



Republic of the Philippines  
**Department of Education**  
Region IV Western Visayas  
SCHOOL DIVISION OF BANGALALAN CITY

Office of the Schools Division  
Superintendent

September 23, 2020

**DIVISION MEMORANDUM**  
NO. **165** s. 2020

**3-SESSION WEBINAR SERIES: "THE THREE R's OF TEACHING IN THE NEW  
NORMAL" OF THE SUSTAINING EDUCATION REFORM GAINS (SERG) PROJECT**

To: Assistant Schools Division Superintendents  
Chiefs, CDO & SACCE  
Public Schools District Superintendents  
Elementary & Secondary School Heads  
All Others Concerned

1. A recent Regional Memorandum No. 173, s. 2020, there will be a 3-session Webinar Series: "The Three R's of Teaching in the New Normal" of the Sustaining Education Reform Gains (SERG) Project on September 28-30, 2020.
2. Participants are Education Program Superintendents, Public Schools District Superintendents, School Heads and Teachers.
3. Links will be provided to EPS, CDO & School Heads, Teachers and to attend the webinar via Facebook Live.
4. Attendance of teachers will be monitored as stipulated in RPN No. 173, s. 2020 per No. 1. A link will be posted at District Facebook City Division FB Group for teachers to register through Google Forms. Registration is from 1:00 PM - 1:30PM only.
5. Schedule and Topics of the said webinar is in Enc. 1 of this Memorandum.
6. Note and immediate dissemination of this memorandum is desired.

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Enclosure No. 1 to Div. Memo No. 165, s. 2020

SCHEDULE	TOPICS
September 28, 2020 1:30 PM – 3:00 PM	<b>Session 1: Resiliency in Teaching:</b> <ul style="list-style-type: none"><li>• Practice of metacognition</li><li>• Self-management<ul style="list-style-type: none"><li>a. Personal reaction to change</li><li>b. Self-regulation</li><li>c. Stress Management</li><li>d. Reducing technology fatigue</li></ul></li></ul>
September 29, 2020 1:30 PM – 3:00 PM	<b>Session 2: Reconstruct Collaboration for Teaching</b> <ul style="list-style-type: none"><li>• Sustaining relationship with learners</li><li>• Sharing the responsibilities of facilitating learning at home</li></ul>
September 30, 2020 1:30 PM – 3:00 PM	<b>Session 3: Reinvent Motivation</b> <ul style="list-style-type: none"><li>• Self-affirmation (e.g. celebrating successes)</li><li>• Rekindle motivation of teachers</li><li>• Re-do professional plan to sustain motivation</li></ul>



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