

# UCDB

newspaper

Monthly Newsletter - Year XVII n° 311 - Campo Grande - September / 2017

## DESAFIO UCDB AWARDS BEST STUDENTS WITH SCHOLARSHIPS

**UCDB Virtual opens  
another eight poles in  
the Country**  
Page 3

**Nursing clinic meets  
population in  
basic health  
care**  
Page 5



## What inspires them not to give up?

It is with this theme that we want to think about this editorial and many other things that will be happening in our university.

The first of these is the Desafio UCDB, which wants to bring the best minds of our State into the Catholic university, so that, together with those who are here, we can consolidate a universe of knowledge construction that does not always challenge and instigates us. After all, what at first glance may seem like a difficulty and a failure, then can produce and reveal good and fabulous fruits.

A second event that is already starting to

emerge in our university is the exhibition of the professions that will happen this year in Shopping Campo Grande. This event aims to take the university to the "place where people meet" and show the many areas of knowledge and specialties present between us.

Another important event that will happen later will be the re-inauguration of our forest. It is that forest that has long been the cause of dreams and the whine of many of our scholars. It is now part of one of Conecta's projects, Pangeia. The aim of this project is the creation of the first zoobotanical state garden, making a botanical

collection of scientific relevance available to the educational community.

Last but not least, our community already begins to breathe the air of our "saberes em ação" event that today is characterized as the largest science event in Mato Grosso do Sul.

All this to inspire us and say more and more: Do not give up on our dreams! Because we need to change a lot and always if we want to continue being ourselves.

**Ir. Gillianno Mazzetto**  
Dean of Institutional Development


### expedient





**Chancellor:** Fr. Gildásio Mendes dos Santos  
**Rector:** Fr. Ricardo Carlos  
**Dean of Administration:** Br. Herivelton Breitenbach  
**Dean of Institutional Development:** Br. Gillianno Mazzetto  
**Dean of Pastoral:** Fr. João Marcos Araújo Ramos  
**Dean of Graduation:** Conceição Aparecida Butera  
**Dean of Research and Post-graduation:** Hemerson Pistori  
**Dean of Extension and Community Issues:** Luciane Pinho de Almeida

**UCDB NEWSPAPER** - Developed by the Directorate of Communication of the Catholic University Don Bosco – UCDB, through the Press Office  
**Director:** Jakson Pereira  
**Responsible Journalist:** Sílvia Tada (DRT: 33/17/13)  
**Reporter:** Gilmar Hernandes (082 MTB/MS) and Natalie Malulei (MTE 1145/MS)  
**Interns:** Ariane Almeida, Ellen Prudente and Gabrielly Gonzalez  
**Text formatting:** Maria Helena Benites  
**Revision:** Maria Helena Silva Cruz  
**Circulation:** 8.000 copies  
**Telephone:** (67) 3312-3300 or 3353  
**E-mail:** noticias@ucdb.br  
**Website:** www.ucdb.br  
**Facebook:** UCDB MS  
**Twitter:** @UCDBoficial

#### An affiliate of:

 IUS - Salesians institutions for higher education

 ANEC - National Association of Catholic Education of Brazil

 ABRUC - Brazilian Association of the Community Colleges

*"The bond that unites health and study, the foundation on which they base is morality"*  
Don Bosco

## September, month of the Bible

The month of September is dedicated to the Bible, but do you know why? In 1971, the Archdiocese of Belo Horizonte, which celebrated its 50th anniversary, proposed one month of Bible studies to all the faithful. These studies were conducted precisely in September, the month in which the Church commemorates St. Jerome, a priest who in the fourth century translated the Bible from Greek and Hebrew into Latin creating the "vulgata", a Latin word meaning popular, and which is used by the Church to this day. The faithful adhered with such commitment that the devotion spread and soon the CNBB officiated the date.

The Bible was not written in the way we know it, as a single book; in fact it is composed of several books that were written separately. Some estimate that these books were written from 1400 BC to

97 AD, and then assembled by Christian communities. By the year 200, the books that now make up our Bible began to be assembled until they were defined by the Church in the fifth century. Today the Bible is the best-known book in the world, translated into more than 2,000 languages and is present throughout the world.

One of the books of our Bible is St. Peter's second letter. In this letter, the Apostle says: "But know, above all, that no prophecy of Scripture arises from any particular interpretation. Because the prophecy never happened by human initiative; on the contrary, men moved by the Holy Spirit spoke as spokesmen of God" (2 Pet. 1: 20-21). The Bible is the Word of God, a God who loves us infinitely and who always wants our good.

