

JONNA KARLA C. BIEN

jkcbien@pup.edu.ph / +639498622798

258 T. Bernardo Street Mandaluyong City, Philippines



PERSONAL INFORMATION

Age: 33 years old

Date of Birth: March 3, 1988

Place of Birth: San Juan, Metro Manila

Height: 5'3"

Religion: Roman Catholic

Civil Status: Single

EDUCATION

LA CONSOLACION UNIVERSITY

Doctor of Philosophy major in Educational Psychology

Dissertation: Parenting Style vis-à-vis Aggression and Academic

Achievement: The Mediating Role of Self-Efficacy

2018 – 2021

POLYTECHNIC UNIVERSITY OF THE PHILIPPINES

Master in Psychology

Major in Clinical Psychology

2010 - 2013

PERPETUAL HELP COLLEGE OF MANILA

Bachelor of Science in Nursing

2004 - 2008

WORK EXPERIENCE

- June 3, 2019 - Present** **POLYTECHNIC UNIVERSITY OF THE PHILIPPINES**
DIRECTOR, Office of International Affairs
COURSE SPECIALIST, Master in Business Administration Program
Open University System
- 2009 - Present** **POLYTECHNIC UNIVERSITY OF THE PHILIPPINES**
FACULTY, *Department of Psychology*
College of Social Sciences and Development
- July 2014 - March 2017** **POLYTECHNIC UNIVERSITY OF THE PHILIPPINES**
CHIEF, PUP Business Process Outsourcing Center,
Special Programs and Projects Office
- June 2014–July 2014** **POLYTECHNIC UNIVERSITY OF THE PHILIPPINES**
PLACEMENT OFFICER, *Career Development and Placement Services*
- June 2009 - June 2014** **POLYTECHNIC UNIVERSITY OF THE PHILIPPINES**
Faculty Member (College of Science)
- April 1, 2014 -**
March 31, 2015 **CONTACT CENTER NG BAYAN PROJECT**
Assistant Project Manager
- July 2008 - June 2009** **I CAN LANGUAGE CENTER**
Science and English Teacher for Korean Students

ORGANIZATIONS

- 2018 – Present** **Psychological Association of the Philippines**
Member
- June 2015 - Present** **Senior Member, Royal Institute of Psychologists**
Royal Institution of Singapore

- | | |
|---------------------------------|-------------------------------------------------------------------------------------------|
| May 25, 2016 - Present | Member
Philippine Association of Researchers and
Statistical Software Users |
| June 2015 – Present | Member
Teachers Organization of the Philippine Public
Sector |
| September 2012- Present | College Y-Adviser /Corporate Member
Young Men’s Christian Association of Manila |
| July 2011–September 2013 | President
Master in Psychology Society |

BOARD EXAMINATION

- ✓ Nursing Licensure Examination Passer –June 2008

OTHER CERTIFICATIONS

- ✓ Certified Six Sigma Green Belt – 2020
- ✓ Certified Six Sigma Yellow Belt – 2019
- ✓ Certified Mental Health First Aid Responder – 2019

SKILLS

- ✓ Excellent communicator: proficient in speaking and writing fluently in English and Filipino.
- ✓ Hosting events.
- ✓ Has extensive knowledge in preparation of communication letters.
- ✓ Has extensive knowledge in Microsoft Office Applications (MS Word, MS Excel, MS PowerPoint), and Paint.
- ✓ With excellent interpersonal skills.
- ✓ Excellent leadership skills.
- ✓ Excellent team player.

ACHIEVEMENTS

Date	Title	Awarding Body
Awards Received		
September 19, 2021	Leadership and Management Program – selected as trainee in the pioneer 8-month program of the University	Polytechnic University of the Philippines
September 8, 2020	Online Demonstration Teaching Contest (Professional Category) – won Third (3 rd) Place	Commission on Higher Education
March 19, 2015	Service Awardee as Accreditation Committee Chair (Vision, Mission, Goals & Objectives)	PUP College of Social Sciences and Development
2014	Outstanding Faculty Member – College of Science, Department of Biology	PUP College of Science
August 2, 2014	Service Awardee as College Y Club Adviser – National Congress of College Students and Campus Club Advisers	Young Men’s Christian Association
Speakership		
September 25, 2021	A Paradigm Shift in Leadership, Cultivating a Diversity of Leadership Perspectives in the New Normal: Revisiting Horizons in Governance – served as Resource speaker	Taguig City University (Philippines) Graduate School – Master in Public Administration
September 15, 2021	China-ASEAN Alliance of Universities for Electronic Information Innovation – served as Forum speaker	ACEC Association, Malaysia
May 31, 2021	Protecting the Mental Health of Learners in the New Learning Platform – served as Resource Speaker	Magister Servus, Philippines
November 30, 2020	International Webinar on Assessing the Well-Being of Educators and Learners: Dimensions and Key Indicators (The Well-Being of Learners in the Pandemic Period) – served as Resource Speaker	Magister Servus, Philippines

