



# SCHOOL OF ARTS AND SCIENCES

TRESTON INTERNATIONAL COLLEGE, BGC  
2020 EDITION



*The unconquered mind is enlightened;  
the undefeated spirit is strong in the face of adversity  
Treston (tres-ton)...The Right Way.*

*"I am the master of my fate.  
am the captain of my soul."  
Invictus by William Ernest Henley*





# ABOUT TRESTON

Treston International College pioneered the Bachelor of Science in Culinary Management program in the Philippines and is one of the first schools in the country to specialize in the unique combination of Tourism, Hospitality, Culinary Management, Business, and Information Technology. It is strategically located at the University Parkway District of Bonifacio Global City (BGC), the commercial and corporate hub of Taguig City in Metro Manila.

Established in 2009, Treston has gained recognition in producing work-ready graduates through its holistic and professional development programs, industry-recognized partnerships, and international accreditations. Treston is committed to help students discover their potentials and develop them into leaders with excellence, ethics, and purpose.

## MISSION

To inspire positive change in society through transformational and affordable international education

## VALUES

In Treston, we believe in leading our students towards positive transformation. We strive to develop in every student the growth mindset, and nurture in them the value of excellence through collaboration, and success through definite optimism. Above all, we strive to promote through practice, the value of diversity and respect for others.

**T**ransformation  
**R**espect  
**E**xcellence  
**S**elf-Leadership  
**T**eamwork  
**O**ptimism  
**N**urture



TRESTON INTERNATIONAL COLLEGE



# MESSAGE FROM THE DEAN

Welcome to Treston International College! We are a mentoring community that develops global citizens with values and purpose. At Treston, students are provided with exceptional experiences that foster respect, collaboration, innovation, and transformation. Our outcome-based curriculum, international partnerships, and exceptional facilities provide the learning environment that help our students become excellent and ethical leaders.

The school's credo, Duc Omnia, means "To Lead All". I am privileged to be part of an institution that empowers its students, through positive transformation, to become quality leaders and responsible global citizens. We warmly welcome you to your Treston journey!

  
**MARIA CAROLINA ABANIL**  
Dean for Academic Affairs



# WELCOME TO THE SCHOOL OF ARTS AND SCIENCES

*"Don't ask kids what they want to be when they grow up but what problems do they want to solve. This changes the conversation from 'who do I want to work for' to 'what do I need to learn to be able to do that'."*

*-Jaime Casap*

The School of Arts and Sciences (SAS) has various programs such as Bachelor of Science in Exercise and Sports Sciences Major in Fitness and Sports Management or BSESS-FSM and Bachelor of Science in Psychology or BS Psychology. The BSESS-FSM program is a three-year program designed to produce competent, reliable, and ethical fitness and sports professionals who will be significant contributors to the private and public sectors. Its other three-year professional program is the BS Psychology which seeks to produce quality, skilled, and ethical professionals in the field of private and public psychological practice. The SAS also services other school's general education courses including, but not limited to, humanities, languages, social and natural sciences, and institutional courses.

## MISSION

Treston International College - School of Arts and Sciences develops well-rounded, internationally recognized and service-oriented professionals who are ethical and excellent leaders in the field of arts and sciences. The school develops its students into becoming professionals who are equipped not only with the scientific, technical, and practical skill set necessary to their art and science practice, but also to the ethical, leadership, and international aspects of practicing their profession through comprehensive partnerships, linkages, and programs with different organizations and institutions.

## PROGRAM OFFERINGS:

- **BACHELOR OF SCIENCE IN PSYCHOLOGY\***

The three-year BS Psychology degree program will train students and equip them with skills that will be valuable to different industries. Graduates of the program will be able to aid in the emerging demands for mental health practitioners, researchers, teachers, and human resource practitioners, using a different brand of education and employing the values they have learned from the institution. It is a three-year degree program intended to equip students with progressive skills to produce ethical professionals with an extensive knowledge in applied research, human behavior, and mental processes.

