



# Student Leadership Digest

The official newsletter of the Office of Student Leadership Involvement, Formation, and Empowerment of De La Salle University-Manila.  
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RECOMMENDED  
MEDIA

L.O.L.

c/o: KATE DE ASIS

A pig and a chicken were walking by a church where a gala charity event was taking place. Getting caught up in the spirit, the pig suggested to the chicken that they each make a contribution.  
"Great idea!" the chicken cried.  
"Let's offer them ham and eggs?"  
"Not so fast," said the pig. "For you, that's a contribution. For me, it's a total commitment."

[HTTP://WWW.GETAMUSED.COM/](http://www.getamused.com/)

## 5 W'S AND AN H ON COMMITMENT

By: JILL YU

[HTTP://WWW.PRISMLD.COM/](http://www.prismld.com/)

[HTTP://DICTIONARY.REFERENCE.COM/](http://dictionary.reference.com/)

### The What:

Commitment is a pledge, promise, obligation, or involvement. Being a part of something obliges us to do what is expected from us. Commitment involves action. Possibly a thorough description of commitment is "persistence with a purpose." Principles, beliefs, conduct and attitude are some of the human virtues at stake where commitment is concerned. As the old saying goes, "Stand for something or you'll fall for anything."

### Where to Practice Commitment:

The two basic areas to exercise commitment are a



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## BEING COMMITTED: A GUIDE

By: BEA DEL ROSARIO

[HTTP://WWW.ABOUT-PERSONAL-GROWTH.COM/](http://www.about-personal-growth.com/)

### Make a resolution.

- Identify and determine the area you want to improve and resolve to do whatever it takes to solve the problem and getting the result that you desire. Remember that once you make a decision you influence and come.

### Create a vision of success.

- Create the vision of success yourself that you can and you can visualize, you can call world. Make use of your where you want to be and

### Concentrate and focus.

- Concentrate on getting there. think positively. It will help Focusing on your goals keep tionally strong and gives you



that you desire. Convince will succeed. Whatever have them in the physimind to stimulate you to become.

Focus on your goals and you eliminate your fears. you mentally and emothe energy to go for it.

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# 5 W'S AND AN H ON COMMITMENT

By: JILL YU

FROM P.1

set of principles or beliefs, and the self. The principles serve as direction or guide in order to fulfill one's purpose. Once this has been settled, the first person expected to uphold these beliefs is you. We must remember that people are only willing to follow others is when the upholder is able to set himself/herself as a model to be followed. When the two areas are sound only then should we move up and out and consider practicing commitment externally, meaning it involves other people. A few examples include the office, an organization, the household and the like.

### **Who Commits:**

Anyone is capable of giving commitment. The challenge there is maintaining the focus and integrity of the committee.

### **Why Commit:**

Self fulfillment, living with a purpose, room for growth and self improvement are some of the benefits a person gains when he/she gives commitment.

### **How to Practice Commitment:**

Practicing effective commitment is hard work. It only survives through determination and persistence. In our day-to-day experience, supporting and improving are two actions that work hand-in-hand in order for commitment to survive. Supporting means concentrating on what adds value, spotlighting what's working, and rewarding others who are focusing on what is important and

leading by example; however, the spirit of improving is rooted in challenging current expectation and ultimately taking the risk to make changes.

### **When It Is Important:**

Commitment is usually challenged and proven during tough times. How someone is able to find solutions to problems is a demonstration of their grounds and beliefs. The real test comes when you can hold the line against the easy route of compromise. But if we are able to sustain the price of commitment, the rewards we reap are worth it – a reputation of credibility and the trust and commitment of others. We should always remember that commitment is a two-way street. You get what you are willing to give.

It's not just that. Delegation is about giving your associates an opportunity to learn. By delegating tasks to your associates, you are creating an avenue wherein they can exhibit their skills and maybe discover something new. Having them experience being in the "field", you are actually honing their skills that would, be of great help to their personal development. Having your associates get a feel of the work by means of delegating tasks will make them feel their importance to the organization. High morale always helps the organization improve. A great organization is usually composed of hard working happy people.

## BEING COMMITTED: A GUIDE

By: BEA DEL ROSARIO

FROM P.1

### **Do all you can the best you can.**

- Do all you can and the best you can. Act in spite of your doubts, fears and insecurities. Make progress each and every day by taking the steps and doing more than you did the previous time.

### **Keep to your own words.**

- When you say you will do something, do it. You must never break your own promise. The more you practice keeping to your words, the more you develop the strength and dedication.

### **Persist.**

- As long as you take the courage to persist, you will reach the success that you desire. Most times the small actions that you take consistently will accumulate and determine the result. Remind yourself that it is up to you.

Your commitment is your personal pledge and will influence the speed of your personal growth. You are helping yourself when you take the responsibility to choose your own outcome.

## WATCH THIS!

By: YELLE CATABUI

[HTTP://WWW.CINEMABLEND.COM/](http://www.cinemablend.com/)



Despite its being a sports movie, "Coach Carter" is not just for basketball enthusiasts. It revolves around the lives of basketball student-athletes but are city losers. Changes began when their school hired a new coach who made a significant impact in their lives. Coach Ken taught them the value of respect and commitment as a team, and more importantly, respect and commitment to themselves. They worked their way on winning the championship for their team, but the best victory they had was winning their lives back. What's highly appreciated in this film are the values Coach Ken left with his team which inspired them to become better individuals.

