

## KRISTOFER E. BALAIS

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Balangiga, Eastern Samar, Region VIII, Philippines 6812  
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### Education

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#### **Bachelor of Science in Biology, Major in Zoology**

Visayas State University, Baybay City, Leyte

*Graduated in August 2024*

- GPA: 1.696, *Cum Laude*
- DOST Scholar
- Thesis Title: *Prevalence of Soil-transmitted Helminthic Infections among Selected Remote Communities of Eastern Samar, Philippines*

#### **Senior High School**

Leyte National High School, Tacloban City, Leyte

*Graduated in April 2020*

- Science, Technology, Engineering, and Mathematics (STEM) Strand
- Graduated with Honors
- Research Title: *The Effectivity of Pulverized Eggshells (Calcium Carbonate) as an Alternative Corrosion Inhibitor for Mild Steel in Muriatic Acid Solution*

#### **Junior High School**

Southern Samar National Comprehensive High School, Balangiga, Eastern Samar

*Attended from 2015-2018*

- NC II Holder for Cookery

Seminario de Jesus Nazareno, Borongan City, Eastern Samar

*Attended from 2014-2015*

### Work Experience

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#### **PART-TIME INSTRUCTOR**

Department of Biological Sciences

Visayas State University

*Baybay City, Leyte, Philippines*

*August 2024 – May 2025*

- Handled laboratory classes in General Zoology, Genetics, Parasitology, Invertebrate Zoology and core departmental courses.
- Developed and delivered engaging lectures and practical sessions.
- Evaluated student performance and provided academic support.

**Student Laboratory Intern**

Baybay City Immaculate Conception Hospital, Baybay City, Leyte

*July – August 2023*

- Conducted 150+ minor laboratory tests and maintained 98% accurate reports and records resulting to efficient backtracking and monitoring of hospital and patient records.
- Assisted resident medical technicians on 100+ complex and extensive laboratory tests or procedures contributing to an improved and efficient delivery time of test results by 25%.
- Provided prompt and effective clientele assistance.

**Student Intern**

Public Employment Service Office, Balangiga Municipal Hall, Balangiga, Eastern Samar

*Special Program for Employment of Students*

*June – August 2022*

- Administered a census to 70+ business establishments in Balangiga and identified 90+ job vacancies and offerings for local jobseekers.
- Entered data accurately and efficiently from up to 130+ local business establishments in the PESO PhiJobNet web portal.
- Assisted in administrative and clerical paperwork in the office (e.g. filing, organizing, data entry).

**Organizational Affiliations and Leadership Roles**

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**Diocesan Youth Leader**

Diocese of Borongan, Commission on Youth

*January 2024 – Present*

**Diocesan Representative**

Central and Eastern Visayas Regional Youth Coordinating Council

*February 2024 – Present*

**Rover Scout**

Boy Scouts of Philippines, Leyte Islands Chapter

*March 2019 – Present*

**3<sup>rd</sup> Degree Knight**

Knights of Columbus Council 4574 – Balangiga

*2021 - Present*

**President**

College of Arts and Sciences – Supreme Student Council, Visayas State University  
*August 2023 – August 2024*

**Councilor**

University Supreme Student Council Federation, Visayas State University  
*August 2023 – August 2024*

**Parish Youth Coordinator**

St. Lawrence the Martyr Parish Youth Ministry, Balangiga, Eastern Samar  
*2017 – January 2024*

**Workshops/Trainings/Seminars/Conferences Attended**

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**Strategic Foresight-Scenarios Building and Strategic Planning Workshop 2024**

Visayas State University  
Baybay City, Leyte  
*July 15-26, 2024*

**22<sup>nd</sup> National Conference of Youth Ministers**

CBCP Episcopal Commission on Youth  
Archdiocese of Palo, Palo, Leyte  
*July 17-21, 2024*

**Academic Research Mentorship Seminar by Dr. Rex Bernardo**

Department of Plant Breeding and Genetics  
Visayas State University, Baybay City, Leyte  
*April 25, 2024*

**4th PACSA International Conference**

Philippine Association of Campus Student Advisers, Inc. (PACSA)  
Baguio Teachers Camp, Baguio City  
*March 13-17, 2024*

**43rd Annual National Convention of Campus Advisers**

Philippine Association of Campus Student Advisers, Inc. (PACSA)  
Baguio Teachers Camp, Baguio City  
*March 13-17, 2024*

**27th Annual National Convention of Student Leaders**

Philippine Association of Campus Student Advisers, Inc. (PACSA)  
Baguio Teachers Camp, Baguio City  
*March 13-17, 2024*

**Orientation for Lectors, Commentators, and Psalmists**

Holy Spirit Parish  
Baybay City, Leyte  
*February 17, 2024*

**HIV Awareness Seminar**

University Services for Health, Emergency, and Rescue  
Visayas State University, Baybay City, Leyte  
*December 1, 2023*

**Student Leadership Training and Team-building Seminar**

Dean of Students' Office  
Visayas State University, Baybay City, Leyte  
*August 26, 2023*

**Webinar Series 5: Understanding Human Development and Community Resilience**

Department of Science and Technology, Science Education Institute  
*August 9, 2023*

**DOST-SEI Scholars Leadership Camp**

Department of Science and Technology, Science Education Institute  
The Oriental Leyte, Palo, Leyte  
*July 7-13, 2023*

**Rover Orientation, Vigil, and Investiture Ceremony**

Boy Scouts of Philippines, Leyte Islands Chapter  
BSP Leyte Council Office, Tacloban City, Leyte  
*Facilitator*  
*June 10-11, 2023*

**VSU Webinar on Using the Undergraduate Thesis Manuscript Template**

VSU Printing Press & Multimedia Development Center  
Visayas State University, Baybay City, Leyte  
*March 29, 2023*

**Orientation for the Youth and Students on Terrorism Recruitment 2022**

National Intelligence Coordinating Agency  
*June 23, 2022*

**Facilitating the Industrial Utilization of Bacteriocins through Molecular Strategies**

Philippine Society of Biochemistry and Molecular Biology  
Visayas State University, Baybay City, Leyte  
*June 22, 2022*

**Media Civics Lab Seminar-Workshop on Critical Thinking, Fake News, & Disinformation**

Break the Fake PH

*March 27, 2021*

**Scholars' Values Formation Program**

Department of Science and Technology, Science Education Institute

*March 26, 2021*

**Webinar on Philippine Fisheries**

Philippine Association of Marine Science (PAMS)

*August 28, 2020*

**Awards and Recognitions**

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**Leadership Award Nominee and Finalist**

*Visayas State University, August 2024*

**Leadership Award**

*Diocese of Borongan, December 2024*

**Loyalty Award (Youth Category)**

*St. Lawrence the Martyr Parish, July 2021*