



1. If anything was possible, what would your dream job be, and why?

Given my academic background, my “realistic” dream job is to be a successful scientist, with my research work mainly focusing on women’s health and fitness. In a predominantly patriarchal society, I believe there is still so much information that the world is yet to discover regarding women’s health, and I would definitely want to contribute to that body of knowledge. However, if I need not take into account any of my academic or professional credentials, I would simply want to be a dancer. I used to dance as a kid, and only stopped during my college years due to the heavy workload that my chosen course entailed. However, growing up exposed to the performing arts, I have always found joy with dancing on stage. I believe that it is not only an expression of art but also a form of release that can immensely help with an individual’s overall health. When I look at some of the biggest celebrities’ concerts in the world, I often wonder what life would be like to be one of their dancers – touring the whole world while doing what they love the most.

2. Have you ever experienced a stressful situation in your past workplace (college if fresh graduate), what was it and how did you overcome it?

Yes, I have gone through some rough situations during my college years. Looking back, the most stressful circumstance would have to be my undergraduate thesis. In our course, we are given three semesters to finish our thesis paper – the last semester of junior year and the whole senior year. Most of the stress that came about was from the delays of our suppliers, communication lapses, and heavy workload. Considering that our study was scientific in nature, we had to acquire certain materials and equipment from external parties, which took months to procure, consequently delaying the progress of our work. There were also some communication lapses with our adviser, who would often challenge us with our methods, thereby extending the time and effort needed to finish the experiments. We were able to overcome it slowly by looking for other alternative suppliers for our materials to speed up our time; and communicating our concerns appropriately to our adviser while seeking the advice of other professors as well. My groupmates and I also tried to have a system of dividing the work for both our thesis and the other research papers required from other subjects. This helped us manage our workload more efficiently.



3. In your previous position, what task did you find most challenging and why? What task did you enjoy most and why?

In my undergraduate internship, the task I found most challenging would have been serving as facilitators for high school students with their microbiological experiments. Although I knew how to help them and understood how to work with the equipment in the laboratory, I was particularly challenged by the fact that I had to act like a teacher for them. The task was a bit intimidating for me because I never really regarded myself as a good public speaker or a mentor. It was also a bit difficult because we had to constantly remind them of proper laboratory etiquette or dress code, which they sometimes failed to observe. On the other hand, the task I enjoyed the most was when we had to replace the formalin of several preserved samples in the repository of the Biodiversity Center. Essentially, I enjoyed all the tasks that involved laboratory skills because it proved to be very useful for our thesis and other laboratory outputs the following academic year.

4. How would your past colleagues or managers describe your work ethic?

To be honest, I was always regarded as the “writer” of the group, as I would often oversee the writing aspect of all our outputs back in college. Although I have no formal employment experience just yet, I have had a bit of experience with film production, where I would either be the screenwriter, the assistant director, or the production manager. With all these roles, I always preferred being the production manager, which could be most likened to an administrative role in film. The production manager’s job is to oversee the whole planning stage, make the film schedules, contact all the solicitors and sponsors, liquidate the expenses, and to make the necessary arrangements accordingly. Thankfully, my colleagues in film would also usually prefer me to take on this role, as they see me as responsible, reliable, and well-organized, especially during the pre-production phase. They would also describe me as laid-back and someone who is not easily rattled when problems arise. Personally, I believe these qualities are what make my work ethic strong.



5. What personal or professional accomplishments are you most proud of?

A personal accomplishment I am most proud of is how I have started to shift my mindset over several matters. Doing so has brought in a lot of growth for me in many aspects, may it be mentally, emotionally, and spiritually. To be honest, I used to look at the world in a more pessimistic lens, enjoying self-deprecating humor and approaching things with a negative light. And so, although it felt a bit harmless at the time, this certainly affected how I saw myself and how others viewed me as well. However, I have since tried to bring in more self-awareness to change this habit, and now I could say that I operate in a place of more gratitude, open-mindedness, and contentment, no matter where I am in life. This shift has brought in so much peace and allowed more space for compassion in my heart. Aside from this, there is also one accomplishment that I am most proud of, careerwise. A few months ago, my thesis groupmates and I entered a poster competition in the Philippine Society for Microbiology National Convention, creatively showcasing our undergraduate thesis. This is most significant to me because it was my first time presenting alone to a bigger audience and to compete with renowned institutions like the Big 4 schools in the Philippines. It was also an honor to be judged by the most esteemed microbiologists and scientists of the country. If you ask me, it was the biggest opportunity for growth as an aspiring researcher, and I am very thankful as well that I was able to bag first prize. This experience was definitely nerve-wracking but was also the greatest confidence booster that made me very proud of myself.