
FAIZA

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CAREER PROFILE

Extensive experience in research, training, and research conferences. Worked as a Research Assistant at Rawalpindi Women's University, investigating traffic safety culture in Pakistan through both quantitative and qualitative methods. Skilled in advanced statistical tools and data analysis, contributing to publications in renowned journals. Demonstrated a strong track record in authoring academic articles and delivering presentations. Adept at data analysis and academic writing. Committed to advancing psychological research and promoting evidence-based practices.

SIGNATURE STRENGTHS & COMPETENCIES

- Research Design Expertise
 - Academic Writing
 - Community Engagement
 - Data Analysis & Interpretation
 - Project Management
 - Critical Thinking
 - Counseling and Training
 - Teamworking
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WORK EXPERIENCE

Visiting Faculty (Psychology),

National University of Modern Languages, Islamabad (NUML-Islamabad)

15, September 2025 – Present

- Teach undergraduate courses including Introduction to Psychology, Research Methods-I, Descriptive Statistics in Psychology, and Cross-Cultural Psychology, building students' understanding of psychological theories, research methodologies, and human behavior.
- Design and deliver engaging, academically rigorous lessons that integrate theory with practical and real-world applications to strengthen analytical, research, and critical-thinking skills.
- Guide students in applying psychological concepts through discussions, activities, and community-based learning experiences that deepen insight into cognitive, behavioral, and cultural processes.
- Facilitate student learning in quantitative and research-focused coursework, supporting the development of statistical analysis, scientific inquiry, and evidence-based reasoning skills.

Visiting Faculty (Civics and Community Engagement and Psychology)

National University of Computer and Emerging Sciences, Islamabad (Fast-NUCES)

August 2026 – 15, June, 2026

- Taught students and guided them in community and civic activities to build engagement and skills.
- Supervised and coordinated 44 community engagement groups, promoting civic participation and contributing to the United Nations Sustainable Development Goals (SDGs) through outreach, volunteerism, and local development initiatives.
- Instruct undergraduate students on basic concepts in Psychology, fostering a comprehensive understanding of key theories, approaches, and contemporary issues in the field.
- Design and deliver academically rigorous lectures, effectively integrating theoretical frameworks with real-world applications to enhance student engagement and learning outcomes.
- Facilitate students' ability to develop deeper insights into the behavior and psychological processes of individuals with whom they interact frequently.

Visiting Faculty (Psychology), Air University

20, September 2025 – January 2026

- Instruct undergraduate students in Organizational Psychology, introducing key theories of motivation, leadership, work behavior, and organizational culture.
- Design and deliver engaging lessons that connect psychological principles to real workplace scenarios, enhancing students' analytical and critical-thinking skills.
- Guide students through discussions and applied activities that deepen their understanding of teamwork, communication, and effective behavior within organizational settings.

Research Assistant, Rawalpindi Women's University, Islamabad

November 2024 – July 2025

- Engaging in research examining traffic safety culture in Pakistan, intertwining psychological perspectives with societal patterns.
- Overseeing extensive data collection processes, integrating quantitative methods like surveys.
- Applying advanced statistical tools, including confirmatory and exploratory factor analysis.
- Contributing to collaborative scholarly efforts by authoring research reports and academic articles rooted in empirical insights.
- Advancing the discourse on traffic psychology in Pakistan through critical analysis and collaborative academic inquiry.

Visiting Faculty (Psychology), Rawalpindi Women's University, Rawalpindi**10 Feb 2025 – 16 June 2025**

- Instruct undergraduate courses in Statistics in Psychology and Applied Areas in Psychology, emphasizing the theoretical foundations and practical applications of psychology across various domains such as clinical, counseling, industrial-organizational, and educational psychology.
- Design and deliver rigorous lectures that equip students with a deep understanding of statistical concepts, types of data, and the rationale for selecting appropriate statistical techniques in psychological research.
- Train students to conduct accurate data analysis aligned with research objectives and hypotheses, fostering their ability to apply statistical methods critically and effectively.
- Ensure students demonstrate familiarity with applied psychology domains and their relevance in understanding and addressing human behavior and mental processes.

Internee, National Institute of Psychology, Islamabad.**Aug 2022- Nov 2023**

- Created an infographic on self-care strategies to promote mental health and well-being, focusing on easy-to-implement practices.
- Utilized graphic design software to create a visually appealing and user-friendly resource.
- Promoted mental health awareness through a clear, concise presentation of key self-care concepts.

