

# SHAHINA

## School Counselor

Sharjah, United Arab Emirates | Kerala, India

Email: [Shahinausman25@gmail.com](mailto:Shahinausman25@gmail.com)

Phone:0565687269



## PROFESSIONAL SUMMARY

Over 3 years of professional experience in school counselling and psychology; **MOE Equivalency Certificate holder. Currently hold SSSD License, Sharjah Social Services Department.** Dedicated and student-centred School Counsellor with extensive experience supporting children and adolescents in multicultural school environments across the UAE and India. Holds a master's degree in applied psychology with strong expertise in emotional well-being, behavioural support, crisis management, and designing preventive mental health programs. Experienced in working with diverse school communities, conducting assessments, facilitating group sessions, and collaborating with teachers and parents to enhance student well-being and academic progress.

## CORE COMPETENCIES

- ❖ Expertise in conducting awareness sessions on mental health, anti-drug abuse, anti-bullying, and well-being initiatives
- ❖ Portfolio-based counselling and individualized student support-Student Counselling & Psychosocial Support, Behavioural & Emotional Intervention Plans
- ❖ Child Protection & Safeguarding Procedures, Career Guidance & Academic Support
- ❖ Parent & Teacher Workshops, Peer Mentoring & Well-being Programs

## EDUCATION

### M.A. Applied Psychology

Jamia Millia Islamia (Central University), New Delhi, India | 2018 – 2020

CGPA: 9.13

### B.Sc. Psychology

University of Calicut, India | 2015 – 2018

## **PROFESSIONAL EXPERIENCE**

### **Psychologist and School counsellor**

**India International School, Sharjah, UAE | 2024 April - January 2026**

- Provided one-on-one counselling and group interventions for students from diverse cultural backgrounds.
- Conducted developmental, behavioral, and academic screenings to identify learning or emotional needs.
- Delivered workshops on emotional regulation, bullying prevention, digital safety, and peer relationships.
- Collaborated with teachers to develop individualized support plans and classroom behaviour strategies.
- Implemented Well-being portfolio-based counselling, tracking student goals, behavioural changes, and intervention outcomes.
- Conducted professional development training for teachers on behaviour management, early identification of student concerns, and creating emotionally supportive classrooms.
- Organized parent collaboration programs, including workshops on positive parenting, mental health awareness, and supporting children's learning at home.

### **Assistant Professor & Counselling Wing Coordinator**

**WIRAS College, Kannur University, India | 01/08/2023 – 06/01/2023**

- Taught undergraduate and postgraduate psychology courses including Social Psychology and Research Methods.
- Supervised MA dissertation projects and trained students on academic presentation and research ethics.
- Led campus well-being initiatives and outreach programs for student mental health awareness.
- Conducted Career outreach programs and led the counselling initiatives

### **School Counsellor & Research Assistant**

**Oxford Public School, Assam, India | 01/06/2021 – 31/05/2023**

- Conducted school-wide mental health initiatives, psychosocial assessments, and counselling sessions.

- Designed intervention plans for adolescents experiencing behavioural concerns, stress, or academic issues.
- Led classroom-based awareness sessions on well-being, self-esteem, and healthy peer relationships.
- Coordinated focus groups and conducted action research on school climate and student well-being.

## **Research Assistant Intern**

### **Cochin University of Science and Technology | 2021**

- Conducted qualitative research on women's psychological experiences related to menstrual health.
- Supported data collection, ethical procedures, grounded theory analysis, and academic documentation.

## **Research Assistant Intern**

### **Nehala Centre for Child Development | 2020**

- Administered developmental assessments and supported child therapy sessions.
- Assisted with qualitative research projects and parent counselling coordination.

## **LEADERSHIP & VOLUNTEERING**

- Co-founder, Forum for Future Prospects – Career guidance initiative for underserved students.
- Volunteer, Street Students' Education Programme, Delhi – Literacy and well-being support.
- Volunteer, NSS India – Led mental health awareness, hygiene drives, and rural outreach projects.

## **PUBLICATIONS**

1. Shahina, M., & Osmany, M. (2024). Perceived discrimination, political solidarity, and mental health among disadvantaged groups. *Phonix Journal*.
2. Chinchu, C., Usman, S., & Salim, A. K. (2025). Experiences of Indian women with the menstrual cup. *SSRN*.
3. Usman, S., & Anto, M. M. (2018). Prevalence of depression among undergraduates in Thrissur. *Phonix Journal*.

## **CONFERENCE PRESENTATIONS**

- Perceived Discrimination and Mental Health, St. Joseph College, 2023.
- Parenting Style and Adolescent Mental Health, St. Joseph College, 2023.

- Social Relationships and Elderly Well-being, International Conference, 2023.
- Absent-Minded Scrolling Among Early Adults, International Conference, 2023.
- Tribal Well-being Perception, Delhi University, 2019.
- Self-esteem and Social Support among Adolescents, Kerala, 2017.
- Depression in Undergraduate Students, Thrissur, 2017.

## **AWARDS & HONORS**

- Rank Holder, MA Applied Psychology – Jamia Millia Islamia, New Delhi
- Young Scientist in Psychology Award – Rajagiri college of social sciences, Kerala
- UGC-NET JRF Qualified (Psychology)
- Topper, B.Sc. Psychology – University of Calicut
- Green Ambassador Award, India International School, Sharjah (2025)

## **TECHNICAL & PROFESSIONAL SKILLS**

- Assessment Tools: Developmental screenings, behaviour checklists, academic assessments
- Career Interest surveys, RIASEC test for Career
- Software: SNAP SpLD, SNAP Behaviour, SPSS, R, NVivo (basic), Google Forms
- Counselling Expertise: Emotional regulation, family consultation, behaviour modification

## **REFERENCES**

Available upon request.