**KRISTIANE P. POLIDO**

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[kppolido@up.edu.ph](mailto:kppolido@up.edu.ph)

**Scientist | Science Writer**

**POST GRADUATE EDUCATION**

2016 - Present UNIVERSITY OF THE PHILIPPINES

LOS BAñOS, LAGUNA

Master of Science in Genetics

Minor in Microbiology

**ACADEMIC SCHOLARSHIP**

2017 – 2019 ACCELERATED SCIENCE AND TECHNOLOGY HUMAN

RESOURCE DEVELOPMENT PROGRAM (ASTHRDP)

Graduate Science and Technology Scholarships

Department of Science and Technology (DOST)

**WORK EXPERIENCE**

2016 - Present FREELANCE SCIENCE WRITER

May Whitepaper, Online Web Content, Science Blog Writing

Specializes on:

Science & Technology, Medical Writing

**PERSONAL BACKGROUND**

Born on April 30, 1993, in Manila, Philippines. Fluent in English and Filipino. INTP personality type, according to the Myers-Briggs Type Indicator. An avid reader with a wide variety of interests, from classic novels and comic books to science writings and journals. Knowledgeable in Microsoft programs, MEGA v6, BLAST, Vector NTI, and Adobe Photoshop. Adaptable, highly enthusiastic in learning new things, and goal- and quality-oriented. A writing portfolio is available upon request.

**RECENT WORK**

2020WHITE PAPER – HIV IN ROMANIA IN THE TIME OF THE COVID

August PANDEMIC

Client: CHRIS NIAL,

Company: HYDERUS CYF

“The COVID-19 pandemic is [a threat to HIV patients](https://www.sciencedirect.com/science/article/pii/S2352301820301053) that need continuous care, at any given stage. [A study](https://www.sciencedirect.com/science/article/pii/S1201971220303192) published this 2020 about how the COVID-19 pandemic affects HIV treatment in Central Europe shows that 60% of the responding countries (…) reported that HIV physicians were at the same time directly involved in work related to COVID-19 patients.”

2020MEDICAL WEBSITE CONTENT WRITING – WHARTON’S JELLY

August MESENCHYMAL STEM CELLS

To PresentClient: NEIL DUFFY

“The reported WJ-MSC ability to rescue cells with defective mitochondrial function through donating healthy mitochondria may

lead to new insights into the development of more efficient strategies to treat diseases related to mitochondrial dysfunction. Nevertheless, the efficiency and therapeutic effects if WJ-MSCs in transferring mitochondria to damaged cells due to mitochondrial diseases need further investigation.”

2020 MEDICAL WEBSITE CONTENT WRITING – BIOHACKING WITH VIT. B

Jun-Aug Client: STEPHEN WALKER

Company: INNOVAT LABS, UNFAIR MAGAZINE

“There is little to no adverse side effect if you take vitamin B supplements, while too little intake will cause you a lot of different health problems. For biohackers, this vitamin complex is an essential part of their regimen because of the innumerable benefits.”

<https://innov.at/>

2020 MEDICAL WEBSITE CONTENT WRITING – ADVANTAGES OF USING

Jun-Aug STEREO INSPECTION MICROSCOPES

Client: BRANDON SCHAEFER & ARI PAILAKIAN

Company: LAB PRO INC.

“Stereo Inspection Microscopes: Manipulating Small Objects in Three Dimensions

While other microscopes are meant only for viewing and observing, the stereo inspection microscope can be used for manipulating small objects and specimens, creating an incredibly versatile device that is used not only in science but also in technological endeavors.”

<https://labproinc.com/blog/microscopes-lighting-and-optical-inspection-6/post/top-4-advantages-of-stereo-inspection-microscopes-to-produce-medical-device-parts-180>

**ACHIEVEMENTS**

2015THESIS SUBSIDY GRANTEE

JuneFor the Undergraduate Thesis entitled:ISOLATION, CHARACTERIZATION, AND ASSESSMENT OF

ANTIMICROBIAL ACTIVITY OF SOIL ACTINOMYCETES FROM

MT. MALARAYAT AND MT. MACULOT – A COMPARATIVE STUDY

Philippine Society for Microbiology (PSM)

2014 1st RUNNER UP, Quiz Bee (Tuklas Talino)

December 39th YMCA National Congress of College Students

YOUTHREV: Towards a Just Society

Teachers Camp, Baguio City

**RESEARCH PAPERS**

2015 - 2016 MOLECULAR IDENTIFICATION, ASSESSMENT OF ANTIMICROBIAL

ACTIVITY, AND DIVERSITY OF SOIL ACTINOMYCETES

IN MT. MALARAYAT

Undergraduate Thesis. Unpublished.

