

FROSH SURVIVAL GUIDE

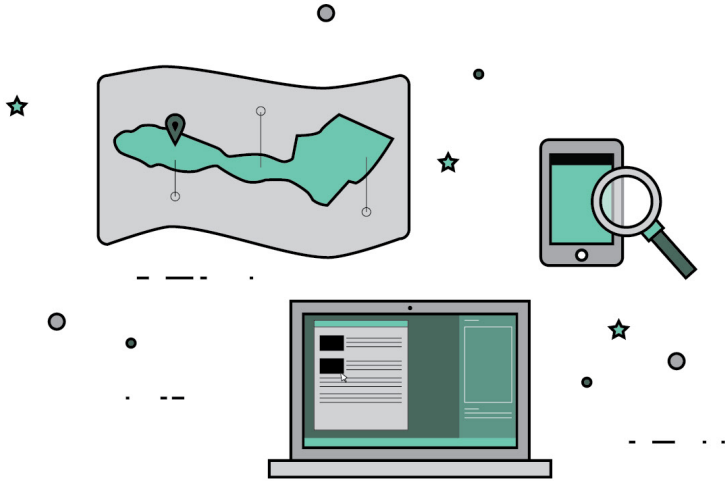


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Vision

De La Salle University-Dasmariñas is a Filipino Catholic University established and managed by the De La Salle Brothers and their lay partners in the historic province of Cavite in response to the needs of the Church and the Nation for human and Christian education, particularly the youth at risk.

Guided by the Lasallian values of Faith, Zeal and Communion, the University participates meaningfully in the process of social transformation by forming God-centered, people-oriented, and patriotic persons who serve as responsible and professionally competent stewards of God's creation.

Mission

To realize this vision, the University shall strive to become a leading institution nationally and globally in the integral formation of the youth by offering relevant, responsive, and community-oriented academic programs, research and extension services, and promoting a keen sense of history, arts and culture.

Following the footsteps of Saint John Baptist de La Salle, the University shall continue transforming itself into a caring community guided by Gospel values, with a fervent spirit of service, love for learning and excellence through a holistic formation of its members.

Lasallian Prayer

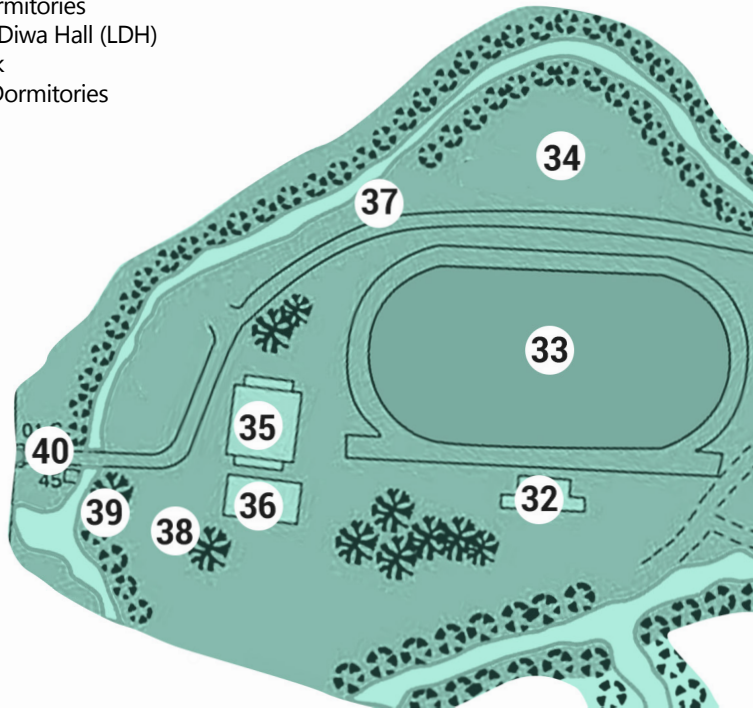
I will continue, O my God,
to do all my actions for the love of you.
St. John Baptist de La Salle, pray for us.
Live Jesus in our hearts, Forever.

Alma Mater Hymn

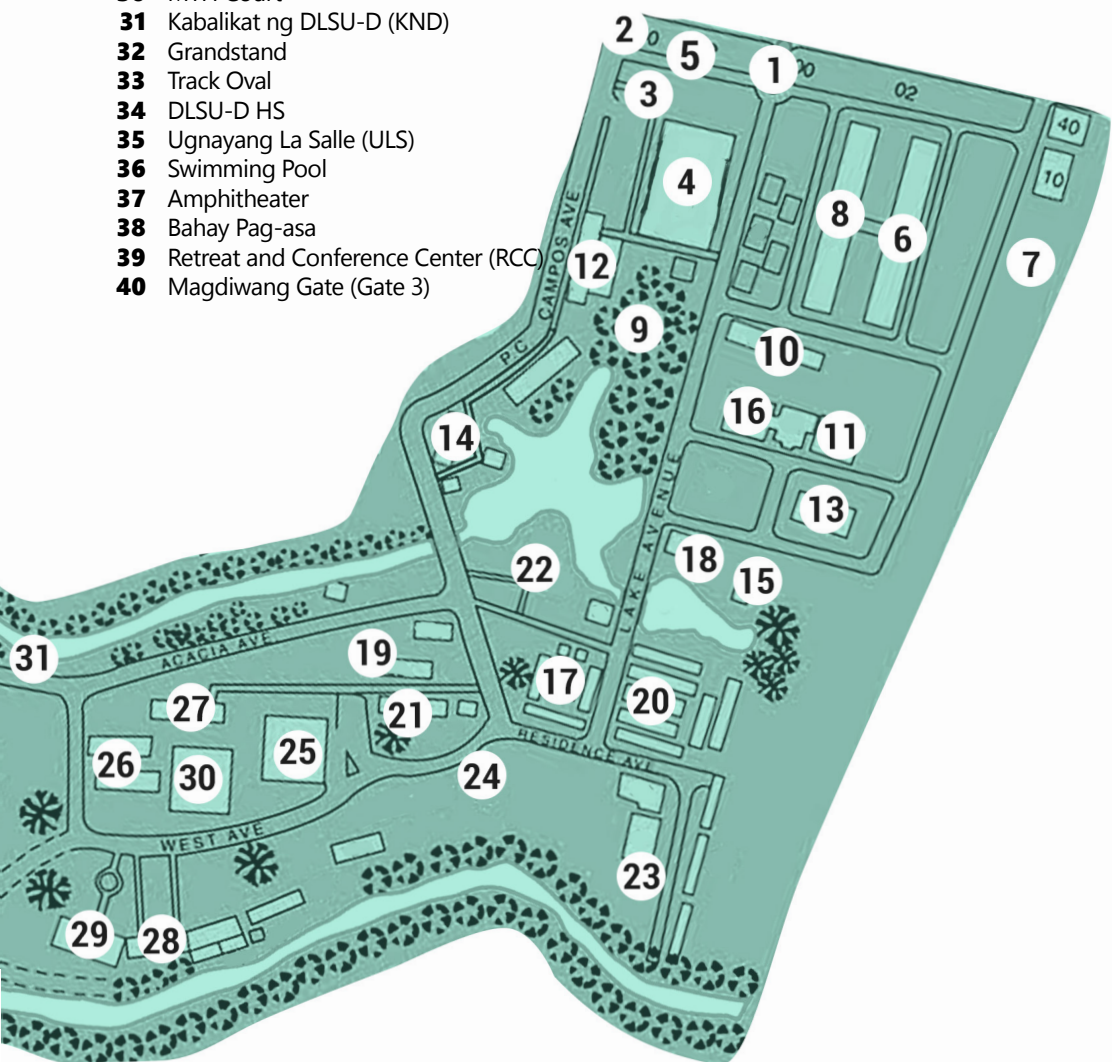
Hail, Hail
Alma Mater,
Hail to De La Salle!
We'll hold your banner high and bright,
A shield of green and white,
We'll fight to keep your glory bright,
And never shall we fail,
Hail to thee our Alma Mater!
Hail! Hail! Hail!