# INSIGHTS FROM A COMMITTED STUDENT-LEADER

By: SYCRIS MADRAZO



## STUDENT-LEADER BIO

Name: Mary Catherine Mendoza  
 Birthday: November 26, 1986  
 Age: 21  
 ID number: 10421327  
 Involvements in DLSU: Student Development Organization (Student Consultant)  
 Student L.I.F.E. (Student Associate, Formation Unit)  
 Month and year of graduation: October 2007  
 Current job/work: Training Specialist

### How would you define 'commitment'?

Commitment is very sacred. When you commit to something you are offering yourself without time limit, reservation, condition and excuse. It is the one thing that would keep you moving forward despite challenges.

### Can you say that, as a student leader, you were committed with your involvements?

Definitely, I joined SDO on my first year (third term) and never left until I graduated despite challenges and rigor of Lasallian education. One of my most cherished accomplishments was when I co-facilitated for LEaD [Leadership Excellence and Dynamism Program] while taking my most taxing terror class during summer (I had to race finishing my course work during session breaks and before lights off on top off preparing for the session.)

### What has your leadership experience taught you? How did your commitment help you?

Leadership is learning how to conquer yourself and in the process inspire others to follow you. It also teaches you to be proactive in making the change you want to have. Being responsible for every action and decision you make since you represent a group and not just yourself. Makes you organized in accomplishing your team's tasks and goals. Leading others also trains you to be strategic in empowering people and maximizing all resources allocated. It also hones your creativity on how you motivate others in exerting the extra mile. Last but not least, leadership requires you to be mature enough to deal with challenges, mistakes and most especially failures. Leading others needs you to be imperturbable and commitment can be the wall you can lean on when situation shakes you.

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# WORD POWER

By: JENN MUTIA  
[HTTP://DICTIONARY.REFERENCE.COM/](http://dictionary.reference.com/)  
[HTTP://WWW.QUOTATIONSBOOK.COM/](http://www.quotationsbook.com/)

## COMMITMENT

- a pledge or promise; obligation: We have made a commitment to pay our bills on time.
- engagement; involvement: They have a sincere commitment to religion.
- the state of being committed.

## SUCCESS [suh k-ses]

- the favorable or prosperous termination of attempts or endeavors.
- the attainment of wealth, position, honors, or the like.
- a successful performance or achievement: The play was an instant success.

## PLAN [plan]

- a scheme or method of acting, doing, proceeding, making, etc., developed in advance: project plans.
- a specific project or definite purpose: plans for the future.
- to arrange a method or scheme beforehand for (any work, enterprise, or proceeding): to plan a new recreation center.

## INTEGRITY [in-teg-ri-tee]

- adherence to moral and ethical principles; soundness of moral character; honesty.
- the state of being whole, entire, or undiminished: to preserve the integrity of the empire.
- a sound, unimpaired, or perfect condition: the integrity of a ship's hull.

## PURPOSE [pur-puh s]

- the reason for which something exists or is done, made, used, etc.
- an intended or desired result; end; aim; goal.
- the subject in hand; the point at issue.
- to set as an aim, intention, or goal for oneself.

## ACHIEVEMENT [uh-cheev-muh nt]

- something accomplished, esp. by superior ability, special effort, great courage, etc.; a great or heroic deed: his remarkable achievements in art.
- act of achieving; attainment or accomplishment: the achievement of one's object.

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BY: KATE DE ASIS

HTTP://WWW.CARTOONSTOCK.COM/



FROM P.3

BY: JENN MUTIA

## STRENGTH [strenth]

- mental power, force, or vigor.
- power by reason of influence, authority, resources, numbers, etc.
- effective force, potency, or cogency, as of inducements or arguments: the strength of his plea.
- vigor of action, language, feeling, etc.

## PRINCIPLE [prin-suh-puh l]

- personal or specific basis of conduct or management: to adhere to one's principles; a kindergarten run on modern principles.
- an accepted or professed rule of action or conduct: a person of good moral principles.
- an actuating agency in the mind or character, as an instinct, faculty, or natural tendency: the principles of human behavior.
- a determining characteristic of something; essential quality.

## IDEAL [ahy-deel]

- a standard of perfection or excellence.
- an ultimate object or aim of endeavor, esp. one of high or noble character: He refuses to compromise any of his ideals.
- a person or thing conceived as embodying such a conception or conforming to such a standard, and taken as a model for imitation: Thomas Jefferson was his ideal.
- advantageous; excellent; best: It would be ideal if she could accompany us as she knows the way.

## INSIGHTS FROM...

FROM P.3

BY: SYCRIS MADRAZO

### Were you able to apply these learnings now that you are working?

Yes. Besides training skills, which is what I am now being paid to do, I learned important life lessons like the need to be proactive. I learned that I should make my own opportunities rather than whine and wait for them to come to me. I also learned to keep my idealism and passion alive without being dampened by conformity and pressure to abandon what I believe in. I am truly grateful for the many life lessons, values and experiences I had during my stay in SLIFE.

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## READ THIS!

BY: YELLE CATABUI



The Art of Winning Commitment by Dick Richards discusses ways on how leaders can get their members more dedicated. The approach is different from other commitment books because it is not limited with the sphere of the business world. It can be useful to leaders in different organizations who aim to lead people on putting their heart on their organization's purpose. It touches on the outside aspects like social services, religion, education, etc. The author shares ways on how to effectively win minds, hearts and spirits of people and presents interviews with competent and successful leaders who are effective in getting people to commit to a common goal.