



# FEU INSTITUTE OF TECHNOLOGY

## Laboratory Form

Use permanent ink only.  
Erasures are discouraged.

School Year and Term: 2024 / 1ST

Name: HANNAH COLEEN D. PANTALEON

Section: TVOA

Professor: HANNAH GRACE P. CRUZ

Course Code: 6600001

Activities	Date	Time in	Time out	Specifications	Signature of iCARE Staff
Speaking an hour	OCTOBER 29, 2024	1:00 PM	2:30 PM	Topic Discussed: I HAVE A DREAM BY: ML KING	
Reading ( 2 articles)	OCTOBER 11, 2024	1:00 PM	2:50 PM	Article 1 Title: THE CONNOLLYS RULE: HOW TO STAY MOTIVATED IN LIFE AND BUSINESS	
	OCTOBER 11, 2024	1:00 PM	2:50 PM	Article 2 Title: MONEY MURDER: DONT GO IT ALONE WITH YOUR WALLET	
Listening ( documentaries)	OCTOBER 4, 2024	1:00 PM	2:50 PM	Documentary Title 1: HOW THE TWISTED CHILDHOOD OF ELMU MUSK CHANGED THE WORLD FOREVER	
	OCTOBER 4, 2024	1:00 PM	2:50 PM	Documentary Title 2: NEIL HARRISON: I LISTEN TO GOD / TED TALK	
Playing Games hours 2				No. of Minutes	
Film Viewing (2 hours / 1 film))	NOVEMBER 8, 2024	1:00 PM	2:50 PM	Movie Title: THE COMPILER 2014	
	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: HANNAH COLEEN D. PANTALEON

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.

IF YOU WANT TO STAY MOTIVATED FOR THE LONG TERM, START WITH A CHALLENGE THAT IS MANAGEABLE, MEASURE YOUR PROGRESS, AND REPEAT THE PROCESS, JUST AS STEVE MARTIN DID. EACH YEAR, HE EXPANDED HIS COMEDY ROUTINE WHILE ENSURING THAT HE KEPT A FEW JOKES THAT WERE GUARANTEED TO GET LAUGHS. ADDITIONALLY, GETTING FEEDBACK FROM OTHERS CAN ALSO IMPROVE YOUR SKILLS AND KEEP YOU MOTIVATED TO STRIVE FOR MORE.

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

YES, BECAUSE THE GOLDILOCKS RULE EMPHASIZES THE IMPORTANCE OF FINDING A BALANCE BETWEEN CHALLENGE AND SKILL LEVEL TO KEEP YOU MOTIVATED. WHEN TASKS ARE TOO EASY, WE BECOME BORED, AND WHEN THEY ARE TOO DIFFICULT, WE CAN FEEL OVERWHELMED. HOWEVER, BY CHOOSING CHALLENGES THAT ARE JUST RIGHT, WE CAN SENSE OUR OWN IMPROVEMENT, STAY MOTIVATED IN THE LONG RUN, AND ULTIMATELY ACHIEVE OUR GOALS.

#### Article 2

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

ONE POINT FROM THIS ARTICLE IS THE IDEA OF HAVING A 'MONEY BUDDY' WHO CAN HELP MANAGE FINANCES AND ENCOURAGE ACCOUNTABILITY, JUST LIKE I EXPERIENCED WITH MY FRIENDS. HAVING SOMEONE TO SHARE FINANCIAL CHALLENGES WITH AND WHO HAS SIMILAR FINANCIAL GOALS MOTIVATES ME TO STICK TO MY BUDGET AND MAKES THE PROCESS MORE ENJOYABLE. WE CHECK IN WITH EACH OTHER ABOUT OUR SPENDING HABITS AND REMIND EACH OTHER OF OUR SAVINGS GOALS, ESPECIALLY WHEN PLANNING A BUDGET - FRIENDLY TRIP WITHOUT OVERSPENDING.

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

THERE MIGHT BE A SLIGHT BIAS THAT THIS APPROACH IS ALWAYS EFFECTIVE, AS IT DOESN'T CONSIDER OTHER METHODS OF MANAGING MONEY. YES, HAVING A MONEY BUDDY CAN BE MOTIVATING, BUT THE ARTICLE DOESN'T TALK ABOUT POSSIBLE ISSUES LIKE DIFFERING VIEWS ON SPENDING THE MONEY. BUT STILL, THE AUTHOR DOES MENTION THAT THIS MIGHT NOT WORK FOR EVERYONE AND THAT IT'S STILL IMPORTANT TO FIND WHAT SUITS THEM BEST. SO, IT WAS JUST A SLIGHT BIAS, WHICH MAKES THE ARGUMENT FAIRER AND ALLOWS FOR DIFFERENT APPROACHES TO HANDLING FINANCES.

### B. Listening (10 pts) Questions:

Documentary 1

1. What is the main idea of the documentary?

THE DOCUMENTARY TALKS ABOUT ELON MUSK'S CHILDHOOD, INCLUDING BULLYING AND FAMILY ISSUES THAT MADE GROWING UP DIFFICULT FOR HIM. IT SHOWS HOW THESE CHALLENGES SHAPED HIS PERSONALITY AND GAVE HIM THE MOTIVATION TO WORK HARD AND DREAM BIGGER. HIS EARLY STRUGGLES ARE SHOWN AS A KEY REASON FOR HIS SUCCESS IN BUILDING COMPANIES LIKE PAYPAL, ETC. THE FILM EXPLAINS THAT HIS HARDSHIPS IN HIS EARLY LIFE PLAYED A BIG PART IN HIS MISSION TO CHANGE THE WORLD THROUGH TECHNOLOGY AS HE SAW A POTENTIAL ABOUT THIS.

Documentary 2

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

IN THE TED TALK "I LISTEN TO COLOR," BY NEIL HARRISON TALKS ABOUT HOW TECHNOLOGY HELPED HIM OVERCOME BEING COLORBLIND. HE HAS AN ANTENNA IMPLANTED IN HIS HEAD THAT TURNS COLORS



into sounds, letting him hear them. The episode shows how technology can improve people's abilities, making them experience the world in new ways. It also shows how technology changes human identity and perception. He also creates a cyborg foundation, which is a foundation that tries to help people welcome cyborgs to extend their senses by using technology as part of the body.

### C. Film Viewing (5 pts)

Short Review: THE LOOPER 2014 IS A MOVIE ABOUT A MAN NAMED MAX WHO FIXES SHOES. ONE DAY, HE FINDS A SPECIAL MACHING THAT LETS HIM BECOME ANYONE IF HE WEARS THEIR SHOES. MAX USES THIS POWER TO SEE LIFE THROUGH OTHER PEOPLE'S EYES. THE MOVIE IS FUNNY AND HAS A BIT OF MAGIC. SOME PARTS ARE SILLY, BUT IT'S AN INTERESTING STORY ABOUT BEING YOURSELF AND HELPING OTHERS.

### D. Speaking- Topic Discussed: (5 pts) I HAVE A DREAM BY: ML KING

Reaction: IT IS A SPEECH ABOUT EVERYONE BEING TREATED THE SAME. HE DREAMED ABOUT THE WORLD WHERE PEOPLE ARE NOT BEING JUDGED BY THEIR SKIN COLOR BUT BY WHO THEY ARE INSIDE. HE WANTED EVERYONE TO BE EQUAL AND FREE. HIS WORDS ASK PEOPLE TO BE KIND AND WORK TOGETHER. THIS TOPIC REMINDS US THAT WE SHOULD ALWAYS TRY TO BE FAIR AND STAND UP FOR WHAT'S RIGHT.

### 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.