

## ABSTRACT

Title of the Research: **A PHENOMENOLOGICAL STUDY OF LIVED EXPERIENCES OF EXEMPLARY SEASONED TEACHER IN GEN. E .AGUINALDO NATIONAL HIGH SCHOOL-BAILEN**

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Everyone has their own challenges. Also they have their own strategies on how to overcome these things. By those experiences it makes them to stand firm and strong to survive their day to day challenges.

This phenomenological study was conducted to reveal the experiences of our co-researchers. Thus, this paper wants to give inspiration and motivation to others from their experiences. It aims to give information on how these co-researchers surpass all the struggles that they encounter.

It is a qualitative research is intended to deeply explore, understand and interpret social phenomena within its natural setting. It is also a method where the collection of a variety of empirical materials, case study, personal experiences, historical problematic moments, interactional, visual text and meaning in individual lives. The researchers used unstructured interview that often contain an open-ended questions and discussions that may develop the unanticipated directions. And

they used Moustakas method to refined synthesis regarding meanings and essences of their experiences.

The three insights that emerged from our co-researchers experiences are: Teacher's Diary, Crumpled Pages, and lastly the Cover of the Diary.

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RESEARCH REVIEW PANEL

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