

Name: Lagasca, Niño Joaquin L.

Grade: \_\_\_\_\_

Strand/Section: **STEM -E12B** Date: \_\_\_\_\_

Teacher: Ms. Pamela Banzuela

Comments: \_\_\_\_\_

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| B. Week 2   | Checked: 11/22/25    |
| C. Week 3   | Checked: 11/22/25    |
| D. Week 4   | Checked: 12/06/25    |
| E. Week 5   | Checked: 12/06/25    |
| F. Week 6   |                      |
| G. Week 7   | Checked: 01/12/26    |
| H. Week 8   | Checked: 01/30/26    |
| I. Week 9   | Checked: 01/30/26    |
| J. Week 10  |                      |
| K. Week 11  | No weekly reflection |
| L. Week 12  |                      |
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Teacher's Signature over Printed Name

Jose Rizal University  
SENIOR HIGH SCHOOL DIVISION  
School Year 2025-2026  
Second Semester

# **WORK IMMERSION**

## **ePortfolio**

In partial fulfillment of the requirements for the subject  
RSC S212: WORK IMMERSION

Submitted by:

<NIÑO JOAQUIN LORETO LAGASCA>  
<STEM - E12B>  
<DATE>

to  
<MAAM PAMELA BANZUELA>

## **VISION**

JRU will be a market leader in the use of technology for innovation in teaching and learning to produce graduates of social importance.

## **MISSION**

The University aims to develop its students to become useful and responsible citizens through the effective transfer of (relevant knowledge and desirable values.

## **INSTITUTIONAL OUTCOME**

A JRU graduate has the competencies and values in the disciplinal area completed such that he/she is a useful and responsible citizen of the country.

## **SUBJECT DESCRIPTION**

Work Immersion is one of the course requirements for graduation. This course is equivalent to the Work Immersion of STEM strand. It will provide STEM students the opportunity to integrate their learning from Allied Sciences subjects. It focuses on the exhibitions of authentic outcomes and performances as evidence of their learning. Students are required to accomplish an 80-hour period that will enable them to fulfill the objectives of the subject. These prepare them to meet the needs and challenges of employment or higher education after graduation.

Specifically, the students are able to:

1. Enhance their technical knowledge and skills.
2. Enrich their skills in communications and human relations.
3. Develop good work habits, attitudes, appreciation, and respect for work.

## PREFACE

I am Niño Joaquin L. Lagasca, a graduating student from Jose Rizal University. This portfolio is a collection of my achievements and journey throughout my Senior High School 2nd Semester. It highlights my skills and personal growth in the field of Engineering by attending various seminars/webinars. This is also a collection of first-time experiences of work immersion handling different situations and problems showcasing a wide range of skillsets and solutions. Additionally exhibiting an appropriate attitude in how to show proper work etiquette.

This accumulation and summary of events focuses on the Engineering field. It challenges my ability to critically think and analyze different situations while in a new working environment. Key skills were also highlighted In this portfolio such as Research, Adaptation and Collaboration with fellow peers who pursues a similar career path. My soft and hard skills were improved during the different events which trained me to have the mindset for a future career.

All of my participation in activities and projects allowed me to grow and showcase it to the world to the best of my capabilities. Continuously striving for greatness in the engineering field to keep on learning and attaining new skills and knowledge. My passion for learning and utilizing my skillset is shown throughout this portfolio. It consists of all of the highlights and achievements that I accomplished and the opportunities that I took along the way. It also showcased the things I realized and will value in the future searching for my chosen career path.

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# **WORK IMMERSION REQUIREMENTS**

**Work Immersion Requirements**

- A. Profile/Resume
- D. Work Immersion Guidelines
- E. Schedule of Weekly Tasks and Activities

# Resume'

## Niño Joaquin Loreto Lagasca

# Sta Ana St., Subdivision Name, Brgy 880, Santa Ana District, Manila

09150460634

ninojoaquin20@gmail.com



### CAREER OBJECTIVE

Aspiring to become an Engineer to apply my technical skills, enhance my expertise, and contribute meaningfully to the advancement of technology and innovation. Committed to being a productive and collaborative team member, continuously improving and mastering both basic and advanced programming skills and construction to deliver high-quality results.

### SCHOLASTIC BACKGROUND

#### Senior High School

Jose Rizal University

80 Shaw Boulevard

Mandaluyong City, Philippines 1552

E12B

(2024 - In Progress)

#### Junior High School

St. Anthony of Makati Montessori Inc.

