Cabrera, Jerome S

BS INFOTECH 3C

WEBINAR 1

"PHOTOSHOP FOR EDUCATORS"

In May 7, 2021 at 6-8pm, the webinar was led by Mr. Carl Kervin M. Sapungan an IT specialist, Graphic Artist, Teacher - in-Charge - Morente National High School, Master OF ARTS IN EDUCATION MAJOR IN EDUCATIONAL, and MASTER OF SCIENCE INFORMATION TECHNOLOGY discussed and demonstrated the different parts of photoshop for educators.

Key Takeaways:

1. Adobe Photoshop is a graphic editing software or program that is developed and published by Adobe inc. It was developed by Thomas and John Knoll in 1988.
2. Photoshop is a raster-based graphic editor, a computer program that allows users to create and edit images interactively on a computer screen and save them in raster graphic file formats or also known as bitmap images such as JPEG, PNG, and GIF.
3. Adobe Photoshop recommended system requirements are: Windows 7 or higher with at least 8gb or higher ram/memory, with a remaining disk space of at least 50gb, a CPU of intel or AMD processor with 64-bit support, 2 GHz or faster processor, and a screen resolution of 720p.
4. Parts of image canvas are: Image name, Image extension, Color mode, Magnification size, Bit, and File size.
5. Image Interpolation Option when using image resample:
    a. Bicubic Sharper – Use this option when resampling your image smaller for best image quality.
    b. Bicubic Smoother – Use this option when resampling your image larger for best image quality.
    c. Bicubic – Not really used much now that Bicubic sharper and Bicubic Smoother are available. These options are grayed out here because they only apply to images that are being resampled. If all your doing is changing how large or small the image will print on paper, these options don't apply.
6. Pixel dimensions measure the total number of pixels along an image's width and height. Resolution is the fineness of detail in a bitmap image and is measured in pixels per inch (ppi). The more pixels

per inch, the greater the resolution. Generally, an image with a higher resolution produces a better printed image quality.

WEBINAR 2

"THE FREE, NO INSTALL, PHOTOSHOP YOU NEVER KNEW"

In May 8, 2021 at 7-8pm the webinar was led by Mr. Roland Banes, a Training Director and Co-Founder of Creative Nation Academy Corporation, an Adobe Certified Expert, Creative Insider Ambassador, and COMPTIA Certified Technical trainer. He discussed and shares his knowledge about free, no install Photoshop in the web which is the Adobe Photoshop Express.

Key Takeaways:

1. Photoshop is the most powerful photo editing software now adays. It is used by amateurs and professionals alike everything from simple image retouching to website design.

2. There are different versions or kinds of Photoshop and it is called as Photoshop Family, this are: **Adobe Photoshop, Adobe Photoshop Lightroom, Adobe Photoshop Express,** and **Adobe Photoshop Camera.**
3. **Adobe Photoshop Express** is a free, no install photoshop. An online photo editor. You only need an adobe ID in order to access the software, you can get one by searching www.adobe.com into your browser and start creating your account.
4. Adobe Photoshop Express can also do what an offline/downloaded Photoshops can do such as: Photo enhancing, resize images for print or social media, rotate and flip images, remove blemishes or spots and many more.

WEBINAR 3

"HOPE IN DARKNESS"

In May 9, 2021, the webinar was organized by the Institute of Global Professionals and was hosted by Mr. Muhamad Yaseen and with the guest speaker Ms. Yolunda Elam, a certified health and life coach, Public Speaker/Trainer/Coach in United States. The webinar lasted about 3 hours discussing about the topic "Hope in Darkness".

Key Takeaways:

- **H –** Help: means you are not alone.
- **O –** ownership: determines whether you are a victim or survivor.
- **P –** Pause: take a break, take a deep breath and relax, meditate, take a walk.
- **E -** Easy – value yourself, show yourself some love.

1. Barriers to seeking help:

- Not recognizing that you need emotional support or professional help.
- Not knowing to find help.
- Reliance on self
- Cultural Traditions that value individual independence or frown on seeking help outside of the family.
- The mistaken belief that the problems you are facing cannot be resolve, even with assistance.

