

```
<!DOCTYPE html>
<html lang="en">
<head>
<meta charset="utf-8"/>
<meta name="viewport" content="width=device-width, initial-scale=1"/>
<title>Academix - Professional learning hub</title>
<meta name="description" content="A clean, formal learning hub. Calm UI, structured navigation, and complete subject notes with links to interactive minigames."/>

<meta name="color-scheme" content="light"/>
<link rel="preconnect" href="https://fonts.googleapis.com"/>
<link rel="preconnect" href="https://fonts.gstatic.com" crossorigin/>
<link href="https://fonts.googleapis.com/css2?family=Inter:wght@400;500;600;700;800&family=IBM+Plex+Sans:wght@400;500;600;700&display=swap" rel="stylesheet"/>

<style>
:root {
/* Palette */
--bg: #F8FAFD;
--surface: #FFFFFF;
--ink: #0E1A2A;
--muted: #5B6B82;
--muted-2: #3E5065;
--brand: #0A2A66;
--brand-600: #082451;
--brand-700: #061D40;
--accent: #1565C0;
--accent-600: #0D4FA0;
--accent-700: #093D7E;
--border: #D7DFEA;
--soft: #EEF2F7;

/* Layout rhythm */
--radius-s: 10px;
--radius-m: 14px;
--radius-l: 18px;
--space-xs: 6px;
--space-s: 10px;
--space-m: 16px;
--space-l: 24px;
--space-xl: 42px;

/* Shadow */

```

```
--shadow-1: 0 10px 24px rgba(6, 29, 64, 0.08);
--shadow-2: 0 16px 36px rgba(6, 29, 64, 0.12);

/* Fonts */
--font-sans: "Inter", "IBM Plex Sans", system-ui, -apple-system, "Segoe UI", Roboto, "Helvetica Neue", Arial, "Noto Sans", sans-serif;
}

* { box-sizing: border-box }
html, body {
  background: var(--bg);
  color: var(--ink);
  font-family: var(--font-sans);
  line-height: 1.65;
  -webkit-font-smoothing: antialiased;
  -moz-osx-font-smoothing: grayscale;
}
a { color: var(--accent); text-decoration: none }
a:hover { text-decoration: underline }
img, svg { display: block; max-width: 100% }
:focus-visible { outline: 3px solid #7EA6E0; outline-offset: 3px; border-radius: 8px }
.container { max-width: 1240px; margin: 0 auto; padding: 0 var(--space-l) }

/* Header */
header.site {
  position: sticky; top: 0; z-index: 1000;
  background: var(--brand);
  border-bottom: 1px solid var(--brand);
  color: #FFFFFF;
}
.brand-row {
  display: grid; grid-template-columns: auto 1fr auto;
  gap: var(--space-l); align-items: center; padding: var(--space-m) 0;
}
.brand { display: flex; align-items: baseline; gap: 12px }
.brand-title {
  font-weight: 800; letter-spacing: .2px; color: #FFFFFF;
  font-size: 20px; line-height: 1;
}
.brand-sub a {
  font-size: 13px; font-weight: 600; color: #FFD700;
}
nav.primary { display: flex; gap: var(--space-m); flex-wrap: wrap; justify-content: center }
nav.primary a {
```

```
color: #FFFFFF; padding: 10px 12px; border-radius: var(--radius-s);  
font-weight: 600;  
}  
nav.primary a:hover { background: rgba(255,255,255,0.12); text-decoration: none }  
.header-cta { display: flex; gap: var(--space-m) }  
  
.btn {  
display: inline-flex; align-items: center; gap: 10px;  
padding: 12px 16px; border-radius: var(--radius-m);  
border: 1px solid var(--border);  
background: var(--surface); color: var(--ink); font-weight: 700;  
box-shadow: var(--shadow-1); cursor: pointer;  
transition: transform .12s ease, box-shadow .2s ease, background .2s ease;  
}  
.btn:hover { transform: translateY(-1px); box-shadow: var(--shadow-2) }  
.btn-primary {  
border-color: transparent;  
background: linear-gradient(135deg, var(--accent), var(--accent-600));  
color: #fff;  
}  
  
/* Hero */  
.hero {  
background: linear-gradient(180deg, #FFFFFF 0%, #F6F7FB 100%);  
border-bottom: 1px solid var(--border);  
padding: 56px 0 28px;  
}  
.hero-grid { display: grid; gap: var(--space-xl); grid-template-columns: 1.1fr 0.9fr; align-items: center }  
.hero h1 {  
margin: 0 0 12px; font-size: 38px; line-height: 1.18;  
color: var(--brand-700);  
}  
.hero p {  
margin: 0 0 16px; color: var(--muted); font-size: 18px;  
}  
.hero-actions { display: flex; gap: var(--space-m); flex-wrap: wrap }  
.hero-card {  
background: var(--surface); border: 1px solid var(--border);  
border-radius: var(--radius-l); box-shadow: var(--shadow-1);  
padding: var(--space-l);  
}  
.hero-card h3 { margin: 0 0 8px; color: var(--brand) }  
.hero-list { display: grid; gap: 8px; margin-top: 8px }
```

```
.hero-list li { display: flex; gap: 10px }

.point {
  width: 10px; height: 10px; border-radius: 50%;
  background: var(--accent);
  margin-top: 6px;
  box-shadow: 0 0 0 5px rgba(21, 101, 192, 0.14);
}

/* Layout: sidebar + content */
.content-wrap {
