



Jose Rizal University
College of Computer Studies Engineering
Computer Engineering Department

W3 - Webinar Report

CPE C409 – SEMINARS AND FIELDTRIPS

Submitted by:

Exiquiel John A. Pines

Submitted to:

Mrs. Monette Loy-A

Date Submitted:

September 14, 2023

Hosting Institution: **Jose Rizal University**

Seminar Title: **Personal Development and Workshop**

Speaker: **Ephraim Jay Villafania**

Seminar Date and Time: **September 7, 2023 / 11:00 AM**

Seminar Venue: **Jose Rizal University / H-312**

On September 7, 2023, I attended a seminar titled "Personal Development and Workshop" at Jose Rizal University. The seminar was conducted by Mr. Ephraim Jay Villafania.

The speaker used a variety of methods to deliver the content, including lectures, discussions, and activities. One of the activities that we had was the Compass Personality Test, which is a self-assessment tool that helps people to understand their personality preferences. The test is based on the idea that there are four main personality types: North, South, East, and West. North are leaders, goal-oriented, fast-paced, task-oriented, and assertive. South are team players, good listeners, sensitive and understanding. West are risk-takers, idea-centered, creative, innovative, flexible, and visionaries. My result says that I am an East, which are known for their analytical, organized, and perfectionistic nature. They are planners who are always looking for ways to improve and optimize things. They are also highly focused and goal-oriented. East types are often drawn to careers in science, engineering, and finance. Which is mostly true since I mostly think logically about anything that I do or about to do. I think first if the decision I'm about to make will be better for me or for the majority. I am also kind of a perfectionist when it comes to my works, as much as possible, I want my work to be flawless and almost perfect.

The significance of self-awareness was one of the seminar's most important lessons for me. The speaker emphasized the significance of understanding one's own strengths and weaknesses, values, and goals in order to develop and grow as a person. When we have a firm grasp of who we are, we can begin to create a strategy for achieving our goals and lead satisfying lives.

Overall, I found the seminar to be very informative and helpful. I learned a lot about personal development and gained some valuable skills that I can use to improve my life. I am grateful for the opportunity to have attended this seminar and to have learned from such a

knowledgeable and experienced speaker. I am confident that the skills and knowledge I gained will help me to live a more fulfilling and successful life.



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W3 - Webinar Evaluation

CPE C409 – SEMINARS AND FIELDTRIPS

Submitted by:

Exiquiel John A. Pines

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Date Submitted:

September 14, 2023



Seminar Evaluation Form


Topic : Personal Development and Workshop

Speaker : Ejay Villafania

Date : September 7, 2023

Time : 11 pm

exiqueiljohn.pines@my.jru.edu [Switch account](#)

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* Indicates required question

Email *

☒ Record exiqueiljohn.pines@my.jru.edu as the email to be included with my response

Name *

Exiqueil John A. Pines

I. CONTENT

Relevance of the topic discussed *

Poor 1 2 3 4 5 Excellent

☐ ☐ ☐ ☐ ☒

Scope of the topics covered *

	1	2	3	4	5	
Poor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	Excellent

Usefulness of activities *

	1	2	3	4	5	
Poor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	Excellent

Clarity of the presentation *

	1	2	3	4	5	
Poor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	Excellent

The presentation was well organized *

	1	2	3	4	5	
Poor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	Excellent

Did you find the content practical and applicable to your interest? *

☒ Yes

☐ No

Did the content provide you with new insights or knowledge? *

Did the content provide you with new insights or knowledge? *

☒ Yes

☐ No

Which specific topics or areas of the content did you find most valuable? *

compass personality test

II. RESOURCE PERSON

Mastery of the topic *

	1	2	3	4	5	
Poor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	Excellent

Effectiveness of the speaker *

	1	2	3	4	5	
Poor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	Excellent

How well did the speaker engage with the audience (e.g., Q&A, discussions)? *

	1	2	3	4	5	
Poor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	Excellent



The speaker's presentation was clear and engaging *

	1	2	3	4	5	
Poor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	Excellent

Did the speaker engage the audience and maintain your interest? *

☒ Yes

☐ No

What aspects of the speaker's presentation did you find particularly effective or valuable? *

the understanding of "Ako"

III. OVERALL SATISFACTION

How satisfied are you with the overall seminar event? *

	1	2	3	4	5	
Very Dissatisfied	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	Very Satisfied

List any suggestions you have for improving the presentation

Your answer



A copy of your responses will be emailed to exiqueiljohn.pines@my.iru.edu.



Seminar Evaluation Form

Your response has been recorded.

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Google Forms



JOSÉ RIZAL UNIVERSITY

Certificate

OF PARTICIPATION

PROUDLY PRESENTED TO

Eniquiel John A. Pines

In recognition of your active participation and engagement in the seminar entitled:
"Personal Development and Workshop".

Your commitment to self-improvement and your eagerness to engage in discussions and activities during the seminar have contributed significantly to the success of this event. We commend your dedication to personal growth and applaud your proactive involvement in this transformative learning experience.

Given this 7th day of September in the year of the Lord, 2023.


ENGR. MONETTE LOY-A

Course Adviser