

PERSONAL DATA SHEET

WARNING: Any misrepresentation made in the Personal Data Sheet and the Work Experience Sheet shall cause the filing of administrative/criminal case/s against the person concerned.

READ THE ATTACHED GUIDE TO FILLING OUT THE PERSONAL DATA SHEET (PDS) BEFORE ACCOMPLISHING THE PDS FORM.

Print legibly. Tick appropriate boxes () and use separate sheet if necessary. Indicate N/A if not applicable. DO NOT ABBREVIATE.

1. CS ID No.

(Do not fill up. For CSC use only)

I. PERSONAL INFORMATION

2. SURNAME	CABRAL			
FIRST NAME	ALEXANDER	NAME EXTENSION (JR., SR) JR.		
MIDDLE NAME	LALUNA			
3. DATE OF BIRTH (mm/dd/yyyy)	10/10/1996	16. CITIZENSHIP	<input checked="" type="checkbox"/> Filipino <input type="checkbox"/> Dual Citizenship	
4. PLACE OF BIRTH	BAYBAY, LEYTE	If holder of dual citizenship, please indicate the details.	<input checked="" type="checkbox"/> by birth <input type="checkbox"/> by naturalization	
5. SEX	<input checked="" type="checkbox"/> Male <input type="checkbox"/> Female		Pls. indicate country:	
6 CIVIL STATUS	<input checked="" type="checkbox"/> Single <input type="checkbox"/> Married <input type="checkbox"/> Widowed <input type="checkbox"/> Separated <input type="checkbox"/> Other/s:	17. RESIDENTIAL ADDRESS	Philippines	
7. HEIGHT (m)	5'5"	ZIP CODE	House/Block/Lot No. Street	
8. WEIGHT (kg)	92		Subdivision/Village Barangay	
9. BLOOD TYPE	A+		BAYBAY LEYTE	
10. GSIS ID NO.	NONE		City/Municipality Province	
11. PAG-IBIG ID NO.	121219260874	ZIP CODE	6521	
12. PHILHEALTH NO.	130254952185		18. PERMANENT ADDRESS	House/Block/Lot No. Street
13. SSS NO.	0640724322		Subdivision/Village Barangay	
14. TIN NO.	715681141		BAYBAY LEYTE	
15. AGENCY EMPLOYEE NO.		19. TELEPHONE NO.	N/A	
		20. MOBILE NO.	09271386965	
		21. E-MAIL ADDRESS (if any)	alexander.cabral@vsu.edu.ph	

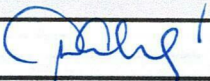
II. FAMILY BACKGROUND

22. SPOUSE'S SURNAME	N/A		23. NAME of CHILDREN (Write full name and list all)	DATE OF BIRTH (mm/dd/yyyy)
FIRST NAME	N/A	NAME EXTENSION (JR., SR) N/A	N/A	N/A
MIDDLE NAME	N/A		N/A	N/A
OCCUPATION	N/A		N/A	N/A
EMPLOYER/BUSINESS NAME	N/A		N/A	N/A
BUSINESS ADDRESS	N/A		N/A	N/A
TELEPHONE NO.	N/A		N/A	N/A
24. FATHER'S SURNAME	CABRAL		N/A	N/A
FIRST NAME	ALEXANDER	NAME EXTENSION (JR., SR) N/A	N/A	N/A
MIDDLE NAME	TORIBIO		N/A	N/A
25. MOTHER'S MAIDEN NAME	LALUNA		N/A	N/A
SURNAME	MUEGO		N/A	N/A
FIRST NAME	LYDIA		N/A	N/A
MIDDLE NAME			(Continue on separate sheet if necessary)	

III. EDUCATIONAL BACKGROUND

26. LEVEL	NAME OF SCHOOL (Write in full)	BASIC EDUCATION/DEGREE/COURSE (Write in full)	PERIOD OF ATTENDANCE		HIGHEST LEVEL/ UNITS EARNED (if not graduated)	YEAR GRADUATED	SCHOLARSHIP/ ACADEMIC HONORS RECEIVED
			From	To			
ELEMENTARY	BAYBAY GRACE CHRISTIAN SCHOOL	Primary	2002	2008	graduate	2008	none
SECONDARY	FRANCISCAN COLLEGE OF THE IMMACULATE CONCEPTION	High School	2008	2012	graduate	2012	none
VOCATIONAL / TRADE COURSE	ACEDILLA TECHNOLOGICAL INSTITUTE	NC2 HOUSEKEEPING	2017	2017	graduate	2017	none
COLLEGE	VISAYAS STATE UNIVERSITY	Bachelor of Science in Hotel, Restaurant and Tourism Management	2012	2016	graduate	2016	none
GRADUATE STUDIES	VISAYAS STATE UNIVERSITY	Master in Mgmt. Major in Business Management	2019	Present	40 units	N/A	none

