

PERSONAL DATA SHEET

Name: Mary Ann G. Cobico

Date of Birth: May 21, 1980

Sex: Female

Civil Status: Single

Home Address: Tipay, Sta. Cruz, Baybay City, Leyte

Mobile No. 09617501598

Mailing Address: ASEAN House, Visca, Baybay City, Leyte

Mobile No. 09617501598

EDUCATIONAL QUALIFICATION

Degree Earned	Specialization	Institution	Year Obtained
Master of Arts in Psychology	Industrial/Organizational Psychology	University of San Carlos	2020
Master of Education	Guidance and Counseling	Philippine Normal University	2009
Bachelor of Arts	Psychology	Philippine Normal University	2002

EXPERIENCE AND LENGTH OF SERVICE

INCLUSIVE DATE	POSITION HELD	INSTITUTION/ADDRESS
2013 – present	Guidance Counselor	Visayas State University – Baybay City, Leyte
2010 – 2013	Guidance Counselor	Adamson University – Manila
2005 – 2010	Guidance Counselor	Our Lady of Fatima University – Valenzuela
2007 – 2010	Part-Time Instructor	Our Lady of Fatima University - Valenzuela
2003 – 2005	Admission Staff	Philippine Normal University - Manila

TRAINING

Title of Training	Sponsoring agency	Level	Inclusive Dates
Training of Trainers on the Universal Prevention Curriculum (UPC) for Substance Use-Curriculum 5	CHED Regional Office 8	Regional	July 19-21, 2022
Capability Building Training for West Leyte PESO Managers	DOLE-West Leyte Field Office	Local	April 7-8, 2022
HIV/AIDS Peer Educators' Training	Department of Health Regional Office 8	Regional	January 19-21, 2022
Universal Prevention Curriculum for Substance Use Trainers' Training	CHED Regional Office 8	Regional	August 17-19, 2021 August 26-27, 2021

Course on Strengthening Integrity and Accountability Amidst the COVID-19 Pandemic	CSC Regional Office 8	Regional	December 2, 4, 9 and 10, 2020
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CONFERENCE/SEMINARS/WEBINARS

TITLE OF CONFERENCE	SPONSORING AGENCY	INCLUSIVE DATES
The Roles of Guidance Counselors in Philippine Mental Health Services	Philippine Psychiatric Association, Inc.- Philippine Guidance and Counseling Association, Inc.	August 18, 2022
Do You Compare Yourself to Others? The One Big Thing Sabotaging your Happy Life and Your Only Solution	Tanglaw Mental Health	April 29, 2022
Together We Can: Preventing Suicide as One	Unilab Foundation	September 10, 2021
Using Global Digital Standards and Frameworks in Talent Cycles, Human Resource Development Plans, and Student Competencies	Government Academe Industry Network, Inc.	August 11, 2021
Creating a Low Stress Environment and Minimizing Crises	Mindspring Mental Health Alliance. De Moines, IA.	June 15, 2021
Fast Changing World of Work and Career Counseling Challenges. 43 rd Annual Convention Workshop.	Career Development Association of the Philippines	March 25-26, 2021
For Counselors and Educators: Nurturing the Well-being and Future Careers of the Gen Z	Enderun Colleges	February 26, 2021
Vision '21: Developing our Identities as People and Professionals	Chi Sigma Iota-Alpha Sigma Omega, Counseling Academic and Professional Honor Society, University of the Philippines-Diliman Chapter	January 29, 2021
Pandemic Fatigue Webinar	Philippine Red Cross, UNICEF Philippines, Council for the Welfare of Children, and MentalHealthPH	January 29, 2021
Suicide Prevention Webinar	Philippine Red Cross, UNICEF Philippines, Council for the Welfare of Children, and MentalHealthPH	January 27, 2021