Our way of responding to this love is to take advantage of this month to approach the Holy

Scriptures. Reading, meditating, praying what the Bible tells us is a way of listening to the voice of the Lord in our lives: a careful reading of the Word of God helps us to find the meaning of our life, to calm our hearts in the face of difficulties and to meditate and solve situations that often seem impossible. Jesus once said to the disciples: "My mother and my brothers are those who hear the Word of God and practice it" (Lk 8, 21).

May we, in this month and in all others, always cultivate the affection, respect and devotion that the Sacred Scriptures deserve. May they occupy a special place in our lives and in our hearts.

**João Pedro Cunha Costa**  
Pastoral

# UCDB Virtual opens eight new poles in 2017

*There are already 25 units in Brazil that promote easy access to students*

SUZANA SERVIAN\*

The quality is one of the values that Don Bosco Catholic University prioritizes in the educational scope. Based on this question, UCDB Virtual, the Catholic distance education arm, has expanded the teaching poles: now there are 25 training spaces spread throughout Brazil.

There are eight new poles that started to work this year, in addition to 17 already existing, in order to allow students faster access to face-to-face meetings. The cities covered are: Campinas (SP), Cuiabá (MT), Florianópolis (SC), Fortaleza (CE), São Luiz (MA), Teresina (PI) and Dourados and Três Lagoas, in Mato Grosso do Sul.

“Since 2005, when the Ministry of Education opened guidelines for the installation of new poles, UCDB Virtual is concerned with broadening access to students. By the end of 2018, our goal is to double the already existing amount in order to reach all regions of the country”, said UCDB Virtual director Jeferson Pistori.

Each pole functions as a support unit for face-to-face meetings of undergraduate distance courses offered by the Institution. This contact with pedagogical assistants is mandatory at the end of each semester, when students make assessments.

As many students live in cities different from the poles, they need to travel to do the tests and the creation of new units, for some, distances decreased.

“I believe that having a nearby access pole avoids fatigue with travel, it gives a much greater freedom and enables easy presence in all races. The presence of a new pole in Florianópolis is an opportunity for more young people, like me, to join UCDB, and have a greater convenience”, commented Clóvis Martins, 24, a Philosophy student, who is waiting for his transfer from Belém to Santa Catarina, where he lives.

In addition to facilitating the access of previously enrolled students, the creation of the

held at the Brazilian Congress of Communication Sciences (Intercom). The congress took place from the 4<sup>th</sup> to the 9<sup>th</sup> of this month at the Positivo University in Curitiba (PR).

The students also competed with other works in the categories Spot, Outdoor and Propaganda

ELLEN PRUDENTE\*

The Experimental Communication Agency of the Advertising and Marketing Course of the Dom Bosco Catholic University was chosen for the second consecutive year as the best Brazilian Agency of Brazil, winning Expocom — an event

## distance education

In all, 20 undergraduate courses are offered at a distance of two to four years. All are recognized by the Ministry of Education and, in addition to them, there are also 48 postgraduate and eight extension options.

### UNIVERSITY GRADUATION

Superior of Technology  
Foreign trade  
Commercial management  
Environmental management  
Cooperative Management  
Financial management  
Public administration  
Logistics  
Marketing  
Real state business  
Management processes  
Human Resources

Secretariat

### DEGREE

Philosophy  
History  
Letters  
Pedagogy

### BACHELORS

Management  
Accounting Sciences  
Theology  
Social service

### POLOS

	Campo Grande/MS	Goiânia/GO	Salvador/BA
	Corumbá/MS	Manaus/AM	Santarém/PA
Araçatuba/SP	Cuiabá/MT	Marabá/PA	São Luís/MA
Belém /PA	Curitiba/PR	Porto Alegre/RS	São Paulo/SP
Belo Horizonte/MG	Dourados/MS	Poxoréo/MT	Três Lagoas/MS
Brasília/DF	Florianópolis/SC	Recife/PE	Teresina/PI
Campinas/SP	Fortaleza/CE	Rio de Janeiro/RJ	

poles encouraged others to start their studies. This was the case of Brazilians Nuriana and Thiago Prando, who live in San Lorenzo, Paraguay.

The couple had long sought a higher education course to deepen their knowledge in the theological field. They had already thought of UCDB Virtual, however, the nearest pole was Campo Grande, a possibility that could not be made

for both. With the creation of the unit in Dourados, the two received the good news and enrolled in the desired course.

“Just this time, by having faith, this pole was created closer to us. Our relatives are from Ponta Porã and Dourados, so it is easy for our stay, since we have three children too”, commented Nuriana.

*\*Texto sob supervisão de Natalie Malulei*

## For the second time, Mais Comunicação agency is elected the best in Brazil

ELLEN PRUDENTE\*

The Experimental Communication Agency of the Advertising and Marketing Course of the Dom Bosco Catholic University was chosen for the second consecutive year as the best Brazilian Agency of Brazil, winning Expocom — an event

held at the Brazilian Congress of Communication Sciences (Intercom). The congress took place from the 4<sup>th</sup> to the 9<sup>th</sup> of this month at the Positivo University in Curitiba (PR).

