



FAR EASTERN UNIVERSITY

SELF-MANAGEMENT MODULES

UNDERSTANDING THE SELF

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Starting the 19th century, many doctors have seen the benefits of bibliotherapy in helping specific types of patients with their health issues and symptoms (Warner, 1980). Bibliotherapy or 'book therapy' refers to the prescribed reading of books for health purposes. Primarily, it is used in therapeutic settings (clinical bibliotherapy) in which it is practiced by mental health professionals and practitioners in dealing with their patient's psychological issues (McMillen, 2006). However, it must be noted that bibliotherapy is not limited to clinical settings and can also be applied in classrooms. Development bibliotherapy focuses on aiding students in challenges with adjustments and other related concerns. In both therapeutic and classroom settings, bibliotherapy is facilitated through the discussion of reading materials with the guidance of professionals in the field.

The Open Access Language Learning (OPAL) project for the course Understanding the Self is inspired by bibliotherapy as it facilitates learning about different focus areas of the 'self' through engagement with various learning materials. The project is self-facilitated, guided by self-management modules that contain suggested readings and videos, processing questions, and short activities. The self-management modules aim to provide students opportunities to explore areas of the 'self' that may need help with adjustments. The modules include readings and videos that aim to elicit a sense of identification with characters, authors, and creators. In addition, these provide avenues for self-reflection and insights on the issues through processing questions and activities (Catalano, 2017). Overall, the project is anchored on bibliotherapy's stages of engagement.

The project expands the idea of bibliotherapy by going beyond 'books.' The materials include other literary works, videos, and films. Here are the types of materials used in this project:

Read-Watch-Learn (RWL)

- ✓ Read – literary works like short stories, poems, fictional books, narrative essays, etc.
- ✓ Watch – movies, short films, tv series, TedTalks, etc.
- ✓ Learn – research, journals, news, investigations, documentaries, etc.

Different focus areas are used as the subjects of the self-management modules. These focus areas are aligned with students' normal adjustment issues about themselves, relationships with other people, and career development. Here are the focus areas used in the mini modules:



ON THE SELF

1. Understanding Grief
2. Understanding Joy



ON OTHERS

1. Navigating Family Relationships
2. Navigating Romantic Relationships
3. Navigating Friendships



ON CAREER

1. Career Decisions
2. Finding Life Purpose
3. Career Motivation

The project can further be expanded by including other self-management areas to help students in various issues in adjusting to college life.



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UNDERSTANDING THE SELF



Recommendations:

1. Ideally, bibliotherapy should be facilitated by professionals who provide timely discussions on the reflections and insights that arise in engagement. However, due to the design of OPAL, this cannot be done because the project is purely self-facilitated. To address this, it is recommended that students be provided with information to access help from mental health professionals and other related departments, such as the Guidance and Counseling Service, in the university.
2. As this project was primarily done by faculty and teaching assistants, the project may be further enriched by receiving help from the University Library Services in terms of their expertise on the learning materials. If the project were to be expanded, it would be helpful to collaborate with the Library Services.
3. The Self-Management Areas could still incorporate other adjustment areas. Here are some of the areas that may still be explored:

On the Self

1. Managing Emotions – Anxiety, Stress, Anger, Happiness etc.
2. Creating a Positive Outlook on Self – Identity exploration (self-esteem, self-efficacy, self-worth, etc.)

On Others

1. Prosocial Behaviors – Empathy, Bullying, Altruism, and Social Responsibility

On Career

1. Habit Formation
2. Adapting to the demands of career (for emerging adults)

References:

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**SELF-MANAGEMENT:
ON THE SELF**

SELF-MANAGEMENT: ON THE SELF

UNDERSTANDING JOY

READ: "Joy Chose You" by Donna Ashworth

Donna Ashworth is a Scottish poet that primarily gained fame during the 2020 pandemic. Her themes include motivational, deep emotional reflections, and emotional upliftment.

"Joy Chose You" by Donna Ashworth

Joy does not arrive with a fanfare
on a red carpet strewn
with the flowers of a perfect life
joy sneaks in
as you pour a cup of coffee
watching the sun
hit your favourite tree
just right
and you usher joy away
because you are not ready for
her
your house is not as it should be
for such a distinguished guest
but joy, you see
cares nothing for your messy
home,
or your bank balance
or your waistline
joy is supposed to slither through
the cracks of your imperfect life
that's how joy works
you cannot truly invite her
you can only be ready
when she appears
and hug her with meaning
because in this very moment
joy chose you.