2. Ways to take it easy on yourself:

- Decide what is important to you
- Practice self-compassion
- Focus on your own progress
- Treat yourself the way you would treat others.
- Take a break

WEBINAR 4

"BUILDING RESILIENCE IN LIFE AND CAREER"

In May 11, 2021, This Webinar was organized by the Institute of Global Professionals and was led by Shelly Bisht and with three guest speaker, Sabine Matharu; the founder of the Empowerment Portal from United Kingdom, Jenny Jenny Ryce; a mindset and Accredited Executive coach from Canada, and Sharon Bowes; a Resilience Consultant from Canada.

Key Takeaways:

1. Resilience is speed complexity in range, changes like pandemic, impacting everyone, personal lives, new rules that's is why it also has new situations, resilience helps adapt.
2. Our mindset is developed from in out upbringing, past experiences, environment, beliefs, and culture. A fixed mindset is hidden under a man different thing. We can't see it and we are not always aware of it.

3. Signs that you have a fixed Mindset:
    - Avoiding Challengers or difficult situations
    - Threatened by others success
    - Efforts are fruitless
    - Avoiding constructive criticism or negative feedback
    - Worrying about not being intelligent
4. Sign that you have Growth Mindset:
    - Hunger for learning, you believe that you can change and develop your abilities by putting effort.
    - You have more perseverance and resilient.
    - Considers criticism as a learning opportunity.
    - Intelligence and success increase when you put in work.
    - The success of others is something that motivates and inspires you.
5. Building Resilience by Consciously Leading Innovative Change:
    - Building resilience by understanding the levels of choice available even when there is a belief that there are none.
    - Keeping track of the long-term value you are seeking even with pressing needs.
    - Addressing the immediate needs in the short term aligned with purpose knowing your pivot points.
    - Strategically pivoting on purpose to steer toward desired value centered on purpose and people.

WEBINAR 5

"V8 COMMUNICATION ENGINE"

In May 13, 2021, this webinar was organized by the Institute of Global Professionals and was hosted by Ms. Umme Salma and with a guest speaker Ms. Brigitta Hoeferle, a CEO and Master Trainer of the NPL center, Atlanta GA, International Public Speaker from Georgia, USA.

Key Takeaways:

1. Neuro Linguistic Programming or NPL studies the patterns or programming created by the interaction between the brain and (Neuro), language (Linguistic) and the body that produces both effective and ineffective behavior to better understand the process of human excellence.
2. NLP uses perceptual, behavioral, and communication techniques to make it easier for people to change their thoughts and actions.
3. Popular NPL Techniques: NPL – Predicates, NPL – Eye Accessing Cues
4. The Four pillars of NPL: Rapport, Sensory awareness, Outcome Thinking, Behavioral Flexibility.
5. Reasons why a person may take an NPL training are to:

- Be a powerful inspiring communicator
- Be skilled at reading non-verbal cues
- Increase your subconscious and sensory awareness
- Master and be in control of your thinking and emotions
- Alleviate fears and phobias
- Motivate and empower
- Develop depth in personal and business relationships
- Attain success and achievement
- Rectify unwanted behaviors in yourself and others
- Effectively communicate and get information from others

WEBINAR 6

"COMMUNICATION AND UI/UX DESIGN TAKES OVER THE WORLD"

In May 14, 2021, this webinar was organized by the College of Communication and Information Technology with two guest speakers. The first speaker is Mrs. Anna Barbara Angelica Labelle Medina, she discussed about "Becoming an Effective Communicator: Skills for everyday Success" and the second speaker is Mr. Dwight Steven Navarro, he discussed about "UI/UX Design Takes over the world".