- **BACHELOR OF SCIENCE IN EXERCISE AND SPORTS SCIENCES MAJOR IN FITNESS AND SPORTS MANAGEMENT \***

This three-year degree program is designed to mentor students and produce professionals who are knowledgeable in applied exercise and sports management particularly, fitness and sports coaching, management of fitness and sports programs, and exercise prescription in various sports settings and facilities. It aims to prepare future fitness and sports managers and professionals for the role of directing fitness centers and sports organizations, by emphasizing industry-specific management and planning capacities. The program is aimed for the management and direction of fitness centers, sports organizations, public and private institutions and facilities, as well as the design, leadership, and development of sports events of any nature or size.

*\*CHED Application Ongoing*



# TRESTON 5-YEAR JOURNEY BS PSYCHOLOGY

YEAR  
1

## SENIOR HIGH SCHOOL GRADE 11

Treston Senior High School prepares students for higher education, employment, or entrepreneurship. The first year of Senior High School develops the student's knowledge, skills, and potentials through hands-on learning and innovative teaching strategies. Under the School of Arts and Sciences, the students can either take the Academic Track - General Academic Strand (GAS) for learners who are not yet decided on what course to take in college, or the Academic Track - Humanities and Social Science Strand (HUMSS) for students who are considering taking up journalism, communication arts, liberal arts, education, and other social science-related courses in college. Moreover, the students may take up Arts and Design Track for those who are interested in pursuing careers in the performing and creative field. There are four specializations in GAS during this level: Organization and Management, Applied Economics, Creative Writing, and Principles of Marketing. The HUMSS strand are comprised of four specializations: Creative Writing, Introduction to World Religions and Belief Systems, Creative Non-Fiction, and Trends, Networks, and Critical Thinking in the 21st Century. For the Arts and Design Track, the specializations are Creative Industries 1: Arts and Design Appreciation and Production, Creative Industries 2: Performing Arts, Physical and Personal Development in the Arts, and Developing Filipino Identity in the Arts.

YEAR  
2

## SENIOR HIGH SCHOOL GRADE 12

In the last year of Senior High School, Grade 12 students finish meeting their graduation requirements. The students enrolled in the Academic Track - General Academic Strand (GAS) will obtain five specializations on this level: Philippine Government and Politics, Trends, Networks, and Critical Thinking in the 21st Century, Disaster Readiness and Risk Reduction, Technical Vocational Livelihood, and Work Immersion. While students who are enrolled in the Academic Track - Humanities and Social Science Strand (HUMSS) will also have five specializations: Philippine Government and Politics, Discipline and Ideas in the Social Sciences, Community Engagement, Solidarity, and Citizenship, Disciplines and Ideas in the Applied Social Sciences, and Culminating Activity. Under the Arts and Design Track for this level, the specializations are: Integrating the Elements and Principles of Organization in the Arts, Leadership and Management in Different Art Fields, Immersion and Exploration of Different Art Fields 1, Apprenticeship, and a Culminating Activity.

YEAR  
3

## INTERNATIONAL GENERAL EDUCATION PROGRAM

The general education courses introduce students to various domains of knowledge and ways of comprehending social and natural realities. In this program, intellectual competencies, such as critical, analytical and creative thinking, and multiple forms of expression are developed. The course also enhances a student's civic capacities needed as a member of the community, country, and the world.

YEAR  
4

## PSYCHOLOGY CORE AND PROFESSIONAL COURSES

The first core and professional courses for the BS Psychology program includes introductory psychology courses to help students understand the profession's basic concepts, principles, and theories. It helps them deepen their grasp of psychology, both as a discipline and a field of profession.

YEAR  
5

## PSYCHOLOGY PROFESSIONAL CORE COURSES AND INTERNSHIP

BS Psychology students learn about the profession's advanced and more complex concepts, principles, and theories. It presents scientific, industry-based, and practical know-how of psychology in the context of career pursuits and actual practice.

