



# MARLON V. OCAP

Seeking a position in a company where I can contribute my skills, knowledge and acquire further training to improved myself personally, professionally and be part of the organization's growth, vision and success.

 **09270526274**

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 V., Sagun St., San Francisco Dist., Pagadian City

## SKILLS

- Good in time management
- Ability to adapt to changing environment
- Attention to details
- Passionate about culinary arts and creative cooking
- Fast learner

## EDUCATION

### PAGADIAN TECHNOLOGICAL & MARINE SCIENCES

Course : INFORMATION TECHNOLOGY

- Undergraduated : SY

### PAGADIAN JUNIOR COLLEGE

Secondary

Year Graduated : SY 2002

### SOUTHERN MINDANAO COLLEGE

Primary

Year Graduated : SY 1996

## PERSONAL DATA

Date of birth : March 03, 1984

Age : 39

Height : 5'4"

Weight : 80 kgs

Civil status: : Single

Religion : Jehovah's Witnesses

Language spoken : English and Filipino

## WORK EXPERIENCES

### BUTCHER

GT Meatshop | 2019 up to Present

- Sharpen and fine tune cutting tools.
- Receiving, checking and storing meat after delivery.
- Slice, debone or ground the meat.
- Display, weigh, and wrap meat products.
- Cut and prepares meat according to specifications or client requests.
- Rotate products to reduce the chance of any meat spoiling, reduce waste and loss of profits.
- Ensure health and sanitation requirements, observe clean tools and workplace.

### COOK

Asian Shipping Company | Jun. 03, 2017 to Nov. 05, 2017

- Preparing high-quality meals and food items according to company recipes.
- Ensuring that food portions and food presentation meet company standards.
- Cleaning and sterilizing food preparation areas.

### NANNY - DENMARK

Corazon Manpower | Sept. 09, 2007 to Sept. 10, 2009

- Keep the children safe and clean.
- Plan and organize creative and educational activities based on their age.
- Prepare their meals.
- Transporting kids to and from school or other activities.