DLSU-D CAMPUS MAP

- 1 Magdalo Gate (Gate 1)
- 2 Magpuri Gate (Gate 2)
- 3 Information and Communications Technology Center (ICTC)
- 4 College of Tourism and Hospitality Management (CTHM)
- 5 La Porteria
[Student Welfare and Formation Office (SWAFO), and
Language Learning Center (LLC)]
- 6 Paulo Campos Hall (PCH)
- 7 College of Science (COS)
- 8 JFH - Julian Felipe Hall
- 9 Botanical Garden
- 10 Small Business Center (NBS, Milas, LCDC)
- 11 Aklatang Emilio Aguinaldo (AEA)
- 12 Hotel Rafael
- 13 Chapel
- 14 Severino Delas Alas Hall (SDH/Alumni Building)
- 15 Museo De La Salle
- 16 AEA Extension
- 17 University Food Square
- 18 Café Museo
- 19 Felipe Calderon Hall (FCH)
- 20 Male Dormitories
- 21 Ladislao Diwa Hall (LDH)
- 22 Lake Park
- 23 Female Dormitories



- 24** Vito Belarmino Hall (VBH)
- 25** Gregoria Montoya Hall (GMH)
- 26** Mariano Trias Hall (MTH)
- 27** Candido Tirona Hall (CTH)
- 28** Animo Shop (warehouse)
- 29** College of Business Administration and Accountancy Building (CBAA)
- 30** MTH Court
- 31** Kabalikat ng DLSU-D (KND)
- 32** Grandstand
- 33** Track Oval
- 34** DLSU-D HS
- 35** Ugnayang La Salle (ULS)
- 36** Swimming Pool
- 37** Amphitheater
- 38** Bahay Pag-asa
- 39** Retreat and Conference Center (RCC)
- 40** Magdiwang Gate (Gate 3)



COLLEGIATE ACADEMIC CALENDAR

FIRST SEMESTER A.Y. 2016- 2017

| | |
|----------------------|--|
| Jul 18-Aug 12 | Uppperclassmen Online Enrollment |
| Jul 17 | 39th Foundation Day / Institutional Awards |
| Aug 13 | Feast of St. Benilde Romancon, OSS Lasallian Patron |
| Aug 15 | Opening of Classes |
| Aug 21 | Ninoy Aquino Day |
| Aug 29 | National Heroes' Day |
| Aug 30 | Last Day of Dropping with Refund |
| Aug 1-31 | Buwan ng Wika |
| Sep 2 | Feast of Blessed Solomon Leclercq, CBAA Lasallian Patron |
| Sep 19-24 | Prelim Examinations |
| Sep 27 | Feast of Blessed Scubilion Rousseau, CoEd Lasallian Patron |
| Sep 29 | University Charter Day |
| Oct 5 | Memorial Day |
| Oct 7 | Feast of the Holy Rosary |
| Oct 10 | Feast of St. Marciano Jose, CTHM Lasallian Patron |
| Oct 11 | Deadline for Submission of Prelim Grades Online |
| Oct 19 | Last Day of Dropping of Subjects without Refund |
| Oct 24 | Feast of Blessed Arnold Jules-Nicolas Reche, CSCS Lasallian Patron |
| Oct 31-Nov 1 | All Saints' Day Observation |
| Nov 2 | All Souls' Day |
| Nov 3-9 | Midterm Examinations |
| Nov 16 | Feast of Blessed Jose Cecillio, CEAT Lasallian Patron |
| Nov 21-26 | Student Week |
| Nov 25 | Deadline for Submission of Midterm Grades Online |
| Nov 27 | Advent Season |
| Nov 30 | Bonifacio Day |
| Dec 8 | Feast of Immaculate Conception |
| Dec 12-17 | Final Examinations |
| Dec 16 | Institutional Christmas Party |
| Dec 25 | Christmas Party |
| Dec 30 | Rizal Day |
| Dec 19-Jan 21 | Semester Break/ Christmas Vacation |
| Jan 6 | Deadline for Submission of Final Grades Online |

SECOND SEMESTER A.Y. 2016- 2017

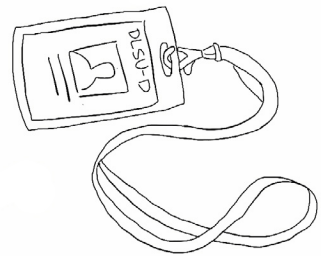
| | |
|---------------------------|--|
| Jan 1 | New Year's Day |
| Jan 5 | Resumption of Classes |
| Jan 9-21 | Upperclassmen Online Enrollment |
| Jan 13 | Staff Day |
| Jan 23 | Opening of Classes |
| Jan 26 | Catholic Teachers' Day / Translation of the Relics of St. La Salle |
| Jan 30 | Feast of St. Mutien-Marie Wiaux, CCJE Lasallian Patron |
| Feb 6 | Last day of Dropping of Subjects with refund |
| Feb 9 | Feast of St. Miguel Febres Cordero, CLAC Lasallian Patron |
| Feb 10 | Graduation General Rehearsal |
| Feb 11 | 39th Commencement Exercises and Baccalaureate Mass |
| Feb 18-24 | Preliminary Examinations |
| Feb 25 | People Power Anniversary |
| Feb 27-28, Mar 1-4 | Lasallian Festival |
| Mar 1 | Ash Wednesday |
| Mar 14 | Deadline of Submission of Prelim Grades Online |
| Mar 17 | Last Day of Dropping of Subjects without refund |
| Mar 19 | Feast of St. Joseph, Patron of the Institute |
| Mar 22 | Cavite Day |
| Apr 3-8 | Midterm Examinations |
| Apr 7 | Church's Feast of St. John Baptist de La Salle / Staff Recognition |
| Apr 9 | Araw ng Kagitingan |
| Apr 13-19 | Maundy Thursday/ Good Friday/ Black Saturday |
| Apr 19 | Research Day |
| Apr 28 | Deadline for Online Submission of Midterm Grades |
| Apr 30 | Birthday of Saint John Baptist de La Salle |
| May 1 | Labor Day |
| May 8 | Feast of Our Lady of the Star, Patroness of the Institute |
| May 13 | Grand Alumni Homecoming |
| May 15 | Institute's Feast Day of St. John Baptist de La Salle |
| May 15-20 | Final Examinations |
| May 20 | Luntiang Parangal |
| May 25 | Staff Recognition |
| May 26 | Faculty/ Staff Outing |
| May 16-31 | Endorsement Days (for new administrators) |
| May 29 | Canonization of Saint John Baptist de La Salle |
| Jun 6 | Deadline for Submission of Final Grades Online |

Lasallian Starter Pack: FROSH ESSENTIALS

You might still be reeling from the culture shock between high school and college, but it's time to snap out of it and prepare yourself for the four to five college years to come. To keep your head above the water, here's a list of handy essentials that will keep you going throughout your college life in DLSU-D.

ID card and lanyard

Regardless of your awful picture, wear your ID card everywhere. Whether that means wearing it while entering campus or just walking to class, an ID-less student will surely have a hard time talking things through with the guards. And be sure to wear a lanyard rather than an ID sling, otherwise you might find yourself defying the Student Handbook—and facing SWAFO.



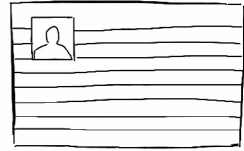
COR

The printed savior, your Certificate of Registration (COR) is the second most important thing that every Lasallians should have in their bags if ever you lose your ID or need to recall your schedule.



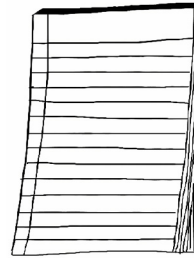
1x1 picture and index card

Majority of professors require a 1x1 picture of you and an index card for record purposes, so be sure to have enough copies for all of your subjects, because you never know, you might even get an extra point for this.



