

Zarin Tasnim Maisha

TRAINEE PSYCHOLOGIST



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Mogoltuly, Agrabad, Chittagong, BD

Objective

As a fresh graduate psychology student, I am passionate about exploring the complexities of human behavior and thought processes. I am also a warm and supportive listener who values building strong, trusting relationships with others. I believe that my combination of knowledge, skills, and personal qualities makes me an ideal candidate for any role that requires empathy, communication, and critical thinking. My ultimate goal is to make a positive impact on individuals and communities by using psychological insights to improve mental health and well-being.

Education

PASSING YEAR
2024

Bachelor of Science (BSc)
National University (Chittagong College)
Subject: *Psychology*

PASSING YEAR
2018

Higher Secondary School Certificate (HSC)
Agrabad Mohila College
Group: *Science*

PAASING YEAR
2015

Secondary School Certificate (SSC)
Silver Bells Kindergarten & Girls' High School
Group: *Science*

Experiences

AUG 2024 -
PRESENT

Trainee Psychologist (Specializing in Autism and Child Development)
Chattogram Ma O Shishu Hospital

- Conduct developmental screenings, observe child behaviour, and assist in personalized therapy plans.
- Collaborate with multidisciplinary teams to provide holistic care.
- Support families in understanding and addressing their child's developmental needs.

FEB 2024 -
PRESENT

Co-lead of Operation Team
Aachol Foundation

- Communicate effectively with diverse groups, maintaining punctuality and dedication to support the operations team. Manage teams with strong communication skills and responsible behavior.
- Demonstrate leadership skills, public communication, and empathetic behavior while working under pressure. Excel in teamwork, critical thinking, and problem-solving capabilities.

Regularly attend meetings, adhere to organizational rules, and take responsibility during emergencies. Passionate about mental health and willing to volunteer.

APR 2021 -
MAR 2024

Human Resource Lead

Sunshine: Space for Mental Health

- Joined as a volunteer, and progressed to HR Head over three years, demonstrating patience, punctuality, empathy, and a strong skill set.
- Gained extensive knowledge and experience in leadership qualities while serving the organization.
- Played a key role in enhancing HR practices, contributing to the overall growth and success of the organization.

JUL 2023 -
OCT 2023

Volunteer

Bondhu

- Volunteered for 4 months, gaining expertise in organizational skills, psychological career guidance, and marketing policies.
- Developed communication, human resource management, and technical skills through hands-on experience.

Conferences

OCT 2022

Psychology Conference, 2022

Theme: Psychology for Human Wellbeing

Organized by: Bangladesh Psychological Association (BPA), University of Dhaka

SEP 2023

6th Bangladesh Clinical Psychology Conference, 2023

Organized by: Bangladesh Clinical Psychology Society (BCPS), University of Dhaka

Training Experiences

SEP 2023

Acceptance and Commitment Therapy

Description: Participated in a half-day workshop organized by the **6th Bangladesh Clinical Psychology Conference, 2023**, focused on Community Mental Health: A Key to Bridge Mental Health Gap in Bangladesh at **University of Dhaka**.

SEP 2023

Increase Your Research Impact

Description: Participated in a half-day workshop organized by the **6th Bangladesh Clinical Psychology Conference, 2023**, focused on Community Mental Health: A Key to Bridge Mental Health Gap in Bangladesh at **University of Dhaka**.

SEP 2023

Boost Your Emotional Intelligence

Description: Participated in a half-day workshop organized by the **6th Bangladesh Clinical Psychology Conference, 2023**, focused on Community Mental Health: A Key to Bridge Mental Health Gap in Bangladesh at **University of Dhaka**.

SEP 2023

Dialectical Behavior Therapy

Description: Participated in a half-day workshop organized by the **6th Bangladesh Clinical Psychology Conference, 2023**, focused on Community Mental Health: A Key to Bridge Mental Health Gap in Bangladesh at **University of Dhaka**.

AUG 2023	Job Readiness Training Description: Participated in a four-day workshop from Career Hub Powered by BRAC
OCT 2023	Stuck In Your Daily Life: Finding Yourself - (Theme: Release and Find Emotional Peace) Description: Participated in 3rd National Webinar , a three-day long webinar organized by Bondhu: Counseling and Psychosocial Research Centre (BCPRC) .
OCT 2022	How Attachment and Parenting Style Affect Adult Relationship Description: Participated in a pre-conference workshop organized by department of Educational and Counseling Psychology in University of Dhaka .

Invited Talks

OCT 2023	The Art of Mindful Living <ul style="list-style-type: none"> Facilitated a workshop organized by Mental Health Day, 2023 at the Department of Psychology, Chittagong College, Chattogram. Delivered a one-hour speech on the topic “Mindfulness and Mental Health Awareness”, effectively communicating key concepts to a large audience.
OCT 2023	Psychology of Happiness <ul style="list-style-type: none"> Participated as a presenter in the Student Presentation of Bondhu: Counseling and Psychosocial Research Centre (BCPRC) under the skill development program. Delivered a presentation on the topic “Psychology of Happiness” focused on enhancing understanding and application of psychological principles to promote well-being.
AUG 2023	Emotional Intelligence <ul style="list-style-type: none"> Facilitated a one-hour long workshop on the topic “Emotional Intelligence and It’s Role in Personal & Professional Success”. Organized by the Sunshine-Space for Mental Health on virtual platform.

Languages

- Bengali** – Native Proficiency
- English** – Professional Working Proficiency
- Chittagonian** – Native Proficiency

References

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