

CURRICULUM VITAE

CRIS MARIZ CONCEPCION L. PARAON

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PROFESSIONAL OBJECTIVE

Immediate Objective:

- ❖ To have teaching job in the Department of Education of Baybay City Division

Long-Term Objective:

- ❖ To put my dream profession into reality by imparting knowledge to students and teaching them values as well, be ready to face all of challenges may come and acquire success despite sacrifices and trials.

PERSONAL DATA

Age	: 25 Years Old
Sex	: Female
Citizenship	: Filipino
Birthdate	: December 8, 1999
Birthplace	: Plaridel, Baybay City, Leyte
Civil Status	: Single
Height	: 4'11"
Weight	: 48 kg.

EDUCATIONAL ATTAINMENT

Post-Graduate: Professional License Teacher
Civil Service Eligible
Bachelor of Physical Education
June 12, 2024
January 13, 2023

Tertiary: Visayas State University
Visca, Baybay City, Leyte 6521
Bachelor of Physical Education
Present

Secondary: Plaridel National High School
Plaridel Integrated High School
With Honors
Plaridel, Baybay City, Leyte
March 2016

Primary: Plaridel Central School
Plaridel, Baybay City, Leyte
March 2012

EXPERIENCE

- II Office clerk – City social welfare and development office – LGU
 - Baybay City, Leyte
 - June 3 – August 13, 2025
 - ❖ Filing and organizing documents
 - ❖ Data entry
 - ❖ Answering and directing calls
 - ❖ Receiving and processing mails and correspondence
 - ❖ Assisting visitors and clients
 - ❖ Scheduling and appointments
 - ❖ Photocopying and printing documents
 - ❖ Maintaining office supplies
 - ❖ Preparing reports and forms
 - ❖ Supporting staffs and departments

II Student Teaching

- Baybay City Senior High School

April 4 – May 27, 2022

- ❖ Organized lessons in two subjects both Physical Education for grade 12 and Contemporary Philippine Arts from the Region for grade 11
- ❖ Devised different exciting game and activities for student activity
- ❖ Computed grades in both third and fourth quarter in second semester
- ❖ Assisted and participated in several school activities

EXTRA-CURRICULAR ACTIVITIES

Officiating Official (VSU Intramurals)	VSU, October 2018
Volleyball Athlete (Regional SCUAA)	BORONGAN, Dec. 2018
Fun Run (IHK Anniversary)	VSU, March 2019
Officiating Official (UISB)	VSU, April 2019
Volleyball Athlete (Regional Collegiate)	TACLOBAN, Mar. 2019
Volleyball Athlete (VSU Anniversary Goodwill game)	VSU, April 2019
Officiating Official (VSU Anniversary)	VSU, March 2019
Officiating Official (VSU Intramurals)	VSU, Sept. 2019
Volleyball Athlete (Regional SCUAA)	BILIRAN, Dec. 2019
Volleyball Sport Outreach Program (IHK Project)	GUADALUPE, Dec. 2019
Volleyball Athlete (National SCUAA)	BICOL, March 2020
Run for a Cause (VSU Anniversary Fun Run)	VSU, May 2022
Member of VSU Women Volleyball Team	VSU, Sept. 2018 – 2022
Member of Bachelor of Physical Education Organization	VSU, Aug. 2018 – 2022
IHK Teambuilding (VSU Lower Campus)	VSU, May 2019

SEMINARS/ TRAINING ATTENDED

- ❖ Seminar Workshop on Track and Field Officiating
Visayas State University, Visca, Baybay City, Leyte
September 15-16, 2018
- ❖ Arnis Workshop
Institute of Human Kinetics and Visayas State University Gymnasium, Visca, Baybay City, Leyte
December 17, 2019
- ❖ Strengthening Disaster Resilience: Ameliorated Emergency Preparedness
Amidst World Health Crisis
Webinar Series via Zoom
June 6, 2021
- ❖ IHK: Pred 191 Let review
Webinar Series via google meet

November 26, 2021

- ❖ Teaching in the New Normal
Webinar Series via Zoom and Facebook live
September 24 – December 3, 2021
- ❖ College of Education: Pre-deployment Orientation Program for Practice Teachers
Webinar Series via Zoom and Facebook live
March 1-3, 2022
- ❖ Kaalam: Creative Forms and Narratives in the Contemporary
Webinar Series via Zoom
March 9, 2022
- ❖ Special Onboarding Program
Webinar Series via Facebook live
March 16, 2022
- ❖ Kaalam: Pedagogy and Challenges of Teaching Physical Education in the Next New Normal
Webinar Series via Zoom
March 17, 2022
- ❖ PAFTE: Student Teachers' Convention "Acing the Licensure Examination for Teachers (LET)"
Webinar Series via Zoom and Facebook live
March 26, 2022
- ❖ Psychosocial Training
Baybay City Senior High School, Baybay City, Leyte
April 29, 2022
- ❖ Labor Education and Employment Coaching for Graduating Students
Webinar Series via Zoom
May 4, 2022
- ❖ Analyzing Data and Writing the Results and Discussion, Conclusion and Recommendation
Webinar Series via Zoom and Facebook live
May 10, 2022

SKILLS

MS office

Computer Literate

Officiating

Coaching

Gym instructor

Can work with minimal supervision

Time bounded

REFERENCES:**Nesty B. Aguilan**

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