


<b>Communication Address</b>	E-Mail ID	snehasusa79@gmail.com	
Kattuvadakethil house, Venmony P.O, Chengannur, Alappuzha, Kerala, 689509	Contact Number	9535516551	
	Date of Birth	23 <sup>rd</sup> January, 1999	

Course	Institution	University/Board
<b>MSc Psychology (Clinical Specialization)</b>	Kristu Jayanti College (Autonomous), Bengaluru	Bangalore North University
<b>BA in English Literature, Psychology and Journalism.</b>	Kristu Jayanti College (Autonomous), Bengaluru	Bangalore North University
<b>12<sup>th</sup> Standard</b>	Citadel Residential School, Ranni, Kerala	Central Board of Secondary Education
<b>10<sup>th</sup> Standard</b>	The Indian School, Bahrain	Central Board of Secondary Education

### Academic Projects

- ✓ **3 Research Paper Publications in the International Journal of Science and Research**, titled  
 “Emotional Intelligence and Academic Stress among Undergraduate students”,  
 “Perceived Parenting style, Achievement Motivation and Social Anxiety Thoughts among  
 adolescents”  
 “Nomophobia, fear of missing out and quality of life among young adults”
- ✓ Completed Dissertation on the topic “Intolerance of Uncertainty and Rumination Response among

college students.” - **Published in the International Journal Of Indian Psychology**

- ✓ Completed a minor project on the topic “Job Satisfaction of Selected Employees during COVID-19.”

## Experiences

Currently working as **Lecturer at Alva’s College, Mangalore** for **Msc Psychology Students** - Since 5<sup>th</sup> December 2022 (**Present**)

Worked as **Behavior Therapist at Feathers Pediatric Therapy Center**, Bangalore. (**4 months**) - 25<sup>th</sup> July 2022 to December 4<sup>th</sup> 2022.

## Additional courses & Workshops

- ✓ Completed one month Internship in Pushpagiri Medical College Hospital.
- ✓ Completed 200 hours of Field Work as Shadow teacher in Manna developmental and disability center.
- ✓ Completed 15 days Internship in Lifecoach, A center for Psychological Health.
- ✓ Completed workshop on Dance and Movement Therapy.
- ✓ Participated in a workshop on Aromatherapy.
- ✓ Attended Webinar on the topic “Techniques to improve Self-Regulation and Impulse Control in children with ADHD”
- ✓ Attended Webinar on the topic “Practical Classroom strategies for Specific Learning Disability”
- ✓ Participated in a workshop on ‘Choosing Appropriate Statistics and Tools’.
- ✓ Participated in an International Conference on ‘Environmental Sustainability’.
- ✓ Participated in an International Webinar on ‘Impact of COVID-19 Pandemic on Psycho-Social Wellbeing of Members of Academia’.

## Participation & Achievements

- ✓ Participated in inter-collegiate fest and achieved 2nd position in Theme Dance.
- ✓ Participated in inter-collegiate fest and achieved 3rd position in Theme Dance.
- ✓ Participated in Toastmasters International Speech Contest.
- ✓ Participated in various Cultural Events in school.

## Computer Proficiency

- ✓ Microsoft Word
- ✓ Microsoft Excel
- ✓ Microsoft PowerPoint
- ✓ Reference Manager
- ✓ SPSS - IBM

## Personal Details

- Marital Status                      Single
- Area of Interest                      Public Speaking, Craft Work, Singing
- Linguistic Ability                      English, Malayalam and Hindi
- Nationality                              Indian