Ask yourself these:

- Based on the poem, what is joy?
- Do you agree with the author on how she perceives joy?
- What is joy for you?
- Are you currently or recently joyful? How can you say so?
- Is there a difference between happiness and joy? Elaborate.



Do this:

- Think of a thing that you associate with the emotion joy.
- What is it? Why did you associate it with joy? Do you think it is something you have now/can easily achieve/is difficult to attain? What would life be like to have that thing with you?



Final Thoughts:

Joy can be somewhat elusive to other people. While happiness is dependent on the external circumstances of life, joy is something internally cultivated. Even when it may be hard for it to come by, it is something that anyone can always find within themselves. Joy comes in different forms; people only need to be prepared and accepting when it does.





SELF-MANAGEMENT: ON THE SELF UNDERSTANDING GRIEF

READ: "C.S. Lewis on Grief" by Arthur W. Lidsley

The article presents the life reflections of C.S. Lewis on grief through his book "Grief Observed". The book talked about the process C.S. underwent as he navigated life after the death of his wife, Joy.

Grief and Fear

Lewis once wrote:

No one ever told me that grief felt so like fear. I am not afraid, but the sensation is like being afraid. The same fluttering in the stomach, the same restlessness, the yawning. I keep on swallowing.

Lewis was afraid of going to places that he and Joy had enjoyed, "our favorite pub, our favorite wood." He was afraid of his thoughts about God, afraid of what the future would bring:

This is one of the things I'm afraid of. The agonies, the mad moments, must, in the course of nature die away. But what will follow? Just this apathy, this dead flatness?



Ask yourself these:

1. What are the thoughts of C.S. Lewis that resonate with you?
2. How does reading the article change or affirm your thoughts on grief?
3. Are you currently experiencing grief? If so, how would you describe it?
4. What are the things you do to process and understand grief?
5. Do you think grief is a permanent emotion? How do you say so?
6. C.S. Lewis, as he processed grief, had undergone various stages until eventually coming to terms with it through the renewal of his relationship with God. What could be your own anchor, as C.S. Lewis with God, as you navigate grief?

Do this:

But then grief...

Complete the statement " _____, but then, grief _____".

Example: "I find myself crying all the time because of my dog who recently died, but then grief showed me that I have a deep capacity to love and care"

"I am angry of the circumstances that led to the things I cannot control, but then grief made me realize that I have the strength to regulate my emotions which meant that I will be able to fulfill my other responsibilities."

Final Thoughts:

Grief is a difficult and life-changing experience. No one who has undergone grief remained the same. Although most of us experience grief, it is always different for each one of us. It is important to understand that grief does not remain the same throughout our lives. As we continue living, grief evolves. It is our task to treat it with kindness, patience, and understanding so that we can give opportunities for self-healing and growth.



SELF-MANAGEMENT: ON CAREER

SELF-MANAGEMENT: ON CAREER CAREER DECISIONS

WATCH: How to Find Work You Love by Scott Dinsmore

Link: <https://www.youtube.com/watch?v=5oInCKGk5Bs>

In his insightful TED Talk, Scott Dinsmore explores the journey to finding work that resonates with one's passions and strengths. He emphasizes the importance of self-discovery and aligning career choices with personal values and interests.



**How to Find Work You Love by
Scott Dinsmore**

Link:

<https://www.youtube.com/watch?v=5oInCKGk5Bs>

Ask yourself these:

- Based on the video, how should one approach 'finding work they love'?
- Do you agree with the approach of becoming a self-expert to find fulfilling work?
- What are the key steps you need to take to align your career with your passions? Use the TedTalk as your reference in answering this question.
- Is there a difference between finding work you love and being good at your job?