The students also competed with other works in the categories Spot, Outdoor and Propaganda

in Digital Media. Expocom’s evaluation criteria are quality, experimentation, social relevance, theoretical consistency and ethics.

Mais Comunicação competed with four other agencies, one from each region of the country - South, Southeast, Northeast and North. In addition to the printed and online portfolio, the examiners also evaluated the work developed in the Agency through an oral presentation on the project carried out by the student of the fourth

semester Bárbara Meira.

Currently, 25 scholars, 20 volunteers and five fellows work in the Agency, who carry out publicity work for the external and internal community, supervised by five professors of the course.

The main purpose of the Congress is to encourage and expose science in the various areas of knowledge within communication.

*\*Texto sob supervisão de Sílvia Tada*



# University graduation Psychology students are organized into interdisciplinary groups and develop skills

*Works have weekly meetings, as well as events prepared by the students themselves*

GABRIELLY GONZALEZ\*

Psychoanalysis, social and health psychology, meditation, behavior. Such subjects are so different from Psychology, but in Don Bosco Catholic University have the growing interest of students in common. At the initiative of the undergraduate students themselves, they gradually organized groups of discussions, with weekly meetings, which became events and now cover colleagues from other courses and semesters.

The coordinator of the UCDB Psychology course, Renan da Cunha Soares Junior, emphasizes that the most interesting of the groups is the total protagonism of the student - they are the ones who schedule timetables, lectures and events. "It has made students more interested in disciplines, so they have delved into the subjects of their respective interests", said the professor.

It all began in 2015, when students formed a study group of psychoanalysis. Since then, this autonomous organization of students

have grown, so that other themes have emerged, such as: Academic League of Psychoanalysis; Social and Health Psychology; Meditart (meditation and art); Behavior analysis and cognitive behavioral psychology.

According to Renan, for the participation of students to be increasing, each meeting takes place on an exclusive schedule. "The students used the coordination to enable the scale of the course, since it happens outside the class hours and so that the same member can participate in as many groups as he can and want."

Another question worked on the teams, is the interdisciplinarity, since they are open to all interested parties. "It's part of the job market, so it's important that from now on they see that all professions are interconnected", Renan concluded.

Gabriel Moreno is the manager of the Meditart group, and told us why he was interested in bringing this subject. "I always liked meditation and I realize that in college we



Grupo de estudos reunidos para a discussão de temas relacionados a Psicologia

are very stressed; I have many friends who cannot complete a job because of anxiety and stress. And that helped a lot", said the academician. "Moreover, one of the reasons is to break the paradigm that college is a place that will only get you tired, but it can also be able to distract and relax".

For Adrielle Fernanda Linares, representative of the Academic Center of Psychology, the groups are essential, because the student does not depend on the teachers to delve into

the subjects. "The achievements of the groups come within the academic protagonism, we do not have to run after the professors", she emphasized.

The Group of Studies in Social and Health Psychology meets on Tuesdays at 1:00 p.m. the Meditart, at 1:30 p.m. on Thursday; the League of Psychoanalysis takes place biweekly on Mondays at 2:00 p.m.

Group of studies gathered to discuss topics related to Psychology

*\*Texto sob supervisão de Sílvia Tada*

## MARRIAGE

### University Parish conducts the first Catholic community wedding

On 19 August, the St. John Bosco University Parish held the first community wedding of Don Bosco Catholic University of, with the marriage of five couples: André da Silva Dias and Gislaíne Mitsuê Umeda; Luciano José do Nascimento Lima and Simone Martins da Rosa; Paulo Roberto Bacha and Emília Cavaleiro Handam Bacha; Rinaldo Gonçalves de Souza and Leda Maria Lacuevo Souza; and Ulisses Barbosa Cunha Neto and Luana Alves Brandão.

The ceremony was presided by the parish priest João Marcos de Araújo Ramos, Pro-Dean of

Pastoral of the UCDB and was attended by family and friends of the couple. "The church shares in your joy and welcomes you from the heart so that you may seal a covenant for the rest of your lives before God. May you receive from now on all the blessings and glories that the Lord has to offer", said Father João at the beginning of the celebration.

"It was the most exciting moment of my life. It was a dream! At the time of the oath I could not contain the emotion", said Simone after the ceremony.



Five couples attended the first community wedding sponsored by the University Parish

# Nursing Clinic arrives to serve the population in basic health care

*Queries are made Monday through Thursday, from 8 AM*

GILMAR HERNANDES

In order to complete the clinical services already carried out such as Social Work, Psychology, Hearing Health, Nutrition, Occupational Therapy, Physical Therapy and Physical Education support, the UCDB School Clinic now counts on the Nursing area in basic health care, pregnant women, newborns, children, adolescents, adults and elderly people of both sexes. The service is free and open to the Campo-Grandense community.