## SUMMARY

SENIOR HIGH SCHOOL	UNITS
School of Arts and Sciences – SHS Grade 11	66
School of Arts and Sciences – SHS Grade 12	62
<b>TOTAL</b>	<b>128</b>
BACHELOR OF SCIENCE IN PSYCHOLOGY CURRICULUM SUMMARY	
<b>FIRST YEAR – TRIMESTER 1</b>	
Purposive Communication	3
Science, Technology and Society	3
GE Elective 1	3
Understanding the Self	3
Physical Fitness	2
Treston Core Values 1	(3)
Information Technology Fundamentals	(3)
<b>TOTAL</b>	<b>14 (6)</b>
<b>FIRST YEAR – TRIMESTER 2</b>	
Mathematics in the Modern World	3
Readings in Philippine History	3
Art Appreciation	3
GE Elective 2	3
Ethics	3
National Service Training Program 1	3
<b>TOTAL</b>	<b>18</b>
<b>FIRST YEAR – TRIMESTER 3</b>	
Introduction to Psychology	3
The Life and Works of Rizal	3
GE Elective 3	3
The Contemporary World	3
Foreign Language 1	3
Dance	2
<b>TOTAL</b>	<b>17</b>
<b>SECOND YEAR – TRIMESTER 1</b>	
Individual Sports	2
Psychological Statistics	5
Developmental Psychology	3
National Service Training Program 2	3
Cognitive Psychology	3
Foreign Language 2	3
<b>TOTAL</b>	<b>19</b>
<b>SECOND YEAR – TRIMESTER 2</b>	
Experimental Psychology	5
Theories of Personality	3
Team Sports	2
Biological Psychology	3
Introduction to Organic and Biochemistry	5
<b>TOTAL</b>	<b>18</b>
<b>SECOND YEAR – TRIMESTER 3</b>	
Field Methods in Psychology	5
Social Psychology	3
Abnormal Psychology	3
General Zoology	5
<b>TOTAL</b>	<b>16</b>
<b>THIRD YEAR – TRIMESTER 1</b>	
Psychological Assessment	5
Culture and Psychology or Filipino Psychology	3
Anatomy and Physiology	5
Industrial/Organizational Psychology	3
Treston Core Values 2	(3)
<b>TOTAL</b>	<b>16 (3)</b>
<b>THIRD YEAR – TRIMESTER 2</b>	
Psychology Elective 1	3
Environmental Science	3
Research in Psychology I	3
<b>TOTAL</b>	<b>9</b>
<b>THIRD YEAR – TRIMESTER 3</b>	
Biophysics	3
Psychology Elective 2	3
Research in Psychology II	3
Internship	3
<b>TOTAL</b>	<b>139 (9)</b>

# WHY TRESTON BS PSYCHOLOGY?

## VARIETY OF CAREER CHOICES

Psychology graduates are prepared to specialize in various fields such as teaching, research, human resource, law, and medicine, to become registered psychometricians, registered psychologist, among many others. Graduates may also pursue further studies and specializations in Psychology to have careers in clinical psychology, counseling, developmental psychology, educational psychology, social psychology, industrial or organizational psychology, and more.

## MAINTAINING A HEALTHY MIND

Students will be trained to have lifelong skills in understanding and managing their ideas and emotions, which will be helpful in keeping their mind sound and healthy. They will also be equipped with necessary skills for self-reflection and acquire ethical behavior that will be useful in their chosen careers.

## WORK OPPORTUNITIES

There are plenty of possibilities for the BS Psychology graduate, as the program is also considered a good pre-law and pre-medicine program. Likewise, due to the increasing awareness for the protection of mental health, the opportunities for more psychologists and psychometricians are expanding. The BS Psychology program will also supply the growing demand for ethical practitioners due to the emerging demand for practitioners in the field of Mental Health, the growing opportunities for psychology graduates, and the constant demand for HR practitioners in the developing world.

## SERVICE ORIENTED PROFESSIONALS

The program is intended to equip students to be service oriented, to eventually assume socially responsible leadership roles that are focused in shaping the holistic development and well being of individuals and communities.

