



## ALMA U. COLINGAS

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### OBJECTIVE

Seeking a position that can provide a steady, growth and learning opportunity to practice my profession and practical experience extensively.

### PERSONAL INFORMATION

**NATIONALITY** : Filipino  
**MARITAL STATUS** : Married  
**DATE OF BIRTH** : January 29, 1987  
**PLACE OF BIRTH** : Cabagan, Isabela  
**RELIGION** : Roman Catholic  
**SEX** : Female  
**AGE** : 35 years old

### EDUCATION

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#### TERTIARY

ISABELA STATE UNIVERSITY (COLLEGE LEVEL)  
2004-2006  
Bachelor of Science in Secondary Education

#### SECONDARY

THE SISTERS OF MARY SCHOOL  
2000-2003

#### PRIMARY

AGGUB ELEMENTARY SCHOOL  
1994-2000

### WORK EXPERIENCE

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#### HOME BASED ONLINE SELLER

2020-PRESENT

#### TAIWAN CAREGIVER

2016-2018

Taking care to an erderly couple usually needs assistance all the time, such as, feed, bath and cook for them.

#### THE SISTERS OF MARY SCHOOL INSTITUTE KITCHEN STAFF

2009-2013

Preparing food for the children and visitors.

### SKILLS

- Ability to work independently.
- Can work under pressure.
- Ability to multi-task.
- Fast learner.