The coordinator of the Nursing Clinic, Eliny Salazar, points out that the person seeking the care will go through the screening and, on identifying the problem, the care or referral will be done. “We will carry out women’s health with preventive collection, breast examination, family planning, women’s health in obstetrics, course for pregnant women, hypertensives, diabetics,

children from newborns to adolescents, adults and the elderly”, she explained.

The professor also says that the UCDB School Clinic is kicking off to comply with the recommendation of the Brazilian Society of Pediatrics to apply an instrument for screening autism in childcare clinics, which consists of a questionnaire with 23 questions to parents, which may indicate traits of autism spectrum disorder.

The retired, Olívia de Lima, 80, who lives in Portal Lagoa, Campo Grande, is following Physical Therapy and Nutrition, because she feels pain in her knees. In the consultation of the day, she took the opportunity to pass the Nursing screening, in which she can check blood pressure, heart rate, among others. “I come here at the UCDB School Clinic because I am very well attended to”, she said.

The site also receives people from cities in the interior of the state, such as retired Corumbaense Tereza Cespedes, 60, who has doing speech therapy at UCDB School Clinic for two years now. “I really enjoyed the service. They’re checking to see if I need to put a hearing device on”.

“The clinic is the heart of any care, because we can find out everything. Check the patient’s signs, if he is in the standard, which is a reference according to the literature and also if there is some basic pathology, what we can treat or we have the autonomy to refer to another specialty”, explains the 10th semester student of Nursing, Guilherme da Silva Andrade.

“Here at the School Clinic, you get a broader picture of what Nursing can do, not just inside a hospital, not just helping the doctor. You can have autonomy to open your own

practice when you are trained”, commented the 10th semester student of UCDB Nursing, Lucas Melo.

All the attendance is done by the students of the 10th semester of Nursing, always supervised by teachers, from 8am to 5pm, Monday through Thursday. After screening, the patient will be referred to the doctor’s office and, if there is a need for medical intervention, the patient will be taken to the Basic Family Health Unit (UBSF).

The UCDB School Clinic counts on care in several areas, and will soon have the Pharmacy Clinic and, next year, the Clinic of Biomedicine.

Queries can be scheduled by phone or in person. The UCDB School Clinic is located at Avenida Tamandaré, 6,000, in Jardim Seminário, in Campo Grande. More information (67) 3312-3697 or 3705.





## Merit award guarantees free graduation for high school students

*This is the UCDB Challenge, largest MS scholarship program*

NATALIE MALULEI

“It was the realization of a dream. I have always wanted to do Veterinary Medicine at the Don Bosco Catholic University because it is closer to home and to be sure that teaching is of a quality, since my cousin was trained here. Today I feel happy and fulfilled”, said Amanda Alves Rosa Taveira, 18.

The student is in the second half of a five-year journey to become a veterinarian. For her, the undergraduate course came as a gift. In 2016, she won a full scholarship through the UCDB Challenge - she was the best student at Nota Dez college. “It’s a great opportunity to continue my studies, especially in my reality, as it’s just me and my mother, It

would have been hard for her to bear the cost of a college degree”, Amanda said.

Considered the largest scholarship program in Mato Grosso do Sul, the UCDB Challenge has offered an average of 80 opportunities each year for high school students to graduate from the Catholic University with discounts from 50% up to 100% in tuition. In the eight editions already held, approximately 54 thousand students from 13 municipalities in the State have already competed for scholarships, and of the winners, currently about 100 are taking their undergraduate courses, and many others have already completed the courses. Now in 2017, in the ninth stage

of the program that will be held in October, other students will be able to compete for new scholarships for 2018.

“At the beginning of the program, the idea was to make a kind of simulation for the college entrance examination, but then the grade reached by the student became valid for the University selection process, and it was no longer necessary to make two assessments. From there, we thought: why not give a scholarship to the students who stood out? That is why we have instituted this award on merit. We are keen to have the best in our Institution”, said Natalli Meneguetti Idalgo Zayas, supervisor of the UCDB

Challenge and manager of the Catholic marketing sector.

It is not only enough to reach the best score among competitors. After entering the University, the student must continue to dedicate in his or her studies to maintain the scholarship. The benefit is renewable every semester and only four subject areas are tolerated.