Do this:

Interest–Strength–Values–Goals Integration

Get a piece of paper and draw four columns. Label each column as follows:

First column – Interest

Second column – Strengths and aptitude

Third column – Values

Fourth column – Career goals

On the interest column, list down all the things you enjoy engaging in or activities you like doing. On the strengths and aptitude column, write the things you are good at (These may be the subject or activities you always excel in). On the values column, write the things that motivate you. For the column on career goals, write the areas in your career life that you would like to do or achieve.

Describe your goal/s. Why does it align with your passions and strengths? Is it something you have achieved, are currently working towards, or find difficult to attain? How would achieving this goal impact your professional and personal life?

Final Thoughts:

Scott Dinsmore asserts, "You can't connect the dots looking forward; you can only connect them looking backwards." This quotation emphasizes the importance of self-reflection in career decisions. Your passions will give insights into what you value and what you truly enjoy doing. Your strengths, on the other hand, will give you an idea where/what you can fully excel in. By understanding your passions and strengths, you can align your career with what you truly love, which may make your work more fulfilling and meaningful.

SELF-MANAGEMENT: ON CAREER CAREER DECISIONS

READ: If by Rudyard Kipling

"If—" offers profound wisdom on handling life's challenges, including career decisions. It emphasizes resilience, integrity, and patience as key qualities for achieving success and fulfillment.



If by Rudyard Kipling

If you can keep your head when all about you
Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or being lied about, don't deal in lies,
Or being hated, don't give way to hating,
And yet don't look too good, nor talk too wise:

If you can dream—and not make dreams your
master;
If you can think—and not make thoughts your aim;
If you can meet with Triumph and Disaster
And treat those two impostors just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build 'em up with worn-out tools:

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: 'Hold on!'

If you can talk with crowds and keep your virtue,
Or walk with Kings—nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And—which is more—you'll be a Man, my son!



Ask yourself these:

- Based on the poem, how should one approach career decisions?
- Do you agree with the author's perspective on handling career challenges?
- What qualities do you think are essential for success in your career, based on the poem?
- Are you currently or recently experiencing success in your career? How can you say so?
- Is there a difference between professional satisfaction and career success?



Do this:

Goal under the lens

Identify a career goal that brings you a sense of fulfillment.

Describe this goal. Why does it bring you fulfillment? Is it something you have achieved, are currently working toward, or find difficult to attain? How would achieving this goal impact your professional and personal life?



Final Thoughts:

"If you can meet with triumph and disaster and treat those two impostors just the same." This line suggests that resilience and equanimity are crucial in career decisions. Embracing these qualities can help you navigate professional challenges with confidence and poise.

SELF-MANAGEMENT: ON CAREER MOTIVATIONS



What Makes Us Feel Good About Our Work? by Dan Ariely

Link: <https://www.youtube.com/watch?v=rrkrvAUbU9Y>

Dan Ariely champions the psychology of motivation, revealing how meaningful work, rather than traditional rewards, drives true satisfaction and creativity. He explores the roles of autonomy, mastery, and purpose in enhancing work life.



Ask yourself these:

- Ask Yourself These:
- Based on the video, what is the key to true motivation?
- Do you agree with the idea that traditional rewards can hinder creativity?
- How can you incorporate autonomy, mastery, and purpose into your daily work?
- Are you currently motivated by intrinsic or extrinsic factors? How can you tell?
- Is there a difference between engagement and compliance in your work environment?



Do this:

Draw your passion project.

Identify a task or project that you are passionate about. If you are not good at drawing, you may use symbols or simple icons to signify the project or even draw a chart or graphic organizer that explains it.

Describe this task or project. Why does it excite you? How does it relate to your intrinsic motives? Is it something you are currently working on, or is it an opportunity you are seeking? How would focusing on this task or project impact your overall motivation and satisfaction?



Final Thoughts:

Dan Ariely mentioned “the joy we get from work is more dependent on the meaning we find in it than the money we earn.” This highlights that intrinsic motivation, driven by autonomy, mastery, and purpose, is key to true engagement and satisfaction. Applying this to your work can transform mundane tasks into fulfilling endeavors.



