



Philippine Association of State Universities & Colleges
Zonal Computerization Center for Region 8
Visayas State University
Baybay City, Leyte

PERSONAL DATA SHEET NBC-461

NOTE: THIS FORM WILL BE FILLED OUT BY THE FACULTY MEMBERS OF A STATE COLLEGE / UNIVERSITY

INSTRUCTIONS:

1. FILL OUT THIS FORM ACCURATELY AND LEGIBLY. TYPEWRITTEN OR HANDWRITTEN, REFER TO ATTACHED NOTES OR DETAILS.
2. FOR ADDITIONAL SPACE USE THE SAME SIZE OF BOND PAPER. FOLLOW THE SAME FORMAT.
3. SIGNATURE IS NEEDED ON EACH PAGE.

Name: MARY ANN G. COBICO	
Date of Birth: MAY 21, 1980	Contact Number: 0961-7501598
Civil Status: SINGLE	
Home Address: TIPAY, STA. CRUZ, BAYBAY CITY, LEYTE	
Mailing Address: ASEAN HOUSE, VISCA, BAYBAY CITY, LEYTE	
College: ARTS AND SCIENCES	
Department: LIBERAL ARTS AND BEHAVIORAL SCIENCES	
Present Rank/Sub Rank:	
Status of Appointment:	
Annual Salary:	
Date of Last Appointment:	

1.0 EDUCATIONAL QUALIFICATION

1.1 Highest relevant academic degree or educational attainment and additional equivalent degree earned related to the present position.

DEGREE EARNED	SPECIALIZATION	INSTITUTION	YEAR OBTAINED
MASTER OF EDUCATION	GUIDANCE AND COUNSELING	PHILIPPINE NORMAL UNIVERSITY	2009
MASTER OF ARTS IN PSYCHOLOGY	INDUSTRIAL/ORGANIZATIONAL PSYCHOLOGY	UNIVERSITY OF SAN CARLOS	2020

1.2 Additional credits earned towards an appropriated higher degree

BACCALAUREATE	MASTERAL	DOCTORAL
	12 UNITS IN CLINICAL PSYCHOLOGY	

2.0 EXPERIENCE AND LENGTH OF SERVICE

Service Record (includes full time teaching, research, extension service, administrative experience and industrial experience)

INCLUSIVE DATES	POSITION HELD	INSTITUTION/ADDRESS
2013 – present	Guidance Counselor III	Visayas State University, Baybay City, Leyte
2020 - present	Head, Office of the Career and Job Placement Services	Visayas State University, Baybay City, Leyte
2013 – present	PESO Manager	DOLE-WLFO / VSU
2010 – 2013	Guidance Counselor	Adamson University
2007 – 2010	Part – time Instructor	Our Lady of Fatima University
2005 – 2010	Guidance Counselor	Our Lady of Fatima University
2003 – 2005	Admission Clerk	Philippine Normal University

3.0 PROFESSIONAL DEVELOPMENT, ACHIEVEMENT AND HONORS

3.1 Innovations, patented inventions, inventions with patent pending, publications and other creative works.

NATURE OF INNOVATIONS/INVENTIONS	PATENT NUMBER	YEAR PATENTEND
N / A		

3.1.2 – 3.1.5 Published books, research, monographs, articles, instructional manual, workbooks, films, compositions.

Nature (books, articles, films Instructional materials)	Complete Title	Role	Publisher	Date of Publication
N / A				

3.2 Expert Services, Training and Active Participation in professional/technical activities

3.2.1 Training Courses and Seminars (including academic, technical, industrial, agro-industrial and fishery training)

A. Training

Title of Training	Sponsoring Agency	LEVEL (Int'l, Nat'l, Reg'l Local, Inst'l)	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	Regional	April 7-8, 2022
HIV/AIDS Peer Educators' Training	Department of Health Regional Office 8	Local	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	Civil Service Commission	Regional	December 2, 4, 9, and 10, 2020

B. Conference, seminars, etc.

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
1 st Mental Health Leadership and Strategic Management Congress	Governometrics	March 18-19, 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
Valuing Wellness and Self-Care for Practicing Professionals	Career Development Association of the Philippines	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
Living through a time of crisis	Philippine Guidance and Counseling Association, Inc.	June 2, 2020
Seminar-Workshop on Classification and Regression Trees	VSU – Department of Statistics	February 16-17, 2018
Utilizing Dialectical Behavior Therapy in Developing Life Skills Training Programs	Philippine Association for Counselors Education, Research and Supervision	September 23-24, 2016

