

# ZARMINA SAEED

## Psychologist

### PROFESSIONAL SUMMARY:

Being a dedicated person I am always looking for a career in psychology to use my potential, knowledge, and skills in clinical, research, teaching, and other fields in a competitive and creative environment.

### PROFESSIONAL EXPERIENCE

- **True Self Mind Mastery (Role as a Virtual Assistant) 2023-ongoing**  
Since 2023, I've been working with the True Self Mind Mastery realm as a virtual assistant. I'm all about blending top-notch admin skills with a flair for personal growth, helping clients unlock their awesome potential. Think of me as your go-to for getting things organized and sparking self-discovery!
- **Visiting Lecturer in National University of Modern Languages, Multan**  
Sept, 2024- Continue  
I am teaching the coursework of Introduction to Psychology and Introduction to Sociology in the Psychology and Information Technology Department.
- **Visiting Lecturer in Applied Psychology department at Bahauddin Zakariya University, Multan**  
Feb, 2025-June, 2025  
I taught coursework of "Vocational Guidance and Counseling" to students of 8th semester in Applied Psychology department Bahauddin Zakariya University, Multan
- **Visiting Lecturer in International Relations department at Bahauddin Zakariya University, Multan**  
Feb, 2024-Jan, 2025  
I taught coursework of "Research Methodology" to students of 8th semester in International Relations department Bahauddin Zakariya University, Multan
- **Taarey Zameen Par Trust (Role as a Psychologist) 2021**  
Throughout my internship at Children's Hospital Multan, under the auspices of the Tarrey Zameen Par Trust, I was entrusted with the responsibility of providing counseling to patients in the oncology, hematology, dialysis, and nephrology wards. Additionally, for two days each week, I actively engaged in daily patient counseling at OPT, demonstrating my unwavering commitment to this crucial role.
- **Internship at Daar ul Sukkon (Role as a Teacher) 2021**  
During my internship at Daar ul Sukkon, I was privileged to play an integral role in imparting knowledge and fostering educational growth among underprivileged students.
- **Student Counselor at Major Aziz Bhatti Shaheed Hospital 2024**  
Worked as a Student Counselor at Major Aziz Bhatti Shaheed Teaching Hospital Gujrat, from 1st Jan, 2023- 22nd Dec, 2023

### TOP SKILLS

- **Book Writing:**  
I have been writing 3-4 books and published first book on 3rd Jan, 2025
- **Article Writing:**  
Wrote soo many articles, and published on substack and magellan
- **Communication Skills:**  
Active listening, clarity and conciseness, effective writing
- **Research Skills:**  
Critical thinking, information literacy, effective search strategies
- **Problem-Solving Skills:**  
Identify the problem, gather information, generate & evaluate solutions
- **MS-Office Pack:**  
Word proficiency, Excel mastery, PowerPoint expertise
- **Interpersonal Awareness:**  
Empathy, self-awareness, effective communication
- **Time Management:**  
Goal setting, effective planning, prioritization, time tracking
- **SPSS Software:**  
Data analysis, Statistical modeling, Report generation
- **PLS-SEM Software:**  
Structural equation modeling, Latent variable analysis, Path analysis

### EDUCATION

- 2015-2017  
Punjab-College, Multan  
Fsc. Pre-Medical

*Pursuing my FSC studies because of a passion for exploring the mysteries of the human mind and my dedication to making a positive impact on the world.*

- 2017-2021  
BS in Applied Psychology, BZU, Multan  
3.89/4.00 Cgpa

*My bachelor's degree in Applied Psychology provided me with a comprehensive foundation in the fundamental principles and diverse sub-fields of psychology. My coursework encompassed a broad spectrum.*

- 2021-2023  
M.PHIL (Applied Psychology), BZU, Multan  
3.91/4.00 Cgpa

*My M.Phil. in Applied Psychology has provided me with an extensive and in-depth understanding of advanced research methodologies, statistical techniques, the historical foundations of psychology, and the intricacies of various psychological systems.*

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# ACHIEVEMENTS

## **Published THREE books with a Canadian coach.**

**Book#1:** [https://www.amazon.com/gp/product/B0DS8HHNMB/ref=ox\\_sc\\_act\\_image\\_1?smid=ATVPDKIKX0DER&psc=1](https://www.amazon.com/gp/product/B0DS8HHNMB/ref=ox_sc_act_image_1?smid=ATVPDKIKX0DER&psc=1)