SELF-MANAGEMENT: ON CAREER MOTIVATIONS



WATCH: The Pursuit of Happyness

"The Pursuit of Happyness" tells the inspiring story of Chris Gardner's relentless pursuit of a better life for himself and his son. The film underscores the importance of perseverance, resilience, and unwavering determination in achieving one's dreams



Ask yourself these:

- Based on the video, what is the key to true motivation?
- Do you agree with the idea that traditional rewards can hinder creativity?
- How can you incorporate autonomy, mastery, and purpose into your daily work?
- Are you currently motivated by intrinsic or extrinsic factors? How can you tell?
- Is there a difference between engagement and compliance in your work environment?

Do this:

How far will you go?

Write your long-term goal, something that you consider as your "ultimate goal" that would produce a great deal of joy, contentment, and/or happiness. List down the things you are willing to do/learn/undergo and things you are willing to let go/sacrifice for this goal.

Why does it matter to you? Is it something you are currently working toward, or is it an opportunity you are seeking? How would focusing on this goal impact your overall motivation and satisfaction?



Final Thoughts:

Chris Gardner's mantra "Don't ever let someone tell you, you can't do something." encapsulates the movie's message of perseverance and resilience. This reflects the importance of determination in achieving your goals, encouraging you to stay focused and persistent despite obstacles



SELF-MANAGEMENT: ON CAREER FINDING LIFE PURPOSE

READ: To Be of Use by Marge Piercy

Marge Piercy's poem "To Be of Use" celebrates the value of being useful and engaged in one's work. It boosts the virtues of dedication and finding joy in labor, emphasizing the satisfaction derived from meaningful effort.



To Be of Use

The people I love the best
jump into work head first
without dallying in the shallows
and swim off with sure strokes almost out of
sight.

They seem to become natives of that element,
the black sleek heads of seals
bouncing like half-submerged balls.

I love people who harness themselves, an ox to
a heavy cart,
who pull like water buffalo, with massive
patience,
who strain in the mud and the muck to move
things forward,
who do what has to be done, again and again.

I want to be with people who submerge
in the task, who go into the fields to harvest
and work in a row and pass the bags along,
who are not parlor generals and field deserters
but move in a common rhythm
when the food must come in or the fire be put
out.

The work of the world is common as mud.
Botched, it smears the hands, crumbles to dust.
But the thing worth doing well done
has a shape that satisfies, clean and evident.
Greek amphoras for wine or oil,
Hopi vases that held corn, are put in museums
but you know they were made to be used.
The pitcher cries for water to carry
and a person for work that is real.

Ask yourself these:

1. Based on the poem, what is the value of being useful and engaged in your work?
2. Do you agree with Piercy's view that the best workers are those who enjoy their labor and the results it brings?
3. How can you find more meaning and satisfaction in your daily work?
4. Are you currently engaged in work that you find meaningful and fulfilling? How can you say so?
5. Is there a difference between working hard and working with purpose?

Do this:

Project Reflection

Identify a task or project that makes you feel truly useful and engaged.

Describe this task or project. Why does it make you feel useful and engaged? Is it something you are currently working on, or is it an opportunity you are seeking? How would focusing on this task or project impact your overall motivation and satisfaction?

Final Thoughts:

Piercy writes, "The work of the world is common as mud." This underscores the importance of finding joy and meaning in everyday tasks. By engaging fully in work that feels useful, you can derive satisfaction and a sense of purpose, enhancing your overall motivation and fulfillment.



SELF-MANAGEMENT: ON CAREER MOTIVATION, CAREER DECISIONS, FINDING LIFE PURPOSE

WATCH: Dead Poets Society (1989)



Ask yourself these:

1. Based on the movie, what is the significance of following one's passion?
2. Do you agree with Mr. Keating's philosophy that seizing the day (carpe diem) is essential for a meaningful life?
3. How can you apply the principles of individuality and self-expression from the movie to your daily life?
4. Are you currently pursuing activities or goals that align with your true passions? How can you say so?
5. Is there a difference between conforming to expectations and following your own path?