  display: grid; grid-template-columns: 300px 1fr; gap: var(--space-xl); align-items: start;
}
.sidebar {
  position: sticky; top: 92px;
  background: var(--surface); border: 1px solid var(--border);
  border-radius: var(--radius-l); box-shadow: var(--shadow-1);
  padding: var(--space-m);
}
.sidebar h3 { margin: 0 0 8px; color: var(--brand) }
.toc { display: grid; gap: 8px }
.toc a {
  display: block; padding: 8px 10px; border-radius: var(--radius-s);
  color: var(--ink); font-weight: 600;
}
.toc a:hover { background: var(--soft); text-decoration: none }
.toc .group { margin-top: var(--space-m); color: var(--muted); font-weight: 700 }

/* Sections */
section { padding: 44px 0; border-top: 1px solid var(--border) }
section h2 { margin: 0 0 8px; font-size: 28px; color: var(--brand) }
section p.sub { margin: 0 0 22px; color: var(--muted) }

/* Blocks */
.block {
  background: var(--surface);
  border: 1px solid var(--border);
  border-radius: var(--radius-l);
  box-shadow: var(--shadow-1);
  padding: var(--space-l);
  margin: 16px 0;
}
.block h3 { margin: 0 0 10px; color: var(--brand-700) }
.block h4 { margin: 12px 0 8px; color: var(--ink) }
.block p { margin: 8px 0 0; color: var(--muted) }
```

```
.block ul { margin: 10px 0 0 20px }
.block li { margin: 6px 0 }
.columns { display: grid; gap: var(--space-l); grid-template-columns: 1fr 1fr }

/* Overview cards */
.grid { display: grid; gap: var(--space-l); grid-template-columns: repeat(3, 1fr) }
.card {
  background: var(--surface); border: 1px solid var(--border);
  border-radius: var(--radius-m); box-shadow: var(--shadow-1);
  overflow: hidden; display: flex; flex-direction: column;
  transition: transform .12s ease, box-shadow .2s ease;
}
.card:hover { transform: translateY(-1px); box-shadow: var(--shadow-2) }
.card-header { padding: var(--space-m) var(--space-l); border-bottom: 1px solid var(--border);
  background: #FBFCFF }
.card-header h3 { margin: 0; font-size: 18px; color: var(--brand-700) }
.card-body { padding: var(--space-l) }
.card-body p { margin: 0 0 10px; color: var(--muted) }
.card-footer {
  padding: var(--space-m) var(--space-l); border-top: 1px solid var(--border);
  background: var(--soft);
  display: flex; justify-content: space-between; align-items: center; font-size: 12px; color: var(--muted);
}
.card a { font-weight: 700 }

/* Tables */
.table-wrap {
  border: 1px solid var(--border); border-radius: var(--radius-m);
  overflow: hidden; box-shadow: var(--shadow-1); background: var(--surface);
  margin: 12px 0;
}
table { width: 100%; border-collapse: collapse }
thead th {
  background: var(--soft); border-bottom: 1px solid var(--border);
  text-align: left; padding: 12px 14px; color: var(--muted); font-weight: 700;
}
tbody td { border-bottom: 1px solid var(--border); padding: 12px 14px }
tbody tr:hover td { background: #FAFBFF }

/* CTA */
.cta {
  margin: 24px 0; padding: var(--space-l);
  border: 1px solid var(--border);
```

```

background: linear-gradient(180deg, #FFFFFF 0%, #F4F7FB 100%);
border-radius: var(--radius-l); box-shadow: var(--shadow-1);
display: grid; grid-template-columns: 1fr auto; align-items: center; gap: var(--space-l);
}

.cta h3 { margin: 0; color: var(--brand-700) }
.cta p { margin: 6px 0 0; color: var(--muted) }

/* Footer */
footer {
  border-top: 1px solid var(--border);
  padding: 36px 0; background: #FFFFFF; margin-top: 20px;
}
.footer-grid { display: grid; gap: var(--space-xl); grid-template-columns: 1.2fr 1fr 1fr 1fr }
.footer-grid h4 { margin: 0 0 8px; color: var(--brand) }
.footer-grid ul { list-style: none; padding: 0; margin: 0 }
.footer-grid li { margin: 6px 0 }
.muted { color: var(--muted) }
.copyright {
  margin-top: 20px; color: var(--muted); font-size: 12px;
  display: flex; justify-content: space-between; flex-wrap: wrap; gap: var(--space-m);
}

/* Responsive */
@media (max-width: 1140px) {
  .hero-grid { grid-template-columns: 1fr }
  .content-wrap { grid-template-columns: 1fr }
  .grid { grid-template-columns: 1fr 1fr }
  .cta { grid-template-columns: 1fr }
}
@media (max-width: 740px) {
  nav.primary { display: none }
  .grid { grid-template-columns: 1fr }
  .hero h1 { font-size: 32px }
}
</style>
</head>
<body>
<!-- Header -->
<header class="site" role="banner" aria-label="Top navigation">
  <div class="container brand-row">
    <div class="brand">
      <div class="brand-title">Academix</div>
      <div class="brand-sub">
        <a href="https://sites.google.com/view/ciphertech1/home" target="_blank" rel="noopener">

