



UNIVERSITY OF SANTO TOMAS

OFFICE FOR STUDENT AFFAIRS

UST:S030-00-ME20
AY 2025-2026

FOR : Thomasian Wellness Advocate

- Local Student Councils for AY 2025-2026
- Recognized Student Organizations for AY 2025-2026
- COMELEC Units (Central and Local) for AY 2025-2026

CC : Student Welfare and Development Coordinators
UST Central Student Council
UST Student Organizations Coordinating Council

THRU : THE OFFICE OF THE DEAN/DIRECTOR

FROM : (SGD.) Asst. Prof. Jaezamie V. Ong, MA
Director, Office for Student Affairs

RE : Thomasian Wellness Advocates General Assembly for A.Y. 2025-2026

DATE : November 26, 2025

As part of the “Position Specific Training” activities on self-care and wellness for Academic Year 2025-2026, our office, in collaboration with the UST Psychology Society, would like to request that you kindly ensure the on-site participation of your student organization/council’s Thomasian Wellness Advocate or representative to the:

“In Full Bloom: Nurturing Thomasian Wellness Advocates”
on Tuesday, December 2, 2025, 8:00 a.m.-4:00 p.m.
(On-site registration starts at 7:30 a.m.)
8/F Central Laboratory Auditorium, University of Santo Tomas

The **Thomasian Wellness Advocate** of your organization/council is **required** to attend this on-site activity.

Kindly complete the Pre-Registration form **on or before 3:00 p.m. on Monday, December 1, 2025**, through this link:

<https://forms.gle/HGB63Y39WQDzP2Rj6>

Participants are reminded to fill out the electronic evaluation form for each activity, as this also serves as attendance. We reiterate that you encode the correct spelling of your name since it will be the reference on the system-generated E-Certificate of Participation/Completion and excuse letters.



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Excuse letters will be provided 3-5 working days after the event.

For inquiries and concerns, please contact the OSA Student Formation Team via email:
osastudentformation@ust.edu.ph.

Thank you.





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REPLY SLIP

Dear **Asst. Prof. Ong**:

I have read and understood the OSA Memorandum No. 20 re: “Thomasian Wellness Advocates General Assembly for A.Y. 2025-2026”.

☐ I am the

☐ Thomasian Wellness Advocate

☐ Others (please specify) _____

☐ I am confirming my attendance to the activity

☐ In Full Bloom: Nurturing Thomasian Wellness Advocates

☐ I can not attend the activity because _____
and I will be sending _____ (Name and Position of Substitute)

Thank you.

Name: _____

Organization Name: _____