2076 E Pascua, Street

Makati City, 1207 Metro Manila

(2020 - 2024)

High honors

#### Primary

St. Anthony of Makati Montessori Inc.

2076 E Pascua, Street

Makati City, 1207 Metro Manila

(2012 - 2020)

With Honors

**SCHOLARSHIP GRANT- If any**

**§ College Scholar <Year From-Year To>**

**<Name of the Scholarship Foundation>**

**<Complete Address>**

**SKILLS AND QUALIFICATIONS**

- Basic knowledge in Urban Planning
- Basic knowledge in Coding
- Good Research Skills
- Good in Mathematics and Science
- Great in memorization and application of knowledge
- Html, CSS, JavaScript

**EMPLOYMENT HISTORY**

*(List your current or most recent job, and work backwards in time)*

**20\*\*-present**

**JOB TITLE**

**<Employer's Name>**

**<Employer's Address>**

**(summary of your responsibilities and  
accomplishments)**

**MEMBERSHIP / AFFILIATIONS**

*(recent first to the oldest)*

**20\*\*-present**

**ACTIVE MEMBER,**

**<ORGANIZATION>**

**<Complete name of the  
organization>**

## CITATIONS AND AWARDS

*(Write none if no awards were received)*

*(recent first to the oldest)*

<none>

### TRAININGS AND SEMINARS ATTENDED

February 21, 2026 | 1:00 - 3:00pm

<Participant>

<"Wadhwani Foundation Job Ready Employability Skills Program">

<Online>

January 21, 2026 | 1:00pm - 4:00pm

<Participant>

<"Your Digital Footprint: Work Etiquette and Cyber Safety at Work ">

<Online>

January 14, 2026 | 1:00pm - 4:00pm

<Participant>

<"Respect, Inclusion and Diversity in the Workplace">

<Online>

November 26, 2025 | 8:00 - 12:00 AM

<Participant>

<"Developing A Personal Brand As A Young Professional">

<Jose Rizal University Centennial Auditorium>

November 20, 2025 | 1:00 - 3:40 PM

<Participant>

<"Rizalian Career Summit">

<Jose Rizal University Centennial Auditorium>

## PERSONAL INFORMATION

**Birth Date:** January 20, 2008

**Birth Place:** Lourdes Hospital Sta. Mesa Metro Manila

**Civil Status:** Single

**Citizenship:** Filipino

**Father's Name:** William Torralba Lagasca

**Occupation:**

**Mother's Name:** Maria Gracia Loreto Lagasca

**Occupation:** X-ray Technologist

## CHARACTER REFERENCES

**CHRISTINE JOY AGUILAR**

**Parent Acquaintance, Associate Project Manager**

**09173007119**

**Pamela Banzuela**

**SHS Teacher, Jose Rizal University**

**pamela.banzuela@jru.edu**

**Dane Marc N. Alivario**

**JHS Teacher, St. Anthony of Makati Montessori Inc.**

**dmnalivario@gmail.com**

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



LAGASCA, NIÑO JOAQUIN LORETO

<SIGNATURE OVER PRINTED NAME>

# Work Immersion Guidelines

1. All output or requirement submissions shall only be submitted in MS TEAMS or through the use of JRU email (case to case basis).
2. Google Docs will be used to create all necessary documents, such as the reflections, research papers, ePortfolios and the like. The teacher will be the owner of the document. This will allow an easier way of checking necessary revisions needed for the documents. The google drive link will be sent by the teacher.
3. Each of you will be given access to your own folder wherein you will upload your works. **STRICTLY NO SHARING OF GOOGLE DRIVE FOLDER LINKS.** Only you and your teacher will access this link.

Take note that access histories are available for these drive folders and access request notification will be received by the teacher. Students who will be caught sharing their drive folder links, or accessing their classmate's folder will be considered cheaters.

Sharing of outputs, assignments, screenshots, own works, and the like that is intended for submission or to benefit others will also be considered as cheating. Those who will be involved in the act of plagiarism will be violating the academic integrity as well. This matter will be processed in accordance with the handbook's rules.

