

Name : A Jalita James

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BSc Psychology



Objective

To develop the skills and gain the experience needed to become an ethical and competent counselor.

SKILL SETS

1. Basic understanding of various disciplines in psychology (Eg: cognitive psychology, health psychology) as well as major theories in psychology (Eg: Freud, Sigmund- psychoanalysis).
2. Familiarity and experience with psychological research methods including data collection and analysis.
3. An understanding of physiological, emotional, cognitive and social determinants of behavior.

General skills:

1. Critical thinking and analytical skills
2. Abstract reasoning
3. Communication and interpersonal skills
4. Leadership and teamwork skills
5. Goal setting and prioritizing

Paper Presentation

- **RCSS National Conference on Applied Health Psychology**

Presented a paper on Psychological Well-being & Resilience among Hostellers and Day-scholars of college students.

- **International conference cum workshop on Psychotherapy and**

Counseling

Presented a paper on self esteem and self efficacy among yogics and non-yogics

EDUCATIONAL AND PROFESSIONAL QUALIFICATION/CERTIFICATION

NAME OF CERTIFICATE : BSc in Psychology
YEAR : 2017 - 2020
PERCENTAGE : 80 %(1st Semester), 77.6% (2nd Semester), 72.4%(3rd semester), 73%(4th semester)
ISSUING BOARD : Calicut University

NAME OF CERTIFICATE : Higher Secondary Education
YEAR : 2014
PERCENTAGE : 66.66%
ISSUING BOARD : MSBHSE

NAME OF CERTIFICATE : Secondary School Education
YEAR : 2012
PERCENTAGE : 71.45%
ISSUING BOARD : MSBHSE

- Completed 1 month of internship from Mind Over Image Consulting, Mumbai
Phone: 022 6616 4490
- Currently managing a free online counseling service @psyched_counseling

CO-CURRICULAR AND OTHER ACTIVITIES

1. Singing
2. Poster making
3. Martial arts
4. Sketching
5. Cooking

PERSONAL INFORMATION

1. Date of Birth : 10th July 1996
2. Father's Name : James Kurian

3. PAN Card Number : CAXPA0794A

4. Languages Known : English, Hindi, Malayalam