

DepEd ICT Unit

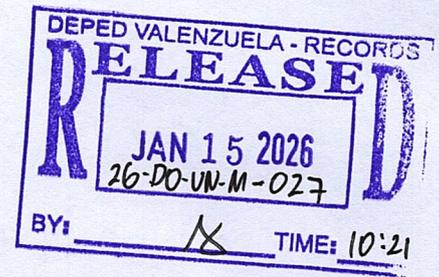
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Republic of the Philippines  
**Department of Education**  
NATIONAL CAPITAL REGION

**SCHOOLS DIVISION OFFICE VALENZUELA CITY**



**Office of the Schools Division  
Superintendent**

January 14, 2026

To: All Concerned

Dear Sirs / Mesdames:

This is in reference to the attached letter dated January 9, 2026, from **Jocelyn DR. Andaya**, Regional Director, DepEd NCR and Concurrent Officer-In-Charge Office of the Assistant Secretary for Operations, re. Endorsement of the survey for study **“TEACHERS SOCIO-EMOTIONAL COMPETENCE AND WORK-LIFE BALANCE: BASIS FOR PROPOSED WELL-BEING FRAMEWORK;”**.

Particular attention is invited to paragraph 2 for additional information.

Thank you.

Very truly yours,

**NOEL D. BAGANO**  
Schools Division Superintendent *[Signature]*

Encl.: As stated  
sgod/rcd/1-14-26

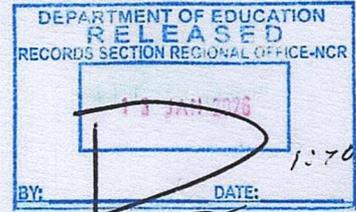


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Email Address: [sdovalenzuela@deped.gov.ph](mailto:sdovalenzuela@deped.gov.ph)  
Official Website: <https://www.sdovalenzuelacity.deped.gov.ph>





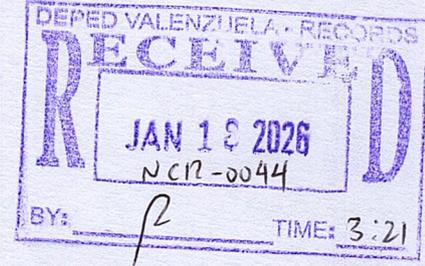
Republic of the Philippines  
**Department of Education**  
 NATIONAL CAPITAL REGION



09 January 2026

To : **Schools Division Superintendents**

Caloocan City  
 Malabon City  
 Navotas City  
 Valenzuela City



Dear Sirs/Madam:

Attached is the letter of **MS. MARLYN L. PATRIARCA**, a PhD student of University of Caloocan City (UCC), Graduate School located at Biglang Awa St., cor. 11<sup>th</sup> Avenue, Cattleya, Caloocan City, requesting permission to conduct research for her dissertation titled: **“Teachers’ Socio-Emotional Competence and Work-Life Balance: Basis for Proposed Well-Being Framework.”**

Ms. Patriarca may administer the survey questionnaires to **selected School Heads, Head Teachers, Master Teachers, School Teachers and Students** stated above, subject to the conditions stated in the letter to the researcher of this Office, a copy of which is attached for reference.

Very truly yours,

  
**JOCELYN DR ANDAYA**  
 Regional Director, DepEd, NCR  
 Concurrent Officer-In-Charge Office of the  
 Assistant Secretary for Operations

Copy furnished:

**Ms. Marilyn L. Patriarca**  
[marilynlauriopatriarca@gmail.com](mailto:marilynlauriopatriarca@gmail.com)

Regional Letter No. 009 s. 2026

Encl.: as stated

PPRD/rbd



6 Misamis St., Bago Bantay, Quezon City  
 Email Address: [ncr@deped.gov.ph](mailto:ncr@deped.gov.ph)  
 Website: <http://www.depedncr.com.ph>

Doc. Ref. Code	RO-ORD-F006	Rev	00
Effectivity	01.26.23	Page	1 of 1



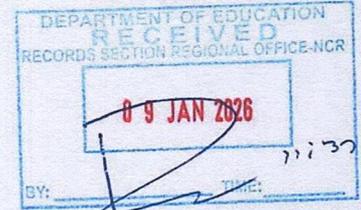


UNIVERSITY OF CALOOCAN CITY  
GRADUATE SCHOOL



January 8, 2026

**JOCELYN DR. ANDAYA, CESO IV**  
Regional Director, DepEd NCR  
Concurrent Officer-in Charge  
Office of the Asst. Secretary for Operations



Madam:

Greetings of peace and goodwill!

