

Aasia Saeed

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ABOUT ME

Organized and Proactive Social Science Professional with a Master's Degree in Career Counseling and Education from NUST. Committed to both personal and professional development, I am enthusiastic about exploring diverse opportunities that harness my broad skill set and academic background. My dedication to continuous improvement drives me to seek roles that offer the chance to expand my knowledge and make impactful contributions.

EDUCATION AND TRAINING

[12/09/2022 – 12/06/2024]

MS Career Counseling and Education

National University of Sciences and Technology, NUST

City: Islamabad | **Country:** Pakistan |

[06/02/2018 – 12/04/2022]

BS Psychology

National University of Modern Languages, NUML

City: Islamabad | **Country:** Pakistan |

WORK EXPERIENCE

[05/08/2024 – Current]

Admission Officer

International Centre of Excellence-ICE

City: Islamabad | **Country:** Pakistan

[27/06/2024 – 10/07/2024]

Career Counseling Sessions with Pakistan Alliance of Girls Education, FDE

Summer Fiesta '24 at ICT Colleges

Conducted career counseling sessions in collaboration with Pakistan Alliance of Girls Education, under Federal Directorate of Education (FDE), during Summer Fiesta '24 at ICT colleges. Aimed to provide guidance and support to students in navigating career choices and enhancing educational outcomes.

[10/01/2024 – 15/07/2024]

Student Counselor/ Teacher, Foundation Institute Of Technology

City: Rawalpindi | **Country:** Pakistan

Provided academic and career counseling to students, guiding them through their educational and professional development.

Delivered lectures and facilitated classroom learning, ensuring an engaging and supportive educational environment.

[01/04/2022 – 18/08/2022]

Intern Clinical Psychologist, CDA Hospital

City: Islamabad | **Country:** Pakistan

Tasks

Client Intake

Psychological Case reports

Psychological Assessment

Psychoeducation

[17/07/2019 – 10/09/2020]

Community Based Project

City: Islamabad | **Country:** Pakistan

PRCS-Community Based Project-Ignite The Bright Future for Children in Slums

Completed a project at F.G. Benazir Bhutto College for Girls, G-7/2, Islamabad.

Tasks

- Conducted a Tobacco Awareness Session
- Organized Gift Distribution
- Led Fund Raising Activities

[06/09/2021 – 05/05/2022]

'English Works'-EW NUML, US Embassy, RELO

City: Islamabad | **Country:** Pakistan

Tasks:

- Created awareness for international days through poster design, videos, and PPT presentations
- Learned various web tools and 21st-century skills
- Gained understanding of and learned about multicultural competence

PROJECTS

Role of Self-Compassion in Body Image Satisfaction and Psychological Well-being of Students

Investigated the impact of self-compassion on body image satisfaction and psychological well-being among students, aiming to cultivate innovative skill sets for success in a dynamic world.

[07/12/2022 – 12/04/2023]

Lesson Plan Implementation/Curriculum Review/ Scheme Of Work

Implemented strategies to embed career education in mainstream education, fostering awareness and linking academia with the labor market.

[06/12/2022 – 10/04/2023]

Career Counseling Sessions/ Career Fest

Summary: Organized and facilitated career counseling sessions and career fests at Fatima Jinnah Women University, Silver Oaks School, and NUST Creative Learning School. Aimed to empower individuals with career guidance and foster community-wide career advancement.

ORGANISATIONAL SKILLS

Networking, Team Work, Collaboration, Problem Solving, Student mentorship and support, Empathy

HOBBIES AND INTERESTS

Community Based Projects, Volunteering, Graphics

- **Community-Based Projects:** Passionate about contributing to community initiatives focused on education, empowerment, and social welfare.
- **Volunteering:** Dedicated to volunteering for causes that promote education access, women empowerment, and community development.
- **Graphics:** Enjoy creating visually compelling designs for posters, presentations, and digital media, combining creativity with effective communication.