STUDENT VIRTUAL LEARNING CODE OF CONDUCT AND DISCIPLINE  
(VLCCD)  
Version 1 Rev. 0 AUGUST 2020

The two types of academic integrity violations are as follows:

PLAGIARISM

CHEATING:

**PLAGIARISM**

“As published by <https://www.plagiarism.org/> (2017), it is an act of fraud that involves stealing someone else's work and lying about it afterward”

Furthermore, plagiarized works (<https://www.plagiarism.org/>, 2017) mean:

turning in someone else's work as your own

copying words or ideas from someone else without giving credit

failing to put a quotation in quotation marks

providing incorrect information about the source of a quotation

changing words but copying the sentence structure of a source without giving credit

copying so many words or ideas from a source that it makes up the majority of your work, whether you give credit or not

**CHEATING**

“When a person misleads, deceives, or acts dishonestly on purpose”(<https://kidshealth.org/en/kids/cheating.html>)

4. All students are required to complete an 80-hour work immersion experience through seminars, work exposure/tours, hands-on activities or by creating a research paper. If the student failed to meet the 80-hour, he/she must find other options to fill the gap needed to complete the 80-hours.

Keep in mind that any option or ways to complete the 80-hour target must be communicated to your subject teacher and it must be approved as well. Unapproved seminars, work exposure/tours, hands-on activities), etc., will not be accepted and accounted as part of your 80-hour target.

5. Any student who is going to be ABSENT must provide a scanned(or typed) excuse letter from their parent/legal guardian, affixed with the parent or legal guardian's a signature , with an identification card (ID) and necessary attachments subject to evaluation by the teacher and coordinators on a case-to-case basis.

6. Any student who is unable to attend seminars, work exposure and the like due to reasonable excuse must find a way to compensate for their missed hours in order to meet the 80-hour target or requirement with the teacher's approval.

7. During webinars , all students should enter their names in the following format. This is to easily identify students especially in large meetings. There should be NO SPACE BETWEEN CHARACTERS/LETTERS.

***ALLIED SCIENCES***

SECTION/COURSE/Surname,First Name

Example: E12A/AS/DelaCruz,Juan

***ENGINEERING GROUP:***

Example: E12A/ENGR/DelaCruz,Juan

8. Other matters about the subject and behavioral conduct, please refer to the house rules, guidelines for online/onsite learning of SHS students and virtual learning code of conduct and discipline.

# Schedule of Weekly Tasks and Activities

<b>Week</b>	<b>Date/Time/Day</b>	<b>Title of Activities</b>
Week 1	November 3, 2025   7-8:30 am   Monday	Classroom Orientation
	November 5, 2025   9-11 am   Wednesday	Student Re-Orientation
Week 2	November 10, 2025   8:30-2:30am   Monday	Satisfaction Survey
	November 13, 2025   8:30-2:30am   Wednesday	Work Ethics in the Workplace Discussion
Week 3	November 17, 2025   8:30-10am   Wednesday	Data Privacy in the Workplace Discussion
	November 20, 2025   1-3:40pm   Wednesday	Rizalian Career Summit
Week 4	November 24, 2025   8:30-10:00am   Monday	Title and Concept Proposal and Elevator Pitch
	November 26, 2025   8:00 - 12:00 AM   Wednesday	Developing A Personal Brand As A Young Professional
Week 5	November 29, 2025   8:30-10:00am   Monday	Urban Planning Discussion
Week 7	January 5, 2026   8:30-10:00am   Monday	Return of classes
	January 8, 2026   8:30-10:00am   Wednesday	Practice of U-week
Week 8	January 12, 2026   8:30-10:00am   Monday	Practice of U-week
	January 14, 2026   11:00-4:00pm   Wednesday	Practice of U-week and Respect, Inclusion and Diversity in the Workplace Seminar
Week 9	January 19, 2026   8:30-10:00am   Monday	Practice of U-week
	January 21, 2026   7:00-4:00pm   Wednesday	Practice of U-week and San Juan Tour of El Deposito and Your Digital Footprint: Work Etiquette and Cyber Safety at Work
Week 10	January 26, 2026   8:30-10:00am   Monday	Safety In The Workplace
Week 11	February 2, 2026   8:00-9:00am   Monday	Midterm Exam
	February 5-7, 2026   7:00-4:00pm   Thursday - Saturday	U-week practice
Week 12	February 9-14, 2026   8:00-6:00pm   Monday - Saturday	UWEEK
Week 13	February 21, 2026   1:00-3:00pm   Saturday	Wadhwani Foundation Job Ready Employability Skills Program Orientation and Onboarding

## **SEMINAR SERIES**

**<Accomplish the following about the series of Seminars/Webinars>**

**Note: Only the seminars/webinars that you have attended.**

(e.g.)

