



## SKILLS

- Classroom management
- Communication
- Personalised learning plans
- Strategic planning
- Learnt behaviour therapy
- Learning clinical hypnosis
- Handled kids with speech defiant issue

# HETVI PAREKH

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## SUMMARY

With my background as a counselor intern at a school, I have hands-on experience in supporting students' mental health, emotional well-being, and personal development. My role involved working closely with students to help them navigate challenges such as stress, academic pressure, social dynamics, and emotional struggles. I also gained experience in conflict resolution, facilitating group discussions, and guiding students through decision-making processes.

## EXPERIENCE

July 2024 - Current

**Teacher Meera's Gurukul | Mumbai , India**

- Established positive relationships with students, parents, fellow teachers and school administrators.
- Prepared unit and lesson plans for courses of study, following curriculum guidelines and common core standards.
- Observed and assessed student performance to identify areas requiring improvement.
- Taught students cognitive, linguistic and emotional development to promote well-roundedness.
- Created lesson plans in accordance with national curriculum and school-wide curriculum standards.
- Maintained trusting student relationships by providing both educational and emotional support to students.

June 2024 - Current

**Student Counsellor Thakur school of global education | Mumbai , India**

- Participated in multidisciplinary teams to address complex student issues, contributing valuable insights and recommendations.
- Provided crisis intervention services for students experiencing emotional distress, ensuring timely referral to appropriate services.
- Cooperated with other teachers to monitor student performance, implementing corrective measures to address academic and behavioural changes.
- Developed and implemented proactive mental health programmes aimed at reducing student stress and anxiety.
- Encouraged students to discuss feelings and personal choices by establishing respectful relationships based on trust and respect.
- Facilitated group workshops on topics such as stress management, study skills, and time management.