



Aqsa Sharif

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Gender: Female Nationality: Pakistani

ABOUT MYSELF

Psychology professional with experience in both academic and clinical settings. Currently serving as a Lecturer in Psychology since 2024, with a focus on teaching, student mentoring, and academic development. Previously worked as a Clinical Psychologist, providing psychological assessment, diagnosis, and evidence-based interventions for diverse mental health conditions. Skilled in applying theoretical knowledge to practice, collaborating with multidisciplinary teams, and maintaining professional standards of care. Committed to advancing mental health awareness, education, and evidence-based practice.

WORK EXPERIENCE

Preston University

City: Islamabad | Country: Pakistan

[10/10/2024 - Current]

Psychology lecturer

- Deliver lectures on psychology topics, fostering critical thinking and discussion.
- Develop and update course materials, syllabus, and assessments to align with current research and academic standards.
- Assess student performance through exams, essays, and presentations, providing constructive feedback

Institute of Psychiatry (Benazir Bhutto Hospital)

City: Rawalpindi | Country: Pakistan

[26/02/2021 - 08/09/2021]

Clinical psychologist

- Diagnosed patients with Psychological problems through observation, tests, surveys and interviews
- Counselling relatives of patients with emotional problems
- Administered mental evaluations and tests to applicants
- Counselling who suffer from Psychological conditions
- Learned problem identification and resolution method

Institute of Psychiatry (Benazir Bhutto Hospital)

City: Rawalpindi | Country: Pakistan

[09/07/2018 - 18/08/2018]

Clinical psychologist

- Maintenance of patients reports
- Repo-building with patients
- Worked under supervision

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City: Rawalpindi | Country: Pakistan

Clinical psychologist

- Diagnosed patients through observation, tests, surveys and interviews
- Counselling patient and relatives of patients
- Administered mental evaluations

EDUCATION & TRAINING

[10/10/2021 - 25/11/2023]

Masters of Science in Clinical Psychology

SZABIST University Islamabad <https://szabist-isb.edu.pk/>

[29/09/2015 - 30/09/2019]

Bachelor's of Science (honours) in Psychology

Preston University Islamabad <https://preston.edu.pk/>

NETWORKS AND MEMBERSHIPS

- [06/2023 - Current] **American Psychological Association** APA
- [09/2023 - Current] **Australian and New Zealand Mental Health Association Inc.**

PROJECTS

- [10/2022 - 11/2023] **Role of Sleep Quality in Self-Directed Learning and Psychological Well-being among Medical Students**
- [06/2019 - 08/2019] **Impact of Social media on Cognitive Functioning and Sleep Quality of Adolescent**