



# **REBSOL PERVI L. ABALLA**

**#367 Matalava East,  
Lingayen, Pangasinan  
Phone: 09278810348  
Email: pervilivara@gmail.com**

## **Career Objective**

Seeking a career that provides an opportunity to capitalize my skills and abilities.

## **Personal Information**

Gender: Female  
Birthday: October 30, 1995  
Age: 24 years old  
Civil Status: Married  
Nationality: Filipino

## **Technical Skills**

- Computer Literate
- Knowledgeable in Microsoft Office (Word, Excel, Powerpoint)
- Data Entry

## **Personal Skills**

- Good communication and writing skills
- Organized and Efficient
- Ability to work Independently or as a part of a team
- Flexible and versatile

## **Eligibility**

Nutritionist-Dietitian Licensure Examination Passer 2017

## **Work Experience**

### **Creative Dishes and Recipes Inc. The Medical City Pangasinan Branch (Dagupan City, Pangasinan)**

**Head/Admin Dietitian** (4 months, September 2019-January 2020)

Duties and Responsibilities:

- Kitchen Supervisor
- Calculation and Preparation of Blenderized Food for Tube-feeding Patients
- Nutrition Counselling
- Preparation and Monitoring of Reports (Kitchen Reports, Sales Reports & Inventories)

### **D.A Abcede & Associates (Baguio City)**

**Project Secretary** (1 year and 3 months, March 2018- June 2019)

Duties and Responsibilities:

- Encoding/Data Entry
- Answering of Phone Calls
- Email Management
- Organizing Files
- Receiving of Documents
- Support in Preparing Project Reports

**Sto. Niño de Casipit General Hospital (Lingayen, Pangasinan)****Admin Dietitian** (9 months, April 2017- January 2018)

Duties and Responsibilities:

- Data Entry of PhilHealth Eligible Beneficiaries
- Nutrition Counselling

**MKAI Food Specialist Inc. Dagupan Doctors Villaflor Memorial Hospital Branch (Dagupan City, Pangasinan)****Jr. Dietitian** (6 months, September 2016 – March 2017)

Duties and Responsibilities:

- Kitchen Supervisor
- Preparation of Written Reports
- Responsible in Procurement of Goods

**Seminars**

- Sangguniang Kabataan Leadership Seminar (March 8-10, 2019)
- 62<sup>nd</sup> Diabetes workshop & 27<sup>th</sup> Diabetes Forum (February 2-3, 2018)
- Re-echo NDAP Convention (May 18,2017)
- HCI Forum: Updates on New Philhealth Circular (November 27, 2017)

**Organization**

Philippine Society of Nutritionist-Dietitians, Inc. (Member)

**Trainings**

Hospital: Baguio General Hospital

- Exposure in the area of Diet counseling
- Specialized Diet in Various Disease
- Diet consciousness

Restaurant: Capitol Beach Resort

- Exposure in the area of food service

**Education**

Bachelor of Science in Nutrition and Dietetics (2012-2016)

Pangasinan State University, Lingayen Campus

Lingayen, Pangasinan

**Character Reference**

April Rose Arevalo

Dietitian I (Regional 1 Medical Center)

09165268413

Geraldine Mamaril

Professor (Pangasinan State University)

09308358164

Jobelle Navarro

Professor (Pangasinan State University)

09994058934

*I hereby certify that the above information are true and correct to the best of my knowledge and belief.*