Key Takeaways:

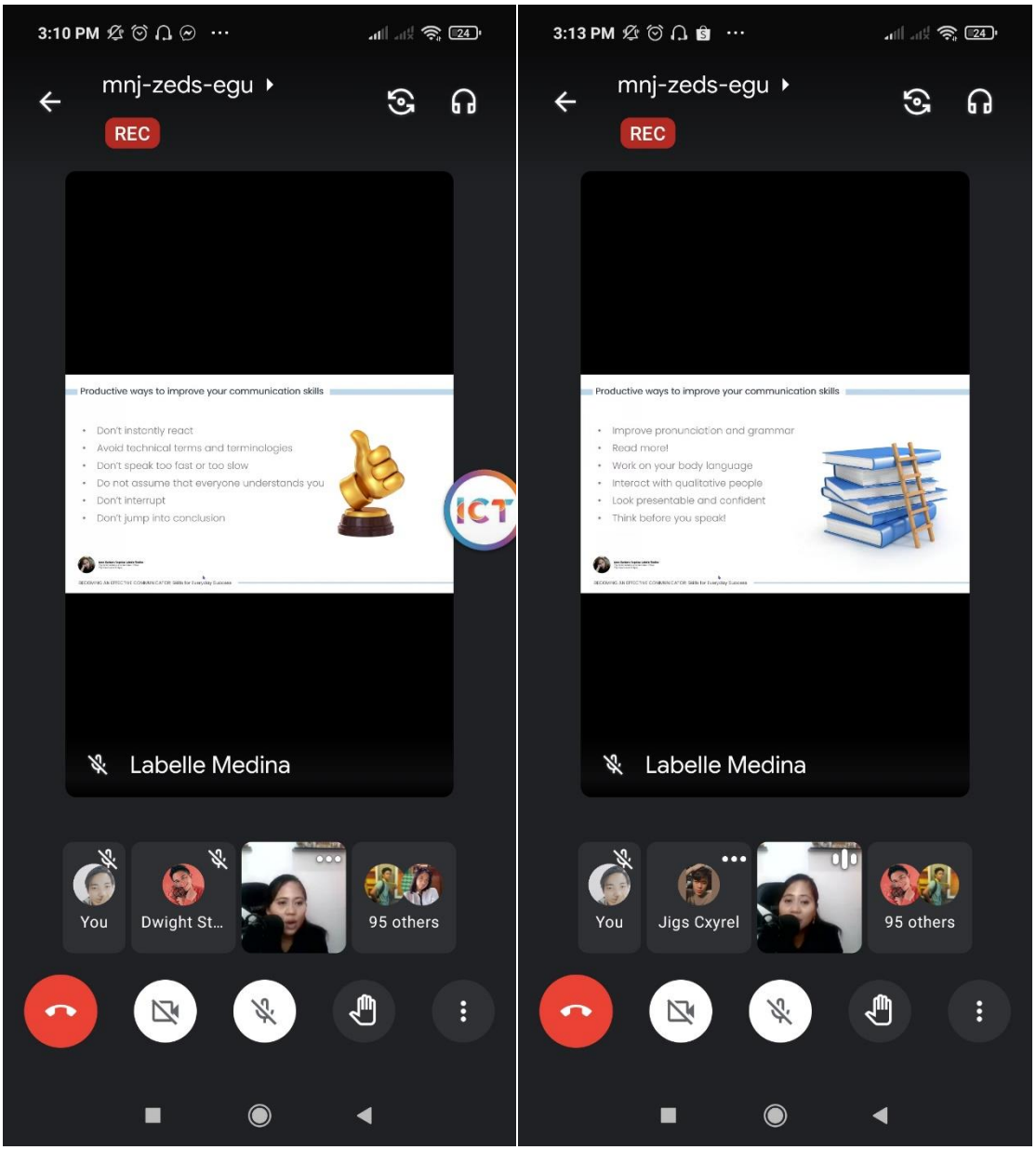
"Becoming an Effective Communicator: Skills for Everyday Success"

1. Communication is a process of exchanging information, ideas, thoughts, feelings, and emotions. The Goals of Communications are:
    - To change behavior
    - To get action
    - To ensure understanding
    - To persuade
    - To get and give information
2. The following are the importance of effective communication:
    - Being able to communicate effectively is perhaps the most important of all life skills.
    - Having a good communication skill is the most demanded soft skill by employers.
    - Having a good communication are ones who bring solutions, drive change and inspire others.
3. Effective Communication is 20% of what you know and 80% of how you feel about what you know. In other words, it's not just about what you say, but how you say it. You can be well-versed in the subject at hand and have extensive knowledge to impart.