October 7, 2020	The First Level Digital Divide and the Educators (A National Webinar for School Leaders and Teachers) – <i>served as Resource Speaker</i>	Magister Servus, Philippines
August 15, 2020	Webinar on Innovative Teaching Techniques for Online Distance Learning – <i>served as Resource Speaker</i>	Eryutech, Philippines
July 29, 2020	International Webinar on Webinar on Mental Health – <i>served as Resource Speaker</i>	Embassy of the Republic of Indonesia
June 30, 2020	Creating Engaging Lessons through the Use of Supplemental Materials – <i>served as Resource Speaker</i>	Vibal Group, Philippines
June 9, 2020	International Webinar on Creating Engaging Lesson in the Classroom (The New Normal) – <i>served as Resource Speaker</i>	Embassy of the Republic of Indonesia
September 2019	International Seminar on Character Education and Personality Development – <i>served as Resource Speaker</i>	Embassy of the Republic of Indonesia (held in Bekasi, Indonesia)
March 7, 2019	First Financial Integrity and Responsibility Seminar and Training - <i>served as Resource Speaker</i>	PUP College of Accountancy and Finance
September 6, 2018	Becoming a Mentally Stronger Person – <i>served as resource speaker</i>	PUP Office of Counseling and Psychological Services
August 18, 2018	Effects of Cyberbullying Documentary – <i>served as resource speaker</i>	PUP Communication Management Office, Creative Media Artist
March 16, 2018	Practicing Basic Life Support: A Kit Activity for Implement Disaster Preparedness – <i>served as Resource Speaker</i>	PUP SHS Department
September 23, 2016	Personal Development for a Lifetime Career – <i>served as Resource Speaker</i>	PUP Institute of Technology
May 11, 2016	Salin-Kaalaman Tungo sa Kaunlaran – Developing Personality and Communication Skills – <i>served as Resource Speaker</i>	PUP Office of the Vice President for Research, Extension, Planning and Development

March 31, 2015	Community Development Campaign: “Tok-a-Talk para Pumatok: A Seminar in Enhancing Effective Communication Skills – served as <i>Resource Speaker</i>	Ponciano Bernardo High School Quezon City in partnership with the PUP College of Communication
March 28, 2014	PUP Laboratory High School 57th Recognition Day – served as <i>Resource Speaker</i>	PUP Laboratory High School
January 28, 2014	Seminar on Food Allergens and Food Borne Illnesses: Nature, Occurrence and Prevention – served as <i>Resource Speaker</i>	PUP College of Science
October 1, 2011	Resume Writing, I.T. and its Role in Maximizing Efficiency and Effectiveness on Global Organization Concepts Towards a Significant Transformation – served as <i>Resource Speaker</i>	PUP Institute of Technology
Research Presentation		
August 20, 2020	Knowledge, Attitudes and Practices of Students on COVID-19 Pandemic – served as <i>Research Presenter</i>	Embassy of the Republic of Indonesia
August 14, 2020	The Lived Experiences of Filipino COVID-19 Survivors – Quality of Life and Coping – served as <i>Research Presenter</i>	Embassy of the Republic of Indonesia
December 6 – 7, 2019	10th Global Conference on Business and Social Sciences (Attitudes of Nurses towards Death and Dying Patients) – served as <i>Research Presenter</i>	Global Conference on Business and Social Sciences (held in Penang, Malaysia)
International Projects		
Ongoing	PATHWAY Project – Promoting the Employability and Entrepreneurship of Higher Education Graduates through Innovative Ways in the Philippines	Erasmus+ co-sponsored by the University of Alicante
Ongoing	ANTENA PROJECT – Internationalization of Higher Education	Erasmus+ co-sponsored by the University of Alicante
Extension Services		
September 4, 2021	3rd Annual Management, Business, and Economic Conference – served as <i>Session Chair</i>	Politeknik Negeri Malang, Indonesia

