



CEM ONLINE NEWSLETTER

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WORK FROM HOME

Self-Care Tips



Keep a Consistent Sleep Schedule

Sticking to the same wake time and bedtime contributes to sleep quality. Without a consistent sleep schedule, you may find yourself groggy throughout the day, or with big fluctuations in energy.



Carve Out a Designated Workspace

Having an organized, designated space for working gives you a sense of caring for yourself and by extension, caring about your work.



Build Breaks Into Your Schedule

Don't make a daunting to-do list that threatens to send your stress levels soaring, but have a general grasp of what you'd like to accomplish today and when you'll tackle those projects, as well as when you'll take breaks.



Eat a Real Lunch

Think of eating healthy lunches as another form of self-care, because it gives you the nourishment you need to have consistent energy. Also, stay hydrated by filling up a water bottle and keeping it at your desk.



Have a Clock-Out Time to Avoid Overworking Yourself

To be as effective as possible at your job, know when to quit for the day.



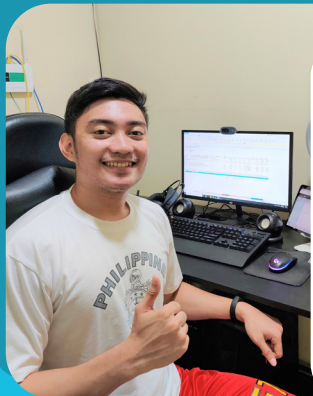
Make an Appointment for You-Time

Self-care is about finding healthy ways to comfort yourself, set priorities, stay connected, and create structure. Working from home is an opportunity for taking care of yourself in order to help you build a stronger foundation for yourself, your families, and your communities.

COMMUNITY CORNER

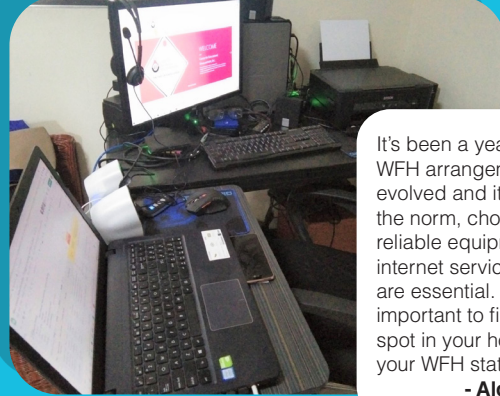
Home is where the heart is. But being quarantined for more than a year and having the option to be in a work from home environment, most of us got accustomed to the fact that home is where our workspaces are at as well. Members of our CEM community shared their home workstations to inspire productivity amongst their colleagues.

Flex your WFH Setup



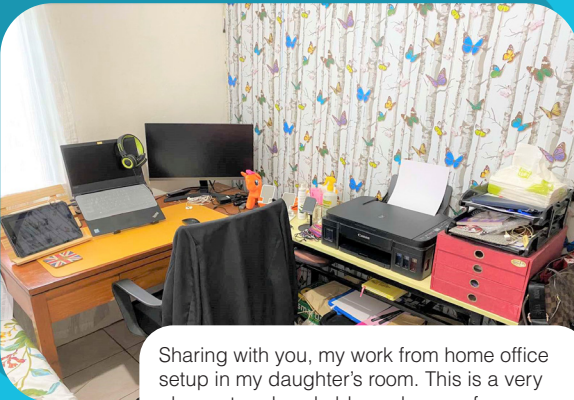
While many of the job opportunities are on-site, CEM allowed me to work-from-home. I can work more efficiently and just as productive like I am working in the office. To work at the comfort of my home is a great relief for me amidst this pandemic as it keeps me and my family safe from the COVID-19.

- Marvin Eugenio



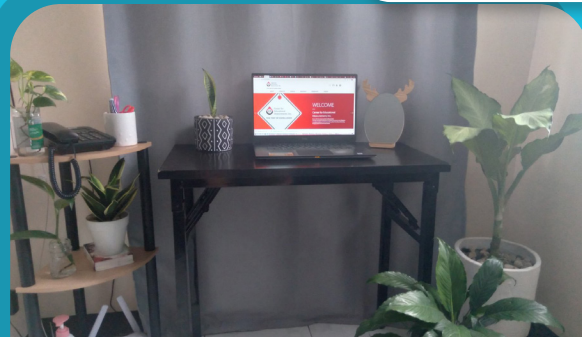
It's been a year since the WFH arrangement has evolved and it is now the norm, choosing a reliable equipment and internet service provider are essential. It is also important to find the good spot in your home to place your WFH station.

- Aldwin Calilong



Sharing with you, my work from home office setup in my daughter's room. This is a very pleasant and workable workspace for me.

- Katrina Francisco



This is my plantita-inspired home office where I spend most of my productive time during WFH. Having these plants around keeps me entertained and refreshed — things we need the most during this pandemic summertime.

- Aileen Cartagena

"Retirement is not about giving up, losing yourself, slowing down or feeling old... it is about enjoying the longest holiday of life."

Happy Retirement

to our CEM leaders who have made significant impacts to the organization. Your CEM family will surely miss you!



Melchor M. Cuenco
Client Relations Section Head
Effective February 1, 2021



Cristina D. Viray
Information Technology Section Head
Effective June 1, 2021



Pedro I. Dy-Liacco
Database Administrator
Effective June 1, 2021

CEM at ICEME 2021

CEM staff from various sections participated in the 5th International Conference on Educational Measurement & Evaluation (ICEME 2021) organized by Philippine Educational Measurement and Evaluation Association (PEMEA) on May 26-28, 2021 via MS Teams Live.

Guided by the theme: Assessment in the New Normal: Issues, Challenges, and Prospects, the ICEME 2021 aims for educators, researchers, and assessment, measurement, and evaluation practitioners to (1) acquire knowledge about principles and strategies for conducting classroom and large-scale assessments in the new normal; (2) engage in a discussion about how to address issues and challenges in classroom and large-scale assessments during this pandemic; and (3) share research-based practices in conducting classroom and large-scale assessments in the new normal.

Among the staff who joined this virtual event are Iris Lark Dizer (Head, Professional Development Section), Marinita Alano (OIC, Client Relations Section), Laarni Bundoc (Client Relations Specialist), Eric Tadeo (SPIB Specialist) and Angel Mercado (Research Assistant).

NMAT Online April to May Administration

CEM administered the National Medical Admission Test online on April 30 to May 11, 2021 using a secured online platform.

A total of 5,550 candidates took the test on their preferred dates. Online results were released last May 21, 2021 through www.cem-inc.org.ph/nmat.

CEM is one with the entire country in the observance of the following holidays in the month of May.

**NATIONAL
HERITAGE
MONTH**



MOTHER'S DAY
MAY 9



LABOR DAY
MAY 1



EID AL-FITR
MAY 13



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