



Laboratory Form

Use permanent ink only.
Erasures are discouraged.

School Year and Term: 2024-2025 / 1st

Name: CASTRO, CHRISTIAN AARON L.
Professor: MRS. HANNAH P. CRUZ

Section: TV09
Course Code: GED0001

Activities	Date	Time in	Time out	Specifications	Signature of iCARE Staff
Speaking (an hour)	OCT 29, 2024	1:00 PM	3:50 PM	Topic Discussed: I HAVE A DREAM BY: ML KING THE SPEAKING PROCESS	
Reading (2 articles)	OCT 8 2024	1:00 PM	3:50 PM	Article 1 Title: THE SCIENTIFIC ARGUMENT FOR MASTERING ONE THING AT A TIME	
	OCT 8 2024	1:00 PM	3:50 PM	Article 2 Title: THE BEGINNER'S GUIDE TO DELIBERATE PRACTICE	
Listening (2 documentaries)	OCT 4 2024	1:00 PM	3:50 PM	Documentary Title 1: CHILDHOOD OF ELON MUSK	
				Documentary Title 2: I LISTEN TO COLORS	
Playing Games (2 hours)				No. of Minutes	
Film Viewing (2 hours / 1 film)	NOV 8, 2024	1:00 PM	3:50 PM	Movie Title: THE COBBLER PIUM	
	Reminders: (1) Make sure that iCARE staff signs at the end of every activity. No signatures means null and void. (2) Entries here must be identical to the information in the worksheet. (3) Return this to the staff on duty.				

*Additional two (2) hours for students who are conditionally admitted and are advised to take the Academic Mentoring Program (AMP)

Date	Lessons Taken	No. of Hours/minutes	Signature of iCARE Staff



Name: Christian Aaron L. Castro

Section: TV09

Activity Sheet

Date of
Accomplishment

A. Reading (20 pts)

Article 1

- a. What is the main point of the author? Answer in at least 2 sentences.

The main point that the author is talking about in the article is being consistent in the thing that you want to do so that you can achieve what you want. In the article it talks about how we can increase the chance of getting our goal and to do that we need to plan ahead to have the motivation to do the challenges that we face while journeying the life we really dreamed.

- b. Do you agree with the author? Why? Why not? Explain.

Yes. The author really teaches us to not just want our goals but also work hard for them. In order for things to happen, we really need to do the work to get there. Consistency is really the key if we want to change our lives. For example if you want to ace a test then we should plan our study session ahead and study the smart way to get high grades and pass the subject.

Article 2

- a. Pick one point from this article and briefly explain by citing personal experiences.

In the paragraph that talks about deliberate practice. The paragraph tells us to not only train or practice in whatever we do but we should practice systematically. We should train with specific repetition and sets in our practice to improve our performance more.

Like me I really want to improve my running pace and to do that, I set a goal to run 3 times a week but in different types of running ways. In the 1st run of the week I typically do short runs of about 3 kilometers and rest properly to recover my legs for the next run that I will do. After a few days after I recover I tend to do long runs about 5 kilometers to be able to practice my breathing patterns. Lastly, the last day will be just a walk or just a rest day to fully recover from my previous run to help me in my future running days.

- b. Is there any biased idea in the article? Explain why it is biased. Or elaborate why the author is fair.

For me I think the author is fair in explaining his article. In order to be the best version of ourselves we need to not only practice if we want to but practice in a smart way to get the best results that we want. If we practice smart we would be a step ahead of those people who just practice and don't put serious plans into their practice.

B. Listening (10 pts)

Questions:

1. What is the main idea of the documentary?

The video "How The Twisted Childhood of Elon Musk Changed The World Forever" was all focused on the story of Elon Musk. Elon Musk grew up to an abusive father and just a kid that wants to be different to other people. At first many people discourages his plans that it will not go well and will just bankrupt him and his family but he totally disagrees with the people that said that his plans was to high or impossible to do even well known people and famous people didn't believed in him but it didn't let Elon Musk quit and used it as a motivation that anything could be possible with hard work and perseverance to his goal. Now because of that he is one of the richest people in the world and owns some of the biggest companies in the business industry in the world.

2. What is an important issue tackled in this episode? Indicate the episode in your answer.

The important issue that was tackled in the video was that. In order to get the full benefit of technology. We should use technology as an advantage to see the world deeply like him. He has a color blind deficiency and because of that with the help of others developed a technology that can detect the colors through sound frequency which can help him and other people with the same sickness to see the world like normal people do. He also stated in the video that because of technology booming in this century, we should start creating applications for our own body with the use of advanced technology.



C. Film Viewing (5 pts)

Short Review:

The Cobbler takes a very different approach from all other movies. It introduces a strange, almost mystical idea that turns out to be eye catching. Even if it has a few shortcomings, such as a few cliched jokes and cliched story points, It is very amusing to watch without any forced childish moments and makes you laugh out loud.

D. Speaking- Topic Discussed: (5 pts) I Have a Dream by ML King

Reaction: If we read the speech we should use proper tone and have a proper posture, breathing to be able to deliver the speech correctly to the listeners.

E. Playing Games (10 pts)

10 words and their meaning (could be accomplished by segment)

1.
2.
3.
4.
5.

6.
7.
8.
9.
10.