(Continue on separate sheet if necessary)

SIGNATURE		DATE	December 12, 2024
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IV. CIVIL SERVICE ELIGIBILITY

[illegible]

(Continue on separate sheet if necessary)

V. WORK EXPERIENCE

[illegible]

(Continue on separate sheet if necessary)

SIGNATURE		DATE	12/12/2023
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VI. VOLUNTARY WORK OR INVOLVEMENT IN CIVIC / NON-GOVERNMENT / PEOPLE / VOLUNTARY ORGANIZATION/S

29.	NAME & ADDRESS OF ORGANIZATION (Write in full)	INCLUSIVE DATES (mm/dd/yyyy)		NUMBER OF HOURS	POSITION / NATURE OF WORK
		From	To		
	Baybay Tourism and Investment Promotion Office	01/10/2016	30/10/2016	8.0	Tourism Staff/Volunteer

(Continue on separate sheet if necessary)

VII. LEARNING AND DEVELOPMENT (L&D) INTERVENTIONS/TRAINING PROGRAMS ATTENDED

(Start from the most recent L&D/training program and include only the relevant L&D/training taken for the last five (5) years for Division Chief/Executive/Managerial positions)


30.	TITLE OF LEARNING AND DEVELOPMENT INTERVENTIONS/TRAINING PROGRAMS (Write in full)	INCLUSIVE DATES OF ATTENDANCE (mm/dd/yyyy)		NUMBER OF HOURS	Type of LD (Managerial/ Supervisory/ Technical/etc)	CONDUCTED/ SPONSORED BY (Write in full)
		From	To			
	16th Leyte Business Conference & Exhibit	15/11/2022	16/11/2022	17.0	MANAGERIAL	Philippine Chamber of Commerce & Industry Tacloban-Leyte, INC.
	Webinar on Recovery Efforts Boosting Opportunities over Time	22/08/2022	26/08/2022	18.0	SUPERVISORY	Department of Tourism - Region 8
	Church Response in Crises and Disasters	26/07/2022	28/07/2022	22.0	TECHNICAL	Crises Relief Wesley - Singapore
	Resource Person in Risk Reduction and Management Methods	06/30/2022	06/30/2022	1.0	TECHNICAL	Baybay Grace Baptist Church
	Webinar on Redesigning Grey Ideology in Hospitality and Tourism Industry	03/06/2022	03/06/2022	2.0	TECHNICAL	Bulacan State University - Sarmiento Campus
	Webinar on Tourism and Hospitality Education	31/05/2022	31/05/2022	3.0	TECHNICAL	Tourism Industry Board Foundation, INC - AAHRMEI & Rex
	Webinar on "Level Up Your Career: Learn all the secrets in the Tourism Industry"	20/05/2022	20/05/2022	3.0	TECHNICAL	STI Cubao
	Webinar on Rebuilding Tourism and Hospitality through Gastronomy	18/05/2022	18/05/2022	3.0	TECHNICAL	STI Cubao
	Resource Person in the Graduate Seminar Series: Entrepreneurial Upskilling	23/10/2021	23/10/2021	8.0	SUPERVISORY	VSU - DBM/Graduate School
	SEMINAR ON FOOD SAFETY AND INNOVATION	24/10/2019	24/10/2019	4.0	TECHNICAL	Visayas StateUniversity-DFST
	SEMINAR-WORKSHOP on M.I.C.E and MORE	28/09/2019	28/09/2019	8.0	TECHNICAL	Eastern Visayas Tourism Association
	SEMINAR ON INTERNATIONAL TRADE LAWS AND POLICIES	05/02/2019	05/02/2019	5.0	TECHNICAL	Visayas StateUniversity-CME
	TRAINING-WORKSHOP ON EVENTS MANAGEMENT	03/11/2019	03/13/2019	8.0	SUPERVISORY	International Skills Republic Academy,INC.
	TRAINING-WORKSHOP ON TOURISM PROMOTION	10/03/2019	10/03/2019	8.0	TECHNICAL	International Skills Republic Academy,INC.
	TRAINING-WORKSHOP ON TRAVEL SERVICES	09/03/2019	09/03/2019	8.0	TECHNICAL	International Skills Republic Academy,INC.

