



ARHUM FATIMA

LECTURER PSYCHOLOGY

Passionate psychology lecturer adept at designing engaging course curricula that cultivate critical thinking and a deep understanding of human behavior. Skilled at leveraging interactive teaching methods, compelling case studies, and hands-on learning activities to enhance student engagement and knowledge retention. Committed to mentoring students and supporting their academic and professional growth as future leaders in the field.

CONTACT

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Hamid Block, Buch Villas
Colony, Multan, Pakistan

PROFESSIONAL CERTIFICATION

CERTIFICATE IN COGNITIVE
BEHAVIORAL THERAPY (CBT)
RAPID BLOOM CENTER OF
PSYCHOLOGY | SEPTEMBER 2025 –
NOVEMBER 2025

- Cognitive restructuring
- Behavioral interventions
- Emotional regulation
- Evidence-based CBT techniques
- Resilience and personal growth strategies

EDUCATION 2020 - 2022

BAHAUDDIN ZAKARIYA UNIVERSITY,
MULTAN

- M.Phil Applied Psychology
- GPA: 3.78/4
- Courses: Paradigms in Research, Organizational Behavior, Psychometrics, Advanced Research Methods, Advanced Statistics, Positive Psychology
- Thesis: Role of Perceived Parental Attitude on Flourishing with mediating role of Gratitude and Self-Compassion

WORK EXPERIENCE

- **National University of Modern Languages (Multan Campus)** 01/2024- PRESENT
Lecturer Psychology
 - Responsible for designing and delivering engaging course content for core psychology curricula, including Introduction to Psychology, Environmental Psychology, Cross-Cultural Psychology, and Teaching and Learning Skills.
 - Leveraging innovative instructional methods and hands-on learning activities to foster critical thinking, knowledge retention, and a comprehensive understanding of human behavior among students.
 - Providing mentorship to support students' academic and professional development.
- **Department of Applied Psychology, Bahauddin Zakariya University, Multan** 09/2023 - 01/2024
Visiting Lecturer Psychology
 - Taught Experimental Psychology course to BS 7th semester
- **Combined Military Hospital (CMH), Multan** 07/2019 - 08/2019
Intern
 - Utilized recognized diagnostic criteria to evaluate and identify mental health conditions.
 - Developed strong communication skills to establish rapport and actively listen to patients.
 - Practiced cultural sensitivity to ensure inclusivity and respect for patients' backgrounds.
 - Collaborated with a healthcare team to create personalized treatment plans for patients.

PUBLICATIONS

- **Emotional Closeness with Migrant Fathers and Romantic Relationship Satisfaction: Mediating Role of Attachment**
Authors: Palwasha, Arhum Fatima, Saira Tariq & Shah Fahad
International Journal of Contemporary Issues in Social Sciences
Volume 4-2026, Issue 1 - 10 March, 2026
DOI: <https://doi.org/10.59075/rjs.v4i1.356>
- **Impact of Academic Perfectionism on Test Anxiety among University Students in Pakistan through Mediating Role of Avoidance of Academic Coping Strategies**
Authors: Maria Anwar Khan, Mehr Khudija, Arhum Fatima, Nazia Parveen, Yasuhiro Kotera
Journal of Psychiatry and Brain Science
Volume 10-2025, Issue 6 - 13 November, 2025
DOI: <https://doi.org/10.59075/rjs.v4i1.356>

2016- 2020

BAHAUDDIN ZAKARIYA UNIVERSITY,
MULTAN

- BS Applied Psychology
- GPA: 3.88/ 4.0
- Courses: Experimental Psychology, Social Psychology, Behavioral Neuroscience, Developmental Psychology, Clinical Psychology, Psychotherapy, Cognitive Psychology

SKILLS

- Teamwork
- Time Management
- Consistency
- Leadership
- Effective Communication
- Critical Thinking

LANGUAGES

- English (Fluent)
- Urdu (Fluent)

- **The Psychological impact of Unemployment on Individuals**

Authors: Hina Jabbar; Arhum Fatima

International Journal of Innovative Science and Research Technology
Volume 9 - 2024, Issue 7 - July

DOI: <https://doi.org/10.38124/ijisrt/IJISRT24JUL1699>

- **Integrating Mental Health Literacy into Correctional settings: Strategies for enhancing Help-seeking behavior among Prisoners with Emotional instability**

Authors: Rabia Khaliq, Arhum Fatima, Kamran Sher, Muhammad Latif, Dr. Nazia Iqbal

International Journal of Contemporary Issues in Social Sciences
Volume 3-2024, Issue 2 - 30 June, 2024

DOI: <https://doi.org/10.38124/ijisrt/IJISRT24JUL1699>

Workshops/Seminars/Webinars

- **Workshop on Clinical Case Study**

23 May 2024 at NUML Multan Campus

- **Seminar on Human Equality**

23 May 2024 at NUML Multan Campus

- **Workshop on Relaxation exercises**

25 April 2024 at NUML Multan Campus

- **Seminar on Communication disorders**

21 May 2024 at NUML Multan Campus

- **Tuberculosis Awareness Seminar**

20 March 2024 at NUML Multan Campus

- **Webinar on Emotional Freedom Technique for treatment by Dr. Anila Sadaf**

26 February, 2024 at NUML Multan Campus

- **Workshop on "Modern Perspectives about Personality & Management of Personality Disorders**
Organized by Madina Tul Ilm Academy for Psychology

Activities

- **Zakariyan Dramatics Club (ZDC, BZU) (2018-2019)**

Worked as a Make-up artist and Costume designer for ZDC

- **Sports Gala, Department of Applied Psychology, BZU (2019)**

- **Tree Plantation Project (08/2019)**

Worked as a team to plant several trees in Bosan road area, Multan.

- **Zestival'18 (12/2018)**

Worked as a team member to manage the competition of plays and music. Hosted and guided students from different universities.

Efficiently managed budget and assured the fulfilment of predetermined objectives of the event.

- **Jashn e Bahaaran (03/2018)**

Lead the event organization team to prepare and organize the 3-day event and delivered quality within budget