**Book #2:** [https://www.amazon.com/Inner-SHIFT-Discover-Struggles-Anxiety-ebook/dp/B0FV4D4M3Z/ref=sr\\_1\\_2?crid=WIPVJ7X6DS05&dib=eyJ2IjoiMSJ9.cfhBLEMJVkyRu65pc74rQEimvZ4yI7K5SZz47w0J7C\\_GjHj071QN20LucGBJIEps.r07Y99gmIgUv m3la2B5vS2oOEXJdeyZEjdx256BX4g&dib\\_tag=se&keywords=inner+shift+by+mark+hugh+sam&qid=1777305726&s=books&sprefix=inner+shift+by+mark+hugh+sam%2Cstripbooks-intl-ship%2C372&sr=1-2](https://www.amazon.com/Inner-SHIFT-Discover-Struggles-Anxiety-ebook/dp/B0FV4D4M3Z/ref=sr_1_2?crid=WIPVJ7X6DS05&dib=eyJ2IjoiMSJ9.cfhBLEMJVkyRu65pc74rQEimvZ4yI7K5SZz47w0J7C_GjHj071QN20LucGBJIEps.r07Y99gmIgUv m3la2B5vS2oOEXJdeyZEjdx256BX4g&dib_tag=se&keywords=inner+shift+by+mark+hugh+sam&qid=1777305726&s=books&sprefix=inner+shift+by+mark+hugh+sam%2Cstripbooks-intl-ship%2C372&sr=1-2)

**Book#3:** [https://www.amazon.com/s?k=inner+shift+by+mark+hugh+sam&i=stripbooks-intl-ship&crid=WIPVJ7X6DS05&sprefix=inner+shift+by+mark+hugh+sam%2Cstripbooks-intl-ship%2C372&ref=nb\\_sb\\_noss](https://www.amazon.com/s?k=inner+shift+by+mark+hugh+sam&i=stripbooks-intl-ship&crid=WIPVJ7X6DS05&sprefix=inner+shift+by+mark+hugh+sam%2Cstripbooks-intl-ship%2C372&ref=nb_sb_noss)

## **Final Year Project**

Conducted research on the moderating role of resilience on social support and marital adjustment among working and non-working married women.

## **Articles Presentation in International Conferences**

Presented articles on the impact of excessive use of the internet, adequate sleep, and social connectivity on depression among young adults; resilience, optimism, and work engagement in relation to job performance among leaders in Pakistan; and social appearance anxiety and psychological distress among Instagram users.

**M.PHIL RESEARCH WORK TITLE:** EFFECT OF NOMO PHOBIA AND FEAR OF MISSING OUT ON MOOD AND ANXIETY AMONG SMARTPHONE USERS: AN EXPERIMENTAL INVESTIGATION

Title of Article

(Soon to be published)

"No-Mobile-Phobia, Fear Of Missing Out, Mood, and Anxiety among Young Adults; A Comparative Study between Addicts and Non-Addicts."

# HONORS / AWARDS

## **Member of Australian and New-Zealand Mental Health Association**

*I become a certified member of Australian and New-Zealand mental health association.*

## **Received Certificates for Presenting Two Articles**

Presented two articles at the "International Conference on Contemporary Issues in Sociology & Public Health (ICCISPH-2022)" held at Bahauddin Zakariya University Multan (BZU Multan) in 2022.

## **Certificate for Presenting an Article**

Presented an article at the "International Conference on Interdisciplinary Approach (ICOIASS22-MH-90-IUB)" held at the Islamia University of Bahawalpur (IUB) in 2022.

## **Position Holder Scholarships - BZU Multan**

Awarded position holder scholarships for academic excellence at Bahauddin Zakariya University Multan (BZU Multan).

## **Attended One-Day Workshop on "Secrets of Successful"**

Attended a one-day workshop on "Secrets of Successful" organized by Bahauddin Zakariya University Multan (BZU Multan) in 2018.

## **Attended One-Day Workshop on "Read People Like Books"**

Attended a one-day workshop on "Read People Like Books" organized by Bahauddin Zakariya University Multan (BZU Multan) in 2019.

## **Participated in Motivational Seminar "Travel to Victory"**

Participated in the motivational seminar "Travel to Victory" organized by Bahauddin Zakariya University Multan (BZU Multan) in 2019.

## **Participated in "War for Zero Thalassemia"**

Participated in the "War for Zero Thalassemia" campaign to raise awareness about thalassemia and promote voluntary blood donations.

## **Orientation Course of Community Action for Disaster Response (CADRE) RESCUE 1122**

Completed the Orientation Course of Community Action for Disaster Response (CADRE) organized by RESCUE 1122 in 2018.