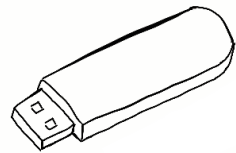
Yellow pad

If you think that college requires less homework and seatwork—you're definitely wrong. Get yourself ready for anything from five-page written assignments, essays on 1/2 yellow pad paper, and short quizzes on 1/4 yellow pad paper.



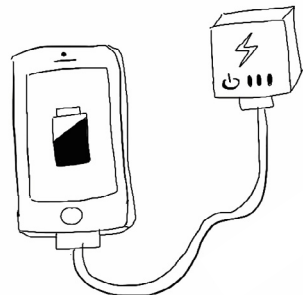
Flash drive

A lifesaver for every college student, flash drives are incredibly handy for transferring, printing, and saving essays, assignments, and theses without having to lug around a heavy laptop every day.



Powerbank

A whole-day schedule drains your body—and your phone battery as well. Keeping a powerbank in your bag will be convenient so you don't have to miss out on taking pictures of lectures or downloading files.



A Patriot's TRICKS OF THE TRADE

Serving as both a rite of passage and the shortcut to having an easy time on campus, these places-to-go and things-to-remember will certainly make your days easier as a Patriot.

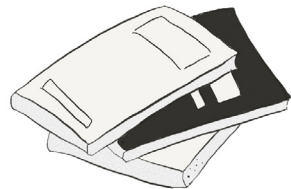
Ikot La Salle

For only P6, this can't-be-missed green jeepney travels along the lengthy roads of the DLSU-D campus, picking up and dropping off students from Gate 1 to Gate 3. Solution: waiting patiently at Gate 1 and 3, albeit tiring, will certainly get you the elusive spot.



Second-hand textbooks

Not all classes require students to buy textbooks, yet sometimes required thick textbooks can burn a hole in students' wallets and backpacks. To solve this, upperclassmen often sell second-hand textbooks (usually online) with a much-appreciated discount to inquiring frosh.



Photocopy machines

Xerox machines are perhaps one of the most valuable weapons of college students. Available in Aklatang Emilio Aguinaldo (University library), Gregorio Montoya Hall (administration office), College of Business Administration and Accountancy (CBAA) building and outside school grounds for a lower price, one must never underestimate the power of photocopies



Computer shops

For students looking for a quick print, essay revision, CD burning, and everything in between, computer shops outside of campus are there for students rushing against a deadline. Inside campus, however, the Electronic Resource Services (ERS) near the library is available to students in need of fast internet connection, and a printing area inside the Café Museo is available for printing needs—but at a price.



MARK YOUR CALENDAR

Taking a break from academics on your first stressful year in college wouldn't be more memorable without these exciting campus events. Every year, different organizations in the University hold various activities and programs that cater the interest of the students. So get your smartphones or tablets ready and mark your digital calendars for these epic annual events.



Lasallian Youth Summit (LYS)

Encouraging the youth to active participate within the Lasallian community, LYS welcomes new and returning students through various seminars with well-known event speakers.

Save the date: *October 5*



Students' Week

This most awaited event gives the students a week to loosen up through various campus-related events and parties hosted by organizations and colleges where sweets, food, drinks, clothes, and even plants are sold in the University Bazaar.

Save the date: *November 21 - 26*



Kantahan, Tugtugan, Sayawan (KTS)

An annual event conducted by the Council of Student Organizations during Students' Week, this benefit concert showcases the Lasallians' talents of singing, dancing, and acting along with some well-known artists from the local music industry.

Save the date: *Students' Week*



University General Assembly (UGA) and College General Assemblies (CGAs)

To get to know more of your college mates and expand your relationships with other Lasallians in the University, students also await these events managed by the University and College Student Councils (USC and CSCs) full of performances and concerts from popular singers, DJs and rock bands.

Save the date: *Inquire with your respective college councils*



Kaibigan at Barkadang Totoo

Popularly known as KA.BA.RA.TO., this benefit concert is more than just a party celebration and fun-filled activity, but a way to let the participants realize their individuality and follow their creative passions.

Save the date: *Lasallian Festival*



Lasallian Festival

Similar to Student's Week, this weeklong event is full of educational seminars and fun celebrations together with trade fair and exhibits during the second semester.

Save the date: *February 27 to 28 until March 1 to 4*

STAYING IN THE KNOW

With a fast paced college life, it's a gamble to be too laid back. But with the ease of the internet, wrong information can spread quickly and make matters worse. To prevent that from happening, follow the campus' various legitimate sources on social media and be in the know of the latest school events and announcements.



De La Salle University-Dasmariñas

Facebook: /DLSU.Dasmariñas

Twitter: @DLSUD

Youtube: dlsudmco

Website: dlsud.edu.ph



University Student Council

Facebook: /dlsudasma.usc

Twitter: @DLSUD_USC

Email: uscdlsudasmarinas@gmail.com

Office Location: GMH207



Heraldo Filipino

Website: www.heraldofilipino.com

Facebook: /heraldofilipino

Twitter: @heraldofilipino

Email: officialheraldofilipino@gmail.com

Office Location: GMH 213



Green FM (DWSU 95.9 Green FM, aka La Salle Radio)

Website: 959greenfm.wordpress.com

Facebook: [/959greenfm](https://www.facebook.com/959greenfm)

Twitter: [@959greenfm](https://twitter.com/959greenfm)

Studio Location: JFH101



DLSU-D Online Enrollment Inquiry

Facebook Page: [Dlsu-D Online Enrollment Inquiry](https://www.facebook.com/Dlsu-D-Online-Enrollment-Inquiry)



Cavite Governor Boying “Kuya Gov” Remulla

Facebook: [/boyingremulla](https://www.facebook.com/boyingremulla)

Twitter: [@boyingremulla31](https://twitter.com/boyingremulla31)



PAGASA

Philippine Atmospheric, Geophysical and Astronomical Services Administration

Website: www.pagasa.dost.gov.ph



Animo Channel

Facebook: [/AnimoChannel](https://www.facebook.com/AnimoChannel)

Website: animochannel.wordpress.com

(Visit the Facebook Page and Website for cable channel list)

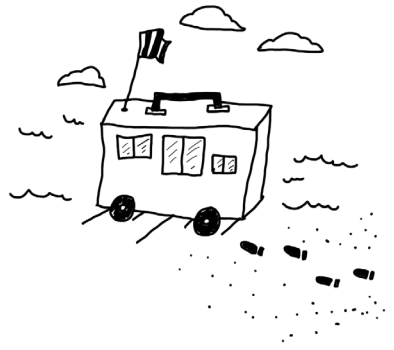
Also make sure to like and follow your College, College Council, and Program Council’s Facebook pages for college and course related reminders.

RUNDOWN OF REMINDERS

College life is a box full of surprises like class suspensions, free-cut subjects, unexpected quizzes, and the like. Aside from the basic essentials that a frosh must have, expect to prepare for the upcoming affairs and payments that will come along the way as your college journey is about to start.

Much anticipated school trips

Get ready for a course/school trip at least twice a school year depending on your chosen course or subject. It'll probably empty your wallet, but you'll learn a lot from the exposure trips nonetheless.



Mind-opening seminars

There'll be seminars required for you to attend, but more often than not, they're not as boring as they sound as they expose you to inspiring speakers, exciting topics—and even a certificate to attach to your resume.



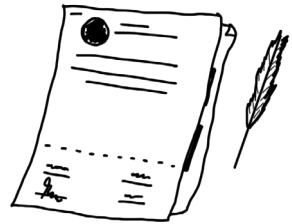
Bazaar days

Yearly, events like Lasallian Festival, Students' Week, and Paskong Lasalyano set up a bazaar near the Rotunda, so it's much advisable to save enough money to enjoy the food and items sold at the bazaars.



