
Rebekah Sam

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Professional Summary

Motivated and adaptable professional with a background in Psychology and experience in human resources and crisis intervention. Strong communication, organizational, and problem-solving skills, with a proven ability to work collaboratively and manage multiple tasks. Currently pursuing a Master's degree, eager to apply analytical thinking and a proactive approach to contribute effectively in diverse corporate environments.

Experience

HR Intern – Paperflite, Chennai

June 2025 – July 2025

- Worked across the full employee lifecycle in a high-growth SaaS environment.
- Independently led onboarding, supported pipeline management, and built trackers for probation, attendance, and policy compliance.
- Contributed to employee engagement initiatives and culture-building efforts.
- Conducted ESAT survey analysis, and presented actionable recommendations to leadership.
- Closely collaborated with HR leadership, gaining hands-on exposure to organizational development, talent experience, and data-driven HR operations.

HR Intern – Schneider Electric, Chennai

May 2023 – June 2023

- Collaborated with the HR department during the inclusive week, contributing ideas for gender diversity and inclusion, all of which were implemented.
- Created and conducted a survey for new hires to gather feedback on their induction program experience.
- Assisted fellow interns with various projects, gaining exposure to talent acquisition, recruitment, legal compliance, onboarding, and employee engagement.
- Developed a comprehensive understanding of the hierarchical structure within the company, and the diverse roles within the HR department.

Volunteer – Vandrevala Foundation (Mental Health NGO)

Dec 2022 – Jan 2023

- Handled crisis intervention calls & messages for a suicide helpline.
 - Trained in empathy-based communication, problem-solving, and decision-making
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Education

- **M.Sc. Psychology, Mount Carmel College, Bengaluru – Expected 2026**
 - **B.Sc. Psychology, Madras Christian College, Chennai – 2024 | GPA: 7.5**
 - **Higher Secondary, GTA Vidhya Mandir, Chennai – 2020**
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Projects & Awards

Best Paper Award – UG Category

IAAP Conference, Delhi – Feb 2023

- Co-authored research on gameplay duration and immersion using surveys & focus groups

"Pandemic & Body Image"

Rajagiri College, Kerala – Feb 2023

- Presented paper on effects of the pandemic on body image and proposed recommendations

"Discrimination Among LGBTQ+ College Students"

SDNB Vaishnav College, Chennai – May 2022

- Presented qualitative study on campus-based discrimination and how inclusive college environments impact student well-being
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Certifications & Conferences

- **DemCon'24 – International Conference, Bengaluru**
 - **Workshops on Grief, Positive Psychology, and Dance Movement Therapy, Madras Christian College**
 - **National Symposium on Mental Health and Well-Being, Ethiraj College for Women**
 - **Symposium on Youth Challenges, Madras Christian College**
 - **National Conference on Gender Sensitization and LGBTQIA+ Inclusion, SDNB Vaishnav College for Women**
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Skills

**Research & Analysis | Communication | Analytical Thinking | Project Coordination
Initiative & Ownership | Learning Agility | MS Office & Google Suite**

Languages

English, Hindi, Tamil, Malayalam, French

