

MEHREEN AFTAB

M.Phil. Psychology | Lecturer | Clinical Psychology Trainee

- House No. 299, Street 13, Sector A, Zaraj Housing Society, Islamabad, Pakistan
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 - ✉ mehar_kiani@hotmail.com
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PROFESSIONAL PROFILE

Highly motivated Psychology professional with an M.Phil. in Psychology and experience in higher education teaching, psychological research, and academic mentoring. Currently pursuing an Advanced Diploma in Clinical Psychology to enhance expertise in psychological assessment and clinical practice. Demonstrated ability to teach undergraduate and postgraduate students, conduct quantitative research, and apply evidence-based psychological principles in academic and clinical settings.

CORE COMPETENCIES

- Psychological Assessment
 - Clinical Observation and Case Documentation
 - Academic Teaching and Student Mentoring
 - Research Methodology
 - Quantitative Data Analysis
 - Psychological Report Writing
 - Behavioral Assessment
 - Counseling Support
 - Presentation and Communication Skills
 - Curriculum Delivery
 - Mental Health Awareness
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EDUCATION

Advanced Diploma in Clinical Psychology (ADCP) (*In Progress*)

National University of Modern Languages (NUML), Islamabad
Expected Completion: June 2026

M.Phil. Psychology

Quaid-i-Azam University, Islamabad
CGPA: 3.80/4.00

BS (Hons.) Behavioral Sciences

Fatima Jinnah Women University, Rawalpindi
CGPA: 3.33/4.00

Higher Secondary School Certificate (Pre-Medical)

Federal Board of Intermediate and Secondary Education
Grade: A1 | **Marks:** 82%

Secondary School Certificate (Science)

Rawalpindi Board of Intermediate and Secondary Education
Grade: A | **Marks:** 74%

PROFESSIONAL EXPERIENCE

Lecturer (Contract)

Capital University of Science and Technology (CUST), Islamabad
September 2022 – July 2023

- Delivered undergraduate courses in Psychology and Behavioral Sciences.
- Developed course materials, assignments, and examinations.
- Supervised student projects and academic activities.
- Facilitated classroom discussions and interactive learning.
- Assessed student performance and provided academic guidance.

Visiting Faculty

Capital University of Science and Technology (CUST), Islamabad
October 2020 – June 2022

- Conducted lectures for undergraduate students.
- Assisted in curriculum implementation and student evaluation.
- Promoted critical thinking and research-oriented learning.

Visiting Faculty (MS & ADCP Programs)

Riphah International University, Islamabad
September 2023 – February 2024

- Taught postgraduate-level psychology courses.
- Guided students in academic and research-related activities.
- Contributed to academic development and professional training.

Visiting Faculty

Riphah International University, Islamabad
October 2021 – February 2022

- Delivered lectures and conducted student assessments.
- Supported departmental academic activities.

Psychology Internee

Army Special Education Academy, Rawalpindi
September 2025 – December 2025

- Assisted in psychological assessments and behavioral evaluations.
- Worked with children having special educational needs.
- Participated in case discussions and intervention planning.
- Maintained professional documentation and observation records.

RESEARCH EXPERIENCE

M.Phil. Dissertation

Assertiveness and Psychological Well-Being among Adolescents: Role of Perceived Loneliness and Fear of Negative Evaluation

BS (Hons.) Dissertation

Relationship between Personality Traits and Indirect Aggression among University Students in Rawalpindi District: A Pilot Study

RESEARCH & STATISTICAL SKILLS

- Quantitative Research Design
- Data Collection and Analysis

- Hypothesis Testing
 - Academic Research Writing
 - Statistical Analysis using SPSS
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COMPUTER SKILLS

- Microsoft Word
 - Microsoft PowerPoint
 - Microsoft Excel
 - Internet and Academic Research Tools
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LANGUAGES

- English (Fluent)
 - Urdu (Native)
 - Punjabi (Native)
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PROFESSIONAL REFERENCES

Available upon request.