

RALPH JULIUS A. BUEN
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PROFESSIONAL OBJECTIVE:
To experience and apply all my learnings in an actual work and maximize my skills and knowledge to be a great asset of an institution.

PERSONAL PROFILE:
Sex : Male
Age : 22
Religion : Roman Catholic
Birthdate : July 7, 2001
Marital Status : Single
Mother’s Name : Emma A. Buen
Father’s Name : Ronald B. Buen Sr.

EDUCATION HISTORY
UNDERGRADUATE DEGREE:
Visayas State University
Bachelor of Physical Education (BPEd)
Visca, Baybay City, Leyte

SENIOR HIGH SCHOOL:
Baybay City Senior High Senior
Humanities and Social Sciences
30 de Diciembre, Baybay City, Leyte

JUNIOR HIGH SCHOOL:
Baybay National Highschool
30 de Diciembre, Baybay City, Leyte

PRIMARY:
Baybay II Central School
30 de Diciembre, Baybay City, Leyte

• **ACADEMIC, ACHIEVEMENTS AND AFFILIATED ORGANIZATION:**

COLLEGE

- | | | |
|------------------------------|---|---------------|
| Cum Laude | - | Aug 2, 2023 |
| Teaching Proficiency Nominee | - | July 30, 2023 |
| Best Action Research Paper | - | June 21, 2023 |
| Best Oral Presenter | - | June 21, 2023 |
| VSU Taekwondo Varsity | - | 2019 – 2023 |

University Scholar	-	2022 – 2023
College Scholar	-	2019 – 2022
Academic Scholar	-	2019 – 2020
SCUAA Gold Medalist (Taekwondo)	-	2019

SENIOR HIGH SCHOOL

Athlete of the Year	-	2017 – 2019
Palarong Pambansa Athlete	-	2018 – 2019
With Honor (HUMSS Department)	-	2017 – 2018
Sergeant at Arms (HUMSS Department)	-	2017 – 2018

JUNIOR HIGH SCHOOL

Athlete of the Year	-	2007 – 2013
EVRAA Taekwondo Athlete	-	2007 – 2013

WORK EXPERIENCES

Taekwondo Instructor at Gabas Integrated School	-	June 8, 2023, to Present
Teaching Internship	-	March 8 – May 15, 2023
Officiating Official (Umpire – Badminton)	-	September 2022

SKILLS

- Able to get along well with co-workers and accept supervision.
- Coaching and Leadership Skills
- Basic Computer Skills (MS Excel, MS Word, MS Powerpoint, Canva)
- Drawing
- Good communication and persuasion skills
- Versatile in Sports

PERSONAL TRAITS

Resilient	Responsible	Reliable	Honest
Hardworking	Polite	Responsive	Punctual

SEMINARS ATTENDED:

PAFTE Regional Pre-Service Teachers’ Congress 2023
 Region VIII Chapter via Zoom
 April 22, 2023

Sports Clinic: Organize, Managing, and Officiating Swimming Competition
Visayas State University
April 2023

LAC Session on Cyber Safe Awareness on Teachers
Gabas Integrated School
March 2023

LAC Session on “Magna Carta of Women (RA 9710) and Gender Equality
Gabas Integrated School
March 2023

Pre-Deployment Orientation for Practice Teachers
Visayas State University, RDE Hall
February 2023

VSU Intramurals Officiating Officials Seminar
September 2022

REFERENCES:

Kemvirly P. Anco
Sports Coordinator
Gabas Integrated School
Gabas, Baybay City, Leyte
09518522240

Shiela Mae B. Mazo
Cooperating Teacher
Gabas Integrated School
Gabas, Baybay City, Leyte
09516274320

Dr. Charis B. Limbo – Revera
Director
Institute of Human Kinetics
Visayas State University
Visca, Baybay City, Leyte
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Sheena Eunice B. Tabudlong
Internship Coordinator
Institute of Human Kinetics
Visayas State University

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I hereby verify that the above information is factual and precise based on my knowledge and belief.