



Laboratory Form

Use permanent ink only.  
Erasures are discouraged.

School Year and Term: 1<sup>st</sup> Tear/2<sup>nd</sup> Term

Name: Costinar, John Kenneth M.  
Professor: Maica Regina Escosio

Section: TW02  
Course Code: GED0001

Activities	Date	Time in	Time out	Specifications	Signature of iCARE Staff
Speaking an hour	March 17, 2025	12;00	12;30	Topic Discussed: <b>Food Panda</b>	
Reading (2 articles)	March 03, 2025	12:20	01:20	Article 1 Title: <b>The Experience of Philosophy: General Introduction to Philosophy</b>	
	March 03, 2025	12:20	01:20	Article 2 Title: <b>Philippine Governance and the 1987 Constitution</b>	
Listening (documentaries)	March 20, 2025	11:37	12:10	Documentary Title 1: <b>Hacker</b>	
	March 20, 2025	12:10	12:33	Documentary Title 2: <b>Unwanted</b>	
Playing Games hours (2				No. of Minutes	
	March 03, 2025	11:20	12:20	<b>60 Minutes</b>	
	March 17, 2025	11:15	11:59	<b>44 Minutes</b>	
Film Viewing (2 hours /1 film)	February 27, 2025	12:20	12:50	Movie Title: <b>Nosedive</b>	
	Reminders: (1) Make sure that iCARE staff signs at the end of every activity. No signatures means null and void. (2) Entries here must be identical to the information in the worksheet. (3) Return this to the staff on duty.				

*\*Additional two (2) hours for students who are conditionally admitted and are advised to take the Academic Mentoring Program (AMP)*

Date	Lessons Taken	No. of Hours/minutes	Signature of iCARE Staff



# FEU INSTITUTE OF TECHNOLOGY

Name: John Kenneth M. Costinar

Section: TW02

## Activity Sheet

Date of  
Accomplishment

### A. Reading (20 pts)

#### Article 1

- a. What is the main point of the author? Answer in at least 2 sentences.

The author explains that philosophy may not merely be theories concepts or thoughts philosophy is a way of thinking it helps in coming to terms with life reality and self-belief. He points to how philosophy develops critical thought and self-examination compelling us to question our own standing and enter other perspectives to view things.

- b. Do you agree with the author? Why? Why not? Explain.

I find it hard to disagree with the author because philosophy does help frame our opinions and critical thought. In my own experience, being challenged by varying ideas has influenced a more open mindset and the ability to make wiser choices. It is not merely theoretical but is even implicated in how we live and interact with others.

#### Article 2

- a. Pick one point from this article and briefly explain by citing personal experiences.

One major issue in this article is that the 1987 Constitution guarantees a democratic government where power belongs to the people through elections. I see this when people vote, hoping for better leaders. In my family, we discuss politics during elections, and I have learned that voting is not just about choosing leaders but about shaping the country's future.

- b. Is there any biased idea in the article? Explain why it is biased. Or elaborate why the author is fair.

The author presents the Constitution fairly without any political bias, focusing on its role in maintaining democracy and governance. Since he does not favor any political agenda, the article remains objective, allowing readers to form their own opinions on governance.

### B. Listening (10 pts) Questions:

Documentary 1

1. What is the main idea of the documentary?

The main idea in this documentary is hacker activities and how they exploit vulnerabilities in systems for personal gain or activism.

Documentary 2

2. What is an important issue tackled in this episode? Indicate the episode in your answer.

The episode highlights how easily people can buy abortion pills, openly advertised and sold despite being illegal in the Philippines, even though it may be legal in other countries.

### C. Film Viewing (5 pts)

Short Review: I found Nosedive incredibly relevant, as it reflects the pressures people face today in maintaining a flawless online image. The episode made me question how much importance we place on social approval and whether we sacrifice authenticity for popularity. The way people treat you is based on

your rating—if your rating is low, others won’t trust you or may hesitate to communicate with you. They might immediately assume you are a bad person or unreliable.

D. Speaking- Topic Discussed: (5 pts)

Reaction: I found FoodPanda application is incredible helpful, making ordering food quick and easy.

E. Playing Games (10 pts)

10 words and their meaning (could be accomplished by segment)



1. **Briefcase** – A flat, rectangular bag for carrying documents or laptops.

2. **Settings** – Options or configurations that adjust how something works.

3. **Unbox** – To open a package and remove its contents.

4. **Mass** – A large amount of something or a body of matter.

5. **Pet** – A domesticated animal kept for companionship or enjoyment.

6. **Goal** – The person's ambition or effort.

7. **Mad** – Emotionally disturbed

8. **Die** – A person stop living.

9. **Gun** – A weapon to shoot.

10. **Security** – Protection or Safety.