"UI/UX Design Takes over the World"

1. UI stands for User Interface. It is the graphical layout interface of an application. It consists of buttons, cards, text, images, sliders, text fields, or any aesthetic elements by which users interact with the product. UX stands for User Experience. It refers to the users experience by how they interact with the product or service.

2. In developing a system, it is important to understand first the customer. Determine requirements needed in order to satisfy the costumer. Time, efforts and talents will be wasted if the developer doesn't talk with the client.
3. Common mistakes UI designers make:
    - Pointless inconsistency in the UI elements
    - Confusing forms
    - Little distinction between the primary buttons and the secondary buttons.
    - Lack of hierarchy
    - Using irrelevant or low-quality images



WEBINAR 7

“INDESIGN: LEARN THE FUNDAMENTALS”

In May 15, 2021, this webinar was organized by MechaniWeb and the instructor was Mr. Ronel Katigbak Pabico, an Adobe Creative Educator. He presents a thorough explanation of the core features and techniques that makes powerful page-layout application fun and easy to use, providing a foundation upon which advanced skills and workflows can be built.

Key Takeaways:

1. Adobe InDesign is the industry-standard page layout application. An essential tool for design firms, ad agencies, magazines, newspapers, book publishers, and freelance designers around the world.
2. Reasons why you should use Adobe InDesign:
    - Offers the best output project features
    - Produces great quality content for print and digital
    - Makes collaboration and sharing assets with your team easy
    - Saves time
    - Comes with full support
    - Other adobe software can be used in conjunction with InDesign
    - Adobe InDesign is the industry standard choice and trusted by professionals

WEBINAR 8

"IT MARKETING STRATEGY"

In May 18, 2021, this webinar was organized by the College of Communication and Information Technoloogy with two speakers Mr. Jerry Cantillero and Ms. Lear Adrian Dacanay, Members of iPhiTech IT and Digital Solutions Corporation Dau, Mabalacat City, Pampanga. They discussed about the topic "IT Marketing Strategy".

Key Takeaways:

1. Marketing strategy is a process that can allow an organization to concentrate its limited resources on the greatest opportunities to increase sales and achieve a sustainable competitive advantage.

2. The 4 Ps of marketing – Identify your tactical marketing mix using the 4 Ps of marketing. If you can choose the right combination of marketing across **product, price, promotion, place,** your marketing strategy will more likely so be a success.

