

# JOHN LOUISE ROSALES CABAL

**Home Address:** San Antonio St., Brgy. Poblacion, Inopacan,  
Leyte

**Contact number:** 09611414733

**Email Address** jlcabal38@gmail.com



## SUMMARY OF QUALIFICATION:

- Good communication skills both in oral and written (English and Filipino)
- Good interpersonal skills
- Able to learn quickly, demonstrate flexibility and persistence
- Dependable, analytical and hardworking; can work well both independently and as a team
- Three years of academic teaching experience

## PERSONAL DATA

**Nickname:** Cabs, JL

**Age:** 26

**Date of Birth:** September 22, 1998

**Place of Birth:** Brgy. Poblacion, Inopacan, Leyte

**Nationality:** Filipino

**Gender:** Male

**Height:** 156 cm

**Weight:** 75 kg

**Civil Status:** Single

**Religion:** Roman Catholic

**Father's Name& Occupation:** Dominique A. Cabal – On-Call Driver

**Mother's Name & Occupation:** Judith R. Cabal - Housewife

**Parents/Guardian Contact number:** 09356715037

## PROFFESIONAL SKILLS

- With a Bachelor's degree in Chemistry; Proficient in Microsoft Office (Word, Excel, Powerpoint)

## EDUCATIONAL BACKGROUND

- **Tertiary:** **BS in Chemistry** 2015-2020  
**Visayas State University (VSU)**  
Visca, Baybay City, Leyte
- **Secondary:** **VisayasState Laboratory High School** 2011-2015  
**(VSULHS)**

- Visca, Baybay City, Leyte
- **Elementary: Inopacan Central School**      2005-2011      3rd Hon. Mention  
Inopacan, Leyte

### WORK EXPERIENCES

- **WATER / FOOD QUALITY ANALYST (Summer Practical Training Program)**  
F.A.S.T Laboratories, Mandaue City, Cebu  
July 2018 (200 hours)
- **PART-TIME INSTRUCTOR**  
Department of Pure and Applied Chemistry, VSU  
First Semester, A.Y 2020-2021
- **PART-TIME INSTRUCTOR**  
Department of Pure and Applied Chemistry, VSU  
First Semester, A.Y 2021-2022
- **PART-TIME INSTRUCTOR**  
Department of Pure and Applied Chemistry, VSU  
First Semester, A.Y 2022-2023
- **PART-TIME INSTRUCTOR**  
Department of Pure and Applied Chemistry, VSU  
First Semester, A.Y 2023-2024
- **PART-TIME INSTRUCTOR**  
Department of Pure and Applied Chemistry, VSU  
Second Semester, A.Y 2023-2024
- **PART-TIME INSTRUCTOR**  
Department of Pure and Applied Chemistry, VSU  
First Semester, A.Y 2024-2025

### SCHOLARSHIPS AND GRANTS RECEIVED

- **Scholar**, RA 7687 Department of Science and Technology-Science Education  
Institute from 2015 to 2019

## SEMINARS, WORKSHOPS AND TRAININGS ATTENDED

- **2nd Regional Symposium of the Philippine Society of Biochemistry and Molecular Biology – Visayas Chapter**  
Convention Center, Visayas State University, Visca, Baybay City, Leyte  
February 22, 2019

## REFERENCES

- **Ronald Arlet P. Villaber**  
Instructor, Department of Pure and Applied Chemistry  
College of Arts and Sciences  
Visayas State University  
Visca, Baybay City, Leyte  
(+1) 234-863-0617
- **Maria Robelyn O. Insik**  
Instructor, Department of Pure and Applied Chemistry  
College of Arts and Sciences  
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*I hereby certify that the above information is true and correct to the best of my knowledge and belief.*

**JOHN LOUISE R. CABAL**  
Applicant