



MARIA JAMEEL

LECTURER | I.O PSYCHOLOGIST

CONTACT

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SKILLS

DIGITAL SKILLS

- Microsoft Word
- IBM SPSS - IBM Analytics
- Zoom

MANAGEMENT AND LEADERSHIP SKILLS

- Strategic Thinking
- Team Management
- Decision Making
- Change Management



ABOUT ME

An energetic, ambitious person who has developed a mature and responsible approach to any task or situation that is presented with. As an Industrial/Organizational Psychologist and Lecturer I am an articulate, confident person with solid observation, excellent in working with others to achieve a specific objective on time and with excellence, and striving for eminence in my career to satisfy my quest for knowledge.



WORK EXPERIENCE

National University of Modern Languages, Faisalabad, Pakistan 04/09/2023- PRESENT

LECTURER

- In-charge of paper vetting
- Department's focal person of Examination
- In-charge student's grooming sessions
- Member of QEC-SAR Team

Women University Swabi, Swabi, Pakistan

02/08/2018 - 24/05/2022

PSYCHOLOGY LECTURER

- Taught Undergraduate Courses of Psychology
- Head of Psychology Department
- Research Supervision of Undergraduate BS and Masters
- Coordinator of New Campus WUS
- Member of the Academic Council
- Member of the Content Committee for Online Teaching
- Head of the HEC-WUS Centre for Psychological & Social Services
- Student Counsellor & Organizational Development Expert of HEC-WUS CPPS
- Member of the QEC of WUS

Aligarh Degree Girls College, Multan, Pakistan

2010 - 2011

LECTURER

- Taught Psychology Courses
- Sports Coach (Table Tennis & Badminton)



EDUCATION AND TRAINING

PhD Applied Psychology

2021 – CURRENT

National University of Modern Languages,
Islamabad, Pakistan

MS INDUSTRIAL/ORGANIZATIONAL PSYCHOLOGY

2013 – 2015

Government College University,
Lahore, Pakistan

MSC APPLIED PSYCHOLOGY

2007 – 2009

Bahauddin Zakariya University,
Multan, Pakistan

BACHELORS IN ARTS

2005 – 2007

Bahauddin Zakariya University,
Multan, Pakistan



LANGUAGE SKILLS

Urdu

Mother Tongue

English

Listening: C2 | Reading: C1 | Spoken Production: C2 | Spoken Interaction: C1 | Writing: C1

Dutch

Listening: A1 | Reading: A1 | Spoken Production: A2 | Spoken Interaction: A1 | Writing: A1

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

ADDITIONAL INFORMATION



CONFERENCES AND SEMINARS

Solution of Mental health problems with effective communication

10/2021

Karachi University

- Guest Speaker on the topic of Solutions to Mental Health problems with effective communication on Mental Health Day celebration

Role of Positive Psychology in dealing with Coronavirus

01/2021

Women University Swabi

Bridging the Gap between Public and Police

07/2019

- One Day workshop was delivered to 50 Police personnel



RESEARCH PROJECTS

- Is prescribing medicine with generic formula the practical solution to control price?

2023



PROJECTS

Purchase Dissonance, Customer Loyalty with Brand and Complaining Behavior during Online Shopping

Life Orientation, Suicidal Ideation & Hope among Employed and Unemployed Adults

Effect of Smile on Customer's Purchase Decision, a social experiment

Highlighting the Motivation level of Employees during low sales environment, a qualitative study at Subway Jail Road Lahore



HONOURS AND AWARDS

Representation of Pakistan Table Tennis Team in Asian Championship

2004

3rd position in South Asian Junior Table Tennis Championship - South Asian Table Tennis Federation

2003

National Junior Champion of Pakistan - Pakistan Table Tennis Federation

2002



ORGANIZATIONAL SKILLS

Project Management

- I was able to effectively manage projects from start to finish in my previous job by setting goals, developing plans, allocating resources, and ensuring that timelines and budgets are met

Attention to Detail

- Giving strong attention to detail in order to ensure accuracy and consistency in my work, involves being meticulous, thorough, and paying close attention to the details of the work.

Planning and Preparation

- Effectively plan and prepare for meetings, presentations, and other events with the help of developing agendas, creating presentations, and preparing materials in advance.

Assertiveness

- Demonstrated assertiveness which helped me in conflict resolution, negotiation, boundary setting, and effective communication.



INTERPERSONAL SKILLS

Effective Communication

- Able to effectively communicate complex psychological theories and concepts to students of varying backgrounds and skill levels by using clear language, active listening, and adapting teaching styles to suit individual learning styles

Empathy

- Understanding and relating to the emotions and experiences of others, compassionate, non-judgmental, and respectful of individual differences

Collaboration

- Able to work collaboratively with other professionals, such as other lecturers, administrators, and support staff, open-minded, respectful of other's perspectives, and willing to compromise.

Conflict Management

- Manage conflicts and disagreements in a constructive manner, communicate effectively, being solution-focused, and be able to negotiate and compromise.



PROJECTS SUPERVISED

Life Orientation, Resilience and Self-Esteem among employed and Un-unemployed Adults

The Relationship between Procrastination, Self-efficacy and Academic Functioning

Impact of Social Media on Youth's Attitude and social Isolation

Emotional Intelligence & Perceived Stress in COVID-19 among Adults

Use of Social Media and Purchase Intention of young Adults in COVID-19

Use of Gaslight in romantic relationship in Pakistani adults