

**IRISH N. CATAACUTAN**  
Brgy. Cogon, Baybay City, Leyte, Philippines  
(639)187375442  
[irishcatacutan98@gmail.com](mailto:irishcatacutan98@gmail.com)



**PROFESSIONAL OBJECTIVE**

**IMMEDIATE OBJECTIVE:**

- To teach local and foreign students under the supervision of Department of Education or Commission on Higher Education

**LONG-TERM OBJECTIVE**

- To obtain Master's Degree in Physical Education and a Doctor of Philosophy.
- To broaden my experience, knowledge and skills as a professional teacher and impart it to the students passionately.

**SKILLS AND ABILITIES**

**COMPUTER SKILLS**

- Encoding
- Photo Editing
- Printing
- Moviemaking
- Music-mixing
- Downloading
- Uploading

**OTHER SKILLS**

- Dancing
- Playing sports (badminton, volleyball, etc.)
- Lettering
- Designing
- Painting
- Sketching
- Choreographing (mass/festival/folk dance etc.)

**EXPERIENCE**

**PART-TIME INSTRUCTOR IN VISAYAS STATE UNIVERSITY- INSTITUTE OF HUMAN KINETICS**

August 1, 2019 to June 17, 2023

- Established diverse teaching methodologies for different learning styles of the learners.
- Applied various learning strategies for effective and meaningful learning.

**PRACTICE TEACHER IN TINAGO NATIONAL HIGH SCHOOL, INOPACAN, LEYTE**

September 4, 2017 to November 16, 2017

- Prepared collaborative lesson plans and provided artistic instructional materials for the lesson.
- Actively participated and facilitated in every school activity especially the Intramural Game of the school.
- Managed and choreographed the back-up dancers and candidates for the Mr. and Ms. Intramurals 2017.
- Involved in the community programs (tree planting and coastal clean-up) to move for a changed and to show love and care to our mother earth.

EDUCATIONAL BACKGROUND

VOCATIONAL/ TRADE COURSE  
Palermo Hotel Institute of Tourism and  
Hospitality, Inc.  
Food and Beverage Services  
February 2019

MASTER’S DEGREE  
Visayas State University  
Visca, Baybay City, Leyte  
Masters of Education major in Physical Education  
June 2020- Present

TERTIARY LEVEL  
Visayas State University  
Visca, Baybay City, Leyte  
Bachelor of Secondary Education major in Music,  
Arts, Physical Education and Health  
June 2018

SECONDARY LEVEL  
Baybay National High School  
30 de Diciembre St., Baybay City, Leyte  
April 2013

ELEMENTAY LEVEL  
Baybay North Central School  
A. Bonifacio St., Baybay City, Leyte  
April 2019

AFFILIATIONS

- Sangguniang Kabataan Federation- Secretary  
Baybay City Chapter  
2018-Present
- Sangguniang Kabataan Chairperson  
Brgy. Cogon, Baybay City, Leyte  
2018- Present
- Visayas State University  
Institute of Human Kinetics- Secretary  
VSU- SY: 2019-2020
- Baybay Youth Leaders Council-P.I.O.  
Baybay City, Leyte  
2017-2018
- MAPEH Club Secretary  
VSU- SY: 2016-2017
- MAPEH Club Auditor  
VSU- SY: 2015-2016
- MAPEH Club Member  
VSU- SY: 2014-2018
- College of Education-SSC Member  
VSU- SY: 2014-2018
- University Supreme Student Council Member  
VSU- SY: 2014-2018

LANGUAGES SPOKEN

- English
- Filipino
- Cebuano

**SEMINARS AND TRAININGS ATTENDED**

**INTERNATIONAL**

- **Water and Climate Youth Development Plan and Agenda and the Oriental Declaration**  
*27<sup>th</sup> UN Climate Change Conference  
Regional Conference of Youth- Asia and the Pacific*  
August 9-13, 2022

**NATIONAL**

- **Youth Innovations Hub Capacity Building**  
*Manila, Philippines*  
April 14-16, 2023
- **Sangguniang Kabataan ONE V1SAYAS Summit**  
*Boracay Island, Malay, Aklan*  
October 24-26, 2022
- **Sangguniang Kabataan National Summit**  
*Baguio Convention Center*  
April 7-9, 2022
- **2022 National LIGA Constitution and By Laws**  
*Waterfront Hotel & Convention Center  
Lahug, Cebu City*  
March 20-22, 2022

**LOCAL**

- **Website Development of Digital Resource Hub and Training Toolkit Production Workshop with Online Learning of Digital Skills for Standard Accounting and Records**  
*Binaybayon Convention Center, Baybay City*  
March 30-31, 2023
- **Langoy sa Kaluwasan Extension Program**  
Brgy. Pangasugan, Baybay City
- **Trainers Training Course in Swimming and Life-Saving**  
*Beach Garden, Visayas State University*  
May 24-28, 2021
- **Online Training on the Handbook on the Financial Transactions of the Sangguniang Kabataan (HFTSK)**  
*Baybay City*  
November 25-26,29 & Dec. 1-3, 2021
- **Workshop on Crafting the Syllabi for the New BCAEd Courses**  
*Visayas State University*  
October 8, 2020
- **Outcomes-Based Teaching and Learning Syllabus Workshop**  
**Visayas State University**  
January 31, 2020
- **International Youth Day and Linggo ng Kabataan**  
*Baybay City*  
August 12, 2019

- **Phase II of the Filipino Patriot Scholars Project: Inclusive Community Engagement Project on Disaster Risk Reduction and Management**  
*RDE Hall, VSU, Baybay City*  
July 25-27, 2019
- **Sports Clinic in Athletic Officiating**  
Visayas State University  
*Visca, Baybay City, Leyte*  
December 1-2, 2017
- **Orientation Seminar for Student Teaching**  
Visayas State University  
*Visca, Baybay City, Leyte*  
August 14-18, 2017
- **Tri-Provincial Youth Summit**  
*Ormoc City, Leyte*  
July 6-9, 2017
- **Strengthening HIV/AIDS Knowledge and Awareness**  
*Visca, Baybay City, Leyte*  
April 25, 2017
- **Sports Clinic in Athletic Officiating**  
Visayas State University  
*Visca, Baybay City, Leyte*  
September 9, 2016
- **Sports Clinic in Finswimming**  
*Visayas State University*  
*Visca, Baybay City, Leyte*  
May 10-12, 2016
- **First Echo Foldance workshop**  
*Visayas State University*  
*Visca, Baybay City, Leyte*  
July 3-5, 2015
- **Civic Welfare Training Service**  
**National Service Training Program**  
*Visayas State University*  
*Visca, Baybay City, Leyte*  
SY: 2014-2015

**PERSONAL BACKGROUND**

**Date of Birth:** April 1, 1998  
**Age:** 25 years old  
**Place of Birth:** Baybay City, Leyte  
**Citizenship:** Filipino  
**Religion:** Roman Catholic  
**Status:** Single  
**Weight:** 69 kg  
**Height:** 164 cm  
**Name of Father:** Bernie T. Catacutan  
**Name of Mother:** Angelina N. Catacutan  
**Address:** Brgy. Cogon, Baybay City, Leyte  
**Contact no:** +639187375442

**REFERENCES:**

**Dr. CHARIS B. LIMBO**  
Director, Institute of Human Kinetics  
Visayas State University

**Hon. Mark Michael O. Unlu-cay**  
SP Ex-Officio Member on  
Youth Development and SK Affairs