

MISBAH ALI

LECTURER | PSYCHOLOGIST

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SUMMARY

Dedicated and empathetic psychology professional with over 3 years of experience in teaching, counseling, and research across academic and clinical settings. Skilled in integrating psychological theory with practical strategies to support student well-being, academic success, and personal growth that help learners align strengths, values, and academic goals with meaningful professional pathways.

SKILLS

- Behavioral Assessment and Intervention | Curriculum Development and Lesson Planning | Research and Data Analysis | Multidisciplinary Collaboration | Student Counseling & Mentorship | designing and MS Word | MS PowerPoint proficiency

WORK EXPERIENCE

Lecturer (Visiting)

Foundation University Islamabad (FUI) | Feb 2026 – Present

- Deliver lectures on Positive Psychology, focusing on well-being, resilience, and strengths-based approaches.
- Mentor undergraduate students in applying positive psychology principles to academic and personal development.
- Collaborate with faculty to enhance mental health awareness initiatives within the university.

Psychology Lecturer & Mental Health Counselor

St. Mary's College Tulsa Road, Rawalpindi | Aug 2025 – Present

- Teach undergraduate courses in psychology, emphasizing applied therapeutic techniques.
- Provide one-on-one counseling sessions to students addressing stress, anxiety, and academic challenges.
- Conduct workshops on emotional intelligence, self-awareness, and coping strategies.

Psychology Lecturer & Student Counselor

Fouji Foundation College for Girls, Rawalpindi | Aug 2024 – May 2025

- Delivered lectures on psychological theories and their real-world applications.
- Served as a mental health counselor, supporting students through personal and academic concerns.
- Organized mental health awareness sessions and peer support programs.

Personality Development Program (PDP) Instructor

Silver Oaks School and Colleges, Rawalpindi | June 2022 – Aug 2024

- Designed and implemented personality grooming and emotional intelligence programs.
- Guided students in developing confidence, communication, and interpersonal skills.

Clinical Practice Intern

Peace of Mind Clinic, Bahria Phase 7, Islamabad | Oct 2023 – Dec 2023

- Assisted in psychological assessments and therapeutic interventions.
- Observed counseling sessions and contributed to case documentation.

Psychologist Intern

Fouji Foundation Hospital, Rawalpindi | Feb 2020 – Mar 2020

- Conducted research and assisted in clinical reporting under supervision.
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EDUCATION

Master of Science in Clinical Psychology

Foundation University Islamabad (FUI) | June 2022 – Feb 2025

CGPA: 3.00

- Focused on advanced psychological theories, assessment, and therapeutic practices.

Bachelor of Science in Clinical Psychology

Foundation University Islamabad (FUI) | June 2017 – June 2021

CGPA: 3.79

- Specialized in behavioral science, research methods, and counseling.
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RESEARCH

Exploration of the Impact of Artificial Intelligence Applications on Academic and Social Behavior of Undergraduate University Students

Sep 2023 – Feb 2025

- The study aims to analyze how various AI tools and applications influence the academic performance and social interactions of university students.
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CONFERENCE and Achievements

- **Best Paper Award**, 12th Applied Business Research Conference (ABRC) 2025 – **Capital University of Science and Technology (CUST), Islamabad**
 - **Child Abuse Awareness Campaign**, Rawalpindi – **Volunteer Representative** (Nov 2018)
 - **World Mental Health Day**, Rawalpindi – **Participant** (Oct 2018)
 - **1st International Conference on Emerging Trends in Psychology**, Rawalpindi – **Volunteer & Delegate** (Dec 2017)
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COURSES and Certifications

- **Building Peace and Addressing Polarization** – HEC (Mar 2024 – Apr 2024)
- **Graphology Course** – Happy Mind Abilities (Sep 2022)
- **Stress Management and Assertiveness Training Webinar** – Diversify Ed (Aug 2022)