

MARYAM SHAIKH

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COUNSELING PSYCHOLOGIST ; TEACHER

A goal driven and versatile individual with a strong passion towards psychology, counseling and teaching with commitment towards academic growth of every student. Teaching with a desire to help every student attain their best potential by incorporating various psychological skills like active listening empathy, creativity, strong problem-solving abilities, knowledge of various therapeutic techniques, ability to build trust and rapport, etc in classroom to make overall learning experience more interesting and enriching. Helping students to battle the difficulties they face in terms of academics and personal growth through counseling sessions and helping them learn skills like effective time management, goal setting and following set time-tables etc.

EDUCATION

M.A - COUNSELING PSYCHOLOGY
SNDT WOMEN'S UNIVERSITY, MUMBAI

B.A - PSYCHOLOGY
(V.G.VAZE COLLEGE) MUMBAI UNIVERSITY

MS - CIT
MAHARASHTRA BOARD

POSITIVE PSYCHOLOGY AND WELL- BEING.
CERTIFICATE COURSE -(V.G.VAZE COLLEGE)
MUMBAI UNIVERSITY

REPRO-(REPRESENTATIONS OF CULTURES AND ORGANIZATIONS
CERTIFICATE COURSE -(V.G.VAZE COLLEGE)
MUMBAI UNIVERSITY)

SKILLS

- ENGLISH PROFICIENCY
- EXCELLENT COMMUNICATION
- MS-CIT PROFICIENCY
- RAPPORT BUILDING
- ACTIVE LISTENING
- RESOURCEFUL
- THINKING AND PROBLEM SOLVING
- OBSERVATION & CREATIVITY
- TEAM WORK
- HOLDING INTERACTIVE SESSIONS

LANGUAGES ^T

- ENGLISH
- HINDI
- URDU

EXPERIENCE

• REACH OUT COUNSELING CENTRE

Completed an internship at reach out counseling center in collaboration with Paramount Rehabilitation Centre. I conducted various counseling sessions with clients (including supervised and unsupervised sessions) which included goal setting, conducting the counseling session, report making, developing treatment plans, incorporating various psychological techniques like guided meditation, teaching stress reduction activities, etc.

• PARAMOUNT REHABILITATION CENTER

Working as a counselor at reach out centre gave me an opportunity to get work at paramount rehabilitation centre which is school for special needs children. This gave me experience in counseling the parents of special needs children as well as understanding the education method for children with special needs. My role here included counseling parents, conducting workshops, conducting psychological assessments and formulating study methods and treatment plans for children with respect to their academic performances.

• VINCY TUTORIALS

Taught at Vincy tutorials which helped improve my teaching skills and understand how to make learning a more interactive and less of a one way procedure

• A certified member of Counseling Cell in V. G. VAZE College

Repro course helped me in understanding various cultures and institutions present in our society which are often overlooked or ignored. Through this, I got the opportunity to meet many people coming from versatile backgrounds, children suffering from chronic illness, members of LGBTQ community, ex-prostitutes, art experts, social workers etc. These experiences changed my views and increased my understanding of life styles of very prominent but overlooked segments of our society.

• PSYCHOLOGICAL FIRST AID COURSE OF COURSERA.