

Cara Luz Buar
Brgy. Guadalupe, Maasin City, Southern Leyte, Philippines 6610
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PROFESSIONAL OBJECTIVES

- *Immediate Objective:* To acquire a teaching job as a regular instructor.
- *Long-Term Objective:* To heighten my teaching skills, abilities, and overcome my weaknesses in order to nurture the curios minds of the Filipino youth for a brighter tomorrow.

PERSONAL BACKGROUND

Date of Birth	: November 18, 1995
Religion	: Roman Catholic
Place of Birth	: Tagum, Davao
Name of Mother	: Josephine C. Buar
Age	: 26 years old
Citizenship	: Filipino
Status	: Single

EDUCATION

University of San Carlos
Master of Arts in Science Education major in Physics
June 2021

Visayas State University-Main Campus
Masters of Education in Chemistry
18 units

Bachelor of Secondary Education (Physical Sciences)
University Scholar
Cum Laude
April 2016

Guadalupe National High School
Valedictorian
March 2012

Guadalupe Elementary School
Valedictorian
March 2008

EXPERIENCE

VISAYAS STATE UNIVERSITY
Department of Physics
Part-time Instructor
August 2021 – February 2022

Department of Mathematics and Physics

- Instructor I (Substitute)
January 2017 – July 2019
- Part-time Instructor
April 2021 – July 2021

Department of Teacher Education

Part – time Instructor
August 2016 – December 2016

New Ormoc City National High School

Student Teacher, Science 7, Science 8,
November 2015 - February 2016

- Planned and organized lessons in different subject areas
- Formulated and applied stimulating activities as part of instruction

EXTRA CURRICULAR ACTIVITIES

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| • Adviser of Students of Destiny Organization | August 2018 – July 2019 |
| • Member of the Samahang Pisika ng Visayas at Mindanao | October 2015-present |
| • Member of Philippine Physics Society | April 2015-present |
| • President of the Physical Sciences Society | VSU- June 2014-2015 |

SEMINAR/TRAINING ATTENDED

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| • (Paper presenter) 2nd International STEAM Research Congress | Eastern Visayas State University
Tacloban City, Leyte, August 28–30, 2018 |
| • (Paper presenter) 20 th Samahang Pisika ng Visayas at Mindanao National Physics Conference | } Almont Inland Resort
Butuan City, Philippines
October 19 – 21, 2018 |
| • 2018 National Meeting on Space Science and Applications | |
| • 2018 International Conference on Advanced Functional Materials | |
| • Echo Seminar – Workshop on the 1 st Association of Education Researchers and Trainers (ASSERT) National Convention on Outcome-Based Education | } Visayas State University
Visca Baybay, Leyte
February 7, 2018 |
| • Seminar on Innovative Teaching Strategies | |
| • Echo Seminar on the New CHED General Education Course: Science, Technology and Society | Visayas State University
Visca Baybay, Leyte
September 15, 2017 |
| • Seminar – Workshop on News and Feature Writing and Basic Photography | Visayas State University
Visca Baybay, Leyte
April 7, 2018 |
| | Visayas State University
Visca Baybay, Leyte
November 13 – 14, 2018 |

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|---|---|--|
| <ul style="list-style-type: none"> • 37th Annual National Physics Seminar-Workshop Convention, • 28th National Physics Olympics • 23rd National Physics Fair | } | University of Northern Philippines
Vigan City, Ilocus Sur April 8-11,
2015 |
| <ul style="list-style-type: none"> • 17th Samahang Pisika ng Visayas at Mindanao National Physics Conference • 2015 International Meeting for Optical Manipulations in Complex System • 2015 International Conference on Applied Materials and Optical System | } | Cavite State University
Indang, Cavite
October 22-24, 2015 |
| <ul style="list-style-type: none"> • First Regional Education Students Conference | | Visayas State University
November 2015 |
| <ul style="list-style-type: none"> • Student Teaching Seminar/Orientation | | Visayas State University
November 9-11, 2015 |
| <ul style="list-style-type: none"> • Job Seeking Seminar | | Convention Center
Visayas State University
March 11, 2016 |

COMPUTER SKILLS

Proficient in using the following operations:

- Microsoft Office (Word, Excel, PowerPoint, Publisher)
- Windows movie maker
- Paint Photo Editor
- MP3 Converter
- YouTube downloader
- Tracker Software

OTHER SKILLS

- Playing Guitar, Volleyball, Rubik's Cube
- Editing photos
- Downloading mp3 and mp4

LANGUAGES

- Cebuano
- Filipino
- English

REFERENCES

Professor Climaco D. Espina Jr.
Retired Associate Professor
Department of Mathematics and Physics
Visayas State University
Visca, Baybay City, Leyte
09063474805

Richard Jugar, PhD
Director I DoST-SEI CBP-SME SPP (USC)
Associate Professor I
School of Education
University of San Carlos-Talamban Campus
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