

ALIZA ZAFAR

Email: aliza.zafar@hotmail.com

EDUCATION

Master's in Clinical Psychology Institute of Professional Psychology, Bahria University, Karachi	2019 – 2021
Bachelor's in Psychology Institute of Professional Psychology, Bahria University, Karachi	2014 – 2018
Intermediate Bahria College Karsaz, Karachi	2012 – 2014
Matriculation Hamdard Public School, Karachi	2002 – 2012

OBJECTIVES

Being a Lecturer, I can contribute to university and facilitate students with my knowledge, understanding and learning related to psychology. My current aim is to use my interpersonal, technical and lecturing skills and training to provide students with valuable knowledge in the psychology field.

HIGHLIGHTS OF QUALIFICATION

- Master's in Clinical Psychology Feb 2019 – Oct 2021
- Critical and creative thinking.
 - Leadership, communication and good time management skills.
 - Good computer skills in MS Office: Word and PowerPoint.
 - Multilingual (English and Urdu)

PROFESSIONAL DEVELOPMENT

- Worked as a volunteer in Dar ul Sakun, in 2016. Learned how to deal efficiently with individuals having intellectual and physical disabilities.
 - Conducted a workshop on preventing child abuse as 'Aagahi', in 2016. Explained young **Bachelor's in Psychology** had touch in deprived and privileged settings. Sept,2014 – Dec,2018
 - Conducted a workshop on Anger Management, in 2017. Explained teenage students of Karachi Public School how to deal with their anger effectively.
 - Worked as an internee at Institute of Behavioral Sciences-DOW University of Health Sciences from 2nd, December, 2017 till 31st, December, 2017. Worked with in and out-patients having mental health and drug addiction issues.
 - Conducted a research on 'Level of Stress among Different Marital Statuses and their Coping Strategies', in 2018.
-
-

ALIZA ZAFAR

Email: aliza.zafar@hotmail.com

-
-
- Worked as an Associate Psychologist at Umeed-e-Nau Clinic from March, 2019.
 - Completed a thesis on ‘Human Support and Non-Human Support in Association with Psychological Wellbeing of University Students’ in June, 2021.
 - Conducted psychological assessments on the in and out-patients at Psychiatry Ward, Jinnah Postgraduate Medical Center (JPMC) in August, 2021.
 - Presented my research on ‘Human Support and Non-Human Support in Association with Psychological Wellbeing of University Students’ at the 2nd International STEMS Conference.
 - Worked as a Counseling Officer at Sindh Integrated Emergency & Health Service (SIEHS) from May, 2021.

References Furnished Upon Request

ALIZA ZAFAR

Email: aliza.zafar@hotmail.com