Permanent pass: PCF

The Parental Consent Form (PCF) is written proof of your parent's approval for an event you're going to either outside or inside the school. The rule is, no PCF, no event, so be sure that you get your parent's signature on the PCF, attach a photocopy of their ID card with signature, and pass the PCF on time to your class/org president.



Plethora of payments

There are instances that you'll suddenly need money like: stacks of photocopied handouts for class, General Assembly (GA) fees required for some collegiate events, and even ticket fees for school concerts and seminars.



Red Alert: CAMPUS RED FLAGS

One might think that being a bonafide Patriot includes unlimited access to the campus, yet there are certain hazard signs that all students of DLSU-D must be aware and prepared for—whether we like it or not.

Strenuous heat

One of the fiercest opponents of the Patriots is none other than the sun itself, as you'll often find students with a perma-scowl while walking in the heat. Despite the campus' green outdoor paradise, there are days it's best to stay indoors and bask in the air-conditioned rooms.

Red flag fixes: Handy umbrella, a cap, sunblock, and a handkerchief.



Unexpected downpour

Aside from the heat, there are actually days when you'll find yourself missing the sun. Sometimes unexpected downpours occur, making for a very damp, gloomy, and not to mention muddy, day of school.

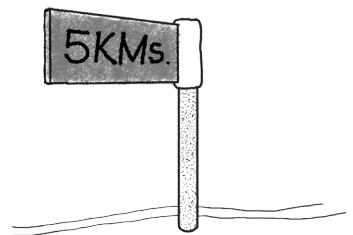
Red flag fixes: Extra pair of shoes, baby wipes, and an umbrella.



Long tiring walks

No matter how near they may seem on a map, never underestimate the distance between certain buildings around campus. Worry not, as your stamina and legs will eventually thank you for the daily exercise.

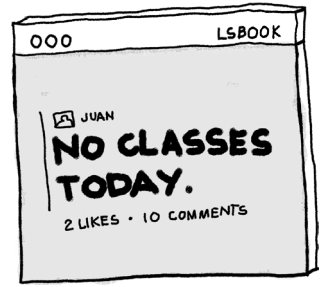
Red flag fixes: Comfortable shoes, an umbrella, and friends to complain with.



Late announcement suspensions

Nothing's more annoying than arriving at a closed school with the guards instructing students to head on home because of the recently announced suspension.

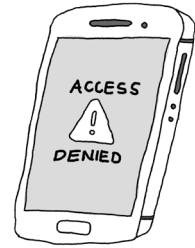
Red flag fixes: Staying updated on social media and communicating with friends who live near the campus.



Blocked websites

Certain websites such as Instagram and Facebook (on mobile), can't be accessed through the school Wi-Fi. Tough luck on quickly posting that artsy shot of the walkway, yet educational websites are open for everyone.

Red flag fix: Use mobile data, if absolutely needed.



OBE

Replacing ELGAs (Expected Lasallian Graduate Attributes), Output Based Education projects are the final task at the end of the semester that put the pressure on all students to redeem their grades.

Red flag fixes: A positive attitude and groupmates who won't leave you hanging.



Hell week

Known as the week before exam week, these are the days when tensions run high and grades are on the line. Students are usually found curled up with their reviewers and working on their ELGA projects, if not stressing out.

Red flag fix: Unfortunately, there's no quick fix for hell week. "If you're going through hell, keep going."



College Bites: EXPECTATIONS VS. REALITY

College isn't a Hollywood movie. Don't expect your college experience mirror *Project X* or *Pitch Perfect*—it's a little less glamorous and whole lot tougher than what's portrayed on the silver screen. To give you a quick reality check, here's the unfiltered lowdown of what the next four to five years will be like:



Expectation:

Becoming best friends with everyone in your block in a snap.



Reality:

Texting your high school friends—or your mom instead.



Expectation:

Socializing with everyone you meet in college.



Reality:

Thinking socializing is more painful than enrolment. Awkward moment.



Expectation:

Wild parties every weekend.



Reality:

Facebook. And/or Youtube.



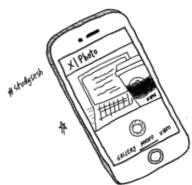
Expectation:

Sleeping in on weekdays.



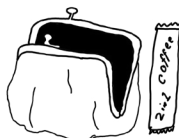
Reality:

Struggling to stay awake in 8:30AM classes (as if you didn't have to go to class at 7AM every day for four years in high school).



Expectation:

Taking Instagram shots of your study sessions at Starbucks.



Reality:

Too broke for Starbucks.



Expectation:
Spending hours debating over your everyday OOTD, even on uniform days.



Reality:
Getting SWAFOed for your sweatpants because you were too lazy to wear anything else.



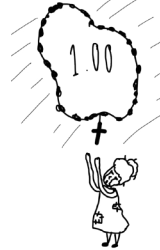
Expectation:
Finding the One in first semester, first year.



Reality:
Fourth year and still single.



Expectation:
Making it to the Dean's Honor List like it's a breeze.



Reality:
Running to the chapel every exam week, praying for a passing grade.



Expectation & Reality:

Creating memories, finding yourself, and discovering your purpose.

The movies got some parts right—your college years will set you on the right course to figure out who you want to be and what you want to do for the rest of your life. As cheesy as it may sound, college is where everything happens.

It's where you'll be surprised to find that during all those times you were laughing with friends and having fun—you were actually making memories. It's where you'll figure out who you are, and accept that perhaps you wanted to be isn't always who you were meant to be.

It's where you'll find your purpose—that one thing that'll give meaning to what you do and inspire you to pursue your passions with unimaginable drive.

So go forth and don't take anything for granted—grab at every opportunity handed to you and make the most out of your college experience.

Words of wisdom FROM UPPERCLASSMEN



Christine Fortunado

*President, University Student Council
Student Councils*

“The road to success begins with a single step, a cup of coffee, and most especially, a prayer.”



Ana Margarita Madera Adrias

*President, Council of Student
Organizations
Council of Student Organizations and
Recognized Student Organizations*

“God sees your passion and persistence so don't stop realizing your vision.”



Anri Ichimura

*Editor in Chief, Heraldo Filipino
Student Publications*

“ Nothing worthwhile ever comes easy. If it’s hard, then suck it up and move on because the real world won’t give you training wheels—it’ll give you the push to keep on going. ”



Jazmine Morales

*President, Lasallian Pointes N' Flexes
Dance Company
Performing Arts Groups*

“ The learning process isn’t always fun. Being unhappy is a lame reason for you to stop achieving your goals. ”



Harries Riego

*President, Lasallian Student
Ambassadors
Auxiliary Student Groups*

“ Friendship is not about how long you’ve been together. It’s about how you and your friends shared those moments, whether they were happy or sad. ”

DIGITAL MUST-HAVES

Aside from the obvious resources of Twitter, Facebook groups, and the occasional email to alert you of the class assignments, campus happenings, and digital know-how, here are vital apps and websites that will not only keep you updated, but maximize your abilities as a DLSU-D student.

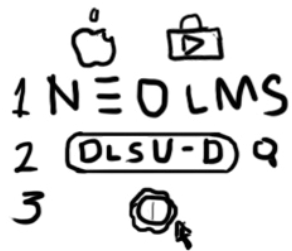
DLSU-D Schoolbook (App)

One cannot stress the importance of this website: from class updates to the oh-so important missed quizzes, Schoolbook connects students to the University and vice-versa. Now that a phone app is available for both Android and iOS, there's no reason for not being updated.



How to download:

1. Search NEO LMS in the App Store or Google Play
2. Once downloaded, look up "DLSU-D" on the portal search
3. Choose the "De La Salle University-Dasmariñas Online" option



DLSU GPA Generator

(<http://gpa.jpbalb.in/>)

Handy for: Avoiding the long stretch of calculator computations when it comes to computing GPAs for prelim and midterm.



Google Drive (App)

Handy for: quick and easy access to files, especially through the group sharing option. The “available offline” option is also handy for swift file look-backs when there’s no internet.



