



Republic of the Philippines
Department of Education

REGION IV-A
SCHOOLS DIVISION OFFICE OF CAVITE PROVINCE
GENERAL MARIANO ALVAREZ TECHNICAL HIGH SCHOOL

Quality Assurance, Technical Assistance, Management and Evaluation (QATAME) Report

Title of Training: Learning Action Cell (LAC) Session September 2024

Venue: General Mariano Alvarez Technical High School

Inclusive Date: September 19, 2024

Participants: 7 Home Economics Teachers

Proponent: Ms. Diana Jean D. Decena

Facilitator(s)/Speaker(s): Ms. Andielie S. Tripura

M&E Group 2 Analysis	3.99 with the verbal interpretation of Outstanding
M&E Overall Analysis	3.99 with the verbal interpretation of Outstanding
General Comments and Issues Encountered	The session received positive feedback, with participants expressing gratitude and congratulating the organizing committee for a job well done. Many appreciated the overall structure and content, describing the session as great. One suggestion was to allocate more time for Q&A or sharing among participants to enhance engagement and discussion. Additionally, it was recommended to provide suggested reading materials for further learning on the topics covered. Overall, no significant issues were encountered, but participants expressed interest in more interactive elements.
Recommendation	It is recommended to continue offering seminars that focus on stress management and mental health, as participants found the topic highly relevant and personally impactful. Expanding the program to include more sessions on these themes will help address the growing need for support in managing anxiety and distress. Providing practical strategies and tools for overcoming mental health challenges can empower attendees to build resilience. Encouraging regular participation in such seminars will reinforce positive thinking and emotional well-being. Lastly, creating a supportive environment for sharing personal experiences could further enhance the effectiveness of future sessions.
Highlight of the Activity	The activity emphasized the importance of achieving a healthy work-life balance as a key factor in maintaining overall well-being. It highlighted the concept that mental health is deeply interconnected with physical, emotional, and spiritual health. Participants learned about the different types of stress and the need to focus on eustress, a positive form of stress that can motivate and improve performance. The session reinforced the idea that mental health is a critical component of overall health, deserving of attention and care. This holistic approach to well-being was a central theme throughout the discussion.



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Learning Insights	The session provided valuable insights on the importance of balancing work and stress while engaging in activities that bring enjoyment to life. Participants recognized that being mentally healthy is crucial for performing their duties efficiently and enhancing overall productivity. Learning to manage and cope with stress was highlighted as a key factor in achieving higher productivity at work. The session encouraged individuals to regularly evaluate and reflect on their mental health to maintain balance and well-being. Ultimately, these insights fostered a deeper understanding of the connection between mental health and professional success.
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Prepared by:

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