```

Click here to filter fake news using A.I

 </div>
 </div>
 <nav class="primary" aria-label="Primary">
 Overview
 Christian Ed
 PFPL
 Political Science
 Biology
 UCSP
 Physics
 Chemistry
 Mandarin
 Intramurals
 </nav>
 <div class="header-cta">
 Play Minigames!
 </div>
 </div>
 </div>
 </header>

<!-- Hero -->
<section class="hero" id="overview" aria-label="Site overview">
 <div class="container hero-grid">
 <div>
 <h1 class="headline">Academic excellence for the future</h1>
 <p>Empowering students through interactive learning by combining technology, creativity, and scientific realism to make education immersive and impactful.</p>
 <div class="hero-actions">
 Start PFPL
 Review Chemistry
 Study Mandarin
 </div>
 </div>
 <div class="hero-card" aria-labelledby="heroCardTitle">
 <h3 id="heroCardTitle">Why it works</h3>
 <ul class="hero-list">
 Clarity: Structured design, balanced spacing, and clear tone keep focus effortless.
 Depth: Detailed content paired with practical cases and guiding cues.

 </div>
 </div>
</section>

```

<li><span class="point" aria-hidden="true"></span><strong>Flow:</strong> Persistent
navigation and seamless flow keep users engaged.</li>
<li><span class="point" aria-hidden="true"></span><strong>Bridge:</strong>
Minigames.</li>
</ul>
</div>
</div>
</section>

<!-- Subject overview cards + sticky sidebar --&gt;
&lt;section id="subjects"&gt;
&lt;div class="container"&gt;
&lt;div class="content-wrap"&gt;
&lt;aside class="sidebar"&gt;
&lt;h3&gt;Table of contents&lt;/h3&gt;
&lt;div class="toc"&gt;
&lt;a href="#christian-ed"&gt;Christian Ed&lt;/a&gt;
&lt;a href="#pfpl"&gt;PFPL&lt;/a&gt;
&lt;a href="#political-science"&gt;Political Science&lt;/a&gt;
&lt;a href="#biology"&gt;Biology&lt;/a&gt;
&lt;a href="#ucsp"&gt;UCSP&lt;/a&gt;
&lt;a href="#physics"&gt;Physics&lt;/a&gt;
&lt;a href="#chemistry"&gt;Chemistry&lt;/a&gt;
&lt;a href="#mandarin"&gt;Mandarin&lt;/a&gt;
&lt;a href="#intramurals"&gt;Intramurals&lt;/a&gt;
&lt;div class="group"&gt;Tools&lt;/div&gt;
&lt;a href="#play"&gt;Minigames&lt;/a&gt;
&lt;/div&gt;
&lt;/aside&gt;

&lt;div&gt;
&lt;h2&gt;Subjects overview&lt;/h2&gt;
&lt;p class="sub"&gt;Use these cards to jump to the complete modules.&lt;/p&gt;
&lt;div class="grid"&gt;
&lt;div class="card"&gt;
&lt;div class="card-header"&gt;&lt;h3&gt;Christian Ed&lt;/h3&gt;&lt;/div&gt;
&lt;div class="card-body"&gt;&lt;p&gt;John the Baptist, Baptism, Temptations, sacramental
context, and loving service in mission.&lt;/p&gt;&lt;/div&gt;
&lt;div class="card-footer"&gt;&lt;span&gt;Depth: Extended&lt;/span&gt;&lt;a
href="#christian-ed"&gt;Open&lt;/a&gt;&lt;/div&gt;
&lt;/div&gt;
&lt;div class="card"&gt;
&lt;div class="card-header"&gt;&lt;h3&gt;PFPL&lt;/h3&gt;&lt;/div&gt;
</pre>

```

```
<div class="card-body"><p>Sanaysay forms, buod, sintesis, bionote, katitikan, agenda, panukala, talumpati — definitions and checklists.</p></div>
<div class="card-footer"><span>Depth: Extended</span><a href="#pfpl">Open</a></div>
</div>
<div class="card">
  <div class="card-header"><h3>Political Science</h3></div>
  <div class="card-body"><p>Foundations of governance, power and authority, stages of thought, and Philippine system overview.</p></div>
  <div class="card-footer"><span>Depth: Extended</span><a href="#political-science">Open</a></div>
</div>
<div class="card">
  <div class="card-header"><h3>Biology</h3></div>
  <div class="card-body"><p>Circulatory systems, pathways, heart conduction and control, osmoregulation, and disease.</p></div>
  <div class="card-footer"><span>Depth: Extended</span><a href="#biology">Open</a></div>
</div>
<div class="card">
  <div class="card-header"><h3>UCSP</h3></div>
  <div class="card-body"><p>Socialization pillars, mechanisms, consequences, identity theories, norms, statuses, roles.</p></div>
  <div class="card-footer"><span>Depth: Extended</span><a href="#ucsp">Open</a></div>
</div>
<div class="card">
  <div class="card-header"><h3>Physics</h3></div>
  <div class="card-body"><p>Core forces, free body diagrams, friction, and Newton's First Law scenarios.</p></div>
  <div class="card-footer"><span>Depth: Extended</span><a href="#physics">Open</a></div>
</div>
<div class="card">
  <div class="card-header"><h3>Chemistry</h3></div>
  <div class="card-body"><p>Solubility drivers, electrolytes vs non-electrolytes, vapor pressure, concentration expressions.</p></div>
  <div class="card-footer"><span>Depth: Extended</span><a href="#chemistry">Open</a></div>
</div>
<div class="card">
  <div class="card-header"><h3>Mandarin</h3></div>
  <div class="card-body"><p>Family, hobbies, food and drinks vocabulary, sentence frames, tones, and study routine.</p></div>
```

```

<div class="card-footer"><span>Depth: Extended</span><a href="#mandarin">Open</a></div>
</div>
<div class="card">
  <div class="card-header"><h3>Intramurals</h3></div>
  <div class="card-body"><p>Eligibility, line-ups, conduct, protests, format, ranking procedure, and event mechanics.</p></div>
  <div class="card-footer"><span>Depth: Complete</span><a href="#intramurals">Open</a></div>
</div>
</div>

<div class="cta" id="play">
  <div>
    <h3>Practice through play</h3>
    <p>Reinforce concepts with interactive minigames. Launch in a new tab and apply what you've learned.</p>
  </div>
  <a class="btn btn-primary" href="https://academixtua.vercel.app/" target="_blank" rel="noopener">Open minigames</a>
</div>
</div>
</div>
</div>
</section>

<!-- Christian Ed -->
<section id="christian-ed">
  <div class="container">
    <h2>Christian Ed: preparation for ministry, sacraments, loving service</h2>
    <p class="sub">Prophetic foundation (John the Baptist), Baptism as inauguration, Temptations and moral clarity, Anglican sacramental context, and service as mission.</p>

    <div class="block">
      <h3>John the Baptist: role, context, message</h3>
      <div class="columns">
        <div>
          <h4>Prophetic role and urgency</h4>
          <ul>
            <li><strong>Herald:</strong> Calls for repentance and readiness for God's reign; signals decisive divine action.</li>
            <li><strong>Eschatological tone:</strong> Urgency for ethical reorientation and concrete fruit.</li>
          </ul>
        </div>
      </div>
    </div>
  </div>
</section>

```

Fruit of repentance: Generosity, honesty, fairness — practical signs of transformed life.

</div>

<div>

<h4>Historical context and core call</h4>

Isaiah's fulfillment: “Prepare the way of the Lord” situates John within prophetic expectation.

Core call: “Repent, for the kingdom of heaven has come near” — immediate and actionable.

Humility: Points to one “more powerful,” cultivating anticipation for Jesus' mission.

<p>John's ministry disposes hearts toward receptive obedience, linking repentance to visible ethical fruit in community life.</p>

</div>

</div>

</div>

<div class="block">

<h3>Baptism of Jesus: identity, inauguration, solidarity</h3>

<div class="columns">

<div>

<h4>Event and meaning</h4>

Divine affirmation: Spirit descends; voice declares beloved sonship.

Public commencement: Sets Jesus' mission in motion with clarity of vocation.

Solidarity: Identifies with humanity; fulfills righteousness; anticipates sacrificial service.

</div>

<div>

<h4>Anglican sacramental frame</h4>

Dominical sacraments: Baptism and Eucharist instituted by Christ; ground identity and mission.