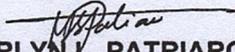
The undersigned, Marlyn L. Patriarca, is currently pursuing her Doctor of Philosophy degree at the University of Caloocan City. She is now in the implementation stage of her dissertation entitled ***Teachers' Socio-Emotional Competence and Work-Life Balance: Basis for Proposed Well-Being Framework***, which was presented to the Panel of Examiners and duly approved on October 16, 2025.

In this regard, she respectfully requests your permission and endorsement to the **Schools Division Offices of Caloocan City, Malabon City, Navotas City and Valenzuela City** for the administration of the attached survey questionnaire. The study requires a total of **350 respondents, composed of students, teachers, master teachers, head teachers, and school heads** from the said divisions.

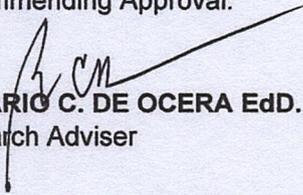
Your kind support and favorable action on this academic undertaking will be sincerely appreciated.

Thank you very much for your time and consideration.

Respectfully yours,

  
**MARLYN L. PATRIARCA**  
Researcher  
09291403870  
marlynlauriopatriarca@gmail.com

Recommending Approval:

  
**ROSARIO C. DE OCERA EdD.**  
Research Adviser

  
**MELCHOR S. JULIANES EdD, PhD, DPA**  
Dean, Graduate Studies  
University of Caloocan City

**Dear Respondent,**

**Good day!**

**I am Marlyn L. Patriarca, a graduate student at the University of Caloocan City (South EDSA Campus), conducting a study entitled "Teachers' Socio-Emotional Competence and Work-Life Balance: Basis for Proposed Well-Being Framework."**

**The study seeks to examine the competencies of school heads and the Socio-emotional Competence and Work-Life Balance of teachers across selected schools within the Schools Division Offices of Caloocan, Malabon, Navotas, and Valenzuela. The findings will serve as basis for developing a proposed well-being framework of teachers in public secondary schools.**

**You are invited to participate by completing this survey. Your honest responses are valuable and will be treated with strict confidentiality. Participation is voluntary, and you may skip any question or withdraw at any time without penalty.**

**Thank you for your time and cooperation.**

**Respectfully yours,**

**MARLYN L. PATRIARCA  
Graduate Student  
University of Caloocan City (South EDSA Campus)**

**Informed Consent Statement**

**I have read and understood the information provided above. I voluntarily agree to participate in this study, knowing that my responses will be kept confidential and used solely for research and academic purposes. I understand that participation involves no known risks and that I may withdraw at any time without any penalty.**

**Name (Optional): \_\_\_\_\_**

**Grade and Section: \_\_\_\_\_**

**School Name: \_\_\_\_\_**

**Signature: \_\_\_\_\_**

**Date: \_\_\_\_\_**

**DIRECTION:** Please put a check (/) mark in the box that corresponds to your answer.

**Part I. Demographic Profile**

1. AGE	2. MARITAL STATUS	3. EDUCATIONAL ATTAINMENT	4. CURRENT POSITION
<input type="checkbox"/> 20 - 30 <input type="checkbox"/> 31 - 40 <input type="checkbox"/> 41 - 50 <input type="checkbox"/> 50 - 60 <input type="checkbox"/> 61 - 70	<input type="checkbox"/> SINGLE <input type="checkbox"/> MARRIED <input type="checkbox"/> WIDOW <input type="checkbox"/> WIDOWER <input type="checkbox"/> SEPARATED	<input type="checkbox"/> BACHELOR <input type="checkbox"/> MASTERS <input type="checkbox"/> DOCTORAL <input type="checkbox"/> VOCATIONAL	<input type="checkbox"/> TEACHER I TO TEACHER III <input type="checkbox"/> MASTER TEACHER <input type="checkbox"/> DEPARTMENT COORDINATOR / HEAD <input type="checkbox"/> SCHOOL HEAD