## EMPHATIC AND ETHICAL LEADERS

Treston prepares the students to become not only competent leaders but also emphatic and ethical taking into consideration the rules that guide them in the practice of the profession. By being emphatic and ethical, students can naturally stand out when they are in the field.

## ADVANCED INTERNATIONAL COMPETENCIES

The program focuses on the attainment of proficient qualifications and advanced interpersonal competencies through international and local affiliations, accreditations, and linkages.

## INTENSIVE AND EXTENSIVE TRAININGS

Once all studies have been accomplished, students can complete further graduate training in areas such as Organizational Psychology, Educational Psychology, Special Education, Forensic Psychology, School Psychology, Child Study, Clinical Psychology, Guidance & Counseling, and more.

## INDUSTRY-READY

Treston's BS Psychology program prepares students to be work-ready for a multitude of valuable careers with the opportunity to create a progressive and positive impression in society.

## CAREER OPPORTUNITIES

Graduates of the BS Psychology program can advance their careers in various international fields:

### BOARD PROFESSIONALS

- Registered Psychometrician
- Registered Psychologist
- Educational Psychologist
- Clinical Psychologist
- Psychologist
- Psychotherapist
- Forensic Psychologist
- Engineering Psychologist
- Occupational Psychologist
- Social Psychologist
- Counseling Psychologist
- Health Psychologist
- Neuro Psychologist
- Developmental Psychologist
- Registered Guidance Counselor
- Career/Vocational Counselor
- Mental Health Counselor

### INDUSTRY PROFESSIONALS

- Human Resource Management or Consultation
- Research and Organizational Development
- Clinical Psychology / Medicine
- Education and Counseling
- Non-Government Organization Work



# TRESTON 5-YEAR JOURNEY BSESS FITNESS AND SPORTS MANAGEMENT

YEAR  
1

## SENIOR HIGH SCHOOL GRADE 11

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YEAR  
2

## SENIOR HIGH SCHOOL GRADE 12

In the last year of Senior High School, Grade 12 students finish meeting their graduation requirements. The students enrolled in the Academic Track - General Academic Strand (GAS) will obtain five specializations on this level: Philippine Government and Politics, Trends, Networks, and Critical Thinking in the 21st Century, Disaster Readiness and Risk Reduction, Technical Vocational Livelihood, and Work Immersion. While students who are enrolled in the Academic Track - Humanities and Social Science Strand (HUMSS) will also have five specializations: Philippine Government and Politics, Discipline and Ideas in the Social Sciences, Community Engagement, Solidarity, and Citizenship, Disciplines and Ideas in the Applied Social Sciences, and Culminating Activity. Under the Arts and Design Track for this level, the specializations are: Integrating the Elements and Principles of Organization in the Arts, Leadership and Management in Different Art Fields, Immersion and Exploration of Different Art Fields 1, Apprenticeship, and a Culminating Activity.

YEAR  
3

## INTERNATIONAL GENERAL EDUCATION PROGRAM

The general education courses introduce students to various domains of knowledge and ways of comprehending social and natural realities. In this program, intellectual competencies, such as critical, analytical and creative thinking, and multiple forms of expression are developed. The course also enhances a student's civic capacities needed as a member of the community, country, and the world.

YEAR  
4

## BSESS-FSM CORE AND PROFESSIONAL COURSES

Introduces BSESS-FSM students to the core exercise and sports sciences courses that focus on the fundamental concepts and foundations of exercise science and sports science. Students learn about the Anatomy and Physiology of the Human Body, Exercise Physiology, Philosophical and Socio-anthropological Foundations of Physical Education and Sports, and Contemporary Issues in Exercise and Sports. At the same time, students also get oriented with the professional management courses.