Seven sacraments: Baptism, Eucharist, Confirmation, Reconciliation, Marriage, Ordination, Anointing.

Visible signs: Outward rites mediating inward grace in communal practice.

<p>Sacraments weave personal transformation into the Church's shared mission, shaping ethical identity and service.</p>

```

</div>
</div>
</div>
```

<div class="block">

<h3>Temptation narratives: mapping and emphasis</h3>

Temptation	Matthew 4:1–11	Luke 4:1–13
Stones to Bread	First	First
Temple Pinnacle	Second	Third
Worship of Satan	Third	Second

</div>

<div class="columns">

<div>

<h4>Matthew's emphasis</h4>

- Obedience over appetite: Word precedes material need; mission is not reduced to consumption.
- Reject spectacle: Do not test God for display; integrity over theatrics.
- Allegiance to God: Refuse power via compromise; preserve vocation.

</div>

<div>

<h4>Luke's emphasis</h4>

- Trust in provision: Dependence on God's timing and care.
- No provocation: Faith without forcing proof.
- Trajectory: Mission oriented toward Jerusalem and culmination.

</div>

</div>

<h4>Applications</h4>

- Scripture and prayer: Anchor decisions; cultivate discernment.

Mission clarity: Reject materialism and spectacle; practice servant leadership.

Rule of life: Maintain rhythms that stabilize character and direction.

</div>

<div class="block">

<h3>Core ministry and loving service</h3>

<div class="columns">

<div>

<h4>Five core activities</h4>

Preaching the Kingdom: nearness and nature of God's reign.

Teaching with authority: interpretation that transforms.

Healing and restoring: addressing suffering and exclusion.

Forgiving and reconciling: bridging humanity and God.

Confronting injustice: prophetic resistance to harm.

</div>

<div>

<h4>Third Mark of Mission</h4>

Principle: Respond to human need by loving service.

Practice: Pastoral visiting, mercy, volunteerism, outreach integrated into worship.

Formation: Service shapes communal identity and moral stamina.

</div>

</div>

</div>

</div>

</section>

<!-- PFPL -->

<section id="pfpl">

<div class="container">

<h2>PFPL: akademikong sulatin — kahulugan, estruktura, paghahanda</h2>

<p class="sub">Sanaysay (lakbay, pictorial, replete), buod, sintesis, bionote, katitikan, agenda, panukalang proyekto, at talumpati — long-form guidance and checklists.</p>

<div class="block">

<h3>Sanaysay: lakbay, pictorial, replete</h3>

```
<div class="columns">
<div>
    <h4>Lakbay-sanaysay</h4>
    <ul>
        <li><strong>Layunin:</strong> Karanasan at pagninilay; magkuwento, magbigay-impormasyon, magbahagi ng aral.</li>
        <li><strong>Katangian:</strong> Personal na perspektiba; masinop sa kultura, tao, at lugar; konkretong eksena.</li>
        <li><strong>Estruktura:</strong> Hook → konteksto → karanasan (scene) → aral → tahimik na kongklusyon.</li>
    </ul>
    <p>Pag-uugnay ng obserbasyon sa mas malawak na tema (katatagan, pakikipagkapwa) ay nagpapalalim ng aral at tumitibay ang kabuuhan.</p>
</div>
<div>
    <h4>Piktoryal na sanaysay</h4>
    <ul>
        <li><strong>Dominanteng larawan:</strong> Caption ~60 salita; cohesive visual story.</li>
        <li><strong>Pamantayan:</strong> Pokus, lohikal na estruktura, oriinalidad, kawilihan.</li>
        <li><strong>Layout:</strong> Teksto sa ilalim ng larawan; ritmo at motif para sa coherence.</li>
    </ul>
    <h4>Replektibong sanaysay</h4>
    <ul>
        <li><strong>Unang panauhan:</strong> Tapat na tono; malinaw na aral at pananaw.</li>
        <li><strong>Bahagi:</strong> Introduksyon → katawan (paglilinaw) → kongklusyon (sintesis).</li>
        <li><strong>Sintesis:</strong> Pagsasama ng karanasan, teorya, at pananaw nang di nagiging abstrakto.</li>
    </ul>
</div>
</div>
```

```
<div class="block">
    <h3>Buod, sintesis, bionote, katitikan, agenda, panukala</h3>
    <div class="columns">
        <div>
            <h4>Buod</h4>
            <ul>
                <li><strong>Neutral:</strong> Tapat sa kabuuang punto; sariling pananalita; iwas bias.</li>
```

Hakbang: Tukuyin tema → alisin labis na detalye → panatilihin lohika.

<h4>Sintesis</h4>

Uri: Background, literature review, explanatory, thesis-driven.

Layunin: Pagsanib ng datos mula sa iba't ibang sanggunian; malinaw na ugnayan.

<h4>Bionote</h4>

Maikli at pormal: Pangalan, tungkulin, tagumpay, interes; tumpak ang gramatika.

</div>

<div>

<h4>Katitikan at agenda</h4>

Katitikan: Opisyal na tala ng desisyon, aksyon, dumalo, oras.

Agenda: Lohikal na listahan na may time allocations.

<h4>Panukalang proyekto</h4>

Nilalaman: Layunin, metodo, benepisyo, badyet, timeline; pamantayan ng tagumpay.

Gamit: Paghingi ng pahintulot/pondo; paglutas ng suliranin.

<p>Panatilihin ang malinis na organisasyon: malinaw na layunin, ebidensya, at maayos na pagsipi ng sanggunian.</p>

</div>

</div>

</div>

<div class="block">

<h3>Talumpati: nilalaman, paraan, paghahanda</h3>

<div class="columns">

<div>

<h4>Nilalaman</h4>

Imformatibo: Paliwanag ng konsepto/isyu; maayos ang pag-unlad ng ideya.

Mapanghikayat: Ethos (kredibilidad), Logos (lohika), Pathos (emosyon) — balanse at tapat.

