

MA. CARMELA N. LABUGUEN, MA, RGC

#35 Unit Z-2, Albany Street, Barangay Silangan, Cubao, Quezon City, 1109

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EDUCATION

De La Salle University
2017-2021

Master of Arts in Counseling

- St. La Salle Financial Assistance Grantee
2017-2019

Centro Escolar University
2010-2015

Bachelor of Science in Psychology

- Academic Scholarship Grantee
2010-2012
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WORK EXPERIENCE

University of Santo Tomas
September 2019 - present

Junior Counselor 2

- Plans, manages, implements, and evaluates a comprehensive guidance program relative to or in response to the changing needs of students.

National University
January 2019 - June 2019

Guidance Counselor

- Assigned in providing individual and group counseling to tertiary students, facilitation of enrichment sessions to support groups and coordination of special cases to other mental health professionals.

Divine Word College of Laoag
July 2016 - September 2017

Guidance Counselor

- Faculty in charge of individual and group counseling, implementation of homeroom guidance programs, administration of psychological tests and facilitation of grade level recollections.

WNS Enterprise
July 2015 - February 2016

Customer Service Representative

- Responsible in reporting of fraud cases, assisting customers in their concerns about their credit reports and, escalation of high-level financial disputes.
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PROFESSIONAL LICENSE/CERTIFICATION

CERTIFIED MENTAL HEALTH FIRST AIDER

May 2023

REGISTERED GUIDANCE COUNSELOR

August 2022

PROFESSIONAL AFFILIATIONS

PHILIPPINE GUIDANCE AND COUNSELING ASSOCIATION

Regular Member

PSYCHOLOGICAL ASSOCIATION OF THE PHILIPPINES

Associate Member

PHILIPPINE MENTAL HEALTH ASSOCIATION

Contributing Member

LEADERSHIP EXPERIENCE AND ROLES

CO-CHAIRMAN

Career Services Team
Counseling and Career Center
AY 2023 - 2024

CHAIRMAN

University Mock Interview 2022 and 2023

PUBLIC RELATIONS OFFICER

Counseling and Career Faculty Club
AY 2021 - 2023

CO-CHAIRMAN

Socials Committee
Counseling and Career Faculty Club
AY 2020 - 2021

SPEAKING ENGAGEMENTS

BEAT THE STRESS: MANAGING EMOTIONAL EATING THROUGH HEALTHY EATING STRATEGIES FOR COLLEGE STUDENTS

College of Education
July 26, 2021

TORCHIE TEACHES WORKSHOP: BASICS OF MINDFULNESS

College of Education
May 15, 2021

SKILLS

- Customer service-focused
- Employee interviewing and hiring
- Event planning and coordination
- Good communication skills
- Group behavior and dynamics
- Operations management
- Passion for social work
- Project management
- Promotional campaigns
- Relationship building expert
- Strong Public Speaker

I hereby certify that the information provided is complete, true, and correct to the best of my knowledge.

MA. CARMELA N. LABUGUEN, MA, RGC (SGD)