Date and Time of the Seminar/Webinar	Title of the Seminar/Webinar	Resource Speaker of the Seminar/Webinar	Description of the Seminar/Webinar
November 20, 2025 I 1:00 - 3:40 PM	“Rizalian Career Summit”	Mr. Neil Realubit	This seminar tackled the reality of choosing and what to expect in future careers and how confidence and faith affect your success
November 26, 2025 I 8:00 - 12:00 AM	“Developing A Personal Brand As A Young Professional”	Mrs. Rovelyn A. Arcilla & Ms. Dianne Marie B. Martin	This seminar tackled how you show yourself or present to others to make a lasting impression
January 14, 2026 I 1:00pm - 4:00pm	“Respect, Inclusion and Diversity in the Workplace”	Mrs. May Ann T. Go	This seminar tackled how respect is earned and important in the workplace for it to function normally
January 21, 2026 I 1:00pm - 4:00pm	“Your Digital Footprint: Work Etiquette and Cyber Safety at Work”	Ms. Roxanne R. Japzon	This seminar tackled what a digital footprint is and how you should appropriately manage it because it could reflect who you are.
February 21, 2026 I 1:00 - 3:00pm	“Wadhwani Foundation Job Ready Employability Skills Program”	Mr. Edward Shiener S. Landoy	This seminar tackled the lack of soft and technical skills found in students and creating a program to train them to attain the necessary skills.

# **WORK IMMERSION WEEKLY EXPERIENCE**

**José Rizal University**  
**SENIOR HIGH SCHOOL DIVISION**  
**RSC S212: WORK IMMERSION (STEM)**

**WEEK 1: <NOVEMBER 3-7, 2025>**

**<CLASS ORIENTATION>**

Name: Niño Joaquin L. Lagasca

Strand & Section: E12B

Topic/s:

- Events and Schedule for 2nd Semester
- Subject Orientation

**REFLECTION GUIDE**

Write a reflection on the lecture, seminar/webinar based on:

- The three (3) new ideas, information, or resources you discovered as well as their implications for the field you are pursuing.
- Your three (3) values that you will carry with you or apply to your life experiences and future career.

<b>SOMETHING NEW</b>	<b>SOMETHING TO VALUE</b>
<ul style="list-style-type: none"><li>• I learned that plagiarism and cheating is not acceptable in work immersion because it is unethical and stops innovation of new ideas.</li><li>• I learned about the overview of what Engineering work immersion would be like and shows that research is crucial in handling different types of projects especially in construction.</li><li>• I learned that I will be able to develop hard and soft skills needed in this work immersion which is important in my future work career.</li></ul>	<ul style="list-style-type: none"><li>• I will value and uphold integrity as it will guide me in making truthful decisions in life and in my future career.</li><li>• I will value being persistent because this will help me to keep moving forward in life even if some situations become too hard to handle or solve.</li><li>• I will value my responsibility because whatever I start I will finish as that kind of mindset is important in a working environment to complete various tasks.</li></ul>

**José Rizal University**  
**SENIOR HIGH SCHOOL DIVISION**  
**RSC S212: WORK IMMERSION (STEM)**

**WEEK 2: <NOVEMBER 10-15, 2025>**

**<Work Ethics in the Workplace>**

Name: Niño Joaquin L. Lagasca

Strand & Section: E12B

Topic/s:

- Satisfaction Survey
- Work Ethics in the Workplace

### **REFLECTION GUIDE**

Write a reflection on the lecture, seminar/webinar based on:

- The three (3) new ideas, information, or resources you discovered as well as their implications for the field you are pursuing.
- Your three (3) values that you will carry with you or apply to your life experiences and future career.

#### **SOMETHING NEW**

- I have learned that my subject teachers excel in their different types of teaching methods and are able to teach it fluently which is very needed as it will help me understand concepts much quicker with a deep sense of understanding.
- I have learned that my attitude is a big factor in a working environment. Being skilled in a workplace is not enough to be successful. I also need to have proper characteristics because it will benefit me in communicating well with peers and have a healthy relationship with them.
- I have learned that knowing proper work ethic is extremely crucial in a workplace because it will decide if each member will be able to work with each other

#### **SOMETHING TO VALUE**

- I value and respect my mentors as they have helped me reach where I am now. This is something I will carry in the future as having a good relationship with my seniors or mentors will be beneficial in creating a healthy working environment.
- I value being kind to others and becoming humble in the workplace because if I become too arrogant or rude to my co-workers it would damage my relationship with them and potentially lose my job.
- I will practice good ethics in the workplace to ensure that I could work well with my fellow co-workers and establish a good relationship to have a develop good performance in the workplace

**José Rizal University**  
**SENIOR HIGH SCHOOL DIVISION**  
**RSC S212: WORK IMMERSION (STEM)**

**WEEK 3: <NOVEMBER 17-22, 2025>**

**<Data Privacy in the Workplace>**

Name: Niño Joaquin L. Lagasca

Topic/s:

- Data Privacy in the Workplace
- Adapt, Change and Evolve

Strand & Section: E12B

**REFLECTION GUIDE**

Write a reflection on the lecture, seminar/webinar based on:

- The three (3) new ideas, information, or resources you discovered as well as their implications for the field you are pursuing.
- Your three (3) values that you will carry with you or apply to your life experiences and future career.