5. SPECIALIZATION	6. LENGTH OF SERVICE	7. NUMBER OF RELEVANT SEMINARS	8. HOBBIES / INTEREST
<input type="checkbox"/> ENGLISH <input type="checkbox"/> FILIPINO <input type="checkbox"/> SCIENCE <input type="checkbox"/> MATH <input type="checkbox"/> ARALING PANLIPUNAN <input type="checkbox"/> ESP / VALUES EDUCATION <input type="checkbox"/> TLE / TECH VOC <input type="checkbox"/> MAPEH	<input type="checkbox"/> 1 - 5 YEARS <input type="checkbox"/> 6 - 10 YEARS <input type="checkbox"/> 11 - 15 YEARS <input type="checkbox"/> 16 - 20 YEARS <input type="checkbox"/> 21 - 25 YEARS <input type="checkbox"/> 26 - 30 YEARS <input type="checkbox"/> 31 YEARS AND ABOVE	<input type="checkbox"/> 0-10 <input type="checkbox"/> 11-20 <input type="checkbox"/> 21-30 <input type="checkbox"/> 31-40 <input type="checkbox"/> 41 TO 50 <input type="checkbox"/> 50 AND ABOVE	<input type="checkbox"/> Reading books / articles / newspapers <input type="checkbox"/> Watching movies / TV series / online content <input type="checkbox"/> Listening to music / podcasts <input type="checkbox"/> Singing / playing musical instruments <input type="checkbox"/> Arts and crafts (painting, drawing, knitting, etc.) <input type="checkbox"/> Cooking / baking <input type="checkbox"/> Gardening / plant care <input type="checkbox"/> Sports / fitness activities (e.g., basketball, volleyball, running, gym, yoga) <input type="checkbox"/> Traveling / exploring new places <input type="checkbox"/> Outdoor recreation (e.g., hiking, biking, swimming) <input type="checkbox"/> Playing video games / online games <input type="checkbox"/> Volunteering / community involvement <input type="checkbox"/> Attending church / religious activities <input type="checkbox"/> Socializing with friends / family gatherings <input type="checkbox"/> Photography / videography <input type="checkbox"/> Writing (journals, blogs, creative writing) <input type="checkbox"/> Online browsing / social media <input type="checkbox"/> Collecting (e.g., stamps, books, memorabilia) <input type="checkbox"/> Others (please specify):

**Part II. Socio-Emotional Competence**

(Adapted from Zhou & Ee, 2012; CASEL framework)

**Instructions:** Please indicate the extent to which you agree with each statement.  
**Scale:** 5 – Strongly Agree | 4 – Agree | 3 – Neutral | 2 – Disagree | 1 – Strongly Disagree

		VERY HIGH	HIGH	MODERATE	LOW
		4	3	2	1
<b>A. Self-Awareness</b>					
1	Recognizes my emotions accurately.				
2	Understands how emotions influence actions and decisions.				
3	Identifies personal strengths in teaching.				
4	Acknowledges weaknesses that need improvement.				
5	Accepts constructive criticism positively.				
6	Reflects on personal values and beliefs that guide actions.				
7	Shows awareness of stress signals in myself.				
8	Demonstrates confidence in my abilities.				
9	Aware of the impact of my behavior on others.				
10	Remains mindful of self-development and growth.				
<b>B. Self-Management</b>					
1	Controls emotions during difficult situations.				
2	Stays calm under pressure.				
3	Manages stress effectively.				
4	Demonstrates patience in classroom management.				
5	Adapts to changes and challenges quickly.				
6	Maintains a positive outlook despite setbacks.				
7	Practices self-discipline in accomplishing tasks.				
8	Manages time effectively.				
9	Remains motivated to fulfill responsibilities.				
10	Demonstrates resilience when facing failures.				
<b>C. Social Awareness</b>					
1	Empathizes with students' feelings and needs.				
2	Sensitive to colleagues' emotional states.				
3	Respects cultural and individual differences.				
4	Acknowledges the contributions of others.				
5	Promotes inclusivity in the classroom.				
6	Shows concern for students with difficulties.				
7	Values teamwork and cooperation.				
8	Listens attentively to others' perspectives.				
9	Responds compassionately in social interactions.				
10	Fosters a supportive classroom environment.				