WEBINAR 9

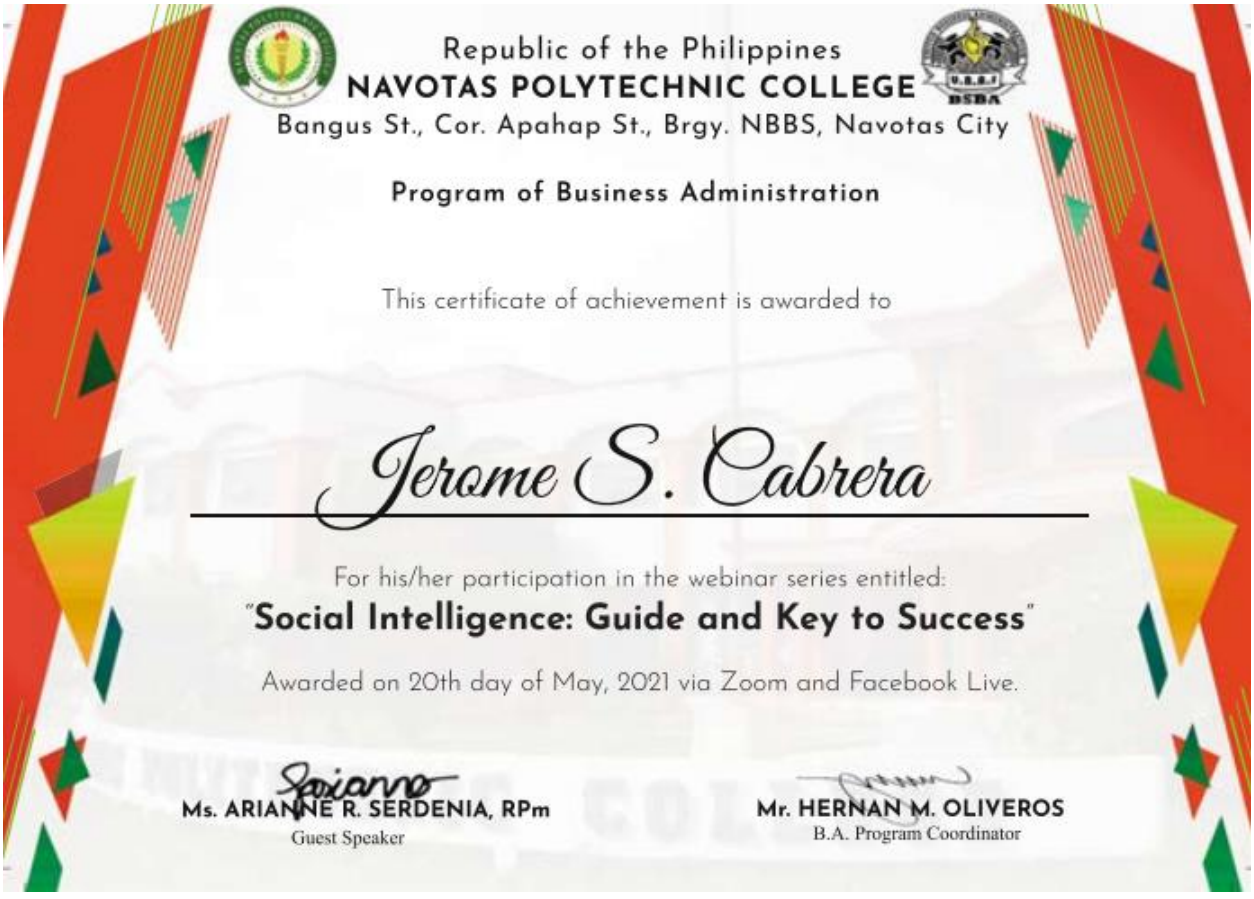
"SOCIAL INTELLIGENCE: GUIDE AND KEY TO SUCCESS"

In May 20, 2021, this webinar was organized by the Navotas Polytechnic College, NPC BSBA Marketing Management 4C and the speaker was Ms. Arrianne Serdenia, a Cum Laude for BS in Psychology – Bulacan State University, Mental health Advocate, Podcaster and Online Volunteer at Psychoplogist. She discussed about exploring the meaning of Social Intelligence and how it can help to succeed in life.

Key Takeaways:

1. Social intelligence is the capacity to know oneself and to know others.
2. Social Intelligence develops from experience with people and learning from success and failures in social settings.

3. It is more commonly referred to as "tact", "common sense", or "street smarts".
4. Sign of Social Intelligence:
    - Effective Listening
    - Conversational Skills
    - Reputation Management
    - Lack of Arguing
5. Things you should do to develop Social Intelligence
    - Pay close attention to what or who is around you
    - Work on increasing your emotional intelligence
    - Respect cultural differences
    - Practice active listening
    - Appreciate the important people in your life



WEBINAR 10

"SUPERCHARGING GOOGLE FOR EDUCATION TOOLS USING ADD-ONS AND EXTENSIONS"

In May 20, 2021, this webinar was organized by Kaagapay: Teacher Support and TeacherCarl Gozo and with a two speakers Mr. Carl Gozo, a JHS Faculty at Xavier School, and Mr. Angelito Malari, Administrator and Kaagapay teacher support. They discussed about how Google for education tools can get even better that it already is.

Key Takeaways:

1. Add-on or Extensions are software's that adds functionalities to different google application and to Google Chrome.
2. Add-ons extend the native functionality of Google Docs and Sheets and can help to increase productivity and efficiency of document creation, add functionality such as electronic signatures, and improves opportunities for collaboration and communication.
3. Examples of popular add-ons:
    - EasyBib
    - Table of Contents
    - Easy accents
    - Flubaroo
    - Save as Doc
4. When you install an add-on from within Google Docs or Sheets, it will request several permissions for accessing your G Suite data and Google apps. These may include: Full access to all your google Drive Files, create new documents, edit existing documents, share documents with others, run application while you are not present, and view and manage your contacts.

