

KRISTOFER E. BALAIS

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Region VIII, Philippines, 6812

SUMMARY

Bachelor of Science in Biology graduate, major in Zoology (August 2024), with one year of experience as a part-time instructor in the Department of Biological Sciences. Proven ability to deliver quality instruction, adapt to dynamic academic environments, and support student learning effectively. Detail-oriented, resilient under pressure, and committed to continuous professional development and excellence in the biological sciences.

EXPERIENCE

PART-TIME INSTRUCTOR

August 2024 – May 2025

Department of Biological Sciences

Visayas State University

Baybay City, Leyte, Philippines

- Handled laboratory classes in General Zoology, Genetics, Parasitology, Invertebrate Zoology and core departmental courses.
- Developed and delivered engaging lectures and practical sessions.
- Evaluated student performance and provided academic support.

STUDENT INTERN

Jul 2023 – Aug 2023

Baybay City Immaculate Conception Hospital

Baybay City, Leyte, Philippines

- Conducted laboratory and maintained accurate reports and records.
- Assisted resident medical technicians to improve laboratory efficiency.
- Provided prompt and effective client assistance.

STUDENT INTERN

Jun 2022 – Aug 2022

Public Employment Service Office

Local Government Unit of Balangiga

(Special Program for Employment of Students)

Balangiga, Eastern Samar, Philippines

- Generated and released precise and timely documents.
- Conducted a census on business establishment registrations and vacancies for PESO dashboard.

EDUCATION

Bachelor of Science in Biology, Major in Zoology Aug 2024

Visayas State University

Baybay City, Leyte, Philippines

- *cum laude*, Cumulative **GPA: 1.696**
- Leadership Award Nominee and Finalist

SKILLS

- Proficient in Microsoft Office and Google Workspace
- Computer literate
- Strong communication skills
- Team player and collaborative
- Research capabilities
- Excellent interpersonal relations
- Proficient in English writing skills

LEADERSHIP AND VOLUNTEER EXPERIENCE

- **Diocesan Youth Coordinator**, Diocese of Borongan Commission on Youth ***Jan 2024 - Present***
- **Diocesan Representative**, Central & Eastern Visayas Regional Youth Coordinating Council ***Feb 2024 - Present***
- **Rover Scout**, Boy Scouts of the Philippines - Leyte Islands Chapter ***2019 - Present***
- **President**, College of Arts and Sciences Supreme Student Council ***2023 - 2024***
- **Board of Director**, College of Arts and Sciences Supreme Student Council ***Dec 2022 - Aug 2023***
- **Volunteer Catechist**, Parish of St. Lawrence the Martyr Balangiga ***2016 - 2022***
- **Volunteer**, Parish Pastoral Council for Responsible Voting (PPCRV) ***2022***