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THE TEST OF EXCELLENCE

CEM ONLINE NEWSLETTER

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Books: A Window on the World During COVID-19

Now more than ever, at a time when globally most schools are closed and people are having to limit time spent out of their homes, the power of books can be leveraged to combat isolation, to reinforce ties between people, and to expand our horizons, while stimulating our minds and creativity.

During the month of April and all year round, it is critical to take the time to read on your own or with your children. It is a time to celebrate the importance of reading, foster children's growth as readers, and promote a lifelong love of literature and integration into the world of work.

Source: <https://www.un.org/en/observances/book-and-copyright-day>

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COMMUNITY CORNER

In celebration of National Literature Month and World Book Day (April 23), we held a Facebook campaign where members of our online community expressed their love for reading by sharing book titles that are close to their hearts. Here are some of the entries:



Create a Post | Photo/Video Album | Live Video



What book has been most impactful on you?

Photo/Video

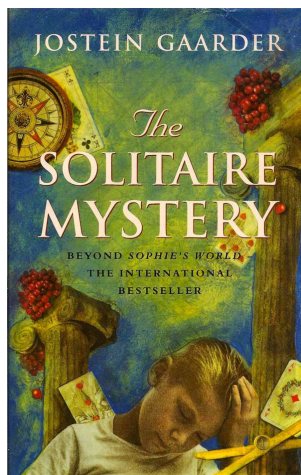
Feeling/Activity

...



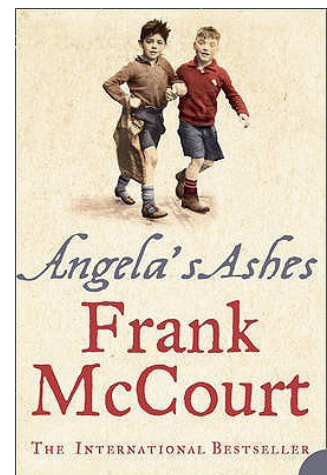
Armi Lantano

The **Solitaire Mystery** by **Jostein Gaarder** - The storyline is presented in a complex way, with so many subplots, that makes you "stop and think" – as how you would react in real life.



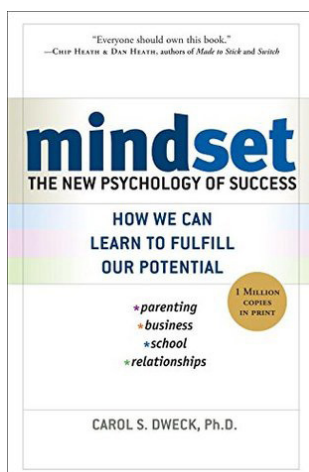
Gladys Samonte Canillo

Angela's Ashes by **Frank McCourt** - This is a memoir type book, life story after war. Happy-sad story, teaches us about the reality of life and the importance of humor despite of difficulties. "You might be poor, your shoes might be broken, but your mind is a palace" one of my favorite quote from this book.



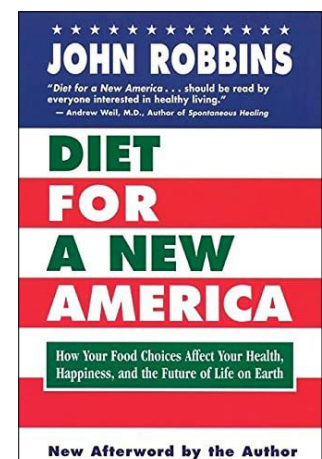
Jelly Navarro

Mindset by **Carol Dweck**. The significant lesson I gained from this book was the concept of growth mindset which is a belief that a person's abilities can be improved or developed. A growth mindset perceives criticism as constructive for the advancement or benefit of self by focusing on what can be learned or gained from the situation.



Diony Santillan Cervantes

Diet for A New America by **John Robbins**. The book always reminds me of the expression: You are what you eat. It also reminds me how my food choices affect my health, happiness and the future of life on earth.