Explanatory: Stepwise na paliwanag; konkretong halimbawa.

```
</ul>
</div>
<div>
  <h4>Paraan at delivery</h4>
  <ul>
    <li><strong>Impromptu:</strong> Mental map; panatilihin ang linaw.</li>
    <li><strong>Ekstemporanyo:</strong> Outline at rehearsed transitions; kontrol sa daloy.</li>
    <li><strong>Manuskripto:</strong> Buong teksto; bantayan ang monotony sa rehearsal.</li>
    <li><strong>Structure:</strong> Hook → roadmap → body (3–4 puntos) → kongklusyon.</li>
  </ul>
  <p>Ethics: Tapat sa datos; iwas cherry-picking; maayos ang pagsipi at acknowledgement ng pinanggalingan.</p>
</div>
</div>
</div>
</div>
</section>
```

```
<!-- Political Science -->
<section id="political-science">
  <div class="container">
    <h2>Political science: foundations, power, governance, systems</h2>
    <p class="sub">Definitions and roots, governance principles, power sources and authority types, historical stages, and the Philippine political framework.</p>

    <div class="block">
      <h3>Foundations and governance principles</h3>
      <div class="columns">
        <div>
          <h4>Definitions and roots</h4>
          <ul>
            <li><strong>Politics:</strong> Art of governing well; leadership for the common good.</li>
            <li><strong>Political science:</strong> Study of the state, institutions, laws, processes, and power relations.</li>
            <li><strong>Roots:</strong> Polis (“city-state”); scire (“to know”).</li>
          </ul>
        </div>
        <div>
          <h4>Governance principles</h4>
          <ul>
```

Participation, rule of law, transparency, accountability, responsiveness.
Steering: Decision-making and implementation through power and authority.

<p>Apply these principles to local issues; identify gaps, stakeholders, and remedies consistent with institutional mandates.</p>

</div>

</div>

</div>

<div class="block">

<h3>Power, authority, and structures</h3>

<div class="columns">

<div>

<h4>Sources and types of power</h4>

Force: Coercion to impose will.

Influence: Persuasion via ideas and relationships.

Authority: Institutionalized power recognized by subjects.

Common forms: Referent, coercive, legitimate, expert, informational.

</div>

<div>

<h4>Authority frameworks</h4>

Traditional: rooted in customs.

Rational-legal: rules-based, bureaucratic legitimacy.

Charismatic: exceptional personal appeal.

<p>Consider distribution, circulation, and constraints across institutions; map actor relationships over time.</p>

</div>

</div>

</div>

<div class="block">

<h3>Historical stages and Philippine system</h3>

<div class="columns">

<div>

<h4>Stages of thought</h4>

Religious: Leadership and law seen as divine or divinely sanctioned.

```

<li><strong>Metaphysical:</strong> Institutions and laws humanly inspired.</li>
<li><strong>Modern:</strong> Institutions improvable by rulers and subjects; dynamic
adaptation.</li>
</ul>
</div>
<div>
  <h4>Philippine political framework</h4>
  <ul>
    <li><strong>GRP:</strong> Government of the Republic of the Philippines.</li>
    <li><strong>Head of State:</strong> President.</li>
    <li><strong>Form:</strong> Democracy, constitutional framework, separation of
powers.</li>
  </ul>
  <p>Emphasize rule of law, participation, and accountability as pillars of democratic
practice and public trust.</p>
</div>
</div>
</div>
</div>
</section>

```

```

<!-- Biology -->
<section id="biology">
  <div class="container">
    <h2>Biology: animal circulation, regulation, and health</h2>
    <p class="sub">Diffusion limits, open vs closed systems, single vs double circulation, heart
conduction and control, osmoregulation, and cardiovascular disease.</p>

    <div class="block">
      <h3>Limits of diffusion and need for circulation</h3>
      <div class="columns">
        <div>
          <h4>Single-celled organisms</h4>
          <ul>
            <li>Short diffusion distances; high surface-area-to-volume ratio; passive diffusion meets
metabolic needs.</li>
          </ul>
        </div>
        <div>
          <h4>Multicellular organisms</h4>
          <ul>
            <li>Long distances (e.g., lungs to peripheral cells) and lower SA:V require internal
transport systems.</li>
          </ul>
        </div>
      </div>
    </div>
  </div>
</section>

```

Circulatory systems deliver substrates and remove wastes efficiently under pressure.

</div>

</div>

</div>

<div class="block">

<h3>Open vs closed circulatory systems</h3>

<div class="columns">

<div>

<h4>Open systems</h4>

Hemolymph bathes organs directly; sinuses allow less directed return.

Examples: arthropods, many mollusks.

</div>

<div>

<h4>Closed systems</h4>

Blood confined to vessels; higher pressure and efficiency; hemoglobin carries oxygen.

Examples: annelids, cephalopods, all vertebrates.

Supports higher activity and metabolic rates.

</div>

</div>

</div>

<div class="block">

<h3>Circulatory pathways: single vs double loop</h3>

<div class="columns">

<div>

<h4>Single loop (fish)</h4>

Two-chambered heart: one atrium, one ventricle.

Heart → gills → body → heart; single pass per circuit.

</div>

<div>

<h4>Double loop (other vertebrates)</h4>

Pulmonary circuit: heart → lungs; gas exchange.

Systemic circuit: heart → body; delivery and return.

```
</li>Better separation of oxygenated/deoxygenated blood; improved efficiency.</li>
</ul>
</div>
</div>
</div>

<div class="block">
<h3>Human circulation: functions and pathway</h3>
<div class="columns">
<div>
<h4>Transport and homeostasis</h4>
<ul>
<li>Oxygen and nutrient delivery; waste removal; hormone distribution.</li>
<li>Immune defense (WBCs, antibodies), thermoregulation, fluid/pH balance.</li>
</ul>
</div>
<div>
<h4>Pathway and valves</h4>
<ul>
<li>Venae cavae → right atrium → right ventricle → pulmonary arteries → lungs →
pulmonary veins → left atrium → left ventricle → aorta → systemic circulation.</li>
<li>AV valves with chordae tendineae prevent atrial backflow; semilunar valves prevent
arterial backflow.</li>
</ul>
</div>
</div>
</div>
```



```
<div class="block">
<h3>Heartbeat: conduction and control</h3>
<div class="columns">
<div>
<h4>Conduction</h4>
<ul>
<li>Myogenic rhythm; SAN initiates atrial contraction.</li>
<li>AVN → Bundle of His → Purkinje fibers; coordinate ventricular contraction.</li>
<li>Cycle phases: systole (contraction) and diastole (relaxation).</li>
</ul>
</div>
<div>
<h4>Rate control</h4>
<ul>
<li>Sympathetic noradrenaline increases SAN firing; parasympathetic acetylcholine
reduces it.</li>
```

Hormones: adrenaline (rate/force), thyroxine (baseline metabolic demand and HR).

