



TEHSEEN FATIMA

Psychologist

CONTACT

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SKILLS

- Time Management
- Effective Communication & Active Listening
- Counseling
- Psychoeducation
- Behavior Therapy Techniques & Life Skills Training
- Student Engagement & Emotional Support
- Classroom & Individualized Teaching Strategies
- Cultural Sensitivity and Inclusive Approach
- Research & Data Analysis (SPSS, AMOS, PROCESS)
- Digital Content Creation (MS Office, Canva, Social Media)

LANGUAGES

- English
- Urdu
- Punjabi

HOBBIES

Reading
Drawing & Painting
Calligraphy
Fashion Designing
Makeup Artistry
Cooking

EDUCATION

- 2021-2023 M.Phil in Psychology**
Department of Psychology, Government College University, Lahore
- 2021-2023 M.Sc. in Psychology**
Department of Applied Psychology, Government Graduate College, Township (Affiliated with University of the Punjab)
- 2016-2018 B.Ed. (Science)**
Division of Education, University of Education, Township, Lahore
- 2014-2016 B.Sc. (Botany, Zoology, Psychology)**
Nisa Girls College, College Road, Township, Lahore
- 2012-2014 F.Sc. (Pre-Medical)**
Government College for Women, Model Town, Lahore
- 2010-2012 Matric (Science)**
Government Girls High School, Kanganpur

WORK EXPERIENCE

Student Counselor & Social Media Executive

Student Care and Counseling Department (SCCD) & Digital Engagement & Social Media Department (D&SM)

KIPS Education System | Dec 2023 – Present

- Provided psychological counseling and emotional support to school and college students.
- Conducted one-on-one and group sessions focusing on academic stress, anxiety, and behavioral challenges.
- Promoted to *Social Media Executive in August 2024*, integrating psychological understanding to design mental health awareness campaigns for students and parents.

Senior Biology Teacher

Mubarik Educational System | Jan 2019 – Sep 2023

- Taught biology with a focus on conceptual clarity, critical thinking, and academic discipline across secondary and higher secondary levels.
- Conducted laboratory experiments and demonstrations to provide hands-on learning experiences for students.

Certifications & Achievements

- **Gold Medalist (Session 2016–2018)**

*Institute of Applied Psychology,
Government Graduate College for Boys,
Township Lahore*

- **Position Holder – Quiz Competition on
Mental Health Day**

Riphah International University

Conferences / Workshops / Seminars

- **National Symposium on Radicalization
Government MAO College, Lahore**

Participated in a national-level symposium focused on understanding the psychological roots, social triggers, and preventive strategies related to radicalization in youth. Gained insights into the role of educational institutions and psychologists in countering extremist mindsets.

- **Workshop on “Research Methods”
Government College University, Lahore**

Attended a comprehensive workshop covering qualitative and quantitative research designs, data collection tools, ethical considerations, and SPSS-based data analysis techniques. Enhanced understanding of methodological frameworks essential for psychological research and academic writing.

Volunteer Work and Pre- Professional Exposure

Clinical Visits & Field Work

Conducted psychological assessments and case report writing during field exposure at:

- Mayo Hospital, Lahore
- Jinnah Hospital, Lahore
- Services Hospital, Lahore
- Visited Fountain House, Lahore for hands-on learning about psychiatric rehabilitation and community mental health care.

Lecturer – Psychology (Intern)

Government College for Boys Township, Lahore | Sep 2018

– Dec 2018

- Taught undergraduate Psychology courses with a focus on SPSS and applied research methods.
- Fostered analytical and reflective thinking in students through interactive and student-centered teaching.

PUBLICATIONS

- **Lifestyle Modifications Needed Post COVID-19
Infection**

November 2023

DOI:[10.4018/978-1-6684-6855-5.ch004](https://doi.org/10.4018/978-1-6684-6855-5.ch004)

In book: Clinical Practice and Post-Infection Care for COVID-19 Patients (pp.109-134)

https://www.researchgate.net/publication/375970499_Lifestyle_Modifications_Needed_Post_COVID-19_Infection

- **Management of Diabetes Complications
During and After COVID-19**

November 2023

DOI:[10.4018/978-1-6684-6855-5.ch005](https://doi.org/10.4018/978-1-6684-6855-5.ch005)

In book: Clinical Practice and Post-Infection Care for COVID-19 Patients (pp.135-160)

https://www.researchgate.net/publication/375985012_Management_of_Diabetes_Complications_During_and_After_COVID-19

REFERENCE

Available upon request.