

Tabassum Riyaz

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EXECUTIVE SUMMARY

Highly motivated psychology student currently pursuing a Bachelor of Science degree with expected graduation in August 2027. Looking for a role within a community mental health organization to apply a comprehensive developing understanding of foundational psychological theories, research methodologies, and effective interpersonal communication techniques gained through rigorous academic coursework. Interested in contributing to a supportive team environment focused on client well-being and dedicated to continued professional growth within the field.

EDUCATION

CMR University

Bachelor of Science in Psychology

Bengaluru, India

July 2024 – Aug 2027 (Expected)

PROJECTS

Student Behavioral Observation & Support | *Behavioral Observation, Supportive Counseling, Trauma-Informed Care*

- Provided one-on-one supportive counseling sessions for students at The Blue Umbrella School, dedicating over 120 hours to direct engagement and case review.
- Conducted systematic behavioral observations over an extended period to identify potential indicators of stress, anxiety, and trauma-related issues.
- Assisted students in developing foundational coping mechanisms and emotional regulation skills tailored to their individual needs.
- Maintained confidential, detailed records of student progress and behavioral patterns to track long-term changes and inform support strategies.

Media Impact on Youth: A Qualitative Research Study | *Qualitative Analysis, Media Psychology, Academic Writing*

- Currently conducting an in-depth qualitative analysis of how the sexualization of young female characters in anime potentially impacts youth behavior and societal perceptions.
- Analyzing thematic content and character portrayals across a selection of popular media to identify recurring patterns and psychological undertones.
- Researching and synthesizing existing literature on media psychology and its influence on adolescent social and behavioral development.
- Developing a formal research paper to outline the methodology, critical findings, and potential real-world implications of the study.

Mindfulness & Resilience Workshop | *Public Speaking, Event Organization*

- Co-developed and facilitated a workshop series for students focusing on practical mindfulness techniques and evidence-based stress-reduction strategies.
- Designed interactive sessions and take-home materials covering trauma-informed coping mechanisms, emotional regulation, and building mental resilience.
- Collaborated within a multidisciplinary team to ensure a holistic approach to mental wellness, integrating diverse student perspectives.
- Received positive participant feedback on the clarity and immediate applicability of the coping strategies presented.

Mental Health Advocacy & Content Creation | *Content Writing, Research Communication, Mental Health Advocacy*

- Started authoring and publishing a series of accessible blog posts and articles on topics including anxiety, self-care, and destigmatizing mental illness.
- Researching complex psychological concepts from academic sources and translating them into clear, evidence-based content for a general audience.
- Actively working to promote mental health literacy.

Peer Stress & Coping Assessment Project | *Qualitative Data Collection, Report Writing*

- Conducted structured one-on-one sessions with student volunteers to discuss and identify primary sources of academic and personal stress.
- Utilized active listening and empathetic inquiry to gather qualitative data on student experiences and existing coping mechanisms.
- Partnered with students from different departments to design the interview framework and analyze findings from a multi-faceted perspective.
- Compiled findings into anonymized summary reports to highlight campus-wide wellness trends and provided participants with curated campus resources.

SKILLS

Psychological Skills: Supportive Counseling, Active Listening, Behavioral Observation, Qualitative Data Collection, Research Design, Trauma-Informed Care, and Case Documentation.

Interpersonal Skills: Empathy, Communication (Verbal & Written), Public Speaking, Collaborative Teamwork, Workshop Facilitation, and Client Rapport Building.

Technical & Software: Microsoft Office Suite (Word, PowerPoint, Excel), Google Workspace, Content Management Systems (e.g., Medium)