8 Rules of Virtual Meeting Etiquette

Most companies nowadays have arranged a work from home setup for their workers and with this modality, connecting with colleagues is very essential. Some awkward situations may be inevitable during online meetings, especially when one has not set up a home office. Here are some practices that we must observe in order to maintain a professional and organized virtual meetings.

1 JOIN EARLY

Make sure your camera and microphone are working properly.

2 DRESS APPROPRIATELY

Keep in mind that it is a formal setting. You'll also put yourself in the right headspace to be productive.

3 BE AWARE OF YOUR SURROUNDINGS

Make sure your background is tidy, professional and work-appropriate.

4 MUTE YOUR MIC WHEN YOU'RE NOT TALKING

Avoid noisy distractions while others are speaking.

5 STAY SEATED AND STAY PRESENT

Sit up straight, don't make big extraneous movements and always give your attention to the meeting.

6 MINIMIZE DISTRACTIONS

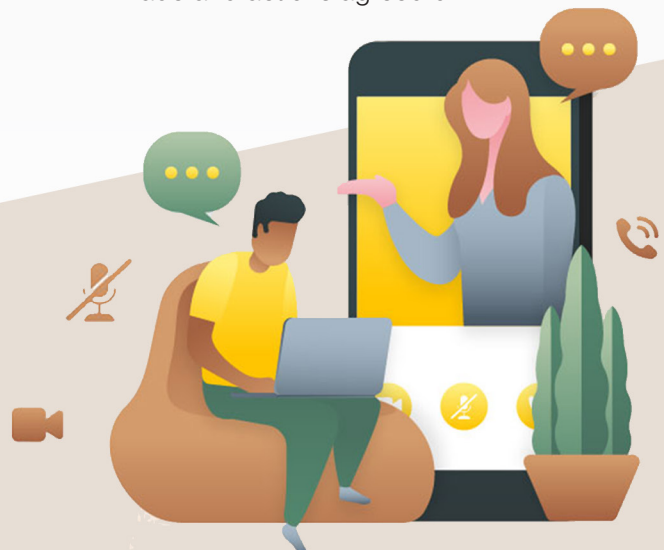
Avoid rustling papers, eating or making other distracting noises in the background.

7 GIVE GRACE

Be patient with participants and allow some grace to any miscommunications.

8 PLAN FOR AN EFFECTIVE WRAP-UP

End with a quick recap providing decisions made and actions agreed on.



CEM joins the entire nation in celebrating the 2021 Quincentennial Commemorations in the Philippines or 2021 QCP.

This historical event, which was pronounced by President Rodrigo R. Duterte in his Executive Order 103, seeks to reinvigorate the sense of nationalism of every Filipino through the commemoration of our ancestors' heroism, humanity and significant contribution to the first circumnavigation of the world. This month, two notable events are celebrated.

500TH ANNIVERSARY

VICTORY AT MACTAN

APRIL 27

INTRODUCTION OF CHRISTIANITY IN THE PHILIPPINES

BEGINS ON APRIL 4

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CEM ONLINE **NEWSLETTER**

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NMAT

National Medical Admission Test

ONLINE

REGISTER at
www.cem-inc.org.ph/nmat

2021

AVAILABLE TEST DATES

April 30
May 2-6, 8-11

REGISTRATION PERIOD

March 2-26, 2021



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and
Science

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and
Panukat ng Pagkataong
Pilipino (PPP)

BUNDLE 4

Law School Qualifying
Test (LSQT) and
Panukat ng Pagkataong
Pilipino (PPP)

BUNDLE 5

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Classification Test
(PACT) and
CEM Profiler

SPECIAL OFFER

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Universities (RTCU)

Also avail **great discounts** on regular tests

*Promo is valid for schools that have submitted **signed TSAF** on or before **May 31, 2021**.
Testing period is until **December 31, 2021**.*

To know more about this special offer, contact:

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