WEBINAR 11

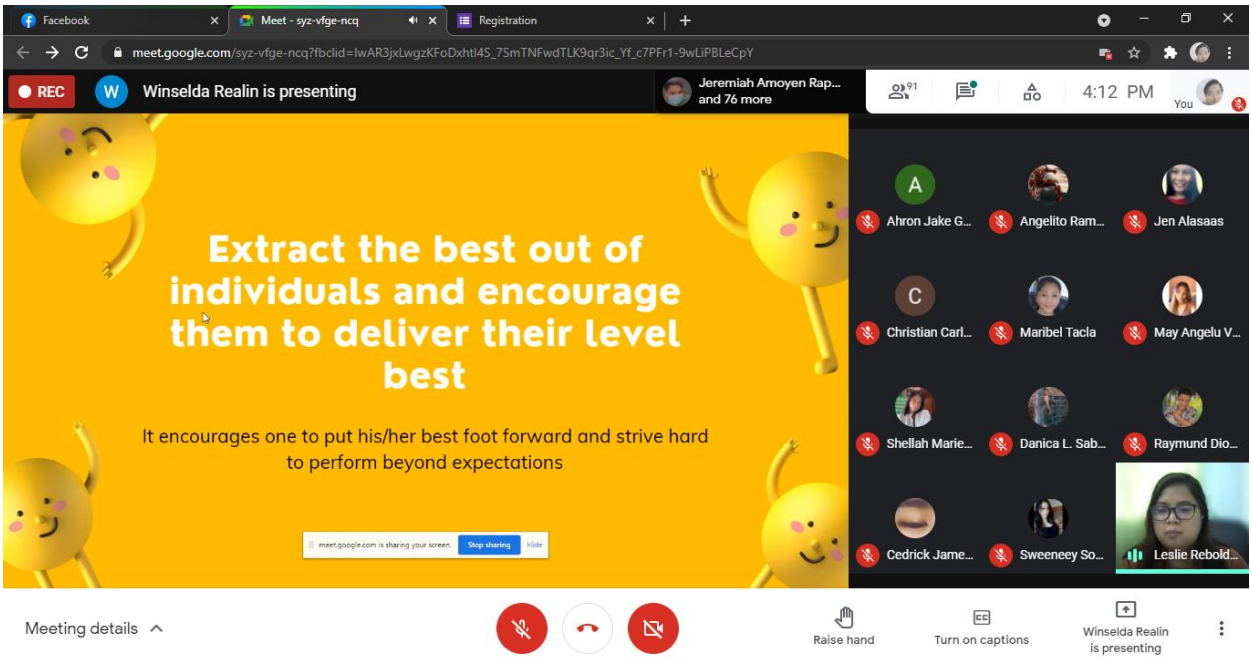
"CAREER ORIENTED AND DEVELOPMENT & PERSONALITY DEVELOPMENT"

In May 21, 2021. This webinar was organized by the College of Communication and Information Technology. The first speaker is Ms. Caren Kate Quitoriano as she discussed about the topic entitles "Career Oriented and Development", and the second speakers are Ms. Leslie Reboldera and Mrs. Winselda Realin as they Discussed the topic "Personal Development". This webinar focuses on orientation, self-knowledge discovery, exploration, decision making, and adaption.

Key Takeaways:

1. Benefits of Career Planning:
    - Helps in understanding current strengths, determine what skills is needed to develop, learn ways to improve current and future performance, and guides to find purpose in their role.
    - Increases motivation, improves academic achievements. Increases retention, and less time to graduate.
    - Timely college degree attainment influenced by the interest / major congress of students.
2. You are the one responsible for making your education and career decisions, managing your career and controlling your destiny.
3. The benefits of developing a career portfolio go beyond having a useful tool to showcase yourself. It is a valuable way to prepare for future networking and interviews.
4. The things you might do for an interview:
    - Dress appropriately
    - Know the exact location and time, arrive early before the exact time
    - Treat other people you encounter with courtesy and respect.
    - Maintain good eye contact during the interview
    - Avoid fidgeting and slouching
    - Respond to questions and backup your statements about yourself with specific examples
    - Be honest and be yourself
    - Focus on what you can do for the company rather than what the company do for you.