YEAR  
5

## BSESS-FSM PROFESSIONAL CORE COURSES AND INTERNSHIP

Towards the end of the program, the focus shifts on the application of theoretical knowledge in actual and practical situations by intensifying the theoretical, technical, and practical knowledge and skills from the various core exercise and sports sciences courses. This involves Aerobic and Resistance Training Methods, Exercise Prescription and Programming, and Assessment of Fitness and Sports Performance. The students also have Research and Internship as part of their final requirements, giving them an avenue for synthesizing, integrating, and applying their knowledge and skills on exercise and sports sciences and fitness and sports management.

## SUMMARY

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<b>TOTAL</b>	<b>128</b>
BSESS FITNESS AND SPORTS MANAGEMENT CURRICULUM SUMMARY	
<b>FIRST YEAR – TRIMESTER 1</b>	
Purposive Communication	3
GE Elective I	3
Understanding the Self	3
Science, Technology and Society	3
Physical Fitness	2
Treston Core Values 1	(3)
Information Technology Fundamentals	(3)
<b>TOTAL</b>	<b>14 (6)</b>
<b>FIRST YEAR – TRIMESTER 2</b>	
Art Appreciation	3
Readings in Philippine History	3
Ethics	3
Mathematics in the Modern World	3
GE Elective II	3
Dance	2
National Service Training Program 1	3
<b>TOTAL</b>	<b>20</b>
<b>FIRST YEAR – TRIMESTER 3</b>	
GE Elective III	3
Foreign Language 1	3
The Contemporary World	3
The Life and Works of Jose Rizal	3
Principles of Marketing	3
Human Resource Management	3
Individual/Dual Sports	2
<b>TOTAL</b>	<b>20</b>
<b>SECOND YEAR – TRIMESTER 1</b>	
Philosophical and Socio-anthropological Foundations of Physical Education and Sports	3
Anatomy of Human Movement and Performance	3
Principles of Accounting	3
Foreign Language 2	3
National Service Training Program 2	3
Team Sports	2
<b>TOTAL</b>	<b>17</b>
<b>SECOND YEAR – TRIMESTER 2</b>	
Physiology of Exercise and Physical Activity	3
Principles of Motor Control and Learning of Exercise, Sports and Dance	3
Individual and Dual Sports I (Core)	3
Team Sports I (Core)	3
Principles of Finance	3
Business Ethics and Law	3
<b>TOTAL</b>	<b>18</b>
<b>SECOND YEAR – TRIMESTER 3</b>	
Sports and Exercise Psychology	3
Contemporary Issues in Exercise and Sports	3
Fundamentals of Management Practice	3
Operations Management	3
Macroeconomics	3
Biomechanics	3
<b>TOTAL</b>	<b>18</b>
<b>THIRD YEAR – TRIMESTER 1</b>	
Swimming and Aquatics	3
Outdoor and Adventure Education	3
Cardiorespiratory Fitness or Aerobic Training Methods	3
Musculoskeletal Fitness or Resistance Training Methods	3
Exercise Prescription and Programming	3
Consumer Behavior and Market Research	3
Treston Core Values 2	(3)
<b>TOTAL</b>	<b>18 (3)</b>
<b>THIRD YEAR – TRIMESTER 2</b>	
Research 1 (Proposal Stage)	3
Assessment of Fitness and Sports Performance	3
Prevention and Management of Exercise- and Sports-Related Injuries	3
Ergogenics and Healthy Eating in Exercise and Sports	3
<b>TOTAL</b>	<b>12</b>
<b>THIRD YEAR – TRIMESTER 3</b>	
Research 2 (Entrepreneurship and Innovation in Sports)	6
Industry Immersion	6
<b>TOTAL</b>	<b>140 (9)</b>

# WHY TRESTON BSESS FITNESS AND SPORTS MANAGEMENT?



## VARIETY OF CAREER CHOICES

Exercise and Sports Sciences graduates are prepared to specialize in various fields such as sports and fitness coaching, sports and fitness education, sports and fitness management, sports and fitness facilities management, event organizing and management, sports and fitness media production, among many others.

## MAINTAINING A HEALTHY MIND AND BODY

Physical fitness is not only about one's body but also about the mind and all other holistic development that comes with it. While studying the program, students are trained to become disciplined in terms of physical and mental health.

