

## 11- SEIJITSU

My experience learning Empowerment Technologies (E-TECH) was very challenging. My overall insight about it is positive as it taught me positive things in life. Although, the effects of it can be negative such as resulting the students to be stressed and to have not enough hours of sleep because of the outputs or projects of the subject, but it's positive in a way that it teaches the students to manage their time efficiently and productively. It also develop the students' knowledge about technology and how to use the ICT tools properly.

Some of my interesting discoveries are ICT tools can make our lives easier. We can use Microsoft Word for encoding, Microsoft Excel for easier summation of numbers, and etc. Through these tools, you can also post a blog online and share your insights to the world. One problem that I've faced on making these tasks is lack of knowledge on how these tools, but as time passed by, I've learned how to utilize it.

In this subject also, we were tasked to host a seminar in which we must have our advocacy presented in a Powerpoint on our chosen audience. Through this, our public speaking skills were developed and proficiency skills in technology. The most important thing that I've learned from this personally is coordinating with others. As we are doing our seminar, we indulge more time with interacting with our group mates. With this, I have learned how to adjust on other people and I believe this will be used in the future. A lot of problems were also raised, it was solved by facing them together head-on as we gained courage through hardship to face the trial. I've realized that doing our best and approaching our teammates must be considered. These solutions can be applicable in the real life situations as this will help me face our issues that we would have to face in the future.

We communicated well in our group by acknowledging each ideas. Although there are times that our ideas has not been heard by our other group mates, understanding each other must be done to avoid quarrels. I've learned a lot of things for this semester as it helped me become a better person personally and by using ICT tools.