It is through this opportunity that many teenagers become competent professionals. An example is Felipe Silva Alves de Oliveira, 25 years old. In the first UCDB Challenge held in 2008, he was the best student at the José Barbosa Rodrigues State School. With the integral scholarship he graduated in Administration and used the knowledge acquired to

pass in the competition of the Fire fighters Department. “I’ve been in the corporation for three years and I only got it thanks to what I learned during the course. I think the UCDB Challenge is incredible for these young people, it’s more of an option for those who want to join the University, but would not be able to afford the tuition,” he praised.

As many academics have already graduated, at the end of this year will be the turn of Kaio Queiroz dos Santos, aged 21. Like Felipe, the future nutritionist guaranteed 100% discount on tuition when he won the first place of the José Barbosa Rodrigues State School. “It was late 2014, a friend sent

me a message saying that I had the bag. I was very surprised and happy, because for me it was the UCDB, I had already chosen to study here, because who inspired me to be a nutritionist was a student,” explained Kaio

Already in the 8th semester of Nutrition, a few steps from graduating, in the stage of supervised internships, the academic already makes plans for the future: “The UCDB Challenge brought the beginning of my dream: to be a nutritionist. I still have many paths to follow such as the master’s and doctorate in the field of microbiology, I want to teach and teach nutrition to other young people,” he said.



Amanda Alves Rosa Taveira



Academic Kaio Queiroz dos Santos

## POLOS

Schools interested in the UCDB Challenge should attend Campus Day - an initiative that brings high school students to the University so they know the structure and courses offered. After the visit, the college can become a polo if at least 50 students sign up to take the test. This gives local students the right to compete for a full scholarship for an undergraduate program of their choice. If the school has more than 101 enrolled, two scholarships will be made available, one integral and the other 50% discount, respectively for the first and second place.

If you do not have the minimum number of students required, there is the option for the colleges to unite and become a hub in a formal agreement. Students from schools that did not consider this option and have insufficient enrollment to be a polo can take the test at the UCDB

polo located at 6000 Tamandaré Avenue in Campo Grande. In this situation, students will compete for three scholarships - one full, one 70% discount in tuition and the other 50%.

## MUNICÍPIOS CONTEMPLADOS

Aquidauana / Anastácio  
Bandeirantes / Jaraguari  
Bela Vista / Jardim  
Bodoquena / Miranda  
Bonito / Guia Lopes / Porto Murtinho  
Camapuã  
Campo Grande  
Corguinho / Rochedo  
Coxim / Rio Verde  
Maracaju  
Ribas do Rio Pardo / Água Clara  
São Gabriel d’Oeste  
Sidrolândia  
Terenos

## HOW DOES THE UCDB CHALLENGE WORK?

The Program is aimed at students who are regularly enrolled in the third year of high school in public and private schools in Campo Grande and in neighboring cities agreed with UCDB. It is also allowed the participation of students from preparatory courses for entrance exams of the schools agreed upon, provided they have finished high school.

The challenge consists of a test with 62 questions of multiple choice in the disciplines: Portuguese Language, Literature, Chemistry, Biology, Physics, History, Geography, General Knowledge, Mathematics, Foreign Language - English / Spanish and an essay, which is eliminatory. On the date of the evaluation, the student contests the scholarship with the students of the same pole as him, who wins the largest number of questions and obtains the highest score.

## DESAFIO UCDB 2018

Entries for the UCDB 2018 Challenge are already open and can be made through the website: [www.cdb.brdb.br](http://www.cdb.brdb.br) until October 5, 2017. The tests will be applied on days 21 and 22 of the same month, both at the UCDB, as in the others.

The provisional result will be announced on November 6, and the definitive, on November 10, also on the challenge site. Students who obtain the best results will be awarded scholarships for undergraduate courses that open the class in the first half of 2018.





Maria Inês dos Reis Pereira

## UCDB Challenge 2018: Psychologist gives tips on how to prepare for test and have good results

NATALIE MALULEI

The UCDB Challenge 2018 - the largest scholarship program in Mato Grosso do Sul, offering graduation discounts from 50% to 100% is coming. On October 21 and 22, the evaluation will be applied to both the Catholic University Campus Don Bosco and the rest; so the psychologist Maria Inês dos Reis Pereira, who has been working with adolescents for 18 years at Don Bosco Salesian College, offers tips on how to prepare and get well in the competition. Read the interview below and check it out!

**UCDB JOURNAL:** How to draw up a study plan? How many hours should be allocated per day to study and why is this organization so important?

**MARIA INÊS DOS REIS PEREIRA:** Normally the high school student attends classes at one time of the day (morning, afternoon, night) or two (integral), so at another moment, when he is away from the classroom, get organized to have a good income. First you need to take care not to accumulate content, so what was passed by the teacher should be reviewed at home, or in a study booth if you prefer. It is interesting that the student rest from 15 minutes to half an hour when he arrives from school, and then begin his studies. Of course, it varies from person to person, but it is usually indicated that this student devotes from three to six hours of extraclassic study and that it always takes a break when half that time is reached, to do something I like or exercise, an activity that help prevent fatigue and increase concentration, since students tend to sit for a long time. All this organization is necessary so that the student creates the habit of study and, on the day of the test, has managed to absorb the maximum of the possible content and reach good results.