## FLEXIBLE WORK ENVIRONMENT

The trends of the workplace have been observed to be rapidly changing from the traditional input and process-driven to the output and results-based one. Graduates of the BS Exercise and Sports Sciences can look forward to enjoying the perks of job flexibility and a dynamic set-up since the work demands client-specific servicing.

## BETTER PAY

In a world and at a time where self-care is a priority, people tend to invest much on their personal wellness and maintenance. Thus, graduates shall enjoy the benefit of above-average and multiple sources of income.

## INCREASING NEED AND DEMAND

The need to train professionals in all areas of sports has arisen as a consequence of the great progress that has been made in the sports sector over the last decade. Hence, sports management is one of the areas of expertise that has increasingly gained importance due to international efforts to effectively and efficiently manage each of the organizational aspects of sports.

## PROFESSIONAL LEADERSHIP AND MANAGEMENT

The program is aimed at people who are willing to be leaders, contributing to sustainable human, social, and economic development. Leaders with empathy and ethics who put their effort into any project they encounter, with team spirit and eagerness to help others to achieve success. It is intended to train future fitness and sports managers for the normal performance of the management of fitness centers and sports organizations, with special emphasis on their management and planning. To this end, the program addresses the acquisition of advanced training of a specialized nature, geared towards a professional qualification.