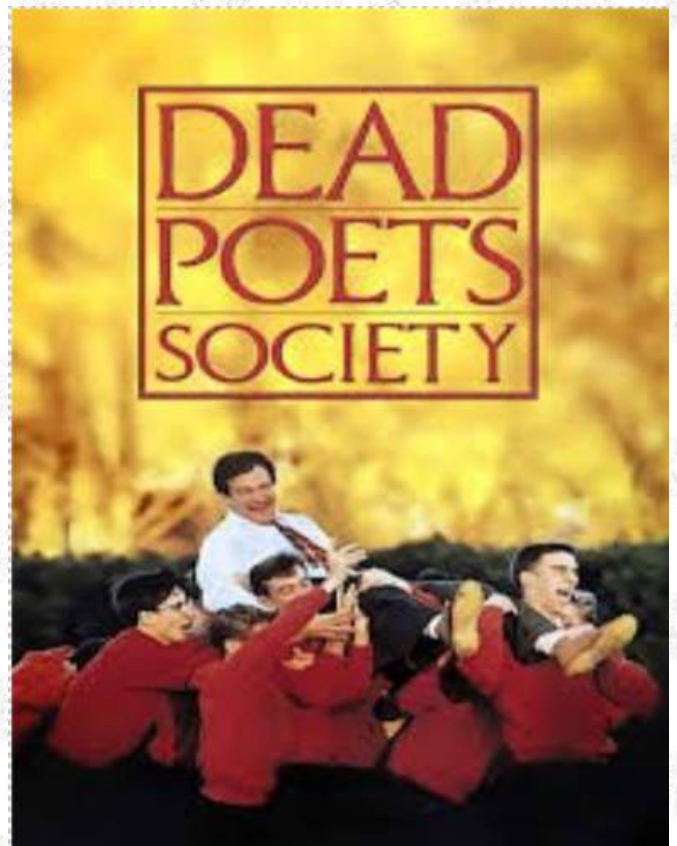


Do this:

Why I do things...

Write down principles from the movie that resonates with your values and beliefs. Think of the passions and interests that you pursue or would like to pursue that are aligned with those principles.

Describe this passion or interest. Why does it matter to you? Is it something you are currently pursuing, or is it an opportunity you are seeking? How would focusing on this passion or interest impact your overall motivation and satisfaction?

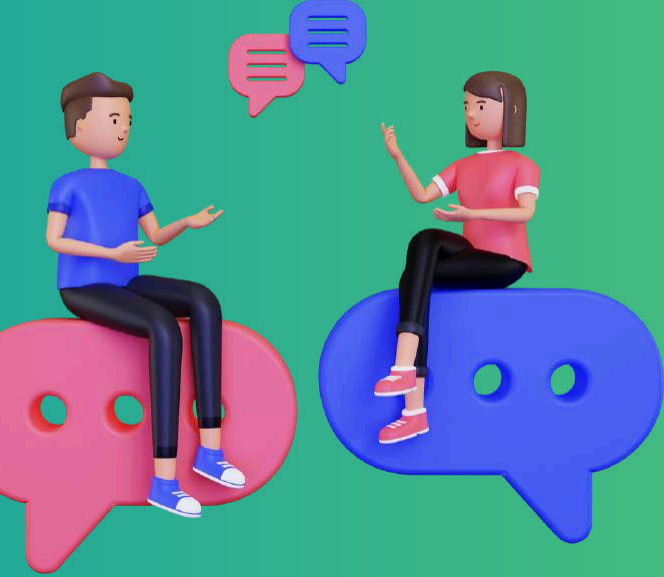


Final Thoughts:

John Keating's remarkable line, "Carpe diem. Seize the day, boys. Make your lives extraordinary," encourages embracing individuality and following your passions. This philosophy can guide you to pursue what truly matters to you, leading to a more meaningful and fulfilling life.



SELF-MANAGEMENT: ON THE OTHER



SELF-MANAGEMENT: ON THE OTHER NAVIGATING FRIENDSHIPS

WATCH: Frientimacy: The 3 Requirements of All Healthy Friendships by Shasta

Shasta Nelson talks about our relationship with our friends in more qualitative ways. In her insight, she shares actions that will help to resolve the primary problem of loneliness amid friendships.



Ask yourself these:

1. Do you think you can experience the same situation where you or your friends spent the whole time sharing their stories?
2. How satisfied are you with your relationship with your friends? Why?
3. Upon watching the video, what are the lessons you have learned, and how will you apply these with your friends?