Influences: pH, temperature, size, age, sex, activity, stress, health, medications, environment, smoking/alcohol.

</div>

</div>

</div>

<div class="block">

<h3>Osmoregulation and excretion</h3>

<div class="columns">

<div>

<h4>Invertebrates</h4>

Simple tubular organs balance water/salt; remove metabolic wastes; structure adapts to habitat.

</div>

<div>

<h4>Vertebrates</h4>

Kidneys filter blood and produce urine; maintain salt-water balance; integrate with endocrine regulation.

</div>

</div>

</div>

<div class="block">

<h3>Cardiovascular diseases</h3>

<div class="columns">

<div>

<h4>Arteriosclerosis and hypertension</h4>

Plaque narrows arteries and hardens walls; blood flow restricted.

Hypertension elevates arterial pressure; risks include stroke via vessel rupture.

</div>

<div>

<h4>Angina and myocardial infarction</h4>

Angina: chest pain from insufficient oxygen to heart muscle; warning sign.

```
<li>Myocardial infarction: coronary occlusion; tissue death; severity depends on area affected.</li>
</ul>
</div>
</div>
</div>
</div>
</div>
</section>
```

```
<!-- UCSP -->
<section id="ucsp">
<div class="container">
<h2>UCSP: process of socialization</h2>
<p class="sub">Context, content, mechanisms and stages, consequences, identity formation theories, norms, statuses, and roles.</p>

<div class="block">
<h3>Pillars and context</h3>
<div class="columns">
<div>
<h4>Context</h4>
<ul>
<li>Culture and history: shared norms, language, traditions.</li>
<li>Social structure: institutions and power dynamics.</li>
<li>Ascribed status: traits at birth; interpersonal relations and contact.</li>
</ul>
</div>
<div>
<h4>Content</h4>
<ul>
<li>Norms and rules: expectations of conduct.</li>
<li>Values and beliefs: standards of worth.</li>
<li>Roles: behavior tied to status.</li>
<li>Language and symbols: communication and meaning.</li>
<li>Skills: practical abilities for daily life.</li>
</ul>
</div>
<p>Socialization transmits culture and equips individuals to participate in social life with predictable role performance.</p>
</div>
</div>
</div>

<div class="block">
<h3>Mechanisms, stages, and consequences</h3>
```

```
<div class="columns">
<div>
  <h4>Mechanisms</h4>
  <ul>
    <li>Imitation and modeling; reward and punishment; instruction; anticipatory socialization.</li>
  </ul>
  <h4>Stages</h4>
  <ul>
    <li>Primary: early family learning.</li>
    <li>Secondary: school, peers, workplace.</li>
    <li>Resocialization: adopting new norms in new contexts.</li>
  </ul>
</div>
<div>
  <h4>Consequences</h4>
  <ul>
    <li>Individual: self and identity, impulse control, capacity for social life.</li>
    <li>Society: transmission, role performance, order and stability, inequality reproduction.</li>
  </ul>
  <p>Enculturation emphasizes culture learning, while socialization frames identity formation through norms and roles.</p>
</div>
</div>
```

```
<div class="block">
<h3>Identity theories and role dynamics</h3>
<div class="columns">
<div>
  <h4>Identity formation</h4>
  <ul>
    <li>Freud: Id/Ego/Superego; unconscious dynamics; early childhood impact.</li>
    <li>Piaget: cognitive development stages via active exploration.</li>
    <li>Kohlberg: moral reasoning stages through dilemmas.</li>
    <li>Erikson: eight psychosocial crises across lifespan.</li>
    <li>Mead: social self via interaction; generalized other.</li>
  </ul>
</div>
<div>
  <h4>Norms, statuses, roles</h4>
  <ul>
    <li>Status: ascribed vs achieved positions.</li>
  </ul>
</div>
</div>
```

```

<li>Role: expected behavior tied to status.</li>
<li>Role conflict: competing expectations across statuses.</li>
<li>Role strain: tension within one status.</li>
<li>Role exit: leaving a role after doubt or change.</li>
</ul>
<p>Balancing multiple statuses requires prioritization and negotiation to maintain coherent identity and performance.</p>
</div>
</div>
</div>
</div>
</section>

<!-- Physics -->
<section id="physics">
<div class="container">
<h2>Physics: forces, free body diagrams, First Law</h2>
<p class="sub">Core forces and definitions, friction types, FBD techniques, and practical scenarios to apply the First Law of Motion.</p>

<div class="block">
<h3>Force types and definitions</h3>
<div class="columns">
<div>
<h4>Core forces</h4>
<ul>
<li><strong>Applied:</strong> External push or pull.</li>
<li><strong>Normal:</strong> Perpendicular contact force from a surface.</li>
<li><strong>Gravity:</strong> Attraction due to mass; weight is gravitational force.</li>
<li><strong>Tension:</strong> Pull through rope, string, or cable.</li>
<li><strong>Air resistance:</strong> Drag opposing motion through air.</li>
</ul>
</div>
<div>
<h4>Friction and diagram basics</h4>
<ul>
<li><strong>Friction:</strong> Static (no motion) vs kinetic (moving); both oppose relative motion.</li>
<li><strong>FBDs:</strong> Isolate object; arrows for forces; label type, direction, magnitude.</li>
<li><strong>Components:</strong> Resolve parallel and perpendicular on inclines; find net force for equilibrium or acceleration.</li>
</ul>

```

<p>Newton's First Law (inertia) states that an object maintains its state of motion unless acted on by a net external force.</p>

</div>

</div>

</div>

<div class="block">

<h3>Practice scenarios</h3>

Box on table: Gravity down; normal up; applied force right; friction left; negligible air resistance indoors.

Inclined plane: Resolve gravity into parallel and perpendicular components; include friction if present.

Suspended mass: Tension balances weight at rest; for multiple cords, use vector resolution and angles.

</div>

</div>

</section>

<!-- Chemistry -->

<section id="chemistry">

<div class="container">

<h2>Chemistry: solutions, colligative properties, concentrations</h2>

<p class="sub">Solubility and miscibility factors, electrolytes vs non-electrolytes, vapor pressure relations, and common concentration expressions.</p>

<div class="block">

<h3>Solubility, miscibility, colligative properties</h3>

<div class="columns">

<div>

<h4>Solubility drivers</h4>

Polarity ("like dissolves like"); miscibility for liquids.