Google Scholar (search engine)

Handy for: Searching for academic articles and scholarly sources. Google Scholar greatly differs from its mainstream counterpart, as you no longer need to reach numerous search pages to find scholastic studies.



Khan Academy (App)

Handy for: Mind-boggling math topics. Their interactive and step-by-step approach is essential for those desperate all-nighters.



Miriam-Webster Dictionary (App)

Handy for: Writer’s block when it comes to those grueling essays and write-ups.



Keepmeout.com (website)

Handy for: Blocking social media websites when you’re trying to study. The urge to grab your phone is entirely up to you however.



Noisli.com (website)

Handy for: Calming background music for productivity. With sounds ranging from the pitter-patter of rain to a relaxing café ambience, this website is bound to get you out of that studying slump.



Beyond the classroom: THE ORG LIFE

There's more to college life than just the classroom—beyond the books lies a world made for students who crave opportunity and a place to belong. For those who'd like to taste excitement, pursue their passion, and discover their purpose, take a chance and join the University's diverse set of organizations.

University Student Council (USC) & Collegiate Student Councils (CSCs)

Geared toward leading and serving the Lasallian students, the University and college student councils represent the student body, host a variety of events, and aid students in all aspects of their college life. The USC oversees the seven CSCs, which in turn oversee their respective **Program Councils (PCs)** and **collegiate organizations**.



Council of Student Organizations (CSO) & Recognized Student Organizations (RSOs)

The "mother" org and overseer of the RSOs, CSO monitors the numerous events hosted by the student groups and also unites roughly 30 RSOs made up of **co-curricular organizations** and **interest organizations** ranging from media orgs to soccer clubs.



Student Commission on Election (SCE)

The official Electoral body of the campus, SCE is responsible for ensuring honesty and integrity in our annual campus elections.

Political parties: **Sinag (DLSU-D)**, **SENTRO La Salle**, and **R.E.D. Alliance**.



Performing Arts Group (PAG)

Home to advocates of culture and the arts, PAG aims to nurture the skills and perfect the craft of the University's performing artists. For those with a passion for music, dance, theater, and the like, PAG is comprised of the following:

Orgs: **DLSU-D Chorale, DLSU-D Symphonic Band, La Salle Filipiniana Dance Company, Lasallian Pointes N' Flexes Dance Company, Lasallian Pop Band, Teatro Lasalliana, and Visual and Performing Arts Production Unit.**

Auxiliary Student Group

Instilled with the value of community service, the Auxiliary Student Groups are comprised of organizations focused on enriching a certain aspect in a Lasallian student's college experience.

Orgs: **Campus Peer Ministers (CPM), Lasallian Vigilance for Environmental Development (LS Verde), Lasallian Peer Facilitators (LPF), Reserve Officer Training Corps (ROTC), Student Extension of Resources through Voluntary Effort (SERVE), Peer Assistance Program (PAP), Lasallian Student Ambassadors (LSA), Night Achievers Society (NAS), and Kaibigan ng Aklatan.**

Student Publications

Upholding the very essence of responsible campus journalism, the student publications serve as the voice of the students and create various publications throughout the year in order to promote the critical thinking and social advocacy of the students.

Orgs: **Heraldo Filipino (HF)** and **Vicissitude (VC).**



Onto the court: **THE ANIMO SPIRIT**

With the roster of this year's Patriots varsity team, DLSU-D will continue to compete in different provincial, regional, and national leagues—and bring home the glory with flying colors. Get to know the teams to cheer on and the games that you shouldn't miss.

VARSITY TEAMS

Men's Basketball - Patriot cagers
Women's Basketball - Patriot cagebelles
Men's Volleyball - Patriot spikers
Women's Volleyball - Patriot volleybelles
Badminton - Patriot shuttlers
Athletics - Patriot tracksters
Table Tennis - Patriot paddlers
Chess - Patriot chessers
Taekwondo - Patriot jins
Swimming - Patriot tankers



CLUBS

Ultimate Frisbee - Gang Green Ultimate
Football - DLSU-D Patriots United Football Club



GAMES

United CALABARZON Collegiate League (UCCL) - July to August

Now in its 10th season, UCCL is a collegiate sporting league for colleges and universities based in CALABARZON exclusively.



Private Schools Athletic Association (PRISAA)

- November to April

Founded way back in 1953, PRISAA is an association of private schools, Christian schools, and home school athletic departments throughout the Philippines that holds provincial, regional, and national tournaments annually.



Philippine University Games (UNIGAMES)

- October

With its 21st season this year, UNIGAMES is a national collegiate sports competition in the Philippines where UAAP and NCAA powerhouse teams contend against other provincial squads.



National Capital Region Athletic Association (NCRAA)

- January to February

Home of some NCAA squads, NCRAA is an athletic association for Metro Manila and its neighbor provinces established in 1993 where the games are usually held during the second semester.



Friendship and Solidarity Cup (FSC)

- February to March

Staging its 17th installment next year, FSC is an annual basketball and volleyball competition that is joined mostly by Lasallian universities in Luzon.



OOTD BY THE BOOKS

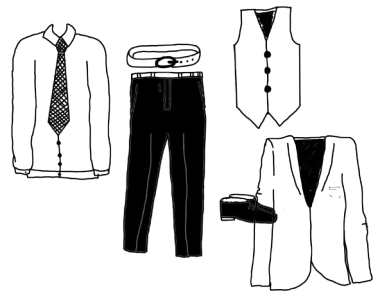
As much as you want to feel more comfortable with your sleeveless shirt and ripped jeans, there's still a dress code set by the school for you to abide. To get your closet ready for the incoming school year, take note of these guidelines to avoid any offenses and keep your ID from being confiscated.

Tuesday College Uniform Day

For all **CBAA students** and **CSCS students** (excluding biology course students), Business Attire (BA) is required to be worn every Tuesday, and for other courses, only during thesis defense and formal presentations.

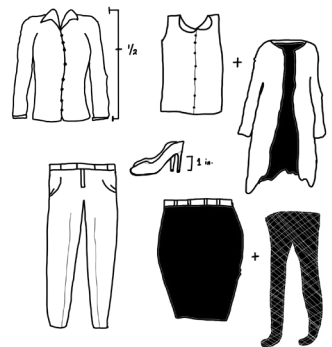
For male students:

- Long-sleeved business shirt along with a neck-tie
- Sleeves buttoned at the cuff and shirt tucked inside the pants
- Plain slacks, preferably dark ones, with a leather belt
- If possible, suit and vest should be worn to look more presentable
- Black or brown shoes matched with socks

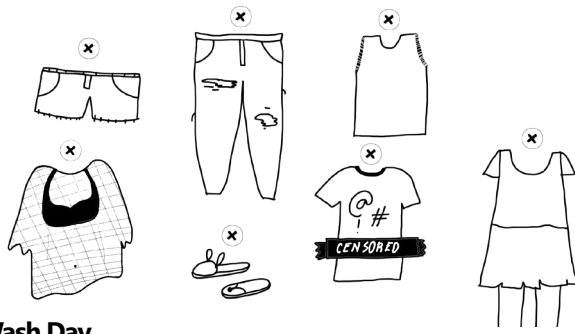


For female students:

- Straight-cut and pencil-cut skirts of hems within two inches above or below the knee
- Stockings should be worn along with your dress or skirt
- Blouse sleeves must cover half of the upper arm
- Sleeveless shirts should be worn with blazers or cardigans
- Straight-cut or semi-flared plain slacks of any color or with pin stripes
- Heeled shoes at least an inch high



- **CSCS biology courses** - a prescribed white uniform or laboratory gown is to be worn.
- **CTHM** - a prescribed uniform like tourism attire or culinary attire is to be worn depending on their respective courses.
- **CCJE** - a prescribed college shirt is to be worn.



Wednesday Wash Day

Thankfully, the University sets this day in the middle of the week so we can give our uniform a break and put on our civilian clothes.

