



# Megha Jijo

## CONTACT

 Dubai, UAE 00000

 +971 508214479

 meghajijo3549@gmail.com

 mxj450@student.bham.ac.uk

 www.linkedin.com/in/megha-jijo

## SKILLS

- Research Skills
- Teamwork skills
- Adaptability
- Communication skills
- Time Management
- Designing
- Motivated Attitude

Emotional Regulation

## LANGUAGES

English

Advanced

IELTS overall score 7.5

Hindi

Intermediate

Malayalam

Native

## PROFESSIONAL SUMMARY

Highly motivated Psychology student at the University of Birmingham with a strong interest in clinical and forensic psychology. Hands-on experience in both quantitative and qualitative research, with skills in data analysis, psychological report writing, and ethical considerations. Proven teamwork and problem-solving skills, recognized in The Birmingham Project. Proficient in Canva, Microsoft 360, and PowerPoint for creating professional reports and presentations. Eager to learn more, gain hands-on experience, and contribute to research in clinical and forensic psychology.

## WORK HISTORY

### The Birmingham Project DXB

02/2025 - 02/2025

Siemens - Dubai, UAE

Worked with a multidisciplinary team to research and develop a sustainable and innovative solution to a real-world challenge in collaboration with industry experts from Siemens. Contributed to effective teamwork by facilitating productive discussions, managing time constraints, and delegating tasks based on team strengths.

#### Key Contributions

- Fostered a productive and inclusive team environment, ensuring effective collaboration and discussion.
- Contributed to raising awareness of sustainable initiatives by emphasizing the importance of integrating green facilities in universities.
- Led the editing, recording, and refinement of the final pitch video using Canva, creating a visually engaging and cohesive presentation.
- Assisted in structuring the timeline and task delegation, ensuring efficient use of time under tight deadlines.
- Pitched the final project to industry experts from Siemens, gaining valuable professional insights.
- Contributed to the success of the team project, which was recognized as a winning submission.

### Clinical Psychology Internship

01/07/25 - 14/07/25

Nair's Hospital - Kerala, India

Worked full-time in a clinical psychiatric setting for two weeks (8 hours daily), gaining hands-on experience in patient care and psychological assessment. Participated in various therapeutic, diagnostic, and academic activities under the guidance of mental health professionals. Applied classroom knowledge to real-world situations while developing professional communication, emotional resilience, and critical thinking in a hospital environment.

#### Key Contributions

- Helped organize and lead art-based therapy sessions to support emotional expression and reduce anxiety in patients.
- Developed emotional regulation strategies when working with individuals experiencing acute psychiatric distress.
- Strengthened interdisciplinary collaboration through consistent interaction with psychologists, psychiatrists, social workers, and fellow interns.
- Participated in clinical case discussions, debates, poster presentations, and seminars, improving public speaking and analytical thinking.
- Co-facilitated group therapy sessions for in-patients, enhancing therapeutic communication and empathetic engagement.



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## EDUCATION

**Bachelor of Science: Psychology, 2024 – Current**  
**University of Birmingham, Dubai – UAE**

- Highly dedicated Year 1 Psychology Student
- One of the winners of The Birmingham Project DXB 2025

**High School Diploma: Science, English, 2024**  
**Indian Educational School – Kuwait**

- Achieved 92 % in All India Senior School Certificate Examination (AISSCE)
- Awarded First Prize in ISEA National Level Competition for Information Security Education and Awareness (ISEA) Project Phase-II in the painting category.

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