September 4 – 8, 2017	Katatagan Kontra Droga – served as <i>Facilitator</i>	Psychological Association of the Philippines
May 30, 2016	Served as Assistant Project Manager in the PUP Contact Center ng Bayan Project - from April 1, 2014 to March 31, 2015	Department of Information and Communications Technology, Philippines
December 3-7, 2014	Contest Coordinator – Yérs Got Talent – 39 th YMCA National Congress of College Students and 19 th National Campus Club Advisers	Young Men’s Christian Association
October 23, 2014	Panel Evaluator – Research Thesis Oral Defense of the BS in Industrial and Organizational Psychology Students	PUP Department of Psychology
2014-2015	Lecturer – In House Review Class for PUP BSND Graduates in Preparation for the Nutritionist-Dietitians’ Licensure Examination	PUP College of Science
November 14, 2014	Member, Board of Judges – Laboratory High School Field Demonstration Contest, 60 th Founding Anniversary of PUPLHS	PUP Laboratory High School
March 16, 2013	Working Committee Member - Seminar on Parenting Styles and their Effects on the Development of an Individual	PUP Graduate School – Master in Psychology Program
July 25, 2012	Member, Board of Judges – Dagliang Talumpati, Extemporaneous Speaking Contest and Debate	PUP College of Science
March 3, 2012	Overall Committee Head – Psychological Purpose and Perspective in 2012 and Beyond	PUP Graduate School – Master in Psychology Program
March 22, 2011	Coach – University Extemporaneous Speaking Contest	PUP College of Science
September 23, 2009	Co-Chair – 2009 General Science Quiz Bee	PUP

Modules / Instructional Materials

Introduction to Psychology	PUP Department of Psychology
Understanding the Self	PUP Department of Psychology

Cognitive Psychology

PUP Department of Psychology

Developmental Psychology

PUP Department of Psychology

Biophysiological Psychology

PUP Department of Psychology

TRAININGS ATTENDED:

- ✓ **Resilience Writer Research Training** – Dr. Matt Lane / British Council - June 2020 – July 2020
- ✓ **Bahasa Indonesian Language Training** – Embassy of the Republic of Indonesia - May 2020 – July 2020
- ✓ **Action Research Writing: National Seminar-Workshop and Training for Trainers and Advisers** – *Eins Consultancy Philippines & Philippine Association of Researchers & Statistical Software Users*, May 25 – 27, 2016
- ✓ **Appraisal and Disposal of Government Properties Training-Workshop** – *PUP Appraisal Committee*, May 23 – 25, 2016
- ✓ **Foundation Course on Intellectual Property** – *Intellectual Property Office*, July 23 – 24, 2016
- ✓ **100 hours Finishing Course for Call Center Agents** – *Cane Town Colleges of the Philippines, Inc.*, July 13 – July 29, 2015
- ✓ **Trainer Training Intel Easy Steps Basic Course** – *ACTEC- Caloocan*, February 13 – March 3, 2016
- ✓ **TEVSAPhil Intel Easy Steps Computer Literacy Program** – *Professional Career Online Institute, Inc.*, February 3, 2016
- ✓ **Market Research** – *Bayan Academy*, June 18 – 19, 2016
- ✓ **Understanding the Requirements of a Quality Management System using ISO 9001:2008 Standard** – *Rosehall Management Consultants, Inc.*, December 19, 2014
- ✓ **100 Hours On-the-Job Training** - *Cerecare Philippines*, October 4 – November 30, 2014
- ✓ **College-Y Club Management Training** – *YMCA of Manila*, August 3 -4, 2013
- ✓ **Hands-on Training / Demonstration on Flexvision Package, Magnascope Digital Microscope and various Science Laboratory** – *Roman Instructional Media Resources, Inc.*, August 12, 2010