Internee, Armed Forces Institute of Mental Health, Rawalpindi**02 Aug 2021 – 13 Sept 2021**

- Supervised and helped administer psychometric tests to gauge emotional and cognitive performance.
- Observed therapeutic approaches and client-therapist interactions during psychotherapy sessions, gaining firsthand experience.
- Worked with clinical experts and took part in case discussions to comprehend the diagnostic and therapeutic procedures.

Assistant Teacher, Dar-ul-Uloom School, Makkah, Saudi Arabia**Oct 2017 – May 2018**

- Taught students in grades 1 to 3 in subjects including English, Mathematics, Science, and Social Studies, fostering a love for learning through interactive and engaging lessons.
- Designed and implemented lesson plans that catered to the diverse needs of students, incorporating visual, auditory, and kinesthetic learning strategies.
- Collaborated with fellow teachers to develop cross-curricular activities and ensure consistency across grade levels.
- Assisted and supported students in building self-confidence, enhancing their self-esteem, and encouraging belief in their own abilities.

AWARDS AND DISTINCTIONS

- **Gold Medal (2023):** awarded by the Vice Chancellor of Riphah International University, Islamabad and Chairman HEC for distinguished performance in BS Applied Psychology session 2018-2022.
- **Talent Scholarship (2018-2022):** awarded by Riphah International University for Bachelors in Applied Psychology.
- **RISE Award (2019 -2020):** awarded for maintaining highest GPA.
- Received a PM Laptop as a top merit award for being the top scorer in the MPhil Batch.
- **Third Prize (2024):** Awarded third prize in the poster competition in an International Conference on Uplifting Mental Health of Vulnerable Segments of Population at National Institute of Psychology, Quaid-i Azam University, Islamabad, organized by International Organization for Migration.

PUBLICATIONS**International**

- **Faiza.,** Jami, H., Weisman de Mamani, A., La Greca, A. M., Landoll, R., Malik, J. A., & Ahmad, S. S., (2024, November 22-23). *Mental health of youth in Pakistan: Role of social media use and negative emotions*. Proceedings of the First International Conference on Human Psychological Space in the Context of World Transformations, Siberian Federal University, Russia.

National

- **Ahmed, F.,** Sadia, R., Khan, S. (2024). Job Crafting and Task Performance among Teachers: Mediating Role of Burnout. *Pakistan Journal of Psychological Research*, 39(4), 833-850. <https://doi.org/10.33824/PJPR.2024.39.4.45>
- **Salman, S., Faiza.,** Sikandar, Z., Batool, S., & Munawar, S., (2023, March 13-15). *Contemporary challenges among afghan refugees: A three stage intervention plan in Pakistan*. Proceedings of Mental Health of Afghan Refugees: Issue, Challenges, & Solutions for all Stakeholders, National Institute of Psychology, Quaid-i-Azam University, Islamabad, 38.

- **Faiza, & Sadia, R. (2022).** *Job Crafting and job performance of teachers: Mediating role of burnout.* Contemporary world challenges, Rawalpindi Women University, Pakistan. First International Conference on Contemporary World: Challenges and Information, Rawalpindi Women University, Pakistan.
 - *International*
 - Faiza., Jami, H., Weisman de Mamani, A., La Greca, A. M., Landoll, R., Malik, J. A., & Ahmad, S. S., (2026). Mental health of youth in the Context of Social Media Use Among Youth: Role of Cyber-Peer Experiences and negative emotions. ***Under Review***
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CONFERENCE PRESENTATIONS