Utilizing Technology in the delivery of Guidance and Counseling Services	Philippine Guidance and Counseling Association, Inc.	August 12, 2020
Constructing the narratives of hope in complicated grief	Integrated Professional Counselors Association of the Philippines, Inc	July 28, 2020
Telepsychology during community quarantine and beyond: Are we ready for the challenge?	University of San Carlos	July 24, 2020
Maintaining positivity amidst COVID-19	Philippine Guidance and Counseling Association, Inc.	July 15, 2020
Quality of life in times of crisis	Philippine Guidance and Counseling Association, Inc.	June 26, 2020
Best fit therapeutic practices during the COVID-19 contagion	Philippine Guidance and Counseling Association, Inc.	June 25, 2020
Becoming relevant: Issues and Challenges of Guidance counselors	Philippine Guidance and Counseling Association, Inc.	June 23, 2020
Mental Health: Lessons from the masters	Philippine Guidance and Counseling Association, Inc.	June 18, 2020
Ako at ang COVID-19: Ang nakatagong pandemya ng karahasan laban sa kababaihan	Institute of Philippine Culture School of Social Sciences. Ateneo de Manila University	June 17, 2020
Crash course: Guidance and counseling	Philippine Guidance and Counseling Association, Inc.	June 16, 2020
Dealing with gaming and social media addiction for a better new normal	Philippine Guidance and Counseling Association, Inc.	June 12, 2020
Dealing with grief during the pandemic	Philippine Guidance and Counseling Association, Inc.	June 11, 2020
Tele & web counseling: continued support despite the COVID-19 crisis	Philippine Guidance and Counseling Association, Inc.	June 9, 2020
Emotional challenges and management in this time of pandemic	Philippine Guidance and Counseling Association, Inc.	June 3, 2020
Living through a time of crisis	Philippine Guidance and Counseling Association, Inc.	June 2, 2020

AS LECTURER / RESOURCE PERSON

Title of Conference Seminars, Workshop, etc.	Nature of Participants	Sponsoring Agency	Inclusive date
Turning Chaos into Strength: Pressure management Webinar	Students	Department of Tourism and Hospitality Management	June 3, 2022
Career Guidance Orientation on Curriculum Exits	Senior High School Students	Matalom National High School	May 30, 2022
Mental Health Awareness in the Workplace	WLFO PESO Managers	DOLE - WLFO	April 8, 2022
Hope to Cope: Promoting Positivity and Mental Health Awareness for Teachers, Parents and Students	High School Teachers	San Roque National High School	February 2, 2022
Character Strengths and Virtues: The way to go	Students	NSTP/ODS	November 13, 2021
Good Customer Service	Front line Employees	Office of the Director for Human Resource Management	September 23, 2021
Strategies and Skills for Effective Coping. Psychosocial Support for Elementary Teachers	Elementary Teachers	Kapitbahayan Elementary School, Navotas	September 17, 2021
Strategies and Skills for Effective Coping	Students	Department of Economics	September 9, 2021
Coping With Stress	Students	Department of Business and Management	September 3, 2021
Choosing A Career/Academic Major that you Value	Students	NSTP/ODS	May 29, 2021
Resilience and Well-being for Student Leaders	Student Leaders	Office of the Student Development Services	October 31, 2020
Well-being Check-up Program for Students in this Pandemic (1st Leg).	Students	VSU College of Education	December 21, 2020

TALKS via Serbisyo Estudyante on DYDC

1. Drug Addiction and Control – November 25, 2021
2. Looking for Positivity Within – October 21, 2021
3. Setting Limits and Boundaries. May 6, 2021
4. Career Decision-Making. February 4, 2021
5. Time-out sa: A remote wellness activities. November 26, 2020
6. Resilience and Well-being in the Workplace. September 17, 2020
7. Holistic Stress Management. August 27, 2020
8. New Normal Emerging Jobs & Relevant Skills. July30,2020

TALKS via Serbisyo Kabataan Online

1. Title: "It's Okay to Ask for Help": Depression and Management. July 11, 2020
2. Title: #NiKoPaNi: Finding the Silver Lining. July 17, 2020

MEMBERSHIP IN RELEVANT PROFESSIONAL ORGANIZATION

Name of Organization	Date of Membership
Philippine Guidance and Counselling Association, Inc.	2020
Career Development Association of the Philippines	2021

ACADEMIC HONORS RECEIVED

Honors Received	Degree Obtained	Institution Address
Cum Laude	AB Psychology	Philippine Normal University, Manila

SCHOLARSHIP / FELLOWSHIP

Title of Scholarship	Nature	Sponsoring Agency	Inclusive Dates
Scholarship for Graduate Studies	Non-Competitive: Local	Commission on Higher Education	2 nd Semester 2016 – 2 nd Semester 2020

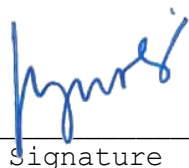
COMMUNITY OUTREACH

Name of Project	Participation/Service	Sponsoring Agency	Inclusive dates
Psychosocial Activity for the Typhoon Agaton Survivors	Facilitator	City Social Welfare Development, Baybay City, Leyte	April 23, 2022
Outreach Program for Typhoon Agaton Survivors	Facilitator	OVPSAS	April 16, 2022

PROFESSIONAL EXAMINATION

Title of Examination	Rating	Date
Teachers Licensure Examination – Secondary Level	82.20	August 31, 2003
Guidance Counselor Licensure Examination	78.95	September 3, 2009

I hereby certify to the correctness and accuracy of the statements.



Signature