Do this:

Rate that Friend

List down the names of 3 to 5 of your closest friends. On a scale of 1 to 10, with 1 being the lowest and 10 the highest, rate your friendship with them. After rating your friendships, write down the following:

1. Your reason for giving your friendship that rating.
2. The strengths and weaknesses of that friendship.
3. Ways to improve (if the rating is low) or maintain (if the rating is high) the friendship.



Final Thoughts:

Shasta Nelson connotes "Frientimacy is a relationship where both people feel seen in a safe and satisfying way." This implies that the loneliness we feel in our friendship is not because of the lack of friendship but the quality that we have in it and how it works where we feel seen and important.



SELF-MANAGEMENT: ON THE OTHER

NAVIGATING FRIENDSHIPS AND ROMANTIC RELATIONSHIPS

WATCH

Cold Water by Major Lazer

Link: https://www.youtube.com/watch?v=a59gmGkq_pw

This song is about coming together to face adversity and to say that you have your partner's back no matter what the situation is. We can also depict its message as a one of friendship where we get and support each other's back.



Ask yourself these:

- How does this song speak to you?
- Do you see yourself also jumping in cold water to help your friend in need?
- What do you think you can do to help someone in need?

Do this:

Song Dedication

Think of someone you thought of while listening to the song. Write a letter to that person. Indicate what specific instances in your relationship made you think of them while listening to the song. Tell them how your current situation with them makes you feel. Tell them how you could support or be there for them in the future.

Write down what you learned, experienced, or even felt upon writing the letter to this person. How did it help you? What have you realized?

Final Thoughts:

People have their own vulnerabilities, strengths, and weaknesses, even those who are always independent and strong have their times of struggle. The song conveys the idea that we can be someone's lifeline.

Cold Water Lyrics

Everybody gets high sometimes, you know
What else can we do when we're feeling low?
So take a deep breath and let it go
You shouldn't be drowning on your own
And if you feel you're sinking, I will jump right over
Into cold, cold water for you
And although time may take us into different places
I will still be patient with you
And I hope you know
I won't let go
I'll be your lifeline tonight
I won't let go
I'll be your lifeline tonight
Cause we all get lost sometimes, you know?
It's how we learn and how we grow
And I wanna lay with you 'til I'm old
You shouldn't be fighting on your own
And if you feel you're sinking, I will jump right over
Into cold, cold water for you
And although time may take us into different places
I will still be patient with you
And I hope you know
I won't let go
(I won't let go, no no, no no no no)
I'll be your lifeline tonight
I won't let go
I'll be your lifeline tonight
Come on, come on
Save me from my rocking boat
I just wanna stay afloat
I'm all alone
And I hope, I hope someone come and take me home
Somewhere I can rest my soul
I need to know you won't let go
I won't let go
(I won't let go, no no, no no no no)
I'll be your lifeline tonight
I won't let go
I'll be your lifeline tonight
I won't let go
I won't let go



SELF-MANAGEMENT: ON THE OTHER NAVIGATING FRIENDSHIPS

WATCH: Bar Boys

Link: <https://www.youtube.com/watch?v=UzvAKY6Xbno&t=2s>

This story is about a group of friends who dreamed of becoming a lawyer, so they entered law school. This movie tackles different conflicts that the group will encounter and how their bond remains strong despite the odds and challenges they faced.

Ask yourself these:

- If you were Christian, are you willing to sacrifice your dream to save your friend who hit rock-bottom?
- Do you agree with the statement "If you want to succeed, you sacrifice?" even in the concept of friendship?
- How do you settle your conflict within your group amid having personal battles to deal with?

Do this:

Character Relate

Among the main characters of the movie, who do you relate with the most? Write down the character's name along with the things that are similar between you and this character. How do you think the capabilities and personality of this character enrich their friendship with others? What do you think are your characteristics that enrich your relationship with your friends?



Final Thoughts:

There are a lot of challenges that a friendship will encounter. Differences and struggles in terms of dreams, ambitions, personal concerns, etc. will continue to rise. However, what matters is how both parties will handle and maintain the cohesion of their bond.

SELF-MANAGEMENT: ON THE OTHER NAVIGATING FAMILY RELATIONSHIPS



WATCH: Family Matters (2022)

Link: <https://www.youtube.com/watch?v=M7BdeLXEGiM>
(Trailer)

This film is a family movie that revolves around an elderly couple and their three children encountering contemporary daily family affairs.