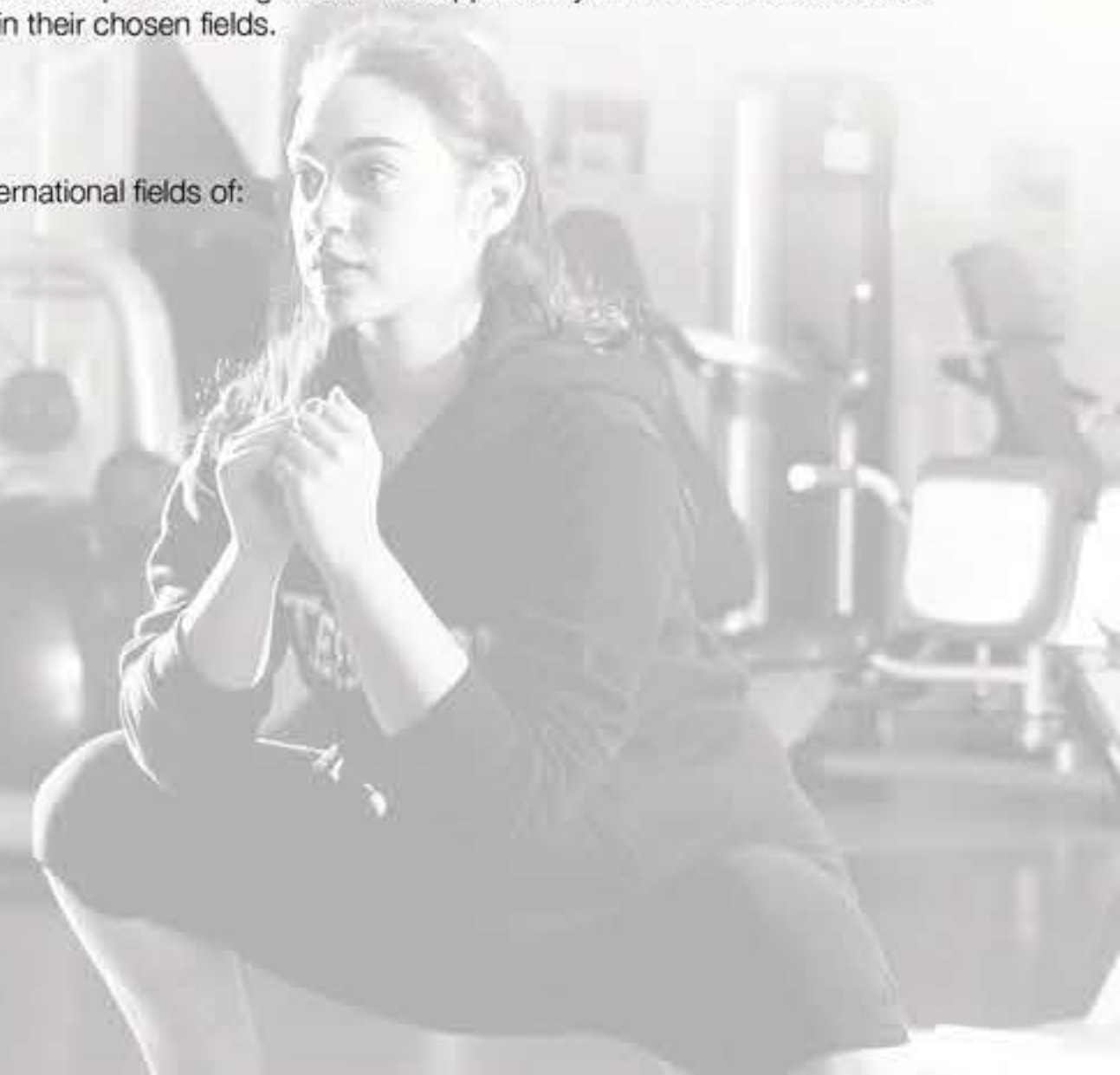
## INTERNSHIPS AND CULTURAL EXCHANGE PROGRAM

During the course, there will be a period where students will do an internship locally or participate in an international exchange program in public and private entities, fitness centers, and sports clubs. Treston International College has forged many partnerships, agreements, and linkages with private and public entities both locally and internationally. Students will be able to work closely with leaders of the sport sector, learn from them and improve their skills, while also discovering different spheres of Sports Science and Sports Management. This opportunity will introduce students to the labor environment and allow them to develop their selves as specialists in their chosen fields.

## CAREER OPPORTUNITIES

Graduates of the BSESS-FSM program can advance their careers in the international fields of:

- Athletic Directorship and Sports Directorship
- Fitness and Recreation Leadership and Consultancy
- Fitness, Sports, and Recreation Entrepreneurship
- Sports, Fitness, and Wellness Facilities Management
- Sports, Fitness, and Recreational Events Management
- Sports and Fitness Program Supervision
- Sports Tourism
- Sports and Fitness Coaching
- Sports and Fitness Marketing Management







**VINCE LEO DOLEND**  
Senior's Basketball Athlete  
BSBA Marketing Management



## THE GOLDEN LIONS VARSITY PROGRAM

In 2018, sports took on an important place in Treston, with the launch of the Athletics Program and the introduction of The Golden Lions Varsity Teams. It is a true milestone for the school-- one that has the spotlight shining on our athletes and more importantly, on Treston. The legacy Varsity Teams comprised of the Golden Lions Seniors Basketball, Juniors Basketball, Women's Basketball, Men's Volleyball, Women's Volleyball, Men's Futsal, Women's Futsal, and the Treston Dance Company.

With the launch of the Varsity teams in 2018, came the initiation of Treston into collegiate competitions. Treston joined the Interscholastic Athletic Association (ISAA). Excellently representing the school in its maiden year, the Golden Lions garnered championships in the Street Dance and Futsal competitions, while placing prominently in the basketball tournaments.

More than winning, the program ingrains in the athletes the essence of a Golden Lion—to play fairly with honor, respect, and the Treston pride.





*“Education must not simply teach work – it must teach Life.”*  
–W.E.B. Du Bois

# WE WANT YOU TO SUCCEED

Student Support Programs are in place to help students achieve their academic goals and hone their talents. The student support services promote the holistic development of students and enrich their school experience.





# EXPERIENCE THE WORLD OF WORK

The Treston School of Arts and Sciences believes that all students need to experience the world of work long before they leave school. Exposure to real working environments provides opportunities for students to build connections with professionals in real world contexts.