**UCDB JOURNAL:** The famous “aulões” of eve or pre-trial reviews really help? Are they indicated?

**MARIA INÊS:** For those who have organized and maintained a rhythm of daily study, both the “aulões” and the revisions are indicated yes, because they help the student to remember the content or another that he studied a long time ago. But it is not used for a student who did not plan, did not study, think that he will participate in these moments of revision and go well in the test, because this is not how it works. The content is extensive, and you can not learn everything from one day to the next. It is worth emphasizing that even these revisions should not be made exactly on the eve of the test, but rather a couple of days before, so that, on the date before the evaluation, the student can rest his head, after all, everything he has studied is already stored there. It is necessary to have fun, to talk with friends, to walk, all this is important to relax the mind and, the

other day, be rested for the test.

**UCDB JOURNAL:** It is well known that during the period of study, students tend to deal with pressure on a daily basis, which causes weariness, mainly emotional. How do you manage this to stay focused and achieve your goals?

**MARIA INÊS:** In addition to external pressure, usually from parents and family members, for the student to pass the test, the worst, in my opinion, is internal pressure - the fact that the student charges at all costs and, afraid of not being able to. This creates anxiety, the biggest villain in this process. For the pressure not to suffocate, it is necessary, besides organizing the studies, to look for valves of escape. Physical exercise is a great option: try to do a sports modality or gym because it relieves stress, improves cardiovascular and respiratory function, improves sleep quality and increases concentration. There are still students looking for other alternatives like acupuncture and relaxing massages, everything is valid if it is to help you stay calm.

**UCDB JOURNAL:** At the time of the test, what should be done to keep calm and deal with the “white”?

**MARIA INES:** First, arrive at least half an hour before the place of proof, especially if the environment is new to you, because there you can search the room and position yourself calmly. Arriving late, afraid of losing the evaluation, already generates an unnecessary nervousness and, for some people, it is difficult to recover later. Try to eat well, take water and, in the case of food, look for salty options, not just sweets, because the sugar in exaggeration can lower the pressure and cause drowsiness. If you took these precautions and still got nervous, breathe and exhale three times slowly. If necessary, go to the bathroom and do a stretching, this helps to relax the body and maintain concentration. In case of “white”, if you do not know the question mark it with an “x” and go to the next, do not waste time with the question that forgot the answer, focus the thought on another and then go back to answer the previous one, this helps to unlock the mind.



# Pedagogical Laboratory Interdisciplinary brings experience to undergraduate academics

*Extensionists creatively produce teaching materials to story telling for kids*

ELLEN PRUDENTE\*

In the midst of didactic games, giant books, puppets and costumes, the imagination of literacy, pedagogy and biological sciences run wild when it comes to teaching. Comprised of 12 extension workers (six volunteers and six fellows), the Interdisciplinary Pedagogical Lab (Labinter) is the home of many academics who use art and literature to reach the hearts of the little students.

One of the many extension projects of the Catholic University of Don Bosco, Labinter is where academics use colorful space and high astral to develop more and more the love for the degrees. In the project, the extensionists creatively produce a variety of didactic materials, conduct storytelling for children from Catholic institutions and promote workshops for the training of storytelling teachers.

“The project expands the possibilities of teaching, allows the student to experience, visualize and experience moments that will serve as a baggage when he or she

will work in the area,” explained the professor of the degree and coordinator of the project Me. Suelen Regina Patriarcha Gracioli, who has been at the helm of Labinter since last year.

Lara de Andrade Medina, 17, an academic of the 2nd semester of Literature, has been on the project since the beginning of the year, and says that the same made her see teaching with other eyes. “We are always in touch with literature and community interaction is very strong as well. We produce knowledge here within our space and, outside, we have contact with children and it is wonderful to know more about children’s literature and see how it helps in the formation of the child as a reader, as a human being and in the realization of values,” he said.

A bias of the Labinter is environmental education, and subtly, academics try to add some values

of the theme in the activities with the children. “We look for in literature elements in common with environmental education, but without saying at any moment what we are doing, we use the accountant’s perspective to show this other side of

literature, because environmental education is a construction of values”, emphasizes the coordinator.

In addition to offering these services, Labinter also provides the materials developed for academics, teachers and even for the external public that wishes to carry out some activity. The site is also the source of many scientific initiation research projects (Pibid) and course completion work (TCC).