Ask yourself these:

- Based on the movie, how can you describe the family that they have?
- Does the movie speak to you? How does it relate with you? In what ways?
- How important is it to have a good and communicable family relationship?

Do this:

Future Family

Think about the future, where you can build your own family. Write down the following:

1. Five adjectives you would like to describe your family.
2. Five values that you want your family to possess.
3. Five core experiences that you want your family to engage in.

What makes you want to create this type of family? What will you do to achieve this? How can you maintain that goal?



Final Thoughts:

There are different kinds of families, and they face various kinds of struggle as well. This movie presents a kind of family that faces daily family affairs that we can all relate to. There is no perfect family but there are things that people can do to make it better.

SELF-MANAGEMENT: ON THE OTHER NAVIGATING FAMILY RELATIONSHIPS

WATCH: How to deal with toxic family relationships by
Johnson Chong

Link: <https://www.youtube.com/watch?v=k2oDeOmNqbA>



Living in a contemporary age, people were very much aware and awake. Traditional beliefs will not apply more, and people often experience this at home. Johnson Chong shares the proper way to stand up for yourself and deal with the toxic family relationship



Ask yourself these:

- Have you ever been in a family relationship that has been toxic and affects your wellbeing? How did you deal with it?
- Do you ever speak for yourself when you encounter toxic family members?
- How can you apply these learnings from the video in real life? Do you think these are applicable to you?



Do this:

Toxicology

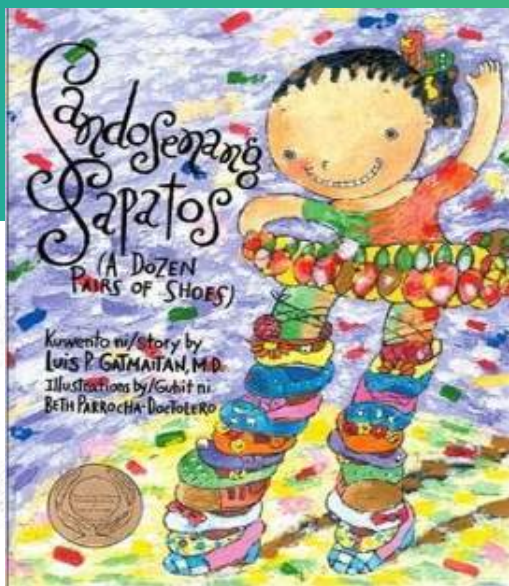
Identify a toxic family tradition or belief that you think causes your family to have a wall due to an unspoken one-sided contract. Describe/explain the following:

1. This tradition or belief.
2. Reason you think it is toxic.
3. Effect to you and each of your family members.
4. Ways to address this toxic tradition or belief.
5. Possible significant changes if the toxic tradition or belief was properly addressed.



Final Thoughts:

"If we can negotiate legal contracts, then why not toxic family ones?" Johnson Chong asked. The whole talk revolved around this idea in which the points presented suggest a better way of dealing with this kind of situation and developing better harmony within the family.



SELF-MANAGEMENT: ON THE OTHER NAVIGATING FAMILY RELATIONSHIPS

READ: Sandosenang Sapatos by Dr. Luis Gatmaitan

This short story depicts the unconventional love of a father toward his family. Despite the unachieved dream and expectations, their love outgrows the sadness and disappointment felt by the family.



Ask yourself these:

- How do you describe the kind of love that the family provides for their second daughter?
- What have you learned by reading the short story "Sandosenang Sapatos"?
- Do you agree that love can surpass the unimaginable worldly percepts?



Do this:

Family Poster

Create a poster that would depict how you would describe a family.

What elements/objects did you put in the poster that depict a family? Why did you add these kinds of elements to your poster? Do you think these represent the family you want for your present family right now? How would life be if you had the ideal family you described?



Final Thoughts:

"Naisip ko, tinawid kaya ng pag-ibig ni Tatay ang mga panaginip ni Susie para maipasuot sa kanya ang mga sapatos?" This line suggests that family relationships must have a core of unconditional love, for loving them not because of what they do or can give, but because of who they are surpassing what is conventional and the ordinary.

MATERIALS LIST:

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