

## Education

- 2014 **M.S.**, *Counseling Education*, Portland State University - Oregon, USA, GPA 3.94.  
○ Focus: School Counseling, CACREP accredited
- 2008 **M.A.**, *Psychology*, Maharaja Sayajirao University, Baroda, India.  
○ Focus: Counseling Psychology

## Research Experience

- MS/USA *Thesis*: Studying the effect of career exploration interventions on Hispanic (Latina) students' academic goals and post-secondary planning  
○ Action Research project on Career Exploration among Middle School Latina students  
○ Facilitated Interest, Aptitude and Personality model for Career goals  
○ Explained the model of higher education to the group of first generation immigrants  
○ Organized a field trip for the group to visit Portland State University to interact with Hispanic(Latina) college students
- MA/India *Thesis*: Studying attitudes of students towards public display of affection  
○ Developed and administered a survey questionnaire for high school and college students  
○ Data Analysis using SPSS

## Research Seminar

- PSU,USA *Model Comprehensive Guidance & Counseling Program* for middle school as per American School Counseling Association guidelines
- MSU, India *Psychosocial care for disaster survivors: Communal Riots — a casestudy*. Conducted Personal Interviews of the families of riot victims

## Grant

- 2021 German Federal Program "Live Democracy!" through the city of Saarbrücken  
○ Role - Project conception, writing and implementation

## Higher Education

- 2018–present **Equal Opportunity and Diversity Management Unit**, Saarland University, Germany.  
○ Project coordinator for Diversity@UdS  
To develop and organize first "Anti-discrimination Panel", to participate in anti-racism initiatives, to develop and coordinate "Diversity Ambassadors Network", to expand support structures for students from minority backgrounds  
○ Family Office  
Consultation and support for students and employees with family. To facilitate compatibility between study/work and care responsibilities  
○ The Contact Point for Studying with Disability  
Consultation and support for students with disability and chronic illness. To identify and coordinate reasonable accommodations to compensate for disadvantages  
○ German to English translation of documents, website development and content writing  
○ Intercultural and career coaching for PhD and Post-docs  
○ Collaboration with International Office, Student Organization and various departments

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## Trainer & Guest Faculty

- 2021 **Diversity Equity Inclusion 101**, *Foundation course Key Competencies Certificate „Diversity-Kompetenz“*, Saarland University.
- 2020 **Child and Adolescent Mental Health**, *Special Issues*, Psy Lens Center, India.
- 2020 **Team-building workshop for PhD students**, Saarland University - SFB 1102.

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## School and Mental Health Counseling

- 2015-2016 **Counseling for children and adults**, *Old Mil Center for Children and Families*, Oregon, US.
  - Co-counselor for parent support group (0–6 years) under Oregon’s healthy families program
  - Created a supportive environment for parents struggling with social isolation, financial stress, mental health issues, drug and alcohol use, domestic violence and other stressors
  - Co-organized a *Therapeutic Summer Camp* for the clients (3-16 years old) of the *Outpatient Clinic*
- 2014-2015 **Licensed School Counselor**, *Salem Keizer School District*, Oregon, US.
  - Provided social, emotional, academic and career counseling for students from two **Title I** schools, connecting families with community resources.
  - Provided classroom guidance lessons based on needs assessment.
  - Interventions on issues such as bullying, attendance, transition, friendship, social skills, peer conflicts, and behavior plans.
  - Organizing after-school clubs and programs
- 2013-2014 **Clinical Mental Health Trainee**, *PSU Community Counseling Clinic*, Oregon, US.
  - Provided counseling and case management for anxiety, depression, trauma, self-image, divorce, self-care plan and co-parenting.
  - Techniques: *Cognitive Behavioral Technique (CBT)*, *Emotion Focused Therapy (EFT)*, *Mindfulness*, *Motivational Interviewing*, *Solution-Focused Brief Therapy*, and *Sand-Tray*
- 2006-2007 **Psychological Testing**, *MSU Community Counseling Center*, India.
  - Provided counseling and case management for clients with anxiety and depression.
  - Performed psychological testing such as intelligence tests, personality tests, aptitude tests as well as Projective tests for clients.
  - Provided *Play therapy* for children.

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## Teaching and Mentoring Experience

- 2012-2014 **The University Studies Peer Mentor**, *Portland State University*.
  - Mentored undergraduate Sophomore Inquiry (SINQ) courses in-person and online
  - Taught research and writing process, shared campus resources, group facilitation, community building, and retention
- 2013-2014 **Mentors Advocating and Promoting Student Success (MAPS)**, *University Studies*, *Portland State University*.
  - Worked one-on-one with identified at-risk students to prevent college dropout and to promote retention, worked as a team to identify retention obstacles for online classes
- 2011-2012 **Student Teacher**, *Beverly Cleary K-8*, *Portland Public School District*, *Portland*.
  - Taught grade 4
- 2011-2012 **Teacher Aide**, *Helen Gordon Child Development Center*, *Portland State University*.
- 2012-2013 **International Student Peer Mentor**, *Portland State University*.

- Mentoring international students during their initial school term for smooth transition in the United States

2009-2011 **High School Psychology Teacher**, *Eklavya School*, Ahmedabad, India.

- Taught Psychology to the students of Humanities
- Organization of several seminars, competitions and events
- Organization of field visits, survey and nature camps.

### Invited Talks

**Seminar on Racism**, *Saarland University*, Instructor Mr. Mario Laarmann.

**Webinar on Change is Constant in times of COVID-19**, *Vahani Scholarship Trust*.

**Sharing Best Practices of Equal Opportunity and Diversity Unit**, *DIES International Deans' Course Latin America*.

**DiversityTalks**, *Cooperation with Max Plank Institutions, Saarbrücken*.

### Awards & Endowments

2014 **David Capuzzi Outstanding Scholar Program Endowment**, Portland State University.

2010 **Best Educator of the year in High School**, Eklavya School.

### Affiliations

**Member**, *Oregon School Counseling Association, OSCA*.

### Multilingual

**Fluent:** English, Hindi, Gujarati, **Beginning:** German

### Parental leave

2016–2018 **Maternity & Child care**, *I took a break from employment to have my child*.