



FEU INSTITUTE OF TECHNOLOGY

Laboratory Form

Use permanent ink only.
Erasures are discouraged.

School Year and Term: 2024-2025 / 1st

Name: Manuel Zoret Cantubon
Professor: Mrs. Hannah Grace Parambita-Cruz

Section: TV09
Course Code: GED000

Activities	Date	Time in	Time out	Specifications	Signature of iCARE Staff
Speaking (an hour)	October 20, 2024	1:20 PM	3:50 PM	Topic Discussed: - I Have a Dream By: ML King - The Speaking Process	
Reading (2 articles)	Oct. 08, 2024	1:20 PM	3:50 PM	Article 1 Title: 7c Positive Psychological Effects of Watching Horror Movies	
	Oct. 08, 2024	1:20 PM	3:50 PM	Article 2 Title: Expert Advice on Gaming Addiction in Young People and Children	
Listening (: documentaries)	Oct 01, 2024	1:15 PM	3:50 PM	Documentary Title 1: How the twisted childhood of Elon Musk changed the world	
	Oct 04, 2024	1:15 PM	3:50 PM	Documentary Title 2: I Listen to Color Forever	
Playing Games (2 hours)				No. of Minutes	
Film Viewing (2 hours /1 film))	Nov-08, 2024	1:00 PM	3:50 PM	Movie Title: The Cobbler (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: Marcel Rue T. Canluba

Section: TV04

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 of the author is that horror movies can positively impact mental health by helping viewers confront and manage fear in a safe environment. This process can lead to improved resilience, reduced stress, and a sense of accomplishment from overcoming intense emotions.

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

I agree w/ the author because horror movies simulate adrenaline-inducing experiences that help train the mind to handle stress and fear. They offer a way to engage with challenging emotions and can build mental strength, which is beneficial for handling real-life stressors.

Article 2

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

One point from the article is that too much gaming can hurt a child's ability to focus and perform well in school. This reminds me of a friend who started playing video games (Mobile Legends, League of Legends, Valorant) late into the night and sometimes he comes to school without sleep, making him sleepy and distracted during class. He barely can keep up in class recitation, discussion and obviously inattentive. He struggled to keep up with classes and started to negatively affect his class performance and his grades because of his gaming habits.

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

The article is fair because it talks about both the positive and negative sides of gaming. It mentions benefits such as improved learning and social connections, while also warning about the risks like addiction and poor health. This balanced view helps readers understand that gaming has advantages but must be managed responsibly.



B. Listening (10 pts)

Questions:

Documentary 1

1. What is the main idea of the documentary?

The documentary explores Elon Musk's extraordinary life, focusing on his challenging and upbringing and complex family dynamics. It delves into his experiences with bullying and his notable good relationship with his father, highlighting how these factors shaped his innovative mindset. Formative moments in his youth fueled his passion for technology and space exploration, driving him toward ambitious goals. The film illustrates Musk's transformation from an outsider to a leader across multiple industries, emphasizing key milestones and greater achievement in his career. It also explores the commonality of unconventional backgrounds among successful innovators, featuring stories of others who faced skepticism yet achieved greatness. The narrative challenges social norms, encouraging viewers to embrace their individuality in the pursuit of extraordinary goals. Ultimately, it reflects on Musk's lasting impact on technology and society, inspiring audiences to recognize the potential within their own unique experiences. Through Musk's journey, the documentary invites viewers to rethink conformity in their own lives.

Documentary 2

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

In this TED Talk, "I Listen to Color," Neil Harbisson addresses the enhancement of human perception through technology. As a colorblind individual, Harbisson employs an electronic device that converts colors into sound, showcasing how technology can empower those with disabilities. This integration of human and technology challenges conventional perceptions of disability and underscores the innovative potential to transform our sensory experiences. Advocating for a cyborg identity, Harbisson suggests that emerging technology with the human body can enhance our capabilities. Ultimately, he emphasizes that expanding our senses fosters greater understanding and a richer experience of the world.



C. Film Viewing (5 pts)

Short Review:

The Cobbler (2014) is a fantasy-comedy movie starring Adam Sandler. He is a shoemaker who discovers a magical activity of living the lives of his customers by wearing their shoes. It's an interesting heartfelt and quirky movie, however, it fails to leave a lasting impression.

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

Reaction:

Good remarks of speech with the right empowering and uplifting tone, pause, and breathing, in which felt by the audience.

E. Playing Games (10 pts)

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

1.
2.
3.
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5.

6.
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