SEMINARS ATTENDED

- ✓ **The Role of Psychological Assessment in Recruitment and Retention** – *AHA Psychological Training Services, October 29, 2016*
- ✓ **Enhancing Faculty Capabilities for Quantitative Approaches in Social Sciences Researches**– *PUP College of Social Sciences and Development, October 17, 2016*
- ✓ **HR Summit, Getting Future Ready** – *IT & Business Process Association Philippines, September 2, 2016*
- ✓ **38th Annual Scientific Meeting, Theme: Looking Back and Looking Forward** – *DOST, National Academy of Science and Technology, July 13 – 14, 2016*
- ✓ **International Conference & Conferment Ceremony: Social Innovations and Inclusive Growth in Education in a Knowledge-Based Society** - *Royal Institution of Singapore , June 18, 2016*
- ✓ **CSSD Annual Planning and Team Building** – *PUP College of Social Sciences and Development, May 18 – 20, 2016*
- ✓ **OP Sector's Strategic Planning and Teambuilding 2016** – *PUP Office of the President, April 18 – 20, 2016*
- ✓ **Frontiers and Innovations in Teaching 2016 Future Ready** – *Xavier School, April 6-8, 2016*
- ✓ **Seminar on HIV-AIDS 101: Learn.Understand.Prevent.** – *PUP College of Communication , March 18, 2016*
- ✓ **US Embassy - Go Negosyo Youth Entrepreneurship Development Workshop, Mentor Me Innovation Forum, March 10, 2016**
- ✓ **Pagsusulong sa Papel ng mga Agham Panlipunan para sa Panlipunang Pag-Unlad** – *PUP College of Social Sciences and Development, February 29, 2016*
- ✓ **Language and Technology – Success Story of a Perfect Combination and 51 Talk** – *PUP College of Arts and Letters, January 20, 2016*
- ✓ **Understanding Schizophrenia** – *Philippine Mental Health Association, October 9, 2015*
- ✓ **First ICS National Research Colloquium: Emerging Challenges in Education in the 21st Century** – *PUP Institute for Cultural Studies Center for Education Studies, September 21 – 22, 2015*
- ✓ **The Gender Goal: The Promises of SDG Five, the Challenges, and the Cost of Delivering Planet 50-50 by 2030** – *ADB Regional and Sustainable Development Department, September 8, 2015*
- ✓ **Seminar-Workshop on Outcomes-Based Education Syllabus** – *PUP College of Social Sciences and Development, July 31, 2015*
- ✓ **Selebrasyon ng ika-151 Anibersaryo ng Kapanganakan ni Apolinario Mabini** – *Pambansang Komisyon Pangkasaysayan ng Pilipinas, July 23, 2015*

- ✓ **Rethinking Culture and Psychology: Stretching the Boundaries of Psychology Research in the Philippines** – Psychological Association of the Philippines & De La Salle University, July 2, 2015
- ✓ **5th Global Congress & Conferment Ceremony - ASEAN Integration: Impact on Business & Industries, Education and Public Administration** – Royal Institution of Singapore, June 6, 2015
- ✓ **2015 CSSD Strategic Planning** – PUP College of Social Sciences and Development, June 4-6, 2015
- ✓ **5th eHealth Summit – eHealth Philippines: Big Date, Big on Privacy** – Philippine Council for Health and Research Development, June 3, 2016
- ✓ **Empowering Communities for Crisis Response** – UST Graduate School Psychotrauma Clinic, May 16, 2015
- ✓ **Therapeutic Reading** – University of Santo Tomas Graduate School Psychotrauma Clinic, May 15, 2015
- ✓ **Trauma-Focused Visual Arts Activities for Children** – University of Santo Tomas Graduate School Psychotrauma Clinic, May 9, 2015 (1:00PM – 5:00PM)
- ✓ **Defusing For Children** – University of Santo Tomas Graduate School Psychotrauma Clinic, May 9, 2015 (8:00AM–12:00NN)
- ✓ **Orientation-Writeshop on Strategic Performance Management System- OPCR and IPCR** – PUP Office of the President, January 21, 2015.
- ✓ **Understanding the Requirements of a Quality Management System using ISO 9001:2008 Standard** – December 19, 2014
- ✓ **Seminar – Workshop on Outcomes-Based Education Syllabus for Social Sciences Part II** – PUP College of Social Sciences & Development, December 17 – 18, 2015
- ✓ **39th YMCA National Congress of College Students and 19th YMCA National Campus Club Advisers Seminar-Workshop** – YMCA of Manila, December 3-7, 2014
- ✓ **Seminar- Workshop on Outcome-Based Education Part 2** – PUP College of Arts and Letters, November 26, 2014
- ✓ **Seminar – Workshop on Outcome- Based Education Part 1** – PUP College of Arts and Letters, November 12, 2014
- ✓ **Seminar on Psychology Law: Implications to Career Paths of the Psychology Students** – PUP College of Social Sciences and Development, August 4, 2014
- ✓ **Golden Bat Seminar 2014** – Golden Bat (Far East) Inc., June 11, 2014