Particle size and stirring affect dissolution rate.

Temperature often increases solubility of solids; decreases gas solubility.

Pressure strongly affects gases (e.g., Henry's relation).

</div>

<div>

<h4>Colligative properties</h4>

Depend on particle number: boiling point elevation, freezing point depression, vapor pressure lowering, osmotic pressure.

Electrolytes ionize and conduct; non-electrolytes do not.

<p>Solutions exhibit predictable changes based on solute quantity, not identity; this underpins many practical applications.</p>

</div>

</div>

</div>

<div class="block">

<h3>Vapor pressure and Raoult's relation</h3>

Non-volatile solute lowers solvent's vapor pressure.

Relation (ideal): $P(\text{solution solvent}) = X(\text{solvent}) \times P^\circ(\text{pure solvent})$.

</div>

<div class="block">

<h3>Concentration expressions and practice</h3>

<div class="columns">

<div>

<h4>Percent and fraction</h4>

% m/m = (mass solute / mass solution) × 100

% v/v = (volume solute / volume solution) × 100

% m/v = (mass solute / volume solution) × 100

Mole fraction: $x_A = n_A / (n_A + n_B)$, $x_A + x_B = 1$

</div>

<div>

<h4>Molality, molarity, ppm</h4>

Molality m = moles solute / kilogram solvent

Molarity M = moles solute / liter solution

PPM = (mass solute / mass solution) × 10^6

<p>Practice: compute moles from mass and molar mass; then calculate M, m, and x using provided totals.</p>

</div>

</div>

</div>

</div>

</section>

<!-- Mandarin -->

```
<section id="mandarin">
<div class="container">
    <h2>Mandarin: everyday language</h2>
    <p class="sub">Family and hobbies vocabulary, food and drinks, sentence frames, tones, and a steady practice routine.</p>

    <div class="block">
        <h3>Family members and core Q&A</h3>
        <ul>
            <li><strong>你好！你家有几口人？</strong> Ni hao! Ni jia you jǐ kou rén? — Hello! How many people are in your family?</li>
            <li><strong>我家有五口人。</strong> Wo jia you wu kou ren. — There are five people in my family.</li>
            <li><strong>他们是谁？</strong> Tamen shi shei? — Who are they?</li>
            <li><strong>这是我爸爸、妈妈、哥哥、妹妹和我。</strong> Zhè shi wo baba, mama, gēge, mèimei hé wo. — Father, mother, older brother, younger sister, and me.</li>
        </ul>
        <p>Pronunciation: practice tone pairs daily; distinguish retroflex zh/ch/sh/r from palatal j/q/x; mind finals (-ang vs -an, -eng vs -en).</p>
    </div>

    <div class="block">
        <h3>Hobbies 爱好 / 兴趣</h3>
        <div class="columns">
            <div>
                <h4>Vocabulary</h4>
                <ul>
                    <li>看书 kàn shū — reading</li>
                    <li>听音乐 tīng yīnyuè — listening to music</li>
                    <li>看电影 kàn diànyǐng — watching movies</li>
                    <li>跳舞 tiào wǔ — dancing</li>
                    <li>唱歌 chànggē — singing</li>
                    <li>画画 huà huà — drawing</li>
                    <li>打篮球 dǎ lánqiú — basketball</li>
                    <li>打羽毛球 dǎ yǔmáoqiú — badminton</li>
                    <li>游泳 yóuyǒng — swimming</li>
                    <li>打游戏 dǎ yóuxì — gaming</li>
                </ul>
            </div>
            <div>
                <h4>Sentence frames</h4>
                <ul>
                    <li><strong>我喜欢____。</strong> Wǒ xǐhuan ___. — I like ___.</li>
                </ul>
            </div>
        </div>
    </div>
</div>
```

你喜欢唱歌吗 ? Nǐ xǐhuan chànggē ma? — Do you like singing?
我喜欢。 Wǒ xǐhuan. — I like it.
我不喜欢。 Wǒ bù xǐhuan. — I don't like it.

<p>Practice: ask preferences using “你喜欢...吗 ?” and respond with 喜欢 / 不喜欢; expand with time and place.</p>
</div>
</div>
</div>

<div class="block">
<h3>Snacks 小吃 and drinks 饮料</h3>
<div class="columns">
<div>
<h4>Snacks</h4>

薯条 shǔtiáo — fries
薯片 shǔpiàn — chips
冰淇淋 bīngqílín — ice cream
汉堡 hàn'bǎo — burger
蛋糕 dàngāo — cake
饼干 bǐnggān — biscuit/cookie

<h4>Eat pattern</h4>

我喜欢吃薯条。 Wǒ xǐhuan chī shǔtiáo. — I like to eat fries.
他喜欢吃蛋糕。 Tā xǐhuan chī dàngāo. — He likes to eat cake.
我不喜欢吃汉堡。 Wǒ bù xǐhuan chī hàn'bǎo. — I don't like
burgers.
她不喜欢吃饼干。 Tā bù xǐhuan chī bǐnggān. — She doesn't like
biscuits.