**SOMETHING NEW**

- I have learned that data privacy is important. Your information and the company that you are working at is needed to be managed carefully because if it leaks it could be used against you or the company
- I have learned that the world is always growing and changing, and so is the technology which is why I have to go with the change to survive because if not it might affect my skills in the workplace and it might seem outdated.
- I have learned that not only do you need the necessary skills to succeed in your future career, you also need to have self confidence and faith in yourself which is important in a workplace so peers also trust you.

**SOMETHING TO VALUE**

- I will value my data privacy because I do not want to share important information to people I do not know and it is also for my own safety.
- I will adapt more to situations because in this way I will be able to stay relevant and useful to society and this will be a great thing for my future careers as I manage different problems with different solutions and ways to handle them.
- I will value my self confidence and trust myself more because if I do that others can trust me in handling various types of work in my career. This will also open up more opportunities for me to have and have a successful career journey.

**José Rizal University**  
**SENIOR HIGH SCHOOL DIVISION**  
**RSC S212: WORK IMMERSION (STEM)**

**WEEK 4: <NOVEMBER 24-29, 2025>**

**<Title and Concept Proposal and Elevator Pitch>**

Name: Niño Joaquin L. Lagasca

Strand & Section: E12B

Topic/s:

- Title and Concept Proposal and Elevator Pitch
- Developing A Personal Brand As A Young Professional

**REFLECTION GUIDE**

Write a reflection on the lecture, seminar/webinar based on:

- The three (3) new ideas, information, or resources you discovered as well as their implications for the field you are pursuing.
- Your three (3) values that you will carry with you or apply to your life experiences and future career.

<b>SOMETHING NEW</b>	<b>SOMETHING TO VALUE</b>
<ul style="list-style-type: none"><li>• I have learned that building who you are first is a good step to take if you want to make a lasting impression on others because it is how they will see your skills and abilities. This will imply that I have to be presentable for peers to have trust in me.</li><li>• I have learned that being consistent is important even when facing failure because always training yourself to improve is better than stopping because of one failure. This will test if they can endure responsibility in the workplace.</li><li>• I have learned that discovery is a major step in determining your future career path because it will allow me to find who I am and what I excel at. This will point to my dream job in the future.</li></ul>	<ul style="list-style-type: none"><li>• I will value to build myself because by doing this I could create and image to other people that I am trustworthy and become a valuable team member</li><li>• I will value consistency and integrity because this will pave the path to success as I will develop skills everyday until I have mastery over it, giving me an advantage in my field.</li><li>• I value self discovery because by finding out what I could do I can identify what are my strengths and weaknesses and take on jobs I can handle and take on.</li></ul>

**José Rizal University**  
**SENIOR HIGH SCHOOL DIVISION**  
**RSC S212: WORK IMMERSION (STEM)**

**WEEK 5: <NOVEMBER-DECEMBER 29-3, 2025>**

**<Urban Planning>**

Name: Niño Joaquin L. Lagasca

Strand & Section: E12B

Topic/s:

- Urban Planning

### **REFLECTION GUIDE**

Write a reflection on the lecture, seminar/webinar based on:

- The three (3) new ideas, information, or resources you discovered as well as their implications for the field you are pursuing.
- Your three (3) values that you will carry with you or apply to your life experiences and future career.

#### **SOMETHING NEW**

- I have learned that many areas in the Philippines have bad housing planning because of the squatters area. This becomes a hazard as houses are next to each other and weakly prone to disasters. This is important to know as a future engineer because I need to learn how to plan effectively to avoid such situations.
- I have learned that there are many factors in urban planning such as the social, physical and economical environment. This is important for me to know because this is where the planning aspect will be based and researching these things beforehand is required before starting a project.
- I have learned that the government gives more to the urban areas than in rural areas, neglecting their needs. This creates a problem where rural people always seek to go to urban areas, which decreases jobs like farming.

