

# Barbara Frimpong Manso

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## Objective

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To enhance my professional skills, capabilities and knowledge in an organization which recognizes the value of hard work and trusts me with responsibilities and challenges.

## Education

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<b>University of Cape Coast</b> Doctor Of philosophy in Guidance and Counselling	2019-till date
<b>University of Cape Coast</b> Master of Philosophy in Guidance and Counselling	2015-2017
<b>University of Cape Coast</b> Bachelor of Education in Home Economics	2010-2014
<b>Seventh-Day Adventist Senior High School</b> Home Economics	2003-2005
<b>Prince of Peace Junior High School</b> Basic Education Certificate Examination	2001-2003

## Experience

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- **University of Cape Coast. Institute of Education** 2017 – Till-date  
Tutor  
Instructor for Foundations of Home Economics, including history of Home Economics and contemporary issues in Home Economics.  
  
Instructor for Curriculum Studies in Home Economics, including strategies for teaching Home Economics, curriculum development models and methods of curriculum evaluation.  
  
Instructor for Career planning and Employment, including personality type and career choice and how to develop business portfolios.
- **Assin North Senior Technical High school** 2018 – Till-date  
Teacher  
Instructor for Foods and Nutrition, including practical sessions with students.  
Instructor for Management in Living, including demonstration sessions for students.  
Prepare students terminal report cards using the School's Management Systems
- **Jemima Elizabeth Taylor Girls' Senior High School** 2017 – 2018  
Instructor  
Instructor for Foods and Nutrition including practical sessions with students.  
  
Marked student's attendance, prepare examination questions. Prepare students terminal report cards.
- **Aggrey Memorable Episcopal Zion Senior High School** 2013 – 2014  
Intern-Teaching Practice  
Instructor for foods and Nutrition and Management in Living under the supervision of a senior member.

## Skills

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- Artistic
- Team building
- Problem solving
- Decision making

## Interests

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- teaching

- counselling

- Participating in social activities
- Surfing on the internet

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### Computer Literacy

- Microsoft office word specialist
- Endnote specialist
- Grammarly specialist

### Achievements & Awards

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- Presiding officer –Ghana Electoral Commission Managed the general election process in my polling station Supervised the other polling officers for free and fair election process Announced results and submitted all documents professionally
- Secretary Adehye Hall–University of Cape Coast Served as the public relations officer Managed all official documents Assisted and arranged meetings between hall executives and hall management

### Publication

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- **Frimpong, B. M., Awabil, G. & Ntim, K. (2017).** Efficacy of combined therapy of cognitive restructuring and study skills counselling on test anxiety among Senior High School Students in Ghana. Ghana Journal of Health Physical Education Recreation Sports and Dance.10(1), 161-176.
  - **Frimpong, B., M. (2019).**The essence of counselling theories and the development of 3rd generation counselling theories in knowledge-led environment. [www.researchgate.net](http://www.researchgate.net)
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### Reference

- **Professor Godwin Awabil - "Directorate of Quality Assurance, University of Cape Coast**  
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 University of Cape Coast  
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