The love of teaching is what drives the academic extensionists of the project, and friendship and fellowship are very important values to them. “Here the exchange is something very present, we gather our strengths and weaknesses and we help each other. The staff of Letters helps those who have difficulty with writing; we, the Pedagogy, help to deal with children. The tie is so strong that we always say that whoever leaves Labinter never leaves Labinter,” said Tamara Durso, 25, an academic of the 2nd semester of Pedagogy.

The Labinter Room is located on the upper floor of Block A of the Tamandaré campus, and is open Monday through Friday from 4:00 p.m. to 7:00 p.m.

*\*Texto sob supervisão de Sílvia Tada*



Labinter Participants

# TREN

# #DING

TOPICS

## VETERINARY

September 25<sup>th</sup> to 29<sup>th</sup>

The IV Veterinary Medicine Academic Week will be held from September 25<sup>th</sup> to 29<sup>th</sup>, from 7:30 am, in the amphitheater of block C of the UCDB. The objective is to improve knowledge, to present new knowledge and to allow the interaction of its academics with the experiences of students from other higher education institutions, researchers and professionals from the most diverse areas of veterinary medicine. Registrations can be made on the Internet [www.ucdb.br/events](http://www.ucdb.br/events). More information by phone (67) 3312-3688.

## SELECTION

The Gas Company of the State of Mato Grosso do Sul (MSGÁS) is open until September 22 for a selection process to hire trainees to register technical reserves in several areas, as published in the Official Gazette of the State. Check the complete announcement on [www.msgas.com.br](http://www.msgas.com.br).

## DEBATE

September 28<sup>th</sup> and 29<sup>th</sup>

The UCDB History Week will be held on September 28 and 29, from 7:00 p.m. to 10:00 p.m., in order to bring together the faculty and students of the course to discuss matters relevant to the historical moment in which we live. The event will be in the amphitheater of block B. More information by phone (67) 3312-3424.



## THEATER AND DANCE

September 16<sup>th</sup>, 19<sup>th</sup> and 22<sup>nd</sup>

The theater group “Senta que le Leão is Manso”, from Catholic University Don Bosco, will open and close the Art Week of the Federal University of Mato Grosso do Sul, which takes place from September 16 to 22 at the Glauce Rocha Theater, in Campo Grande. The performances begin at 7:30 p.m. and are free. In opening (16), the group will present a re-reading of the play “Morte e Vida Severina”, which was the first work presented by the group, which turns 35. On the 19<sup>th</sup>, the UCDB’s Ararazul dance group will also perform, and on the 22<sup>nd</sup>, the group Senta that the lion is Manso returns to the stage with the play “Medeia”.

## ESTÁGIO

CENTRO EDUCACIONAL INFANTIL  
(CEI)

**Pedagogia – quatro vagas**

Encaminhar currículo para [anapaulaz@ucdb.br](mailto:anapaulaz@ucdb.br) e [sima@ucdb.br](mailto:sima@ucdb.br)

ASSISTÊNCIA AO ESTUDANTE

**Serviço Social – duas vagas**

Encaminhar currículo [elizete@ucdb.br](mailto:elizete@ucdb.br)  
e [sima@ucdb.br](mailto:sima@ucdb.br)

PRÓ-REITORIA DE PESQUISA

Administração – uma vaga

Encaminhar currículo para [ri@ucdb.br](mailto:ri@ucdb.br)  
e [sima@ucdb.br](mailto:sima@ucdb.br)

Mais informações no Setor de Integração Mercado Academia (Sima) pelo telefone (67) 3312-3448.





## PROFESSIONAL SHOW

The Catholic University Don Bosco offers free in Campo Grande Shopping the second edition of the Exhibition of Professions, which proposes a game for the students of the 3rd year of high school and those who are still in doubt about which profession to follow. The participant will point out information about the area of knowledge that he / she wishes to specialize and, in a fun way, will end up indicating the graduation to take. At the end, UCDB course coordinators will be available to discuss each of the professions.



## PHILOSOPHY

**September 18<sup>th</sup> to 23<sup>rd</sup>**

The XXXIV Week of Philosophy - The Influences of the Middle Ages in Contemporaneity will be held from 18 to 23 September in the amphitheater of block B of the UCDB. The objective is to broaden and deepen the philosophical content pertinent to the course, as well as to promote in the academic community the discussion of themes that can contribute to it. Registrations can be made on the Internet [www.ucdb.br/events](http://www.ucdb.br/events). More information by phone (67) 3312-3415.

## JOURNEY

**September 28<sup>th</sup> and 29<sup>th</sup>**

The XII edition of Nutrition Day will be on September 28 and 29, starting at 7:30 am, in the amphitheater of block B of the UCDB. The objective of the event is to disseminate the knowledge and integration of several professionals and subjects in the area of interest of students, teachers and health professionals, serving as a link between the university institution, students, teachers and professionals in nutrition and health. Registration can be done through the site [www.ucdb.br/eventos](http://www.ucdb.br/eventos). More information by phone (67) 3312-3455.