		VERY HIGH	HIGH	MODERATE	LOW
		4	3	2	1
<b>D. Relationship Skills</b>					

1	Builds positive relationships with students.				
2	Communicates effectively with colleagues.				
3	Resolves conflicts fairly.				
4	Collaborates well with parents and stakeholders.				
5	Establishes rapport with learners.				
6	Fosters mutual respect in relationships.				
7	Practices active listening in conversations.				
8	Encourages teamwork and cooperation.				
9	Handles misunderstandings constructively.				
10	Maintains professional and ethical interactions.				
<b>E. Decision-Making</b>					
1	Makes decisions based on evidence and facts.				
2	Considers ethical standards in decision-making.				
3	Weighs possible consequences before acting.				
4	Involves others in collaborative decision-making.				
5	Demonstrates sound judgment in resolving issues.				
6	Prioritizes the welfare of students in decisions.				
7	Remains objective when making choices.				
8	Balances risks and benefits before deciding.				
9	Takes responsibility for decisions made.				
10	Learns from past decisions to improve future ones.				

**Part III. Work-Life Balance**

(Adapted from Fisher, Bulger & Smith, 2009; Hayman, 2005)

**Instructions:** Please indicate how often each statement applies to you.

Scale: 4 – Very High | 3 – High | 2 – Moderate | 1 – Low

		VERY HIGH	HIGH	MODERATE	LOW
<b>A. Personal Aspects</b>		4	3	2	1
1	Spends adequate time with family.				
2	Engages in recreational activities regularly.				
3	Maintains healthy physical well-being.				
4	Balances personal and professional responsibilities.				
5	Manages financial responsibilities effectively.				
6	Maintains positive personal relationships.				
7	Allots time for rest and relaxation.				
8	Pursues personal interests or hobbies.				
9	Avoids excessive work-related stress at home.				
10	Maintains spiritual or religious well-being (if applicable).				

		VERY HIGH	HIGH	MODERATE	LOW
<b>B. Professional Aspects</b>		4	3	2	1
1	Completes teaching tasks within expected deadlines.				
2	Maintains efficiency in daily classroom routines.				

3	Balances workload with continuous learning.				
4	Meets professional growth requirements.				
5	Manages paperwork and reports effectively.				
6	Maintains clear boundaries between work and home life.				
7	Remains productive without sacrificing well-being.				
8	Fosters professional collaboration with peers.				
9	Adapts to organizational demands without burnout.				
10	Maintains enthusiasm for the teaching profession.				

**Part IV. Open-Ended Section (For richer qualitative insights.)**

1. What challenges do you face in maintaining work-life balance?

2. What strategies or support systems help you manage stress and maintain balance?

3. What recommendations would you suggest to improve teachers' socio-emotional competence and work-life balance in your school?



**UNIVERSITY OF CALOOCAN CITY  
GRADUATE SCHOOL**



**CERTIFICATE OF VALIDATION**

This is to certify that the Dissertation Paper of **MRS. MARLYN L. PATRIARCA** entitled **"TEACHERS' SOCIO-EMOTIONAL COMPETENCE AND THEIR WORK-LIFE BALANCE: BASIS FOR DEVELOPING PROPOSED WELL-BEING FRAMEWORK"** undergone the validation procedure.

A handwritten signature in black ink, appearing to read "TAS", written over a horizontal line.

**DR. TERESITA A. SANTOS**  
Faculty  
University of Caloocan City



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GRADUATE SCHOOL**



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**DR. HENRY A. DAVALOS**  
Faculty  
University of Caloocan City

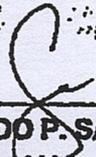


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**DR. RAYMUNDO P. SANDAGON**  
School-Head  
Maypajo High School, Caloocan City



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GRADUATE SCHOOL**



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A handwritten signature in black ink, appearing to read "Dr. Marlon M. Venzon".

**DR. MARLON M. VENZON**  
OIC, Assistant to the Principal  
Maypajo High School, Caloocan City



**UNIVERSITY OF CALOOCAN CITY  
GRADUATE SCHOOL**



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A handwritten signature in cursive script, appearing to read 'Dr. Maria Theresa D. Torres'.

**DR. MARIA THERESA D. TORRES**  
School Head, Maria Clara High School  
Caloocan City

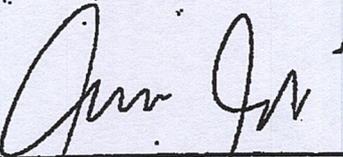


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**DR. LEO L. CANTILLANG**  
Master Teacher II  
Maypajo High School  
Caloocan City



UNIVERSITY OF CALOOCAN CITY  
GRADUATE SCHOOL



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**GINALYN T. GASPAN, Rpm, MPsy, RPsy**  
Psychometrician / Psychologist