## PARTICIPATION IN LOCAL AND INTERNATIONAL CONTESTS

Participation in local and international competitions allows students to exhibit their individual and group abilities. Contests are venues for the students to measure how deep their skills and talents are as compared to their fellow contestants.



## COMMUNITY OUTREACH AND SOCIAL RESPONSIBILITY PROGRAMS

Community and social responsibility programs form an integral part of the students' growth into empathic professionals. As early as their tertiary education, students are sharpened in planning and executing various programs toward community and social responsibility efforts.



## INTERNAL GUIDANCE APPRENTICESHIP SUPPORT PROGRAM

Students are given the opportunity to be immersed in the school's very own guidance and counseling programs through the apprenticeship support mechanism of the Guidance and Counseling Office. Through this, students are granted special access to how school psychology works in actual practice.



## SPORTS AND FITNESS EVENTS

As part of the continuing development and growth of our students, they will be consistently given local and international seminars, lectures, workshops, and conferences on the different fields of exercise science, sports science, fitness management, and sport management, where they can improve their technical knowledge and skills, leadership skills, and management skills.



## INTERNSHIP AND CULTURAL EXCHANGE PROGRAM

As an international school of higher education with unique international networks and affiliations, students are given affordable and one-of-a-kind travel and cultural exchange programs aimed at increasing the students' sense of global citizenship.



## TEAMBUILDING

School of Arts and Sciences students are given a variety of activities and group dynamics that will bond them as one. United by common interests, skills, and aspirations, students are bound to succeed as a team to aptly prepare them for the workplace.



## LECTURES, WORKSHOPS, AND SEMINARS

Regular lectures, workshops, and seminars equip the students to be formally skilled and competent in their chosen degree programs. These activities are fountains of knowledge for the wide array of principles that will guide them in their professional lives.



## LOCAL AND INTERNATIONAL TOURS

These tours expose the students to the many benefits of alternative classroom learning, where they can be flexible enough to gain new knowledge and discover things beyond the structure of a four-wall classroom.



## RESEARCH PRESENTATION AND PUBLICATION

Students will be guided to produce and present research and publication output at least once in a year. This effort prepares them and hones their skills for advanced studies in their chosen profession or field.



## COLLEGE WEEK

This annual activity provides opportunity for the schools and its students to showcase their unique skills and talents in general education, psychology, sports science, among others. Students are expected to participate in the events and competitions such as quiz bee, seminar-workshop, forum, demonstration, and seminars.



## TRESTON CORE VALUES AND PROFESSIONAL ETHICS

Treston offers institutional courses in ethics and Treston Core Values I and II. Through these courses, students are taught the foundations of ethics, responsibility, leadership, and teamwork.



## LEADERSHIP DEVELOPMENT PROGRAM

Treston believes everyone can be a leader; but the path to becoming a great leader requires comprehensive training. Treston incorporates several leadership training programs: academic, co-curricular, extra-curricular, among others.







Multipurpose Hall



School Lobby



Club Room



Show Kitchen



Library



Suite Room



Treston Health Club

# OUR FACILITIES

Popular for its exceptional facilities, the campus is designed as a laboratory for tourism, hospitality, culinary, business and IT advanced trainings, simulations, industry exposures, skills assessments and international certifications.

- 1 Multipurpose Hall
- 2 Bar and Dining Hall
- 3 Club Room
- 4 Suite Room
- 5 Interfaith Room
- 6 Business Forum Halls
- 7 Treston Health Club
- 8 Dance and Fitness Studios
- 9 Library
- 10 Bookstore
- 11 Physics and Chemistry Laboratories
- 12 HP Lab
- 13 Mac Lab
- 14 Hot Kitchens
- 15 Cold Kitchen
- 16 Pastry Kitchen
- 17 Show Kitchen
- 18 Cafeteria



# TRESTON, HOME OF THE GOLDEN LIONS

**DUC OMNIA, To Lead All.**

**#weareTreston #weRoar**







# TRESTON

## SCHOOL OF ARTS AND SCIENCES



Treston International College  
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