(Continue on separate sheet if necessary)


VIII. OTHER INFORMATION

31.	SPECIAL SKILLS and HOBBIES	32.	NON-ACADEMIC DISTINCTIONS / RECOGNITION (Write in full)	33.	MEMBERSHIP IN ASSOCIATION/ORGANIZATION (Write in full)
	Traveling		None		None
	Café Hopping				
	Cooking				
	Listening to music				

(Continue on separate sheet if necessary)

SIGNATURE		DATE	12/12/2024
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41. REFERENCES (Person not related by consanguinity or affinity to applicant /appointee)		
NAME	ADDRESS	TEL. NO.
Genevieve Marie T. Bactasa	Baybay City, Leyte	9151729488
Jemaima R. Lisondra	Baybay City, Leyte	9066322255
Venice B. Ibañez	VISCA, Baybay City, Leyte	9356585386
42. I declare under oath that I have personally accomplished this Personal Data Sheet which is a true, correct and complete statement pursuant to the provisions of pertinent laws, rules and regulations of the Republic of the Philippines. I authorize the agency head/authorized representative to verify/validate the contents stated herein. I agree that any misrepresentation made in this document and its attachments shall cause the filing of administrative/criminal case/s against me.		



ALEXANDER L. CABRAL JR.

PHOTO

SUBSCRIBED AND SWORN to before me this 13 DEC 2024, affiant exhibiting his/her validly issued government ID as indicated above.


ATTY. RYAN C. GUINOCOR
NSU Chief Legal Officer

Person Administering Oath

WORK EXPERIENCE SHEET

Instructions: 1. Include only the work experiences relevant to the position being applied for.

2. The duration should include start and finish dates, if known, month in abbreviated form, if known, and year in full. For the current position, use the word Present, e.g., 1998-Present. Work experience should be listed starting with the most recent/present employment

- Duration: February 2024 - Present
- Position: Project Manager/Food & Beverage Supervisor
- Name of Office/Unit: Income Generating Project Office – VSU Garden Beach Resort & Guest House & Pavilion
- Immediate Supervisor: Crislin B. Cruz-Cortez/Ginas Aurea A. Villagonzalo
- Name of Agency/Organization and Location: Visayas State University, Visca, Baybay City, Leyte
- List of Accomplishments and Contributions (if any)
 - Allocate resources effectively to support project activities and maximize income
 - Monitor expenditures and revenue generation to maintain financial viability.
 - Maintain transparency and accountability in financial management and reporting
 - Submit and present accomplishments during the regular IGP Review indicating the problems encountered, solutions undertaken and plan of activities for the next period.
 - Develop marketing strategies to promote products/services offered by the project and identify opportunities for growth and improvement in project operations.
- Summary of Actual Duties
 - Present the IGP Annual Review
 - Monitor staffs and their tasks from day-to-day operations
 - Provide/Supply volunteer HM students for food service and other hospitality activities

- Duration: May 2023 - January 2024 - Present
- Position: Full-Time Instructor I
- Name of Office/Unit: Department of Tourism and Hospitality Management
- Immediate Supervisor: Randy G. Omega
- Name of Agency/Organization and Location: Visayas State University, Visca, Baybay City, Leyte
- List of Accomplishments and Contributions (if any)
 - Conduct and Prepares Instructional Materials, Assignments, Quizzes and Exams.
 - Evaluate Students' performance and prepares Midterm and Final grades.
 - Attends to different committees' meetings at the department.
 - Participate in co-curricular activities.
- Summary of Actual Duties
 - Taught Hospitality subjects for HM students such as Fundamentals of Food Service Operations, Kitchen Essentials & Basic Food Preparation, Gastronomy & Culture, and FoodTech: Basic Food Preparation
 - Assessed, guided, and deployed Senior Students in different Hospitality establishments.

