

Cara Luz Buar  
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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	: 25 years old
Citizenship	: Filipino
Status	: Single

**EDUCATION**

University of San Carlos  
Master of Arts in Science Education major in Physics  
May 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 Mathematics and Physics**  
Instructor I (Substitute)  
January 2017 – July 2019

VISAYAS STATE UNIVERSITY  
**Department of Teacher Education**  
Part – time Instructor  
August 2016 – December 2016

**Department of Mathematics and Physics**  
Affiliate 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<br>Visayas at Mindanao | October 2015-present    |
| • Member of Philippine Physics<br>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<br>STEAM Research Congress   | Eastern Visayas State University<br>Tacloban City, Leyte, August<br>28–30, 2018 |
| • (Paper presenter) 20 <sup>th</sup> Samahang Pisika ng<br>Visayas at Mindanao National Physics<br>Conference  | } Almont Inland Resort<br>Butuan City, Philippines<br>October 19 – 21, 2018     |
| • 2018 National Meeting on Space Science and<br>Applications   |   |
| • 2018 International Conference on<br>Advanced Functional Materials  |   |
| • Echo Seminar – Workshop on the 1 <sup>st</sup> Association<br>of Education Researchers and Trainers (ASSERT)<br>National Convention on Outcome-Based Education | } Visayas State University<br>Visca Baybay, Leyte<br>February 7, 2018           |
| • Seminar on Innovative Teaching Strategies  | Visayas State University<br>Visca Baybay, Leyte<br>September 15, 2017           |
| • Echo Seminar on the New CHED General Education<br>Course: Science, Technology and Society  | Visayas State University<br>Visca Baybay, Leyte<br>April 7, 2018                |
| • Seminar – Workshop on News and Feature<br>Writing and Basic Photography  | Visayas State University<br>Visca Baybay, Leyte<br>November 13 – 14,<br>2018    |

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