Civilian attire restrictions: shorts, ripped jeans, sleeveless shirts, hanging and off-shoulder blouses, leggings/jeggings, skirts/dresses more than two inches above the knee, see-through attires, shirts with offensive printed statements, and all kinds of slippers.

Friday Green Day

As part of the Lasallian tradition, Friday is a day for wearing your school pride—a green Lasallian shirt that can be purchased at the Animo Shop in the Food Square.



Special Days

Special days like Lasallian Week, Student's Week, and College Week allow students to wear civilian attire or college shirts for the whole week.

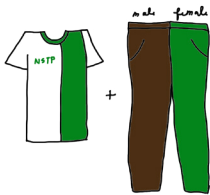


P.E. uniform

A prescribed P.E. is required during P.E. classes, but students may wear a plain white shirt after class if their P.E. shirt is soiled with sweat.

Restrictions: Girls are allowed to wear their P.E. shirt and jogging pants the whole-day while boys are only allowed to wear their P.E. shorts during P.E. classes and must change into regular school pants outside of the gym.

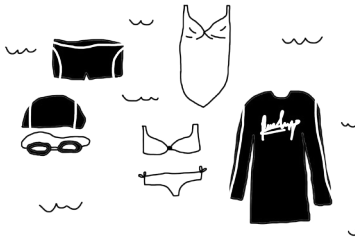
Warning: P.E. uniform is forbidden during exam week.



NSTP shirt

The NSTP shirt is to be worn along with the school pants and only during the whole-day of your NSTP class schedule.

Warning: NSTP shirt is forbidden during exam week.



Swimming attire

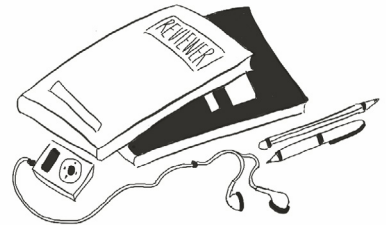
The prescribed swimwear include: spandex/nylon shorts or pants, rash guard, one-piece, two-piece (yes, we're serious), swimming cap, and goggles. After the class, you can change back into either your P.E. uniform or regular school uniform.

The struggle is real: **OVERCOMING ACADS**

We hate to be the killjoy, but academics in college is far from what we experienced in high school. No longer can you skip class and expect to pass—in college, you need to actually study, and study hard, if you want to graduate on time and with flying colors to boot. To overcome and excel in your academics, here are some quick tips on how to get your money's worth of education at DLSU-D.

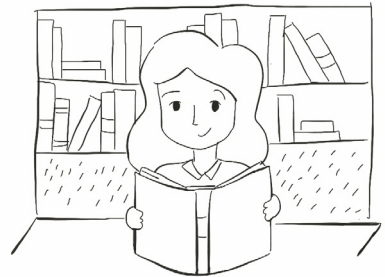
Acads over amusement

Set your priorities straight. We didn't enroll to make friends or attend parties, but to pursue our career goals and prepare for the future. The reality is, your parents spent their hard-earned wages on your education, so don't let that go to waste.



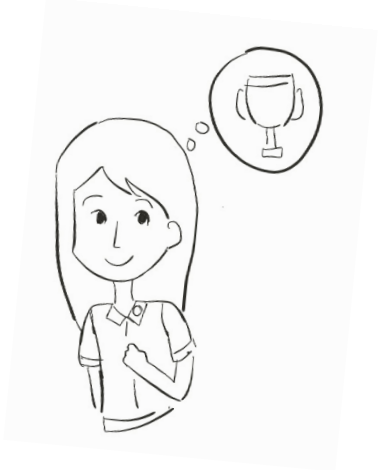
Study hotspots

Find the best study spots. With the noise of thousands of students and upcoming quizzes and exams, it's crucial that you find the perfect study spot on campus before they're all taken. Suggestions: Aklatang Emilio Aguinaldo (AEA, aka the library), AEA Learning Commons, Botanical Garden, JFH kubo, MTH kubo, CTH kubo, and other kubos strewn around campus.



Study tricks

Figure out what study hacks work best for you. You'll eventually encounter those legendary tough exams that make grown men weep, but if you've studied well with proven techniques, then you just might make it out alive. Suggestions: use mnemonic devices, watch YouTube educational/tutorial videos, make flashcards and index cards, read aloud, and listen to study-suitable soundtracks.



College lethargy

Exert effort and don't settle for half-baked ideas. Never lose your enthusiasm for the little things like arriving to class on time and meeting deadlines to bigger issues like participating in group assignments and conceptualizing project ideas. Because in the real world, less than the best just doesn't cut it.



Crammer's curse

Kill the cramming mentality. It's no secret that every student, high school or college, is guilty of cramming—to the extreme. But in college where exams and deadlines mean life or death, nip that bad habit in the bud before it becomes toxic to your college career.



LASALLIAN LIFE HACKS

Studying—the ever-dreaded element of school that just won't disappear. Incidentally, college is the time when old high school habits are a thing of the past and studying is set to maximum overdrive. With these tips and tricks, you can make sure that you can sustain your grade point average (GPA)—without sacrificing your sanity.

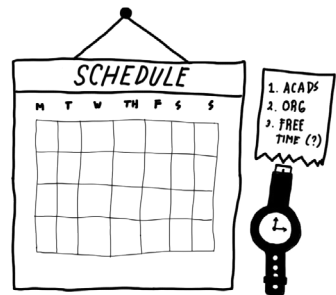
Take down notes

It might be a lame “high school” habit to still keep a notebook in college, yet writing down notes in class and updating a simple to-do list can help us stay afloat the vast college waves.



Stick to a routine

Let's face it, 24 hours isn't enough to accomplish all your tasks, that's why planning—and sticking with—a routine is essential in being on top of activities. In between classes, studying, and maybe even org life commitments, having a loose schedule to follow will certainly make everything smoother.



Communicate with your professors

More often than not, students who fail are the ones who don't approach their professors with inquiries about their grades and how to make up for them. It may be nerve-wracking to approach terror professors, but in the end, most of them have your best interests at heart—or at least don't want you to repeat their class.



Put yourself first

Cheesy as it may be, self-preservation is one of the main keys for striving in college. Keep away from toxic people who will only hinder you from the keeping your eyes on the prize—the diploma after four or five years.



Stay motivated

When you're a freshman, the world seems to be coated in a rosy filter; after the initial awe though, the sense of wonder disappears for many and college turns into four to five years of monotony. The best way to strive in college—and life, for that matter—is by keeping yourself motivated. May it be through academics, friends, life plans, and with the assorted organizations found in DLSU-D.



CAMPUS JOINTS TO CHOW DOWN

Brain-draining classes may leave you so famished as if you'll barely survive your next class. Considering your ample break time and the immense tropical heat, you don't have to brave the outskirts of town just to find an affordable meal because DLSU-D's hefty food spots will definitely tickle your taste buds without costing you an arm or a leg.

| THE FOOD SQUARE | | |
|------------------------|--------------------|--|
| Food joint | Price range | Bestsellers |
| Oven Maid | P40-P55 | Baked Mac, Stromboli, Lechon Kawali |
| Jefcee's Food Corner | P35-P55 | Fried Chicken, Spaghetti, Silog, Creampuffs |
| S-coop-s | P52-P62 | Roasted Chicken, Stir Fried Squid, Fish Fillet |
| Nanay's Cuisine | P40-P60 | Caldereta, Sisig, Menudo, Fish Fillet |
| Darlynn's | P40-P60 | Cordon Bleu, Lechon Kawali, Oriental Pasta |
| Tempura Sam | P65-P80 | Yakiniku, Ebi Tempura, Stamina-don |
| Kulpy Chicken | P65 | Sweet and Spicy Chicken, Teriyaki Chicken, Spicy Chicken |
| Eat Chetera | P30-P60 | Fried noodles, Siomai |
| Rice Mix | P40-P60 | Sinangag, Silog |
| Happy Tummy | P50-P65 | Silog, Breakfast meals |
| Tapsi Royale | P50-P65 | Silog |
| Bulgogi | P75 | Bulgogi, Bibimbap, Ramen |

| <i>EAST CAMPUS</i> | | |
|---------------------------|--------------------|--|
| Food joint | Price range | Best sellers |
| Mila's Diner | P40-P65 | Sinigang na baboy, Spaghetti, Hotsilog |
| Café Museo | P65 | Chicken Teriyaki, Carbonara, Roasted Chicken |

| <i>WEST CAMPUS</i> | | |
|------------------------------|--------------------|-----------------------------|
| Food joint | Price range | Bestsellers |
| Kabalikat ng DLSU-D (K n' D) | P50-P70 | Sisig, Bicol express |
| ULS food kiosk | P40-P50 | Longsilog, Tapsilog, Siopao |