3.2.2 Expert Services

A. Consultancy

Nature/ Area of Consultancy	Country	Sponsoring Agency	Inclusive Dates
N/A			

B. Active Participation in training, workshops, conference, as coordinator, lecturer, resource person, guest speaker.

Title of Conference Seminars, Workshop, etc.	Nature of Participation	Sponsoring Agency	Inclusive Dates
Finding Strengths and harnessing Your Skills as a Leader	Resource Person	Office of the Dean of Students	September 17, 2022
Character Strengths and Virtues: The Way to Go	Resource Person	National Service Training Program	June 4, 2022
Turning Chaos into Strength: Pressure management Webinar	Resource Person	Department of Tourism and Hospitality Management	June 3, 2022
Mental Health Awareness in the Workplace	Resource Person	DOLE - WLFO	April 8, 2022
Hope to Cope: Promoting Positivity and Mental Health Awareness for Teachers, Parents and Students	Resource Person	San Roque National High School - Navotas	February 2, 2022
Character Enhancement Seminar	Resource Person	National Service Training Program	November 13, 2021
Good Customer Service	Resource Person	Office of the Director for Human Resource Management	September 23, 2021
Strategies and Skills for Effective Coping. Psychosocial Support for Elementary Teachers	Resource Person	Kapitbahayan Elementary School, Navotas	September 17, 2021
Strategies and Skills for Effective Coping	Resource Person	Department of Economics	September 9, 2021
Coping With Stress	Resource Person	Department of Business and Management	September 3, 2021
Well-being Check-up Program for Students in this Pandemic (1st Leg).	Resource Person	VSU College of Education	December 21, 2020
Resilience and Well-being for Student Leaders	Resource Person	Office of the Student Development Services	October 31, 2020

Emotional Challenges and Management in this time of Pandemic	Resource Person	VSU DYDC-FM	June 3, 2020
Job-Seeking Seminar for BSHRTM Students	Resource Person	VSU - Department of Consumer and Hospitality Management	May 25, 2017
Debriefing/Teambuilding Activity	Facilitator	Department of Health RO 8	June 24, 2016
Career Planning for High School	Resource Person	Bunga National High School, Bunga, Baybay City Leyte	August 1, 2014
Self-Awareness Seminar for Peer Educators on HIV.	Resource Person	USHER, VSU	October 10, 2013
Good Study Habits for SAs: A Modern Approach	Resource Person	Adamson University, Manila	January 29, 2011
Peer Counseling Training Program for Peer Facilitators	Resource Person	Our Lady of Fatima University, Valenzuela City	October 24, 2008 & November 6, 2009
Career Guidance Training Seminar.	Facilitator	MAKABATA School Foundation, Pasig City.	October 22, 2005

C. For expert services as adviser in doctoral dissertation and masteral thesis.

Title of Paper	Nature	Inclusive Dates
N/A		

D. For certified services (includes reviewers/examiner in PRC or CSC, accreditation work, trade skill certification, service as coach/trainer, adviser of student organization)

Nature/Area	Company/Agency	Inclusive Dates
N/A		

3.3 Membership in professional organization/honors societies and honors received.

3.3.1 Membership in professional/honor societies

Name of Organization	Date of Membership
National Organization of Professional Teachers, Inc.	October 2015
Philippine Guidance and counseling Association, Inc.	September 2009
International Society of Substance Use Professionals	August 2022

3.3.2 Academic honors received.

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

3.3.3 Scholarship/Fellowship

Title of Scholarship	Nature (Competitive: Int'l/Nat'l/Reg'l/Local) Non Competitive: Int'l/Nat'l/Reg'l/Local	Sponsoring Agency	Inclusive Dates
Graduate Education Scholarships	Non-Competitive: National	CHED	2016-2020

3.4 Awards of Distinction received in recognition of achievement in relevant areas of specialization profession/assignment

Title of Award of Distinction	Field of Services	Grantee Organization	Level: Int'l/Nat'l/Reg'l/ Local/Inst'l
N/A			

3.5 Community Outreach: Service oriented projects participated in the community.

Name of Projects	Participation/Service	Sponsoring Agency	Inclusive Dates
Church Activity	Lector	Holy Spirit Parish	2015 - present
Psychosocial Activity	Facilitator	City Social Welfare Development	April 23, 2022
Psychosocial Support Program for Faculty and Students	Resource Person	VSU-Isabel	January 30, 2014
Stress Debriefing Seminar	Facilitator	VSU-Tolosa	January 7, 2014

3.6 Professional Examinations.

Title of Examination	Rating	Date
Licensure Examination for Teachers – Secondary Level	82.20	August 31, 2003
Guidance Counselor Licensure Examination	78.95	August 27-28, 2009

E. Research recommendation transformed to public benefiting to the country and other creative works.

Complete Title of Research	Level: Int'l/Nat'l/Reg'l/ Local/Inst'l	Sponsoring Agency	Inclusive Dates
N/A			


F. Supervision, tutoring, or coaching of graduate scientist and technologies

Nature/Area of Supervision/ Tutoring/Coaching	Country	Sponsoring Agency	Level: Int'l/Nat'l/Reg'l/ Local/Inst'l	Inclusive Dates
N/A				

G. Research results applied or utilized in industrial and/or commercial projects or undertaking

Complete Title of Research	Level: Int'l/Nat'l/Reg'l/ Local/Inst'l	Sponsoring Agency	Inclusive Dates
N/A			

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


MARY ANN G. COBICO
Signature of Faculty Member

Subscribed and Sworn to before me this 3rd day of February 2023 affiant exhibiting to me his/her Residence Certificate No. 01089048 issued at Baybay City, Leyte on March 4, 2022.

Administrative Officer