

## **MISBAH SALIM**

Health Studies Honours BSc | University of Waterloo  
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### **SUMMARY OF QUALIFICATIONS**

- More than 2 years of research experience with key responsibilities in various research methods, laboratory work and data analyses
- Excellent communication and problem-solving skills
- Ability to work independently and as a team player with a desire to succeed
- Strong time-management skills with the ability to set priorities
- Ability to skillfully express, transmit and interpret knowledge and ideas
- Excellent interpersonal and conflict resolution skills
- Fluent in Noldus EthoVision tracking software
- Experienced in Axiovision microscopy imaging software
- Basic understanding of working with SAS statistical software

### **WORK EXPERIENCE**

#### **Research Assistant**, School of Pharmacy, Waterloo, Ontario, September 2014-Present

- Involved with the Ontario Pharmacy Research Collaboration program on Chronic pain management project which focuses on developing, implementing and evaluating new pharmacist services to better manage chronic pain and use of opioids in urban and rural communities.
- Actively involved in providing research support for poster organizations and writing materials

#### **Optometric Assistant**, School of Optometry, Waterloo, Ontario, April 2014- August 2014

- Supported a team providers with locating and preparing patient files for optometrists to use
- Obtained and recorded patient health-card and insurance information
- Confirmed patient appointments while providing excellent customer service

#### **Laboratory Research Assistant**, University of Waterloo, Waterloo, Ontario, December 2012-Present

- Working alongside Dr. Satvat in behavioral neuroscience basic research at the School of Public Health And Health Systems which focuses on the effects of chronic stress on neurogenesis at a behavioural and cellular level
- Experienced in various laboratory procedures and working with sophisticated lab equipment

#### **Outreach Team**, Waterloo Public Interest Research Group (WPIRG), University of Waterloo, Waterloo, Ontario, January 2014-April 2014

- Supported students and community members to research, educate, and take action on social and environmental justice issues.
- Organized events and promoted WPIRG projects to students, campus faculties/clubs and student organizations

#### **Development Associate**, RuffaloCody, Waterloo, Ontario, January 2013 – January 2014

- Reached out to the Waterloo Alumnus for faculty specific fundraising for student support
- Individually raised more than \$20,000 in donations by promoting faculty projects and events

#### **Team leader**, Ontario Science Center, Toronto, Ontario, (March 2009 – June 2009)

- Assisted various science based activities and experiments to visitors
- Hosted different programs and science exhibits alongside a team of staff
- Developed marketing strategies and event promotion ideas for new projects/exhibits

### **VOLUNTEER EXPERIENCE**

#### **English Conversation Partner**, University of Waterloo, Waterloo, Ontario, January 2014-April 2014

- Facilitated international students by practicing and refining English conversational skills to help the transition to University of Waterloo
- Empowered international students to be confident and practice speaking English to expand their vocabulary, work on pronunciation and grammar, learn conversational etiquettes

**Hospital Elder Life Volunteer**, Grand River Hospital, Waterloo, Ontario, January 2013-January 2014

- Volunteer for the Hospital Elder Life Program (HELP), specifically working with seniors to improve their mental health condition while at the hospital
- Participated with patients who have chronic diseases, promoting a healthy social environment, providing feeding assistance, exercise for early mobilization and conducting therapeutic activities

**Peer health Educator**, University Health Services, Waterloo, Ontario, January 2013-April 2014

- Strategized with a team of members to promote and raise awareness about mental health
- Proposed ideas for students to practice good mental health while studying
- Initiated active events to promote health and daily physical activity on campus

**Flu-Clinic Volunteer**, University of Waterloo Health Services, Waterloo, Ontario, March 2014

- Assisted patients in completing medical forms and further guide them to the designated location for flu injections
- Worked alongside nurses to help set up vaccines to use on incoming patients

**Committee Member**, Students Justice for Pakistan- University of Waterloo, September 2011- April 2012

- Helped raise funds for numerous events to aid the declining circumstances in Pakistan
- Promoted discussions on important issues that surround health and education in Pakistan
- Help address the foundational issues surrounding political instability in Pakistan

**Student First Mentor**, Big Brothers Big Sisters, Milton, Ontario, September 2010- April 2011

- Mentored and tutored elementary children who have difficulty with homework
- Organized various sports and drama activities and promoted the development of social skills

**Youth Leader**, Town of Milton, Milton, Ontario, June 2011- September 2011

- Represented the youth in Milton, voicing the needs of the community
- Attended weekly meetings to discuss common issues that youth encounter and interventions that promote a safe environment
- Formalized ideas and organized town activities that supports youth participation

## **EDUCATION**

**Candidate for Honours Bachelors of Science**, Health Studies, Minor in Gerontology, Specialization in Health Research, University of Waterloo, Waterloo, Ontario, September 2011-June 2015

### **Conference Presentations**

- E. Lui, E. Marandi, N. Puri, **M. Salim**, M. Chahal, J. Quadrilatero, E. Satvat, "Cognitive Flexibility, Chronic Stress, and Suppressed Hippocampal Neurogenesis", In proceedings of Society for Neuroscience Congress, November 15-19, 2014, Washington, USA.
- E. Lui, M. Chahal, N. Puri, **M. Salim**, E. Satvat, "Chronic Stress and Cognitive Flexibility", In proceedings of Southern Ontario Neuroscience Association, May 5, 2014, London, Canada.
- E. Marandi, **M. Salim**, J. Qudrilatero, E. Satvat, "The Topographic Localization of New Neurons in The Dentate Gyrus Following Exercise and Fluoxetine Treatment", In proceedings of Society for Neuroscience Congress, November 9-13, 2013, San Diego, USA.

### **Awards/ certificates:**

- Recipient of term Deans Honours List award, April 2014
- Applied Health Science Scholarship, September 2011
- Office of Research Ethics Animal Laboratory Theory Course, University of Waterloo, January 14'
- Secondary School Graduation Scholarship, Milton District High School, Milton, Ontario, 2011