#### **SOMETHING TO VALUE**

- I will value planning because this will help me to be organized and help me be able to follow a strict step-by-step process to complete a project effectively.
- I will value researching as this will be the fundamental and foundation to be used in many projects I may do in the future so I know the background and the details of it so I can construct it clearly .
- I will value practicality because this will allow me to figure out solutions to different problems more realistically by considering the different factors such as the physical, social and economical environment.

**José Rizal University**  
**SENIOR HIGH SCHOOL DIVISION**  
**RSC S212: WORK IMMERSION (STEM)**

**WEEK 7: <JANUARY 5-9, 2026>**

**<U-week practice>**

Name: Niño Joaquin L. Lagasca

Strand & Section: E12B

Topic/s:

- U-week practice

**REFLECTION GUIDE**

Write a reflection on the lecture, seminar/webinar based on:

- The three (3) new ideas, information, or resources you discovered as well as their implications for the field you are pursuing.
- Your three (3) values that you will carry with you or apply to your life experiences and future career.

**SOMETHING NEW**

- I have learned to be energetic. This is important in the workplace because this will boost morale of yourself and peers.
- I have learned that perseverance is important to consistently do your part at full capacity and energy.
- I have learned to communicate with others to solve problems in terms of coordination and steps. This is important to uphold clarity and a good relationship.

**SOMETHING TO VALUE**

- I will value my fellow peers and work mates because working together can improve efficiency in solving problems.
- I will value my physical self because staying fit is also important instead of focusing on work all the time.
- I will value my mental capacity because I need to stay cool while under pressure of quick dance steps.

**José Rizal University**  
**SENIOR HIGH SCHOOL DIVISION**  
**RSC S212: WORK IMMERSION (STEM)**

**WEEK 8: <JANUARY 12-17, 2026>**

**<Respect, Inclusion and Diversity in the Workplace>**

Name: Niño Joaquin L. Lagasca

Strand & Section: E12B

Topic/s:

- U-week practice
- Respect, Inclusion and Diversity in the Workplace Seminar

**REFLECTION GUIDE**

Write a reflection on the lecture, seminar/webinar based on:

- The three (3) new ideas, information, or resources you discovered as well as their implications for the field you are pursuing.
- Your three (3) values that you will carry with you or apply to your life experiences and future career.

**SOMETHING NEW**

- I have learned that respect is earned. You have to show it first before you gain it. This is important in the workplace so you will have a healthy relationship.
- I have learned that there is always diversity in the workplace and I have to show each person with respect regardless of their differences.
- I have learned that creating a working environment is important because this will make people feel valued which also affects their efficiency and motivation in working.

**SOMETHING TO VALUE**

- I will value my fellow peers' dignity by showing them respect in the workplace in this way there will be a healthy working environment for me and peers.
- I will value integrity as this will help me become honest to others and by doing this it allows me to showcase strong ethical morals in the workplace.
- I will value teamwork and open mindedness. I should treat others in the workplace equally with respect and dignity even if they are different from others because there is a chance they have another perspective which could be valuable to the work area.

**José Rizal University**  
**SENIOR HIGH SCHOOL DIVISION**  
**RSC S212: WORK IMMERSION (STEM)**

**WEEK 9: <JANUARY 19-23, 2026>**

<Your Digital Footprint: Work Etiquette and Cyber Safety at Work>

Name: Niño Joaquin L. Lagasca

Strand & Section: E12B

Topic/s:

- U-week practice
- Your Digital Footprint: Work Etiquette and Cyber Safety at Work Seminar
- Tour at El Deposito San Juan

**REFLECTION GUIDE**

Write a reflection on the lecture, seminar/webinar based on:

- The three (3) new ideas, information, or resources you discovered as well as their implications for the field you are pursuing.
- Your three (3) values that you will carry with you or apply to your life experiences and future career.

**SOMETHING NEW**

- I have learned about digital footprint which is my activities online. This could be seen by my employer and employees and that may show my nature.
- I have learned about the intricate and impressive design of the water reservoir that was built without much technology but just pure innovation.
- I have learned about listening to the coach fully during U-week to execute the right steps and coordinating with my dance members so there would be no problem in the performance.

**SOMETHING TO VALUE**

- I will value and keep in mind what I post or do online because it could show my actual personality..
- I will value critical thinking because this will help me in creating valuable projects without depending on technology .
- I will value my listening skills because these soft skills will be helpful in creating an understanding between people..

