

RIKZA ARIF

Researcher in TESOL and Inclusive Education | TEFL Certified ESL/EFL Educator

CONTACT DETAILS

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EDUCATION AND TRAINING

- **TEFL LEVEL 5 CERTIFIED 168 HOURS**
The TEFL Academy
2025 – 2025
United Kingdom
- **MPHIL ENGLISH LANGUAGE & LINGUISTICS**
Fatima Jinnah Women University
2021 – 2023
Rawalpindi, Pakistan
- **BS ENGLISH (APPLIED TRANSLATION STUDIES) FOUR YEARS DEGREE**
University of Gujrat
2016 – 2020
Rawalpindi, Pakistan

SKILLS

- Zoom | LMS | Canva
- Curriculum & Lesson Planning
- EAP & ESP Teaching
- Multicultural & Mixed-Ability Classrooms
- IELTS Speaking & Listening Trainer
- Phonics & Vocabulary Development
- Communicative Language Teaching (CLT)
- Visual, Auditory & Kinesthetic Learning
- Inclusive and Differentiated Instruction
- Songs, Games & Movement-Based Activities
- Student Motivation & Classroom Engagement
- Parent Communication & Progress Reporting

ABOUT ME

Dedicated English language educator and early-career researcher with international teaching experience and a strong focus on inclusive education, intercultural understanding, and identity development among displaced populations. My current research examines trauma-informed pedagogy through interdisciplinary lenses of language education, gender, and migration. With a peer-reviewed publication and ongoing doctoral work, I aim to contribute to evidence-based policy and practice in multicultural education and human mobility.

WORK EXPERIENCE

🏢 **FATIMA JINNAH WOMEN UNIVERSITY – RAWALPINDI, PAKISTAN**
ENGLISH LECTURER – 01/09/2023 – 01/09/2025

- Taught young ELLs implementing 21st-century pedagogical strategies.
- Delivered lectures, designed student-centered lesson plans, and assessed English language development. (6 hours/week)

🏢 **BAHRIA UNIVERSITY ISLAMABAD CAMPUS – ISLAMABAD, PAKISTAN**
UNIVERSITY LECTURER IN ESL – 01/09/2024 – CURRENT

- Taught Academic Reading and Writing, integrating EAP principles.
- Supported English development for undergraduates across various departments. (6 hours/week)

🏢 **NATIONAL UNIVERSITY OF MEDICAL SCIENCES – RAWALPINDI, PAKISTAN**
EAP/ ESL LECTURER – 01/04/2025 – CURRENT

- Designed ESP curriculum and course assessments for young nursing professionals.
- Taught B1 level students, focusing on academic and interpersonal communication skills in English. (6 hours/ week)

🏢 **QUAID-E-AZAM UNIVERSITY – ISLAMABAD, PAKISTAN**
UNIVERSITY LECTURER IN EFL/ ESL – 01/02/2024 – 10/07/2025

- Taught English for Academic Purposes to undergraduates of the Political Science Department.
- Developed course materials aligned with program objectives and ELL needs. (3 hours/week)

🏢 **GOVERNMENT HIGH SCHOOL FOR BLIND GIRLS, SHAMSABAD – RAWALPINDI, PAKISTAN**
EDUCATIONAL RESEARCHER (INCLUSIVE ENGLISH EDUCATION) – 01/04/2023 – 30/07/2023

- Designed and delivered inclusive English lessons to blind students aged 7–12.
- Conducted classroom-based action research on language learning for an academic publication. (10 hours/week)

🏢 **IV SCHOOLZ – WAH CANT, PAKISTAN**
Sector Special Education | **Department** Kindergarten/ Primary English
KINDERGARTEN/ PRIMARY SCHOOL ENGLISH TEACHER – 01/10/2020 – 15/10/2022

- Taught English to young learners (ages 3–12) using play-based and phonics-based methods.
- Designed and delivered engaging ESL lessons using interactive classroom activities.
- Assessed student progress; Collaborated with colleagues; Maintained communication with parents. (25 hours/week)

🏢 **SELF-EMPLOYED / PRIVATE CLIENTS – ISLAMABAD/ RAWALPINDI, PAKISTAN**
Sector Special Education | **Department** Kindergarten/ Primary English
FREELANCE ENGLISH LANGUAGE TUTOR (HOME TUITION) – 01/09/2017 – 01/02/2020

- Delivered customized English language lessons to young learners (ages 3–12).
- Supported early literacy and confidence-building through storytelling, games, and real-life contexts.
- Adapted methods for learners with special needs, including children with ASD. (10 hours/week)

RELEVANT RESEARCH EXPERIENCE

EDUCATIONAL RESEARCHER (INCLUSIVE ENGLISH EDUCATION) | 01/04/2023 – 30/07/2023

 **GOVERNMENT HIGH SCHOOL FOR BLIND GIRLS, SHAMSABAD** | RAWALPINDI, PK

- Conducted classroom-based action research on Advanced English language learning in inclusive settings (10 hours/week).
- Designed and delivered updated trauma-sensitive ESL lessons for blind students (ages 7–12).
- Developed qualitative data through observations, feedback, and reflection journals.
- This research directly informed the published article on trauma-informed ESL education.

M.PHIL. THESIS RESEARCHER | 2022 – 2023 | FULL-TIME POSTGRADUATE STUDENT

 **FATIMA JINNAH WOMEN UNIVERSITY** | RAWALPINDI, PK

- Researched the intersection of trauma-informed pedagogy, diverse learners' needs, and redefined ELT.
- Used mixed-methods research methodology incorporating case study analysis and practitioner perspectives.
- Produced a 62,000 word thesis of 6 credit-hours as a part of my M.Phil. degree.

INDEPENDENT ESL PRACTITIONER RESEARCH | 2024 – PRESENT

 **SELF-INITIATED ACTION RESEARCH ACROSS UNIVERSITY ROLES**

- Engaging in reflective action research while teaching EAP/ESL at NUMS, Bahria, and QAU.
- Exploring the practical integration of AI-driven TIP frameworks into ESL classes.
- Building a portfolio of classroom data and case studies to support PhD research.

RESEARCH-BASED CURRICULUM DESIGNER | 2025 – PRESENT

 **ARMED FORCES POST-GRADUATE MEDICAL INSTITUTE (AFPGMI)** | RAWALPINDI, PK

- Studied the differentiated needs of the young female professionals through qualitative method.
- Designed a Technology-Centered English Language Course targeting the fluency & personality development of the learners through ELT.

GUEST LECTURER - CREATIVE WRITING & POETRY | 2026

 **KING HAMAD INSTITUTE OF NURSING AND ASSOCIATED MEDICAL SCIENCES (KHINAMS)** | ISLAMABAD, PK

- Delivered an interactive lecture to Health Care Assistant (HCA) students, focusing on developing creative and reflective writing skills to enhance communication, emotional expression, and patient-centered care in clinical contexts.

RESEARCH PUBLICATIONS

Arif, R. (2024). Empowering Displaced Women Through Trauma-Informed Pedagogy: Integrating Instructor Vicarious Resilience into Post-Conflict ELT. ASSAP: Advances in Social Sciences and Policy, 5(1). <https://doi.org/10.52700/assap.v5i1.370>

PHD RESEARCH FOCUS

Empowering Displaced Women Through Trauma-Informed Pedagogy: Integrating Instructor Vicarious Resilience into Post-Conflict ELT

REFERENCES AVAILABLE UPON REQUEST