# ARIA SIKDAR

BSc Psychology with Counselling Skills (Hons.)

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# ABOUT ME

Starting my professional journey with a recent bachelor's degree in psychology, I bring dedication and collaboration, driven by a deep curiosity for human behaviour. Emphasizing teamwork and innovative thinking, I offer a fresh perspective to problem-solving. My academic experience has honed my skills in analysis, research, and communication, awaiting professional application. With determination and focus, I thrive in challenging environments that foster critical thinking and creativity. Whether it is research, team collaboration, or innovative solutions, I'm committed to achieving shared goals. I am eager to apply my skills and passion to psychology's meaningful advancements.

**EDUCATION AND ACHIEVEMENTS**

# Middlesex University, Dubai, UAE BSc Psychology with Counselling Skills (Hons.) – 2021-2024

* Completed comprehensive coursework in modules including Research Methods, Psychological Statistics, Developmental Psychology, Dissertation, Cognitive Psychology and Lifespan Issues, and Organisational Psychology.
* Assisted in handling biometric instruments including lie detectors at Psychology labs.
* Active participator in classroom discussions and presentations**.**
* Distinction and Merit (1-8 category on the 20-point scale) in final grades**.**
* Research Associate in research data collection.
* Won 2nd place in The Student Research Conference held at Middlesex University, Dubai.

**The European School of Goa, AS/A Level 2019-2021**

* A in English Language at Cambridge A level.
* B in Psychology at Cambridge A level.
* C in Art & Design at Cambridge A level.

**EXPERIENCE**

**Part-time content writer at Grok (remote work), 2022**

* Research and content creation relating to development and education for children and alternative learning.
* Blog writing and social media management and creation for the company’s official social medias such as Instagram, LinkedIn, and Medium.
* Creating content using Canva and Adobe Photoshop.

# Social Club Coordinator at Middlesex University, Dubai, UAE (September 2021 – April 2024)

* Managed the Dance Club of the university which involved hosting dance workshops, organising event for the university as well as managing events.
* Managing the official social media page for the university, which involved creating and posting content, content writing and social engagement.
* Hosting famous choreographers and inviting them to the university.
* Choreographing for the university and placing 1st in the largest Inter-University competition in UAE.

# Observership Intern at Manasa Neuropsychiatric Hospital in Bangalore, India June 2023 – July 2023)

* Sat in during outpatient therapy sessions with the head psychiatrist of the hospital and taking case history.
* Assisted in taking psychometric assessments related to ADHD and Depression-related symptoms for out-patients
* Demonstrated empathy, patience, resilience, and understanding in working with patients
* Daily discussions with the head psychiatrist regarding patients and therapy-related topics.

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# KEY SKILLS

* Critical Thinking
* Effective Communication and Collaboration
* Meticulous Accuracy
* Strong Interpersonal Skills

# LANGUAGES

* English (Full Professional Proficiency)
* Hindi (Basic Proficiency)