Organization Advisers and Student Leaders.

After each session, assigned mentor per group also conducted their separate discussions to highlight the topic per day.

The convention was ended by the STEP UP Closing Party which most of the attendees were Student Leaders.

The whole **PHILIPPINE ASSOCIATION OF CAMPUS STUDENT ADVISERS (PACSA)** commits to making positive change and go out of our comfort zone. Re-create our spirit of contentment, peace and volunteerism.

PACSA helps turn our personal goals for the betterment of your community by having beneficial and sincere actions.

The convention challenges all PACSANS to TAKE PROGRESSIVE ACTION. It serves as an instrument to manage our emotions and how we respond to any calamity, natural or man-made and provide us strategies to bring back our focus and strength.

STEP UP, let PACSA help us out.