## LECTURE

**September 20<sup>th</sup>**

Lecture "Architecture in Bamboo" will be held on September 20 at 7 pm in the amphitheater of block A of the UCDB. The objective is to discuss the importance and feasibility of the use of bamboo in construction by presenting constructive methods and examples of buildings that used the material in question. More information at 3382-8614.

## CULTURAL MORNING

**September 25<sup>th</sup>**

The advertising company Ariane Moreira will be in the next edition of Manhãs Culturais, promoted by the course of Advertising and Propaganda of the Catholic with the objective of bringing together academics and professionals. The event will be from 7:25 am to 9:30 am in the multidisciplinary amphitheater of Block M. More information by phone (67) 3312-3416.

SEND SUGGESTIONS  
FOR THE THIS  
COLUMN:  
[noticias@ucdb.br](mailto:noticias@ucdb.br)

## event

# Saberes em Ação evidences university as radiator of scientific knowledge

Event will count on the participation of the former gymnast of the Brazilian team, Laís Souza, in the opening speech

SILVIA TADA

The largest scientific congress in Mato Grosso do Sul will take place from 24 to 26 October at the Catholic University of Don Bosco and will host round tables and talks with national and international experts from various areas. Among the topics covered in the 4th edition of Saberes em Ação are human rights and women's reality in society, climate change and economic, cultural and socio-environmental impacts, bioceanic route and academic cooperation, experiences in engineering works and risk calculations and dialogue in building an inclusive posture in several areas. The discussions will take place at 8 am on the 25th and on the 26th and at 7pm on the 25th in the amphitheatres.

The event will have the participation of high school students, undergraduates, teachers, employees, and registrations are still open, free of charge, through the website [www.ucdb.br/sabereseacao](http://www.ucdb.br/sabereseacao). The deadline for submitting papers for oral communications, posters and workshops is over, and more than a thousand proposals have been submitted. The final list of approved papers should be released on September 25.

Among the objectives of Knowledge in Action is the

promotion of the dissemination of knowledge and the exchange between teaching-research-extension of UCDB, dissemination of academic production, theoretical-methodological reflection involved in the scientific experiences of teachers, students and administrative technicians of the Institution, among others.

### PROGRAMMING

The opening keynote of the event will be with the former Brazilian gymnast, Laís Souza, on the 24th,

process. Through analysis and prior organization, everything becomes easier, because we set out to do things the right way and without major doubts.

Planning is accurate, it saves time, money and even emotional exhaustion. But during implementation some obstacles and challenges may arise. In these

at 7pm, on the multi-sport courts of the Tamandaré campus. In an interview with UCDB newspaper, Laís said he intends to share his experience as an athlete and how he has been struggling to overcome difficulties due to the tetraplegia resulting from an accident on a ski slope in the United States. "I receive countless messages every day from young people who say that my story is an incentive for them. I'm happy with that, but I know it increases my responsibility," he said.

Also on the 25th there will be

book launching and beginning of the presentations of scientific initiation works. Day 26 will be of varied activities, starting with thematic tables, followed by oral presentations, workshops and lectures in the afternoon, tables also at night, as well as the shows, which happen all day. On the 26th, in the morning, more thematic discussions will be held in the morning.



Laís Souza will be the keynote speaker on October 24, at 7:00 pm, on the poliesportivas courts.

High school students will have a special moment. On 25th, at 1:30 p.m., Professor Dad Squarisi, from the Center for Unified Teaching of Brasília (Uniceub), addresses the theme "Writing the Enem". Entry is free and takes place one week before the Enem events.

High school, undergraduate, graduate, product show, Extension Seminar and Scientific Initiation Encounter are some of the attractions that take place throughout the event.

### BE AWARE OF THE DEADLINES:

Until October 24th:

Registration of participants and workshops

Until September 25th:

Book Submission Submission (UCDB only)

Until September 25th:

Registration for room coordinator - oral communication

September 25th:

Disclosure of accepted papers

October 16:

Dissemination of the places to present the works

## TO PLAN IT'S NEEDED

In order for us to achieve our goals we need to chart the way forward - there is the importance of planning. Planning is organizing, preparing, having a long-term vision and can be considered a decision-making

cases, it is necessary to adapt to the changes and to have discipline in following the plan, because to err during the execution of the activities can compromise the result of success.

Planning does not have to be used only in business. We can use it in our day to day, to do some travel, acquisition and even in

time management. If you leave everything to the last hour, it will probably be difficult to manage the tasks. We all have projects for our lives and planning is the way to success.

ANDRESSA TOGNON  
Development Area  
Human and Institutional