- Duration: March 9, 2023 – April 2023
- Position: Substitute Instructor (Instructor I)
- Name of Office/Unit: Department of Tourism and Hospitality Management
- Immediate Supervisor: Hannah Mae E. Quimbo
- Name of Agency/Organization and Location: Visayas State University, Visca, Baybay City, Leyte
- List of Accomplishments and Contributions (if any)
 - Conduct and Prepares Instructional Materials, Assignments, Quizzes and Exams.
 - Evaluate Students' performance and prepares Midterm and Final grades.
 - Attends to different committees' meetings at the department.
 - Participate in co-curricular activities.
- Summary of Actual Duties
 - Taught Hospitality and Tourism subjects for HM students such as Fundamentals of Food Service Operations, Food & Beverage Operations Elective, Kitchen Essentials & Basic Food Preparation, and Gastronomy & Culture

- Duration: August 2019 – Present, January – July 2019 & January – July 2018
- Position: Part-Time Instructor
- Name of Office/Unit: Department of Tourism and Hospitality Management
- Immediate Supervisor: Venice B. Ibañez
- Name of Agency/Organization and Location: Visayas State University, Visca, Baybay City, Leyte
- List of Accomplishments and Contributions (if any)
 - Conduct and Prepares Instructional Materials, Assignments, Quizzes and Exams.
 - Evaluate Students' performance and prepares Midterm and Final grades.
 - Attends to different committees' meetings at the department.
 - Participate in co-curricular activities.
- Summary of Actual Duties
 - Taught Hospitality and Tourism subjects for HRTM and HM students like World Tourism, Culinary Arts & Sciences, Western Cuisine, Asian Cuisine, Rooms Division, Food and Beverage Management & Control System, Fundamentals of Food Service Operations, Quality Service Management in Tourism and Hospitality, Food & Beverage Operations Elective, Global Tourism, Geography & Culture, Risk Management, Kitchen Essentials & Basic Food Preparation, and Gastronomy & Culture
 - Taught Food & Beverage Services for TVL-HE Senior High School students.

- Duration: November 2018 – January 2019
- Position: Full-Time Barista
- Name of Office/Unit: Seattle's Best Coffee Mactan
- Immediate Supervisor: Nikki Lou M. Baslot
- Name of Agency/Organization and Location: VQUAD Coop./Mactan-Cebu International Airport, Lapu-Lapu City, Cebu 6000
- List of Accomplishments and Contributions (if any)
 - Rotating schedules such as Opening, Mid, Closing and Graveyard Shift
- Summary of Actual Duties

- Welcomes customers by determining their coffee interests and needs
- Prepare or serve hot and cold food/beverages
- Describe menu items to customers or suggest products that might appeal to them
- Receive and process customer payments thru cashiering, and spot check for point of sales system
- Clean service areas such as the bar, lobby, stock room and sanitize work areas, utensils and equipment
- Receive stocks and delivery outside the airport, pull in for security checks Dry/Perishable goods during air/sea freight or daily, and make Club House & To-Go Sandwiches, Paninis and Salads

- Duration: August 2017 – January 2018
- Position: Tutor/Substitute Teacher
- Name of Office/Unit: Grace Christian School
- Immediate Supervisor: Rev. Ptr. Rolando V. Magallanes
- Name of Agency/ Organization and Location:

- List of Accomplishments and Contributions (if any)

- Facilitate pupils in their classes while the teacher is on-leave.

- Summary of Actual Duties

- Facilitates Pupils/Children in their learning, taught covered lessons and proctor exams.

- Duration: December 2016
- Position: Tourism Staff/Volunteer
- Name of Office/Unit: Baybay Tourism and Investment Promotion Office
- Immediate Supervisor: Josefina Granada-Gutierrez
- Name of Agency/ Organization and Location: LGU Baybay, Baybay City, Leyte

- List of Accomplishments and Contributions (if any)

- Co-organize events and displays hospitality towards guests/visitors visiting the city.

- Summary of Actual Duties

- Facilitates/organize events managed by the Tourism Office and ushered guests/visitors, provide information/inquiries for tourists and local people, and performs other tasks in and out of the office.


ALEXANDER L. CABRAL JR.

(Signature over Printed Name
Of Employee/Applicant)

Date: 12/10/24