Identified using molecular methods, classified systematically under respective genus and species, characterized using morphological characteristics, and assessed for their antimicrobial potential, the filamentous bacteria isolated from the soil of Mt. Malarayat.

2016 ISOLATION, CHARACTERIZATION, AND ASSESSMENT OF

ANTIMICROBIAL ACTIVITY OF SOIL ACTINOMYCETES FROM

MT. MALARAYAT AND MT. MACULOT – A COMPARATIVE STUDY

Undergraduate Thesis. Unpublished.

Compared the bacterial samples gathered from different elevational gradients from two mountains, Mt. Malarayat and Mt. Maculot. Served as a baseline study for the presence of microflora and their respective antimicrobial activity for two different locations.

2014 PROFILING OF THE MAJOR RIVER SYSTEMS OF BATANGAS BAY December WATERSHED IN TAYSAN, BATANGAS

Research Paper. Unpublished.

Served as a status report on the major tributaries in Taysan, Batangas in terms of environmental pollution, as well as of the existing laws implemented by the local government to address the issue of river pollution.

**RESEARCH PRESENTATIONS**

2016 1st REGIONAL FORUM ON SCIENCE EDUCATION and RESEARCH:

February 1 Achieving Global Competitiveness through Science and Education

Presented the Undergraduate Thesis: MOLECULAR IDENTIFICATION, ASSESSMENT OF ANTIMICROBIAL ACTIVITY, AND DIVERSITY OF SOIL ACTINOMYCETES IN MT. MALARAYAT

DLSL Biology Society

De La Salle Lipa, Lipa City, Batangas

Research Presenter

2015 NATIONAL RESEARCH CONFERENCE and RESEARCH OUTPUT

January 21 - 23 Presented the Research Paper: PROFILING OF THE MAJOR RIVER

SYSTEMS OF BATANGAS BAY WATERSHED IN TAYSAN, BATANGAS

Research and Educational Development Training Institute (REDTI)

Tanza, Cavite

Research Presenter

**OTHER PUBLISHED WORK**

2016 THE ‘SELFIE GENERATION’: SEEING BEYOND THE NARCISSISM

July 13 Produced by Daniel Hayes on THE ZINE.

Published on THOUGHT CATALOG Web Magazine and THE ZINE.

“There is nothing new about the selfie and the statement it makes. (...) [In fact, there is] something beautiful about a generation that believes that it is worth being seen or being looked at.”

A commentary and a different way to look at the scathing popular belief that the millennials are a generation of vain, self-centered individuals.

[http://thoughtcatalog.com/kristiane-polido/2016/07/the-selfie- generation-seeing-](http://thoughtcatalog.com/kristiane-polido/2016/07/the-selfie-%09%09generation-seeing-)beyond-the-narcissism/

**EDUCATION**

2012 - 2016 DE LA SALLE LIPA

Bachelor of Science in Biology

Constant Dean`s Lister

General Weighted Average: 1.49

2005 - 2009 MALATE CATHOLIC SCHOOL

High School Graduate

Honorable mention

**PAST SCHOLARSHIPS**

2015 - 2016 MASS SCHOLARSHIP

Lipa City Hall

Batangas

2013 - 2014 100% ACADEMIC SCOLARSHIP

Top 1 GWA, College of Education, Arts, and Sciences

De La Salle Lipa

**CO-CURRICULAR ACTIVITIES**

2012 - 2016 DLSL BIOLOGY SOCIETY

Member

2014 - 2015 Secretary for External Affairs

Outstanding Organization (Top 4)

2013 - 2016 LAVOXA Group of Publications (Constant contributor)

2013 - 2014 Staffer; Assistant Sports Editor (LAVOXA Tabloid and Broadsheet)

2014 - 2015 Features Editor (LMagazine)

2015 - 2016 Literary Editor (LMagazine)