



SHAMSA ALZAABI

A bilingual NYU Abu Dhabi alumna with a B.A. in Psychology and a minor in Legal Studies, passionate about human development, interpersonal dynamics, and improving mental health care. Interested in clinical, counseling, and social psychology, with experience in research, community engagement, and psychoeducational initiatives. Brings a compassionate, creative, and thoughtful approach to interpersonal work, group facilitation, and advocacy across diverse communities with proven leadership capabilities, communication, and collaboration.

CONTACT

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- 📍 United Arab Emirates

EDUCATION

New York University Abu Dhabi - B.A In Psychology with Minor in Legal Studies

Abu Dhabi, United Arab Emirates
08/2021 - 05/2025

A cumulative GPA 3.74

Conducted a Social Neuroscience research thesis investigating the influence of Social Exclusion on Visual Temporal Integration.

Relevant Psychology Courses taken:

Introduction to Psychology, Research Methods, Statistics for Psychology, Abnormal Psychology, Biopsychology, Lab in Economic Inequality, Psychotherapy and Counseling, Lab in Clinical Neuropsychology, Developmental Psychology, Science of Happiness, Child & Adolescent Psychopathology, Trauma in Children & Adolescence, and Science of Human Connection.

Legal Studies Courses Taken: Legal Writing & Research, Legal Systems & Methods, Disability Law and Policy, and Climate Change Law & Policy

International Baccalaureate - Australian International School

09/2007- 06/2021
Sharjah, United Arab Emirates

Obtained IB Diploma 41 / 45 Points

High Level Courses: Biology, Business Organization & Management, and English Language & Literature

Standard Level Courses: Psychology, Arabic and Math Application & Interpretation

SKILLS

Native English & Arabic Speaker and Writer
Leadership
Communication
Empathy & Active Listening
Attention to Detail
Interpersonal Curiosity
Intellectual Curiosity
Teamwork
Group Facilitation
Research & Writing
Clinical Case Formulations
Interviewing
Event Planning
Program coordination

EXPERIENCES

Spiritual Life Ambassador - NYUAD Department of Spiritual Life, Intercultural Education & Conflict Transformation

Abu Dhabi, United Arab Emirates
09/2024 - 05/2025

- Participated in experiential training on interpersonal dynamics to enhance core therapeutic skills such as active listening, conflict de-escalation, & group process facilitation skills.
- Led guided meditations & mindfulness-based exercises to support emotional regulation & self-awareness.
- Administered planning for psycho-educational events, promoting mental well-being & inclusive dialogue across spiritual & cultural lines.
- Interviewed community members to gain insights into spiritual & emotional needs.

International Experiences

Paris, France

05/2024 - 06/2024

- Explored cultural & historical narratives in Paris through site visits & interactions, fostering a deeper understanding of migration and multicultural dynamics.
- Used GIS and multimedia tools to document site visits, curate observations, & visualize historical data for research projects.

New York City, United States of America

08/2023 - 12/2023

- Completed coursework in Child & Adolescent Mental Health Studies, emphasizing behavioral & clinical assessments, interventions for psychological disorders, & complex trauma.
- Observed clinical evaluations & connected with professionals to acquire practical insights & enhance expertise in mental health studies.

Amman, Jordan

01/2023 - 01/2023

- Conducted, recorded, & transcribed transformative interviews with classmates & students from universities in Amman to gain diverse cultural perspectives.

In Class Research Assistant - The Listening Project

10/2023 - 12/2023

New York, United States

- Volunteered 4 times a week in a sixth-grade class, assisting, engaging, & observing 12 students to support the LP intervention aimed at addressing issues of harassment, bullying, & mental health.
- Collected & recorded field notes for discussion with research assistants & facilitators in weekly meetings.

Planning and Launching Awareness Campaigns

05/2020, (Remote)

Australian International School, Sharjah

- Planned & Launched Mental Health Awareness Month
- Educated the community on navigating mental illness stigmas by creating infographics & videos with the help of clinical psychologists.

10/2020

- Planned & Launched a Breast Cancer Awareness Month Campaign
- Educated the community about breast cancer as well as its detection signs, statistics, & preventative measures.

Qualtrics
Pavlovia
Canva
Video Editing
Dictation & Transcription
Google Workspace

HOBBIES

Journaling
Traveling
Weightlifting
Reading
Painting
Meditating
Card Games
Listening to Podcasts

TRAININGS AND CERTIFICATIONS

QPR Gatekeeper Certificate - Suicide Prevention Gatekeeper Program

11/2024

Psychological First Aid - The National Child Traumatic Stress Network

07/2024

Responsible Conduct of Research (RCR) Basic - CITI Program

02/2024

Social & Behavioral Research - Basic/Refresher - CITI Program

10/2023

Mental Health First Aid - LightHouse Arabia

11/2022

Global Leadership Training Program - 5 Stone Leadership LLC

08/2017 - 05/2019

Sharjah, United Arab Emirates

- Engaged in dynamic discussions & debates on leadership qualities
- Actively participated in global leadership training sessions to enhance leadership skills
- Explored varying perspectives and opinions on effective leadership strategies.