- ✓ **Disaster Risk Reduction and Multi-Hazard Awareness Forum**–*Senate of the Philippines – Office of Senator Aquilino Pimentel III*, May 21, 2014
- ✓ **Seminar on From Academic Research to Commercialization: “Managing the Utilization and Transfer of Innovations and Inventions”**–*PUP Intellectual Property and Commercialization Office & Graduate School Research Extension Office*, April 22, 2014
- ✓ **Seminar on War footing Against Climate Change: Reduction of Carbon Footprints**–*PUP College of Science*, February 28, 2014
- ✓ **Seminar on “MOTIVATING INNOVATIONS”**– *PUP Research & Extension Management Department*, February 7, 2014
- ✓ **38thYMCA National Congress of College Students and 18thYMCA National Campus Club Advisers Seminar-Workshop**–*YMCA of Manila*, December 4-8, 2013
- ✓ **Seminar on Parenting Styles and their Effects on the Development of an Individual** –*PUP Graduate School Master in Psychology Society*, March 16, 2013
- ✓ **Seminar-Writeshop on the Preparation of Science & Technology Research Proposal**–*PUP Science & Technology Research Institute*, March 14-15, 2013
- ✓ **Empowering the Filipino Psychologists thru Indigenization** – *PUP College of Social Sciences and Development*, March 12, 2013
- ✓ **Seminar on Copyrighting Works for Education and Research** – *PUP Intellectual Property and Commercialization Office*, January 23, 2013
- ✓ **37th YMCA National Congress of College Students and 17th YMCA National Campus Club Advisers Seminar-Workshop**– *YMCA Manila*, December 5 – 9, 2012
- ✓ **Gearing Up the Corporate Battle** – *PUP Graduate School Master in Psychology Society*, March 2, 2013
- ✓ **Seminar on Love, Courtship and Marriage** –*PUP Graduate School Master in Psychology Society*, February 12, 2013
- ✓ **Seminar on Copyrighting Works for Education and Research**–*PUP Intellectual Property & Commercialization Office*, January 23, 2013
- ✓ **National Arts Month Celebration** –February 1-28, 2013
- ✓ **37thYMCA National Congress of College Students and 17thYMCA National Campus Club Advisers Seminar-Workshop**–December 5-9, 2012
- ✓ **The Hazing Problems and Issues**– *PUP Office of the Student Affairs*, August 31, 2012
- ✓ **Youth Forum on Environmentalism** –July 27, 2012

- ✓ **14th College of Science Research Colloquium** –*PUP College of Science*, July 26, 2012
- ✓ **Pathways, Directions, Challenges of K to 12 Basic Education Curriculum** – *PUP College of Education & Quality Assurance Center*, June 14, 2012
- ✓ **Personality Development: Personality is the Key for Your Success** – *PUP Graduate School Master in Psychology Society*, May 13, 2012
- ✓ **3P's: Psychological Purpose and Perspective in 2012 and Beyond** – *PUP Graduate School Master in Psychology Society*, March 3, 2012
- ✓ **Tales from the Crypt: Unlocking the Mysteries behind Hypnosis**– *PUP College of Arts*, September 8, 2011
- ✓ **2011 National Engineering and Science Research Conference**–*PUP, DOST, DOE, CHED*, March 24, 2011
- ✓ **Workshop on Data Analysis Using Excel**– *PUP Graduate School*, March 12, 2011
- ✓ **Demonstration on the Proper Use of Selected Laboratory Apparatus**–*PUP College of Science*, August 12, 2010
- ✓ **Current Trends in Teaching Seminar-Workshop**–*I Can Language Center, Inc. & University of the Philippines Department of Language Education*, October 11, 2008
- ✓ **Transcultural Nursing: A Step toward Globalization**– *Perpetual Help College of Manila*, February 6, 2008

CHARACTER REFERENCES

Prof. Alberto C. Guillo
Executive Vice President
 Polytechnic University of the Philippines

Dr. Raul Roland Sebastian
Dean, College of Social Sciences and Development
 Polytechnic University of the Philippines

Dr. John Mark S. Distor
Chair, PUP Graduate School Psychology Program /
Director, Office of the Students' Services
 Polytechnic University of the Philippines