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**WEEK 10: <JANUARY 26-31, 2026>**

**<Safety In the Workplace>**

Name: Niño Joaquin L. Lagasca

Strand & Section: E12B

Topic/s:

- Safety In The Workplace

**REFLECTION GUIDE**

Write a reflection on the lecture, seminar/webinar based on:

- The three (3) new ideas, information, or resources you discovered as well as their implications for the field you are pursuing.
- Your three (3) values that you will carry with you or apply to your life experiences and future career.

<b>SOMETHING NEW</b>	<b>SOMETHING TO VALUE</b>
<ul style="list-style-type: none"><li>• I have learned about the different types of hazards in the workplace. This is very important as it could threaten my life while working.</li><li>• I have learned that there are different ways to protect yourself from hazards in the workplace like managing tools and machinery and reporting unsafe conditions.</li><li>• I have learned that inspecting a specific workplace first is important before working to identify the hazards and potential threat to you and to peers.</li></ul>	<ul style="list-style-type: none"><li>• I will value my life because if I get heavily injured from the workplace it could be a burden to others and financially to you.</li><li>• I will value the rules and regulations as it will help avoid the different kinds of hazards and to keep the workplace in order.</li><li>• I will value my instinct as it will sometimes help me to know if there are any incoming threats to me and to others in the workplace.</li></ul>

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**WEEK 11: <FEBRUARY 2-7, 2026>**

**<Midterm Exam and Uweek Practice>**

Name: Niño Joaquin L. Lagasca

Strand & Section: E12B

Topic/s:

- Midterm Exam
- Uweek Practice

**REFLECTION GUIDE**

Write a reflection on the lecture, seminar/webinar based on:

- The three (3) new ideas, information, or resources you discovered as well as their implications for the field you are pursuing.
- Your three (3) values that you will carry with you or apply to your life experiences and future career.

**SOMETHING NEW**

- I have learned that hard work will pay off if you consistently pursue what you want to achieve and this is necessary in engineering field to have quality results
- I have learned that consistency is required in learning because a person cannot improve in a day but over time.
- I have learned that you need to accept the results that you create even if it's not up to your standard. It is more important to learn from it than to resent yourself for it.

**SOMETHING TO VALUE**

- I will value my being persistent because working hard isn't enough to produce quality results but to have a steady growth in creating quality results..
- I will value growing slowly to become something else because growing is a long term investment and it is required to master a skillset.
- I will value acceptance as learning from your mistakes is better to improve yourself mentally and to control your emotions for the next thing or project that you are going to do..

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**WEEK 12: <FEBRUARY 9-14, 2026>**

**<UWEEK>**

Name: Niño Joaquin L. Lagasca

Strand & Section: E12B

Topic/s:

- UWEEK

**REFLECTION GUIDE**

Write a reflection on the lecture, seminar/webinar based on:

- The three (3) new ideas, information, or resources you discovered as well as their implications for the field you are pursuing.
- Your three (3) values that you will carry with you or apply to your life experiences and future career.

**SOMETHING NEW**

- I have learned about different technological machines and robotics in the library booth at uweek which shows innovation and creativity in engineering.
- I have learned that disciplining yourself is important while at a stressful event with a lot of preparations to do it is required to keep cool under pressure.
- I have learned that being energetic is required at an event to show enthusiasm and a good mood. This is also to boost confidence between people and peers.

**SOMETHING TO VALUE**

- I will value my friends as they helped with preparing such event and a big event cannot be done without teamwork
- I will value being on time as it shows respect to higher ups and respect other people's time by not wasting it and keeping a promise.
- I will value my cool nature because it is very easy to lose it in a stressful situation which could be bad to make things worse.

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**WEEK 13: <FEBRUARY 16-21, 2026>** <Wadhwani Foundation Job Ready Employability Skills Program>

Name: Niño Joaquin L. Lagasca

Strand & Section: E12B

Topic/s:

- Wadhwani Foundation Job Ready Employability Skills Program Meeting

**REFLECTION GUIDE**

Write a reflection on the lecture, seminar/webinar based on:

- The three (3) new ideas, information, or resources you discovered as well as their implications for the field you are pursuing.
- Your three (3) values that you will carry with you or apply to your life experiences and future career.

**SOMETHING NEW**

- I have learned that students have a hard time in attaining a job because they have poor soft skills and technical skills which implies that I have to train myself to develop these skills.
- I have learned that learning interpersonal skills and intrapersonal skills is important to become a well rounded professional.
- I have learned that you can use AI powered programs/platforms in order to improve your own skills effectively to have experience.

