

SHEENA G. ABADIEZ

Brgy. Candadam Sitio Ligaya, Municipality of Baybay, Province of Leyte 6521, Philippines
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PROFILE

Sheena is a dedicated, fun, caring, and focused individual who is committed and passionate about teaching and molding students to maximize their potential. She is a skilled individual who focuses on promoting and reinforcing students' independence and self-esteem.

EDUCATION

August 2020 – August 2024

Kinetics

VISAYAS STATE UNIVERSITY

College of Teacher Education | Institute of Human

Baybay City, Leyte *Bachelor of Physical Education*

June 2018 – March 2020

FRANCISCAN COLLEGE OF THE IMMACULATE CONCEPTION

A. Bonifacio Street Baybay City, Leyte, Philippines
Senior High School Diploma, Graduated, March 2019

June 2014 – March 2018

FRANCISCAN COLLEGE OF THE IMMACULATE CONCEPTION

A. Bonifacio Street Baybay City, Leyte, Philippines
Junior High School Diploma, Graduated, March 2019

June 2008– March 2014

FRANCISCAN COLLEGE OF THE IMMACULATE CONCEPTION

A. Bonifacio Street Baybay City, Leyte, Philippines
Elementary School Diploma, Graduated March 2014

WORK EXPERIENCE

September 2023- December 2023

New Ormoc City National High School

Student Teacher

Example: Crafted course syllabi and handled classes in content courses of Music, Arts, PE and Health of New Ormoc City National high School

Seminar-workshops and exhibits that showcased students' and teachers' creativity and ignited critical thinking.

Officiated the District-Meet in Swimming

PAPER PRESENTATIONS

December 18, 2023

EFFECTIVENESS OF STOP THE CAR AS AN ENHANCEMENT ACTIVITY FOR RETENTION OF GRADE 7 CONVERGENCE IN PHYSICAL EDUCATION

Venue: PHIL ROOTCROPS HALL

This research employs a multifaceted approach to investigate the effectiveness of the "Stop the Car" enhancement activity in enhancing knowledge retention among Grade 7 students in the "Convergence" section of Physical Education. The study utilizes a purposive sampling technique, with a control group following the standard curriculum and an experimental group engaging in the "Stop the Car" activity.

The pre-assessment involves both control and experimental groups, utilizing a teacher-made summative assessment questionnaire to establish a baseline of students' initial knowledge levels in relevant Physical Education concepts. Subsequently, the "Stop the Car" enhancement activity is exclusively implemented for the experimental group over a specified period, ensuring adherence to activity guidelines. After the intervention, both groups undergo a post-assessment, utilizing a teacher-made summative assessment questionnaire to measure knowledge retention. Quantitative analysis involves descriptive statistics to compare pre- and post-assessment data, supplemented by inferential statistical methods to assess significant differences between the control and experimental groups.

This research employs a diverse set of data gathering methods to assess the effectiveness of the "Stop the Car" enhancement activity in enhancing knowledge retention among Grade 7 students in the Convergence section of Physical Education. The integration of pre- and post-assessments, quantitative analysis, teacher observations, and feedback surveys offers a holistic understanding of the impact of the enhancement activity on student learning outcomes. Findings from this study hold implications for educators seeking evidence-based strategies to enhance pedagogical approaches in Physical Education, contributing to the broader discourse on innovative teaching methods.

TRAININGS/ WEBINARS ATTENDED

Sports Camp 2023: Organizing, Managing, and Officiating swimming Competition

Institute of Human Kinetics| Visayas State University – Baybay | April 3, 2023

Sports Camp 2023: Preparation for Intramurals, and Regional SCUAA 2023

Institute of Human Kinetics| Visayas State University – Baybay | September 17, 2023

AGORA: Crossroads of Creativity, Culture, and Ideas VISUAL ARTS Workshop

Ormoc City Museum | Salvador Ching | October 2023

PATHFIT: Current Trends and Research in Physical Education Curriculum

Institute of Human Kinetics| Visayas State University – Baybay | March 20, 2024

WEBINAR: "Creating an Inclusive Workplace & Classroom

Career Advancement, Research, and Lifelong Learning | June 30, 2024

ORGANIZATIONS

August 2022 - August 2024

VSU Women's Basketball Team
Captain Ball

A team sport of Women's Basketball who represents the school Visayas State University when it comes to state competitions or leagues. This organization gives the chance of lady ballers to hone their skills in basketball while also meeting new friends and foe along the way.

August 2022 – August 2024

Bachelor of Physical education Student Society
Member

The organization's mission is to create leadership opportunities that can foster student engagement through academic and extra-curricular activities.

COMMUNITY SERVICE AND ENVIRONMENTAL WORK

November, 2019

Sunday School in Brgy. Buenavista
Participant- volunteer

Participated the Sunday School church activity in the purpose to educate children about catholic knowledge.

April, 2021

BAYBAY CITY PARISH RELIEF OPERATION DRIVE
Participant- volunteer

Participated the relief operation drive for the victims of Typhoon Agaton in Baybay City Leyte, Philippines.

RECOGNITIONS AND AWARDS

December 2022

Academic Scholar
Visayas State University

July 2023

University Scholar
Visayas State University

December 2023

Atletang Edukalista Award
Visayas State University

March 2024

Civil Service Professional Eligible
Ormoc City, Leyte CSC Professional

May 2024

Dean's honor
Visayas State University

June 2024

3rd Place Basketball Inter-Collegiate Tournament
Ormoc City



SKILLS

Group and Individual Instruction	Teacher Collaboration	Learning Assessment	Coachable
Leadership Skills	Creative Lesson Planning	Online Teaching	Musician
Communication Skills	Computer Literate	MS Office	Multi talented

INTERESTS

Sheena is a Physical Education studies scholar whose field of interest is centered on Sports, and Fitness. Her research and documentation projects on Improving Students' Retention using Stop the Car have given her a wider and more critical perspective. Her resilience is one of the qualities that makes her daring and flexible in any field. She also is versatile in the field of music and singing. She is up for any new challenges and is willing to try new things.

REFERENCES

Prof. Mary Jean M. Sapan

Professor, *Physical Education and Health*
Bachelor of Physical Education
Visayas State University
maryjeanmagdaro40@gmail.com

Mrs. Emmeline M. Casem

Cooperating teacher
New Ormoc City National High School

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