

# Aparajita Shinde

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Recent psychology graduate from the University of British Columbia with direct experience in mental health support, crisis intervention, and developmental research. Passionate about promoting resilience and wellbeing in individuals facing adversity, with a strong foundation in trauma-informed care, active listening, and ethical client interaction. Currently assisting with research on childhood adversity and protective factors, and eager to apply my skills in a behavioral health or counseling role that supports equitable and client-centered care.

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## WORK EXPERIENCE

*Research Assistant*

**Nov 2024 - Present**

**Center for the Study of Services to Children and Families**

*University of British Columbia, Canada*

- Supporting the ADAPT Project, a mixed-methods research initiative focused on developmental pathways to wellbeing in the context of childhood adversity.
- Conducting comprehensive literature reviews on socio-environmental and biological protective factors contributing to youth resilience.
- Assisting in synthesizing findings to inform early intervention and prevention strategies aimed at improving mental health outcomes.
- Collaborating with the research team to contribute to a developmentally informed framework for health equity.

*Instructor Teaching Assistant*

**June 2022 - Oct 2022**

**Kumon Inc**

*Canada*

- Grading and preparing student classwork and homework.
  - Supporting students to adhere to Kumon Method and centre procedures.
  - Providing feedback to students and communicating about their progress with them.
  - Individualizing strategies for student development based on student goals and communication with the instructor.
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## VOLUNTEER EXPERIENCE

*Crisis Line Responder*

**May 2024 - Oct 2024**

**Kelowna Community Services**

*Canada*

- Provide emotional support and active listening to individuals in crisis through a confidential, non-judgmental helpline environment.
- Assess callers' immediate safety and mental state using established protocols and crisis intervention techniques.
- De-escalate emotionally charged situations by applying empathetic communication and reflective listening strategies.
- Refer callers to appropriate mental health resources, emergency services, or community-based support networks as needed.
- Maintain detailed and confidential documentation of each interaction in accordance with organizational policies.

*Safety and Mental Health Wellbeing Responder*

**Canadian Red Cross**

**Nov 2022 - April 2025**

*Canada*

- Supporting impacted community members experiencing complex cases or protection concerns and helping connect them with relevant community resources and identify the following steps on their recovery journey.

*Personal Disaster Assistant Responder*

**Nov 2022 - April 2025**

**Canadian Red Cross**

*Canada*

- Supporting impacted community members experiencing complex cases or protection concerns and helping connect them with relevant community resources and identify the following steps on their recovery journey.

*Volunteer*

**March 2022 – May 2022**

**Rotary Centre for the Arts**

*Canada*

- Assisting ages 5–11-year-old kids with arts and crafts, theatre, dancing, and more during the Spring Arts Blast Camp.

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## **EDUCATION**

**Bachelor of Arts and Social Sciences, Psychology**

**Sept 2020 - May 2025**

*University of British Columbia, Okanagan, Canada*

**International School of Choueifat**

**Sept 2007-May 2020**

Dubai, United Arab Emirates

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## **SKILLS**

### **Behavioural Skills**

- Active Listening
- Crisis Intervention
- Trauma-Informed Care
- Risk Assessment
- Mental Health First Aid
- Supportive Communication
- De-escalation Techniques
- Case Documentation
- Client Needs Assessment
- Empathy & Compassion
- Ethical Judgment
- Cultural Sensitivity
- Non-Judgmental Attitude
- Confidentiality & Professionalism
- Emotional Intelligence
- Collaboration & Teamwork
- Conflict Resolution
- Patience and Reliability

### **Technical & Analytical Skills**

- Literature Review & Synthesis
- Mixed-Methods Research
- Quantitative & Qualitative Analysis
- Data Interpretation (SPSS, R Studio)
- Report Writing
- Developmental Framework Analysis
- Survey Design & Evaluation