

SABA MUSHTAQ

7th road Setellite town near Rawalpindi women university,
rwalpindi | sabam48060@gmail.com | 03355015824

OBJECTIVE

Motivated and dedicated psychology graduate seeking to apply academic knowledge and research experience in a practical setting to promote mental well-being and support individual development. Eager to contribute to clinical, educational, or research-based environments by utilizing strong analytical, interpersonal, and counseling skills. Committed to continuous learning and making a meaningful impact in the field of mental health and human behavior.

SKILLS & ABILITIES

Psychological Assessment: Skilled in administering and interpreting standardized psychological tests (e.g., MMPI, DASS, GAD-7, BDI-II, PWB, GDMS, MSPSS).

Research Skills: Proficient in qualitative research methods, data collection, SPSS analysis, and academic report writing.

Communication: Strong verbal and written communication skills; able to convey complex psychological concepts in an understandable manner.

Counseling Techniques: Familiar with basic counseling approaches including active listening, empathy, and rapport-building.

Observation & Analysis: Capable of observing behavioral patterns and making informed psychological interpretations.

Critical Thinking: Strong problem-solving skills with the ability to evaluate psychological data and apply theoretical knowledge to real-life situations.

Time Management: Effective at organizing tasks, meeting deadlines, and managing academic and field responsibilities efficiently.

Computer Proficiency: Skilled in MS Office (Word, Excel, PowerPoint), and SPSS.

EDUCATION

BS/ MSC IN APPLIED PSYCHOLOGY RAWALPINDI WOMEN UNIVERSITY, RAWALPINDI
2022-2024

During my studies in Applied Psychology, I gained a strong foundation in psychological theories, research methodologies, and practical applications in clinical and social settings. Key responsibilities included taking history, conducting psychological assessments, participating in case studies, and engaging in academic research projects. I successfully completed a research

thesis, demonstrating critical thinking, data analysis, and academic writing skills. I also participated in seminars and workshops on mental health awareness and counseling techniques, enhancing my interpersonal and professional development.

BSC IN PSYCHOLOGY, ZOOLOGY, BOTANY PUNJAB COLLEGE JAND, ATTOCK (AFFILIATED WITH UNIVERSITY OF PUNJAB)
2020-2022

FSC IN PRE-MEDICAL (BIOLOGY, PHYSICS, CHEMISTRY) GOVERNMENT COLLEGE FOR WOMEN JAND, ATTOCK (BIAS RAWALPINDI BOARD)
2018-2020

MATRIC IN SCIENCE (BIOLOGY, PHYSICS, CHEMISTRY, MATHEMATICS) GOVERNMENT GIRLS HIGH SCHOOL JAND, ATTOCK (BIAS RAWALPINDI BOARD)
2015-2017

EXPERIENCE

INTERNSHIP, IN CDA HOSPITAL ISLAMABAD AT PSYCHATRY DEPARTMENT

21-AUGUST-2023 TO 04-SEPTEMBER-2023

WORKSHOP, CONFIDENCE BUILDING STRATEGIES FOR ADOLESCENTS

25-AUGUST-2023

INTERNSHIP, IN SPECIAL EDUCATION CENTER / SCHOOL JAND, ATTOCK

07-SEPTEMBER-2024 TO 31-MARCH-2025

COMUNICATION & LANGUAGE

Able to communicate effectively with individuals from diverse backgrounds in both academic and practical settings.

Skilled in active listening, empathy, and delivering constructive feedback.

Capable of presenting research findings, psychological concepts, and case reports clearly and confidently..

PUNJABI, URDU, ENGLISH

LEADERSHIP

Served as group representative in classroom discussions and psychology seminars, promoting peer engagement and knowledge sharing.

Capable of motivating team members, resolving conflicts, and maintaining a positive and goal-oriented environment.

Committed to leading by example through discipline, responsibility, and collaboration in both academic and co-curricular activities.