5. Thing that you shouldn't do in an interview:
    - Don't make negative comment about previous employers or professors
    - Don't ask about the salary and benefits issue
    - Don't be unprepared for typical interview questions.
    - Don't bring up or discuss personal issues or family problems
    - Don't allow your cellphone to sound or alarm during the interview.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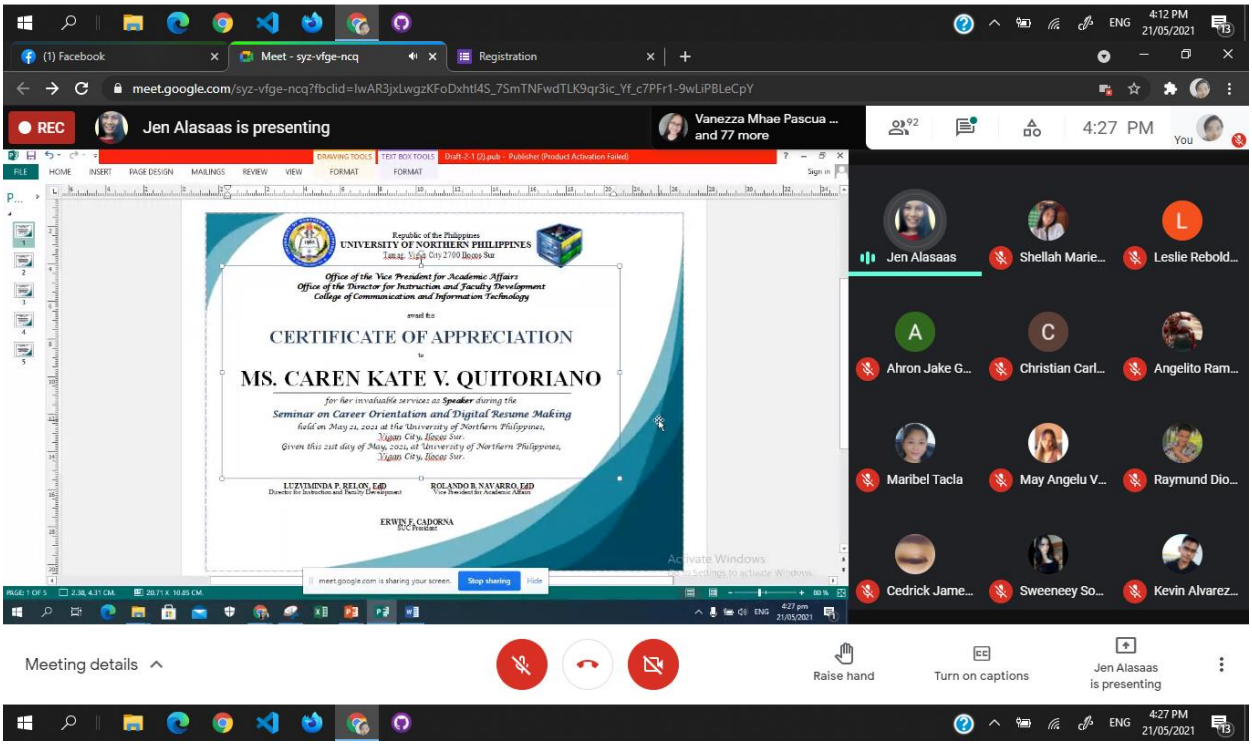
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Office of the Director for Instruction and Faculty Development
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CERTIFICATE OF APPRECIATION
MS. CAREN KATE V. QUITORIANO
for her invaluable services as Speaker during the
Seminar on Career Orientation and Digital Resume Making
held on May 21, 2021 at the University of Northern Philippines, Vigan City, Ilocos Sur.
Given this 21st day of May, 2021, at University of Northern Philippines, Vigan City, Ilocos Sur.
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ROLANDO B. NAVARRO, EdD
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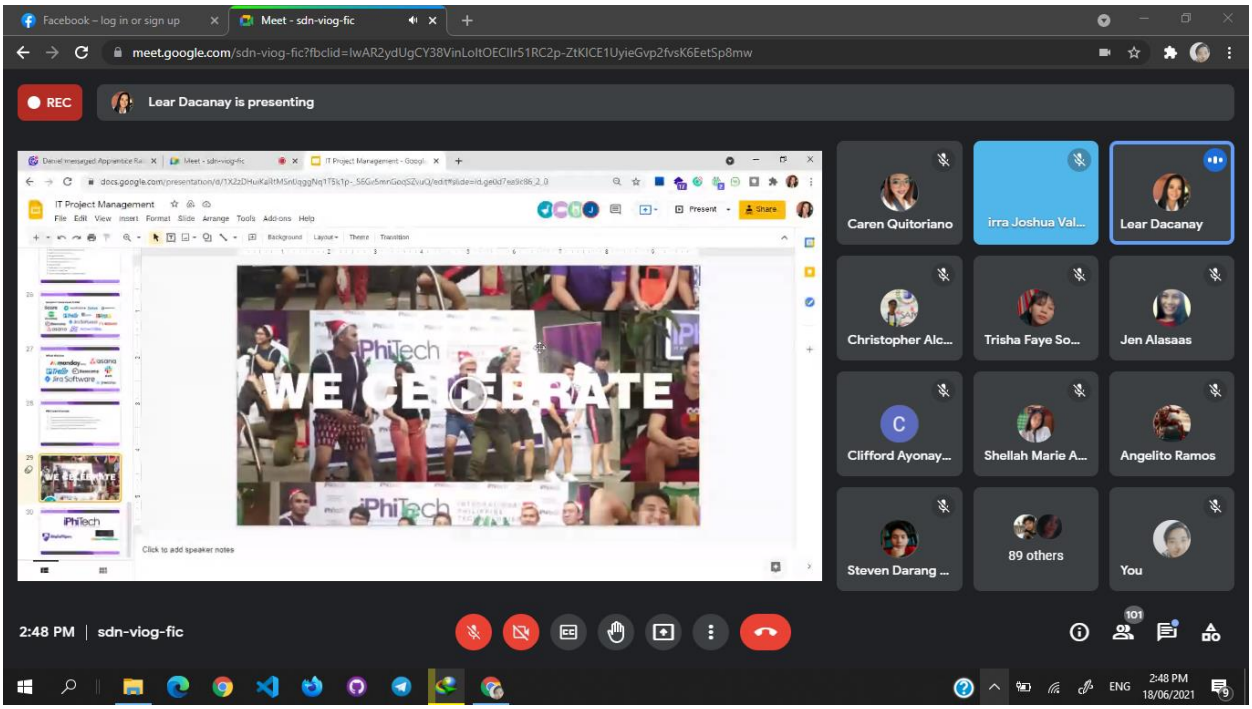
WEBINAR 12

“IT PROJECT MANAGEMENT”

This webinar was organized by the College of Communication and Information Technology with the guest speaker Mr. Mark Jan Enriques discussing about the topic “IT Project Management”.

Key Takeaways:

1. Project Management is a way to help your team track all the work that is being done in order to meet the project’s requirements on time.
2. Every project should have a defined objective and goal. As you outline your project goals, use the smart goal framework to ensure you have clear metrics and criteria so you can accurately measure projects success.
3. Prioritizing is important to successfully manage a project. You’ll never have as much time and resources as we all hope for, so to do it all you need is to focus on the items that will have most impact. Then make sure these priorities clear to stakeholders so you can set expectations and to your team so they focus on the right work.
4. Importance of Project Management
    - Handle project effectively
    - Define the project and agree with the customer
    - Plan and assess resources needed for the project
    - Estimate project cost and make proposals
    - Plan and schedule activities in a project
    - Allocate the right resources at the right time
    - Assess risk and failure points and make back-up plans
    - Lead a project team effectively and communicate well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