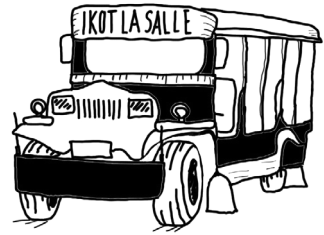
| <i>FOOD STANDS</i> | |
|---------------------------|----------------------------|
| Food joint | Location |
| Kwek-kwek sa campus | located at Mila's Diner |
| Tender Juicy Hotdog | |
| Jack n' Jill Snacks | |
| Café Vinna | located at the Food Square |
| Waffle Time | |
| Chillers | |
| Sure Tea Shop | |
| Potato Giant | located at Happy Tummy |
| Potdog | located at Jefcees |
| Jefcee's shake stand | |
| Fruits in Ice Cream | located at Tempura Sam |
| Marvel's Pizza | located at Eat Chetera |
| Siomai House | |

THE LASALLIAN GREEN THUMB

DLSU-D's greenery echoes the school's outstanding moniker as the Greenest University in the Philippines. DLSU-D ranked 50th in the 2015 Greenmetric World University Ranking, 11th in Asia, and 1st in the Philippines. Beyond the remarkable landscape, our school advocates helping the environment by implementing renewable energy, proper waste management, responsible water usage, eco-friendly transportation, and environmental education. At the student's level, here are some things to take note of in our everyday lives in our Green University.

Ikot La Salle

In order to protect the environment by reducing carbon footprint, Parents of La Salle Cavite (POLCA) gave birth to the e-jeepney, Ikot La Salle. This jeepney drives around the campus on school days and drops you off certain destinations for just a few pesos. A standard gasoline-powered jeepney replaces the e-jeepney at certain periods.



Tree planting

It's the school's graduating requirement for students to participate in tree planting activities outside the campus depending on their courses. This way, we can help retain the environment's health outside the campus as well. However, tree planting destinations require a tiring hike up mountains, so be sure to get your gears ready before the thrilling event.



CLAYGo – Clean as you go

Displayed in the school's eating areas are posters of CLAYGo (or clean as you go). At DLSU-D, students are encouraged to clean up after themselves rather than rely on the school maintenance crew. Apart from teaching us to be environmental friendly, the school aims for students to be independent and responsible for the things we use. Whether you're in JFH kubo or in the food square, don't forget to clean up after your mess.



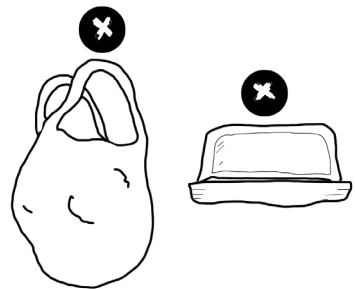
Waste segregation

With the waste management program of the University, not only will student take part in waste segregation through disseminated recycling bins around the campus, but they'll do their part in helping the environment as well. That's why DLSU-D received the ECOSWITCH Planet Award for Waste Minimization for garnering abundant savings and creating a positive environmental impact on waste reduction.



Plastic bags and Styrofoam ban

Along with Dasmariñas City's plastic use regulation, DLSU-D strictly discourages the use of Styrofoam and plastic bags within the University premises; students who violate this policy will be given graded penalties. Instead, the use of tote bags and biodegradable plates, cups, and utensils are encouraged.



Keeping on track: THE SWAFO POLICIES

Frankly speaking, no one likes to be controlled or limited. But when you come to think of it, the rules are meant to guide us, not break us. There are a bunch of dos and don'ts to remember, but here's the gist of the SWAFO rules that every Lasallian must know.

DO'S

- Read and comprehend all the provisions mandated in the Student Handbook. Everything is there, so don't say you weren't informed
- Wear your ID card at all times around the campus
- Attend mandatory retreats, recollections, other spiritual activities, general assemblies, etc.
- Wear the prescribed attire under the dress code
- P.E shorts (for boys) are to be worn only during P.E classes
Observe silence when entering and during your stay at the school library and the Church
- Practice CLAYGO at all times
- Take good care of all the school facilities you will be using

- Return borrowed school equipment or property
- Issue a car sticker for your car



DONT'S

- Intake of illegal drugs and alcoholic beverages on campus, or entering the campus intoxicated
- Smoking within the school premises and even the use of e-cigarettes and e-vaporizers
- Organizing a formation of fraternity or sorority
- Switching or borrowing of ID card with other students
- Public Display of Affection within school premises
- Any act of bullying
- Any form of cheating
- Cutting classes
- Littering inside the campus premises
- Exceeding the maximum allowable number of class hours absences per semester (11 hours)

UNTROUBLESOME TRANSACTIONS

We've all been confused with the numerous transaction counters and offices we see around the University that we're never quite sure who to turn to regarding certain issues. With that, here's a list of the DLSU-D counters and a few offices to familiarize ourselves with for a smoother college experience:

COUNTERS

- 1** for receiving and releasing documents, transcript of records, diplomas, shifting forms, and graphing forms.
- 2, 3, 4** for evaluation of particular courses' issues and problems, specifically with graduating students.
- 5** for releasing student enrollee's ID cards.
- 6** for signing and releasing clearance forms.
- 7, 8, 9** for the property, payable, and payroll sections.
- 10** for the University's clinic records.
- 11, 12** for assessment of fees (serves as the Student Account Section).
- 13** for disbursement of fees and releasing of checks.
- 14, 15, 16** for payment of fees to the cashier.
- 17** for recruitment, selection, and admission of junior and senior high school, college freshman, transferee, and second course takers interested in enrolling in the University, under the Center for Student Admissions.
- 18** for student admission test (SAT) schedules and results.
- 19** for the Office Associate of different records and databanks of the University.
- 20, 21, 22** for paperwork related to the GSO

OFFICES

General Services Office - which ensures the University's health and transportation services as well as internal and external security.

Office of the University Registrar (OUR) – secures every student's record, enrollment every term, evaluation of subjects and credits, certification of students' eligibility for graduation, and issuance of student records.

Accounting Office – takes responsibility of the students' accounts, financial management, and University transactions. This office is under the Office of the Assistant Vice Chancellor for Finance (OAVCF).

University Lasallian Family Office (ULFO) – falls under the Center for Lasallian Ministries (CLM), set to provide venues or programs for Lasallian formation which ensures the University's full commitment to its vision and mission..

Information and Communication Technology Center (ICTC) – manages the University's information systems, networks, technical services, and web development.

Parents Organization La Salle Cavite (POLCA) – one of the Lasallian community members, it supports activities, projects, and programs of all sectors in the University that benefit both the students and the parents.

Student Development and Activities Office (SDAO) - helps in contributing to the student's total development by providing opportunities for students to grow physically, intellectually and spiritually through its various student organizations and events.

Student Wellness Center (SWC) – provides guidance to students in order to help direct themselves toward self-acceptance, self-actualization, and emotional and spiritual development.

Office of the Student Services (OSS) – aims to enhance every student's college experience and promote success in the University through academic programs and student service for the sake of the student's holistic development.

