

HUMA ALTAF

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EDUCATION

Institute of Applied Psychology, University of the Punjab Lahore (3.51) Lahore, Pakistan
Master in Applied Psychology 2015-2017

University of the Punjab, Lahore (1st Division) Lahore, Pakistan
Bachelor of Arts: (Statistics, Psychology, Journalism) 2013-2015

EXPERIENCE

Beaconhouse Newlands School Lahore (Jan.2019-Dec.2022)
Personalized Learning Trainer
Personalized Learning Department

Government Gulberg College for Women Lahore (Oct.2018-Dec.2018)
Psychology Lecturer of BS (hons).

ACADEMIC ACTIVITIES

Final-Year Major Project: Completed Research Thesis on Postpartum Depression Lahore, Pakistan
(Jan-July, 2017)

- *Research & Counseling:* Invested 6-months while doing an extensive research on topic “Childcare stress, Stressful life events and Cognitive Attributional Styles in women with Postpartum Depression.”

Leadership: Ambassador at 4th International Science & Youth Symposium (ISYS) Swabi, Pakistan
(4TH-6TH Nov., 2017)

- *Ambassadorship:* Led 13 fellow participants as an ambassador of institute and was awarded with a shield of winner at science youth conference organized by GIKI Science Society.

HONORS & AWARDS

Chief Minister’s Award: Lahore, Pakistan
Received merit-based Laptop Award from Chief Minister Punjab (2017)

*Teamwork-*Collaborated with 10 participants members and secured 2ND position at Mental Health Week Poster Competition, organized by GCU Lahore, Pakistan
(February, 2017)

*Silver Medal Holder-*2ND position at inter-school Netball Tournament, Organized by Punjab Olympics Association. Lahore, Pakistan
(November, 2011)

ADDITIONAL

- *Technical Skills:* SPSS, MS OFFICE
- *Interests:* Reading, Article/Blog Writing, Netball, Badminton, Tourism.