

SHEENA G. ABADIEZ

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

Sheena is a dedicated, compassionate, and goal-oriented individual passionate about guiding and inspiring others. With a strong focus on personal growth and development, she strives to create a supportive environment that encourages independence, confidence, and lifelong learning. She is committed to helping individuals maximize their potential while fostering self-esteem and resilience.

EDUCATION

August 2020 – August 2024

VISAYAS STATE UNIVERSITY

College of Teacher Education | Institute of Human Kinetics
Baybay City, Leyte, Philippines
Bachelor of Physical Education

June 2018 – March 2020

FRANCISCAN COLLEGE OF THE IMMACULATE CONCEPTION

A. Bonifacio St., Baybay City, Leyte, Philippines
Senior High School Diploma

June 2014 – March 2018

FRANCISCAN COLLEGE OF THE IMMACULATE CONCEPTION

A. Bonifacio St., Baybay City, Leyte, Philippines
Junior High School Diploma

June 2008 – March 2014

FRANCISCAN COLLEGE OF THE IMMACULATE CONCEPTION

A. Bonifacio St., Baybay City, Leyte, Philippines
Elementary School Diploma

WORK EXPERIENCE

March 2021

Front Desk Order

Irez Pizza, Baybay City, Leyte

- Managed front desk operations, including taking customer orders and handling transactions.
- Provided excellent customer service and ensured efficient order processing.

September 2023 – December 2023

Student Teacher

New Ormoc City National High School

- Designed and delivered lessons in Music, Arts, PE, Health (MAPEH) for junior high school students.

- Developed course syllabi and instructional materials to enhance student learning.
- Participated in seminar-workshops and exhibits that promoted creativity and critical thinking among students and teachers.
- Served as an officiating official for the District-Meet Swimming competition.

PAPER PRESENTATIONS

September 2023 – December 2023

Effectiveness of “Stop the Car” as an Enhancement activity for Grade 7 Convergence in Physical Education

Venue: *PHIL ROOTCROPS HALL*

- Investigated the impact of the “Stop the Car” activity on knowledge retention among Grade 7 students in Physical Education.
 - Utilized pre- and post-assessment, quantitative analysis, and teacher observations to evaluate effectiveness.
 - Findings provided insights into evidence-based teaching strategies for improving student learning outcomes in Physical Education.
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TRAININGS & WEBINARS ATTENDED

April 3, 2023

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

Institute of Human Kinetics, Visayas State University

September 17, 2023

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

Institute of Human Kinetics, Visayas State University

October 2023

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

Ormoc City Museum | Facilitator: Salvador Ching

March 20, 2024

PATHFIT: Current Trends and Research in Physical Education Curriculum

Institute of Human Kinetics, Visayas State University

June 30, 2024

WEBINAR: Creating an Inclusive Workplace & Classroom

Career Advancement, Research, and Lifelong Learning

ORGANIZATIONS

August 2022 – August 2024

VSU Women’s Basketball Team

Captain Ball | Visayas State University

- Led and represented the Visayas State university Women's Basketball Team in state competitions and leagues.
- Provided opportunities for female athletes to hone basketball skills foster teamwork, and engage in competitive sports.

August 2020 – August 2023

Bachelor of Physical Education Student Society

Member | Visayas State University

- Actively participated in academic and extracurricular activities aimed at fostering leadership and student engagement.
- Contributed to the organization's mission of enhancing professional and personal growth among Physical Education students.

August 2023 – August 2024

Allegiance of Physical Education Towards Excellence

Member | Visayas State University

- College organization dedicated to promoting physical education, sports, and wellness.

COMMUNITY SERVICE AND ENVIRONMENTAL WORK

November 2019

Brgy. Buenavista Sunday School

Participant – Volunteer

- Assisted in a Sunday School church activity aimed at educating children about Catholic teachings and values.

April 2021

Baybay City Parish Relief Operation Drive

Participant – Volunteer

- Contributed to the relief operations for victims of Typhoon Agaton in Baybay City, Leyte by assisting in the distribution of essential goods.

RECOGNITION AND AWARDS

Year 2019

Artist of the Year

Franciscan College of the Immaculate Conception

July 2023

Biggest Loser, 2nd Placer

Visayas State University

December 2023

Atletang Edukalista Awardee

Visayas State University

March 2024

Civil Service Professional Eligible

Ormoc City, Leyte, Region VIII, Philippines

May 2024

Dean's Honor

Visayas State University

June 2024

3rd Place Inter-Collegiate Women's Basketball Tournament
Ormoc City, Leyte, Philippines

SKILLS

Group and Individual Instruction
Leadership Skills
Communication Skills
Coachable

Teacher Collaboration
Creative Lesson Planning
Computer Literate
Musician

Learning Assessment
Online Teaching
MS Office
Multitalented

INTERESTS

Sheena has a strong passion for sports and fitness, actively participating in basketball, swimming and officiating sports events. She also enjoys music and the arts, playing musical instruments and engaging in creative expression. Her interest in education and coaching drives her to mentor and support skill development. She is dedicated to community engagement, volunteering for outreach programs and organizing events. Additionally, she has a keen interest in technology and productivity, utilizing digital tools and online learning platforms to enhance efficiency and learning.

REFERENCES

Dr. Charis B. Limbo – Rivera

Former Director
Institute of Human Kinetics
Visayas State University
charis.limbo@vsu.edu.ph

Prof. Mary Jean M. Sapan

Professor, *Physical Education and Health*
Bachelor of Physical Education
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Mrs. Emmeline M. Casem

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Mr. Danreve D. Revez

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