**SOMETHING TO VALUE**

- I will value being future ready so I can start training on my skills starting today by using AI as well to start with my journey as a professional.
- I will value my self awareness because by being aware of what I am lacking in my skillset I could put my focus on improving that.
- I will value being proactive because this will allow me to take initiative to develop my skills instead of waiting to find out in the future that I need this specific skillset for a job.

# **WORK IMMERSION HIGHLIGHTS, REALIZATIONS AND RECOMMENDATIONS**

# HIGHLIGHTS

## 1. Museum Tour to El Deposito

Coming on to this tour became a highlight to my work immersion experience because I saw so many different things and inventions that were used in the past and are very effective and efficient considering the lack of technology. It was full of innovation and sparked my interest on how to create my own machinery and improve my critical thinking skills.

## 2. Wadhwani Foundation Job Ready Employability Skills Program

This became a memorable experience for me because it trained me to develop my soft skills and my hard skills which are required to find a job and be a productive member of society. It also trained me to figure out what skills I needed to improve and to have. It helped me find out more about myself.

## 3. Miniature Project Making

This was a difficult task to complete because of its requirements and to critically think on how to make it work and look good for presentation. The low time frame to complete the project was stressful because it really required hard work, teamwork and time management to juggle with other tasks.

## 4. Rizalian Career Summit

This seminar made me realize that I have to get out of my comfort zone in order to get comfortable in life and in my future career because by learning new things and having confidence in myself to try a new skillset or an opportunity I develop myself to become a better person overall and by increasing my self esteem.

## 5. Data Privacy In The Workplace

This discussion became one of my highlights because it taught me how to survive in a technology world. I have to adapt and change my ways every time there is something new so that I may have a chance to keep up and potentially utilize such technology for my own benefit.

## REALIZATIONS

I realized that I have so much more potential in me than I thought because I did so many difficult projects and activities that seem very hard yet I managed to get by. I discovered so much about myself that I changed and adapted to how the world works, I became an improved person filled with new knowledge, acquaintances and a brand new skillset that I can utilize. I have created a foundation for my college journey in the future so that I may be prepared for the worst and for the better. My physical, mental and emotional well-being feels improved to the point that I can take more of a challenge and learn on new mistakes and become better. I also realized that my academic performance is getting better which gave me more confidence to take on outside school challenges to further develop my skills.

I am taking many opportunities which connect to my academic journey and how it will affect me in the future and my career. I am more willing to cooperate and socialize to new people and have more connections so that I may increase the possibilities of opportunity that I have. But working hard is not the only thing that is required to have a successful life. Taking care of yourself is only a valuable thing to do. I allot some time for myself to rest without any stress in order to not overwork myself and get sick because that is how a professional takes care of himself.

I have also taken control of my emotions to not overreact when something happens. Emotions can really damage your way of thinking and reputation when you're not careful and could possibly hurt someone. Instead of losing yourself to your emotions it is better if you calm down and think clearly on what to do next this way you can have a rational decision. By making rational decisions it could even benefit you, others and your career. This is an important skill to realize as soon as possible and value because of its perks and it can shape you into a better person if you have this kind of habit.

## **RECOMMENDATIONS**

There are a few recommendations that are required to improve the work immersion experience because it was quite lacking. First is the actual “work experience”. We did not have a proper onsite job assigned to us which lessened the work immersion; it was mostly seminars and activities. Having an area assigned to us would be better because it would allow us to have actual work experience. Other schools have immersion to different companies learning actual workplace skills and interaction.

Second recommendation is work immersion should have actual professionals teach students their life work in order to inspire students in their work careers path. This is needed so students may know the experience from a professional that aligns with their career path. This also should give them insights on what to expect and how to prepare for the different situations the students may face. The third recommendation is ample time to do activities because it is a little challenging juggling it with other subjects. There is a high chance that the quality of the project could be not up to standard because of the rushed work time.

Fourth recommendation is online seminars could use some work on the technical aspect because most of the time it is very laggy and the speaker couldn't be understood. This is a major problem because students can't fully grasp what the speaker is implying and potentially not learn anything from it. It would be better if all of the seminars are at a venue instead of it being online. Overall the rest of the work immersion like the discussions are good at explaining the content.

# **CERTIFICATES**

< Attach the Certificates from the seminars/webinar that you have attended or those that were indicated in your Resume' even before this semestral period >



# ATTACHMENTS & OTHER EVIDENCES

(Assignment, Research papers, Seminar/Webinar Reflections, Waivers, Screenshots/Pictures, other outputs and documents)