</div>
<div>
<h4>Drinks</h4>

水 shuǐ — water
咖啡 kāfēi — coffee
汽水 qìshuǐ — soft drinks
果汁 guǒzhī — juice

<h4>Drink pattern</h4>


```
<li><strong>我喜欢喝水。</strong> Wǒ xǐhuan hē shuǐ. — I like to drink water.</li>
<li><strong>她喜欢喝果汁。</strong> Tā xǐhuan hē guǒzhī. — She likes to drink
juice.</li>
<li><strong>我不喜欢喝咖啡。</strong> Wǒ bù xǐhuan hē kāfēi. — I don't like coffee.</li>
<li><strong>他不喜欢喝汽水。</strong> Tā bù xǐhuan hē qìshuǐ. — He doesn't like soft
drinks.</li>
</ul>
<p>Routine: spaced repetition for vocabulary; record and compare pronunciation; build
micro-dialogues with greeting → preference → time/place.</p>
</div>
</div>
</div>
</div>
</section>
```

```
<!-- Intramurals -->
<section id="intramurals">
<div class="container">
<h2>THS intramurals 2025</h2>
<p class="sub">Eligibility, team line-ups, conduct, protests, tournament format, ranking, and
event-specific rules.</p>

<div class="block">
<h3>Eligibility, uniforms, banners</h3>
<ul>
<li>Bonafide Trinity High School students only; minimum 1 and maximum 2 events per
student (MAPEH requirement); parade/cheer not counted.</li>
<li>Submit 1×1 photo for galleries (basketball, volleyball, dodgeball); parent approval by
deadline.</li>
<li>Uniforms: team shirts with numbers (front/back, 1–99); sports goggles allowed; reading
glasses prohibited for ball games.</li>
<li>Prepare team banner (tarpaulin) by the specified deadline for opening day.</li>
</ul>
</div>

<div class="block">
<h3>Line-ups, encoding, conduct</h3>
<div class="columns">
<div>
<h4>Entries and submissions</h4>
<ul>
<li>Encode via official Google Sheets; adviser + up to two student coordinators.</li>
<li>Include gallery photos for ball games; no changes after submission; deadlines strictly
enforced.</li>
```

```
</ul>
</div>
<div>
  <h4>Behavior and compliance</h4>
  <ul>
    <li>No intoxicants; respect officials; clarifications via game captain.</li>
    <li>Violence or walkouts lead to disqualification; avoid stalling and influencing
officials.</li>
  </ul>
</div>
</div>
</div>

<div class="block">
  <h3>Protests, defaults, incomplete teams</h3>
  <div class="columns">
    <div>
      <h4>Protests</h4>
      <ul>
        <li>Mark “Game under protest” on score sheet; submit written protest within 30 minutes
post-game.</li>
        <li>Only technical matters; judgment calls are not contestable.</li>
      </ul>
    </div>
    <div>
      <h4>Defaults and participation</h4>
      <ul>
        <li>15-minute defaulting time across events; minimum player counts enforced per
event.</li>
      </ul>
    </div>
  </div>
</div>

<div class="block">
  <h3>Tournament format and ranking highlights</h3>
  <div class="columns">
    <div>
      <h4>Formats</h4>
      <ul>
        <li>Single round robin for basketball, dodgeball, esports, volleyball; scheduling via draw
lots.</li>
      </ul>
    </div>
  </div>
</div>
```

```

<div>
  <h4>Ranking and ties</h4>
  <ul>
    <li>Points systems per event; ties broken via bench cheering totals ( $\geq$ 3 teams) or circuit game (2 teams).</li>
  </ul>
</div>
</div>
</div>

<div class="block">
  <h3>Event mechanics highlights</h3>
  <ul>
    <li><strong>Basketball (boys):</strong> Two 8-minute halves (running); last 2 minutes of 2nd half stop time; timeout and tech foul rules; overtime format.</li>
    <li><strong>Basketball 3x3 (girls):</strong> 10 minutes or 15 points; 10-second shot clock; roster minimums.</li>
    <li><strong>Volleyball:</strong> Elims/semis single set to 30; finals best-of-three to 15 (max 17); no libero.</li>
    <li><strong>Dodgeball:</strong> Coed lineup; live ball rules; boundaries; opening rush and 5-second violation; honor system with monitor.</li>
    <li><strong>Esports (ML, COD BR):</strong> Device rules, drafting, tie-breakers, anti-cheating, disqualification grounds; ping check and compliance photos.</li>
    <li><strong>Parade, mural, bench cheering:</strong> Criteria, time allocations, penalties, judging structure.</li>
    <li><strong>Games of the General:</strong> Movement rules; piece interactions; win conditions.</li>
    <li><strong>Quiz Bee:</strong> Rounds (easy/average/difficult), lifelines, scoring, tiebreakers, empowerment focus.</li>
  </ul>
</div>

<div class="block">
  <h3>Awards</h3>
  <ul>
    <li>General Championship trophies/tokens for top teams; event banners/tokens; special awards (Mythical, MVP).</li>
  </ul>
</div>
</div>
</section>

<!-- Footer -->
<footer role="contentinfo">
```

```
<div class="container">
<div class="footer-grid">
<div>
  <h4>Academix</h4>
  <p class="muted">A formal, organized learning hub. Clear sections, extended coverage, and calm UI for sustained understanding.</p>
  <p><a href="https://academixtua.vercel.app/" target="_blank" rel="noopener">Open minigames</a></p>
</div>
<div>
  <h4>Subjects</h4>
  <ul>
    <li><a href="#christian-ed">Christian Ed</a></li>
    <li><a href="#pfpl">PFPL</a></li>
    <li><a href="#political-science">Political Science</a></li>
    <li><a href="#biology">Biology</a></li>
    <li><a href="#ucsp">UCSP</a></li>
    <li><a href="#physics">Physics</a></li>
    <li><a href="#chemistry">Chemistry</a></li>
    <li><a href="#mandarin">Mandarin</a></li>
    <li><a href="#intramurals">Intramurals</a></li>
  </ul>
</div>
<div>
  <h4>Tools</h4>
  <ul>
    <li><a href="#subjects">Overview</a></li>
    <li><a href="#overview">Top</a></li>
    <li><a href="#play">Practice through play</a></li>
  </ul>
</div>
<div>
  <h4>Study cues</h4>
  <ul>
    <li>Read steadily; summarize each block in one sentence.</li>
    <li>Use the sidebar to navigate by section goals.</li>
    <li>Alternate notes with minigames to consolidate learning.</li>
  </ul>
</div>
</div>
<div class="copyright">
  <span>© 2025 Academix. All rights reserved.</span>
  <span>Designed for clarity, discipline, and trust.</span>
</div>
```

```
</div>
</footer>

<!-- Chat bot bar -->
<script
  chatbot_id="68cebba34376bc35a8689c0d"
  data-type="bar"
  src="https://app.thinkstack.ai/bot/thinkstackai-loader.min.js">
</script>

<!-- Smooth internal navigation -->
<script>
(function(){
  document.querySelectorAll('a[href^="#"]').forEach(a => {
    a.addEventListener('click', (e) => {
      const id = a.getAttribute('href').slice(1);
      const el = document.getElementById(id);
      if (el) {
        e.preventDefault();
        el.scrollIntoView({ behavior: 'smooth', block: 'start' });
      }
    });
  });
})();
</script>
</body>
</html>
```