Student Welfare and Formation Office (SWAFO) – enforces student discipline through proper implementation of policies, rules, and regulations in accordance with the Student Handbook.

FOR ASPIRING SCHOLARS

With the vision of having a 20% scholar population, the University offers a variety of scholarships in order to extend financial assistance to deserving students. Through the help of the Student Scholarship Office (SSO), granting scholarships to undergraduate and graduate students has become more attainable.

INTERNALLY FUNDED SCHOLARSHIPS

Financial Aid Grant – students who are financially challenged may apply for this grant in exchange of rendering service hours around the DLSU-D offices. Financial Aid Grants range from 100% to 50% depending on the number of service hours required.

Student Assistantship Program (SAP) – offers a full discount on tuition, laboratory, and miscellaneous fees to grantees in exchange for rendering four hours a day five times a week at any unit or office in the University.

Financial Aid for Student Trainees (FAST) – students under this grant avail tuition fee adjustments every semester in exchange for assisting in implementing enrollment procedures and policies.

Tuition discount for select HERALDO FILIPINO (HF) and Vicissitude members, athletes, ROTC officers, Rondalla members, and Performing Arts Group members. Reserved Officers Training Corps and select HF and Vicissitude members may be given discount on tuition and laboratory fees up to 100%, as determined by their respective scholarship committees.

Entrance Scholarships – all valedictorians and salutatorians who belong to a batch of more than 100 graduates from the Department of Education recognized secondary schools may receive a tuition fee discount: 100% and 50% for valedictorians and salutatorians, respectively.

Academic Scholarships – aspiring grantee of this scholarship must belong to the upperclassmen with a grade no lower than 3.25 and obtain 18 units or a required number of units for the semester before application. The Top 55 academic scholars' tuition discount is based on their GPA, ranging from 25% to 100% tuition discounts.

Enhanced Brother President Scholarship Program (EBPSP) – DLSU-D and De La Salle Health Science Institute (DLSHSI) employees' children who are qualified in the application may avail this program, covering three (3) children dependent of the DLSU-D and DLSHSI employees with the first, second, and third avilment rendering 100%, 75%, and 50% tuition discounts respectively.

Other sources – the DLSU-D Alumni Association, University Student Council (USC), Parents Organization La Salle Cavite (POLCA) and select College Student Councils and Program Councils.

EXTERNALLY FUNDED SCHOLARSHIPS

Aside from using the University's internal funds to extend financial assistance to internally funded scholars, different public and private organizations or companies also sponsor scholarships for externally funded scholars available for both graduate and undergraduate students. The externally funded scholarship's sponsors are initially sourced through the Office of the Vice Chancellor for Mission, External Affairs and Advancement Office (OVCMEAA) and Office of the Assistant Vice Chancellor for Academic Services (OAVCAS) subject for the SSO's approval.

Types of Externally Funded Scholarships include endowment funds, term scholarships, and government agencies.

To see the updated list of external donors and more details regarding internal scholarships, visit <http://www.dlsud.edu.ph/sso.htm>.

DLSU-D GROUNDS TRIVIA

EAST CAMPUS

Home to: College of Criminal Justice Education (CCJE), College of Liberal Arts and Communication (CLAC), College of Tourism and Hospitality Management (CTHM), and College of Science and Computer Studies (CSCS), National Bookstore, computer and science laboratories, chapel, museum, and Aklatang Emilio Aguinaldo.

Magdalo Gate (Gate 1) – entry-exit point for majority of Lasallians and visitors. Located across the street from 7-Eleven and various restaurants, kiosks, and computer shops.

Magpuri Gate (Gate 2) – located near the Student Welfare and Formation Office (SWAFO) and Language Learning Center (LLC), this gate is reserved for cars particularly those exiting the campus during specified schedules.

Magtagumpay Gate (Gate 4) – reserved for cars and never used by any pedestrians or motorists, Gate 4 can be found near the COS building.

Julian Felipe Hall (JFH) – serves as the CLAC building, JFH also consists of the college theater Tanghalang Julian Felipe and parliamentary hall Bulwagang Jose Basa.

Paulo Campos Hall (PCH) – where physics, mathematics, and biology laboratories are located.

Pantaleon Garcia Hall (PGH) – serving as the 267th Reserve Officers Training Corps (ROTC) headquarters

Mariano Alvarez Hall (MAH) – formerly a CoEd building, MAH houses the Buildings Facilities and Maintenance Office (BFMO) near the ICTC building.

College of International Hospitality (CIH) – home to the Tourism and the Hotel and Restaurant Management students and popularly known as a commercial and film shooting venue.

Hotel de Oriente – a building for CTHM students located behind CIH

Campus Gourmet and Hotel Rafael - laboratories for Hotel and Restaurant Management students.

College of Science (COS) – serves as the building for CSCS students and comprises its respective departments.

Severino Delas Alas Hall (SDH/Alumni Building) – houses the De La Salle Alumni Association (DLSU-D Chapter) office, two conference rooms, a multi-purpose function hall, and a 450-seater auditorium.

Botanical Garden – a recreational place for the DLSU-D community and the biology students' research place.

University Food Square – a food court for all Lasallians and visitors consisting

of different food stalls and stores. This is also where the Animo Shop sells its Lasallian shirts and merchandise.

Lake Park – an alfresco events area.

Cultural Heritage Complex – comprises the three structures in the Museum Complex.

Aklatang Emilio Aguinaldo (AEA) – serves as the DLSU-D library patterned from the femur residential house of Aguinaldo at Kawit, Cavite, known for its free Wi-Fi, Learning Commons, and collections of various reference materials. The AEA also consists of the Brother President's office, an extension called the Electronic Resource Service, the Educational Media Services for viewing films, and four conference rooms.

Museo De La Salle - a unique, cultural, cross-disciplinary institution which serves as a permanent museum of the De La Salle University System.

Antonio and Victoria Cojuangco Memorial Chapel of Our Lady of the Holy Rosary – home to the Campus Ministry Office.

WEST CAMPUS

A 600-meter walk from the East Campus, the West Campus consists of the College of Education (CoEd), College of Business Administration and Accountancy (CBAA) and College of Engineering, Architecture and Technology (CEAT), administration building, conference centers, and student dormitories.

Ladislao Diwa Hall (LDH) – used as the building for CoEd students.

Felipe Calderon Hall (FCH) – serves as the CCJE building.

Vito Belarmino Hall (VBH) – a newly renovated building for mostly CEAT classes.

Gregoria Montoya Hall (GMH) – serves as the administration building and home to offices of the student organization.

Candido Tirona Hall (CTH) – has served as the CEAT building since 2012, formerly used as the Accountancy Department building of the CBAA.

Mariano Trias Hall (MTH) – houses the CEAT departments and currently used by CEAT students.

College of Business Administration and Accountancy Building (CBAA) – used as the primary building for CBAA students and houses case rooms and computer laboratories.

Track Oval – a sports facility in the University available for all Lasallians.

Grandstand – a roofed open structure commonly overlooking the Track Oval. Underneath the structure lies the GDO classrooms and the athletes' quarters.

Ugnayang La Salle (ULS) – a sports complex and events venue for Lasallians and non-Lasallians which consists of a three-court stadium, offices of the Physical Education (PE) Department, Sports Development Office (SDO) and an Olympic-sized pool beside the building.

High School Building – used as the DLSU-D high school students' building.

Magdiwang Gate (Gate 3) - used as an entry-exit point for pedestrians (mostly students with classes in the West Campus), motorists, and cars.

DLSU-D DIRECTORY: *Quick contacts*

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OFFICE OF THE UNIVERSITY REGISTRAR

University Registrar (Local: 3027)

UNIVERSITY STUDENT COUNCIL

Local: 3052

HERALDO FILIPINO

Local: 3063

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The Frosh Survival Guide is a joint project between the Heraldo Filipino and University Student Council for the incoming freshman of AY 2016-2017.

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