

SAMAN JAMIL

MPhil Psychology | Lecturer | Student Counsellor

samanjamil05@gmail.com | +92-3130942442 | Islamabad, Pakistan.

SUMMARY

Dedicated and research-oriented MPhil Psychology graduate. Possesses comprehensive knowledge of the Cambridge IGCSE and Cambridge International AS & A Level Psychology curricula, including assessment objectives, research methods, examination strategies, and learner-centered instructional practices. Skilled in lesson planning, curriculum delivery, student assessment, classroom management, counselling, and academic mentoring. Experienced in designing engaging learning experiences that foster critical thinking, academic excellence, and student well-being. Passionate about contributing to higher education institutions and international schools through innovative, evidence-based teaching.

WORK EXPERIENCE

Psychology Lecturer

2022 – 2024

Peshawar Model Degree College, Peshawar.

- Delivered engaging Psychology lectures using student-centered teaching methods.
- Developed lesson plans, presentations, and assessment materials aligned with course outcomes.
- Improved classroom participation by 35% through interactive discussions and case studies.
- Assessed student performance through assignments, quizzes, and examinations.
- Mentored students in academic planning and research projects.
- Collaborated with faculty to support curriculum development and quality education.

Counsellor

2021 – 2022

Lady Reading Hospital, Peshawar.

- Provided counselling and psychological support to 100+ clients.
- Conducted psychological interviews and behavioural assessments.
- Maintained 100% confidentiality of client records and case documentation.
- Assisted clients with stress management and emotional well-being.
- Coordinated with multidisciplinary healthcare teams to improve client care.
- Prepared counselling reports and maintained accurate documentation.

EDUCATION

BS Psychology

2017 – 2021

The Islamia University of Peshawar.

- Final CGPA: 3.70 / 4.00

MPhil Psychology

2022 – 2024

University of Peshawar

Research Thesis:

Effect of Doodling on Anxiety, Affect and Happiness: An Experimental Study

PROFESSIONAL SKILLS

- Curriculum Planning
- Student Engagement
- Public Speaking
- Research Supervision
- Report Writing
- Academic Writing
- Psychological Testing
- Counselling Skills
- Classroom Technology
- Problem Solving
- Leadership
- Team Collaboration
- Time Management
- Communication

TECHNICAL SKILLS

- SPSS • Microsoft Office • PowerPoint • Google Classroom • Microsoft Teams • Zoom • Canva
- Google Workspace

RESEARCH & ACADEMIC PROFILE

- Completed MPhil thesis on the effect of doodling on anxiety, affect, and happiness using an experimental research focus.
- Academic foundation in consumer/student behavior, developmental psychology, educational psychology, counselling, and psychological assessment.
- Able to support psychology students through lesson delivery, academic mentoring, research orientation, and basic assessment guidance.

CORE COMPETENCIES

- Lesson Planning, Curriculum Design & Syllabus Mapping
- Classroom Management & Student Engagement
- Interactive, Discussion- and Case-Study-Based Teaching
- Student Assessment, Feedback & Academic Mentoring
- Psychological Assessment & Scale Administration
- Career, Personal & Subject-Selection Counselling
- Clinical History Taking
- Research Methods & Thesis/Coursework Support
- Confidential Record-Keeping & Professional Ethics
- Quick Adaptability to Cambridge IGCSE / A Level Curriculum Delivery

CAMBRIDGE CURRICULUM EXPERTISE

- Comprehensive knowledge of Cambridge IGCSE Psychology (0458)
- Comprehensive knowledge of Cambridge International AS & A Level Psychology (9990)
- Assessment Objectives (AO1, AO2, AO3)
- Core Studies
- Research Methods
- Experimental Design
- Ethical Guidelines
- Examination Preparation
- Cambridge Mark Schemes
- Examiner Reports
- Lesson Planning
- Scheme of Work Development
- Classroom Assessment Strategies

RESEARCH EXPERIENCE

Experimental Research

- Designed and conducted an experimental research study using quantitative methodology.
- Collected, managed, and analysed research data using SPSS.
- Applied descriptive statistics, reliability testing, hypothesis testing, and inferential statistical techniques.
- Produced research in accordance with APA 7th Edition standards.
- Demonstrated strong analytical, research writing, and data interpretation skills.