

# SAMREEN KHURSHID

## PERSONAL INFORMATION

Email address samreen@uosahiwal.edu.pk

## ACADEMIC RECORD

QUALIFICATION	INSTITTUTE NAME
SSC (Science)	GOVT. GIRLS HIGH SCHOOL MANDRA, (RAWALPINDI)
F.SC (Pre-Medical)	GOVT.DEGREE COLLEGE FOR WOMEN GUJARKHAN(RWP BOARD)
B.A (Applied Psychology/Computer)	GOVT.DEGREE COLLEGE FOR WOMEN GUJARKHAN(PUNJAB UNIVERSITY LAHORE)
M.SC CLINICAL PSYCHOLOGY	PUNJAB UNIVERSITY LAHORE (I.M.C.G F7/2 ISLAMABAD)
B.ED	AIOU UNIVERSITY ISLAMABAD
MS CLINICALPSYCHOLOGY	FOUNDATION UNIVERSITY (Rawalpindi Campus)
PhD PSYCHOLOGY (Continue)	FOUNDATION UNIVERSITY (Rawalpindi Campus)

## Work EXPERIENCE

- Lecturer at University of Sahiwal, Sahiwal
- Senior Lecturer at Shifa Tameer-e-Millat University Islamabad.
- Lecturer at Riphah International University.
- Visiting Lecturer at Institute Of Space Technology (IST) University Islamabad
- Psychology Lecturer and Research Supervisor at Govt. Degree College for Women Gujar Khan
- Lecturer and counselor at Wings College
- Psychology Lecturer and Administrator at Best College Gujar Khan
- Tutor and Examiner Checker at Allama Iqbal Open University
- Teacher, Assistant Administrator And Psychologist at Educator School
- Teacher and Coordinator at City School
- Psychologist And Counselor at Wada Clinic
- Psychologist (Internee) at Fauji Foundation Hospital

Review Editor in David Publishing Company (USA )

Review Editor in EC Nursing and Healthcare Journal

## **RESEARCH PROJECTS**

**Topic:** *Impact of Emotional Expression on Anxiety and Life Satisfaction among Adolescents. (Supervisor: Dr. Brig Tanvir Akhtar)*

**Topic:** *Life Stress and Time Management among University Students.*

**Topic:** *Parenting Styles as a Predictor of Social Anxiety and Academic Achievements of University Students of Rawalpindi and Islamabad.*

**Topic:** *Role Media Plays In Portraying Positive Psychology Construct: A Thematic Analysis Of Film "Salute".*

## **TRAINING WORKSHOPS ATTENDED**

1. One day workshop on "Application of Mindfulness Based Techniques to Enhance Personal wellbeing" dated 30-09-2019 at Counselling & wellness center, Fatima Jinnah Women University Rawalpindi.
2. One day workshop on "Cognitive Behavioral Therapy" dated 6-04-2018 at Riphah International University, Islamabad.
3. One day workshop on "Grief Support Training" dated 27-03-2018 at Riphah International University Islamabad.
4. Three days' workshop on "Research publication and supervision" at Foundation University Rawalpindi Campus.
5. One day workshop on "scale construction" at Foundation University Rawalpindi Campus.
6. One day online workshop on "Research Proposal writing" at California Institute of Behavioral Neuroscience and Psychology.
7. One day online workshop on "Introduction to Research" at Institute of Behavioral Neuroscience and Psychology.
8. One day training on "Basic first aid" dated 20-12-2016 at Govt. Degree College for women Gujar Khan.
9. Attended Nine days Academic and cultural exchange Programme at University of Bedfordshire London.
10. Attended one day workshop on "workshop on data management and statistical analysis using SPSS II" at university of Sahiwal.
11. Attended one day seminar on "How to write and win a research grant at university of Sahiwal.
12. Attend one day workshop on Mental Health at University of Sahiwal
13. Attended on day workshop on NVIVO at Foundation university Rawalpindi campus.

## **CONFERENCES ATTENDED**

- 2 days International conference on "Emerging Trends in Psychology: Preparing for 21<sup>st</sup> Century" dated December 18<sup>th</sup> -19<sup>th</sup>, 2017 at Foundation University Rawalpindi Campus.
- 2 days conference on "Positive Psychology: Developing a Flourishing Community" dated 29<sup>th</sup> -30<sup>th</sup> November, 2018 at Quaid-i-Azam University, Islamabad.

- 3 days conference on “Promoting tolerance and wellbeing: Emerging trends, challenges and implications for research” dated 15<sup>th</sup> -17<sup>th</sup> March, 2018 at Fatima Jinnah women University Rawalpindi.
- 3 days International conference on ““Islamic Perspectives in Modern Psychology” from 24<sup>th</sup>-26<sup>th</sup> September, 2019 at Royal Palm Golf & Country Club, Lahore

### **COMPUTER KNOWLEDG**

- Proficiency in MS Office
- Proficiency in SPSS-23, (Statistical Package for Social Sciences)
- Competence in APA Manual (6<sup>th</sup> Edition) and formatting of research according to APA

### **COURSES**

<b>COUSES NAME</b>	<b>INSTITUTE NAME</b>	<b>DURATION</b>
<b>ENGLISH LANGUAGE</b>	<b>PICS(PAKISTAN INSTITUTE OF COMPUTER SCIENCE G.K)</b>	<b>3MONTHS</b>
<b>MICROSOFT IT</b>	<b>GOVERNMENT TEVTA INSTITUTE</b>	<b>4MONTHS</b>