

Abel Chacko Anil

Dubai,UAE | +971502509321 | abelanildxb@gmail.com

EDUCATION

Middlesex University

Dubai, UAE

Bachelor of Science (Hons) in Psychology with Counselling Skills

Graduation Date: Apr 2025

1:2 Upper Second Class | 40% Academic Excellence Scholarship

GEMS Our Own Indian School

Dubai, UAE

High School Diploma - Humanities (Psychology, Marketing, Mass Media)

Graduation Date: Mar 2025

WORK EXPERIENCE

GEMS Our Own Indian School

Dubai

Mental Health Team Leader

Aug 2020 - Mar 2022

- Prepared multiple mental health seminars that discussed resilience, coping skills, and bullying. These seminars were delivered both in person and through online platforms
- Led a team of 20 students to prepare and present similar seminars

GEMS Our Own Indian School

Dubai

Inclusion Department Intern

Apr 2023 - Jun 2023

- Aided students who have special educational needs learn both curriculum-based skills and language skills
- Worked in Excel and MS Word to create documentation for each student's inclusion-related reports and scores. Increased efficiency in said process by incorporating technical shortcuts
- Reported similar information to government authorities via KHDA portal

Amity University

Dubai

Examination Scribe

Jun 2023 - Jul 2023

- Created a comfortable environment for the student with special needs while establishing rapport
- Scribed spoken answers along with helping in answer formatting

Middlesex University

Dubai

IT Support Volunteer

Sep 2024 - Oct 2025

- Assisted new students in logging into their university accounts by providing login details
- Troubleshoot various login, wifi and software installation-related concerns
- Increased troubleshooting efficiency by separating client-side fixes from issues needing IT faculty support
- Resolved client-side matters autonomously

PERSONAL PROJECTS

Dissertation

- A study examining if Fear of Negative Evaluation (FNE) predicts Materialism in young adults, suggesting those with higher FNE may value possessions as compensation for social acceptance

Research Poster

- Analysed gender-perceived parental responsibility for estrangement and reconciliation between male and female adult children among South-Asian parents. Results noted that parents may think of both genders as equally responsible.

School Mental Health Team

- Team Care was a student-led initiative in fostering well-being among all students.

LANGUAGES - English: 7.5 IELTS Academic | Hindi: Secondary School level | Malayalam: Vernacular

SKILLS - AI Enhanced Research/Literature Review | Microsoft Office (Excel, Word, PowerPoint) | SPSS | Basic Adobe Photoshop | Effective Verbal and Written Communication