National Conferences

- First International Conference of Applied Psychology “Enhancing Collaboration and Cooperation among Professionals at Riphah International University in June 2022.
- Job Crafting and Job Performance of Teachers: Mediating Role of Burnout. Presented an **oral paper** at the 1st international conference “Contemporary World: Challenges and Information at Rawalpindi Women University, Pakistan in 13 October, 2022.
- Contemporary Challenges Among Afghan Refugees: A Three Stage Intervention Plan. Presented a **poster presentation** on the international conference on "Mental Health of Afghan Refugees: Issues, Challenges, and Solutions for all Stakeholders at Quaid-i-Azam University, Islamabad on 13-15th March 2023.
- Impact of Job Crafting on Task Performance: Mediating role of Work Engagement. Presented an **oral paper** at 2nd International Conference on Applied Psychology (ICAP-2023); Creating a better world for future held at Al-Mizan Campus, Riphah International University in 15th June, 2023.
- Job Crafting, Burnout, Work Engagement, and Task Performance: Role of Demographic Variables. Presented an **oral paper** at 2nd International Conference on Applied Psychology; Creating a better world for future held at Al-Mizan Campus, Riphah International University, Islamabad in 15th June, 2023.
- Role of Social Media Use in Experiencing Shame and Guilt: Moderating Role of Religiosity. Presented a **poster presentation** at International Conference on Uplifting Mental Health of Vulnerable Segments of Population at National Institute of Psychology, Quaid-i Azam University, Islamabad in 28th June, 2024.
- Role of Social Media Use and Mental Health Problems: Mediating Role of Cyber Aggression. Presented a **poster paper** at the 3rd international conference “Contemporary World: Challenges and Information at Rawalpindi Women University, Pakistan in 13 November, 2024.
- Mental Health of Youth in Context of Cyber-Peer Experiences: Moderating Role of Social Media Use. Presented a **poster presentation** at the 10th International Conference on Cyberpsychology and Mental Health: Challenges, Trends, and Solutions at National Institute of Psychology, Quaid-i-Azam University, Islamabad in 28, 29 November, 2024.
- Mental Health of Youth in Context of Cyber-peer Experiences: Moderating Role of Moral Scrupulosity: Presented an oral presentation at the 1st International Conference on Violence and Mental Health: Prevention, Intervention, and Community Action at The Women University, Multan in 14 and 15 June, 2026.

International Conferences

- Mental health of youth in Pakistan: Role of social media use and negative emotions. Presented a paper on the 1st International Conference on Human Psychological Space in the Context of World Transformations, Siberian Federal University, Russia on 22-23 November, 2024.
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TRAININGS

5-day Capacity Building Training on Basic Counseling Skills for Addiction Professionals (30 hours): Organized by **Higher Education Commission** and supported by the **World Bank**, Institute of Clinical Psychology, University of Karachi in collaboration with National Institute of Psychology, Pakistan.

- Gained comprehensive knowledge in addiction counseling techniques and best practices for professionals in this field.
- Focused on the development of core counseling skills, active listening, and behavioral intervention strategies.

4-day Capacity Building Training on Workplace Prevention Skills: Organized by **Higher Education Commission** and supported by the **World Bank**, Institute of Clinical Psychology, University of Karachi, in collaboration with National Institute of Psychology, Pakistan.

- Trained in workplace prevention techniques to reduce workplace-related psychological issues and enhance overall well-being.
- Focused on the development of core counseling skills, active listening, and behavioral intervention strategies.

Training on Dyslexia Testing for Government Schools in Islamabad: Supported by the Federal Government.

- Conducted dyslexia testing and assessment workshops for educators and school professionals in Islamabad.
- Gained hands-on experience in identifying learning disabilities, providing early intervention strategies, and supporting inclusive education for students with dyslexia.

- **Training on Pedagogy and Teaching Methodologies, Research & Knowledge Production, university Policies, Governance & Professional Conduct, Institutional Processes & Faculty Support System (1st -5th September, 2025):** Organized by National University of Modern Languages, Islamabad.
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CERTIFICATIONS

- Psych Diagnostics and Psychological Assessment- Tomsk State University
 - Psychological First Aid Certification - Johns Hopkins University
 - Positive Psychology: Resilience Skills - Penn University of Pennsylvania
 - Positive Psychology Specialization Project: Design Your Life for Well-being - Penn University of Pennsylvania
 - Managing ADHD, Autism, Learning Disabilities, and Concussion in School-University of Colorado
 - Mindfulness and Well-being: Peace in, Peace Out - Rice University
 - Scientific Research Certificate
 - One Day Orientation Workshop on Cognitive Behavioral Therapy - Rawalpindi Arts Council
 - Certificate of Appreciation in valuable contribution to Rawalpindi Ideas Student Expo on 12 January 2022
 - Certificate of Participation in Summer Festival 2022 on June 1,2, and 3 organized by Riphah International University, Islamabad.
 - Certificate of Participation for attending the seminar on” Building Resilience in Life: Avoiding Burnout and Attaining Self - fulfilment held on 12 Sep, 2021.
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ACADEMIC CREDENTIALS

Education:

Master of Philosophy in Psychology, Quaid-i-Azam University, Islamabad, Pakistan (2022-2024) (4/4 CGPA)
Bachelor of Science in Applied Psychology, Riphah International University, Islamabad, Pakistan (2018-2022) (3.94/4 CGPA)
Received Gold Medal.

Technical Skills: Proficient in IBM SPSS, Asana, Slack, and Microsoft Office Suite (Word, Excel, PowerPoint, Access).

Languages Known: English & Urdu
