

UME RUBBAB

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Professional Summary

Dedicated and passionate Psychology Lecturer with 4 years of university-level teaching experience. Expertise in delivering engaging lectures, curriculum development, supervising research, and providing counseling services. Holds an M.Phil in Counseling Psychology with proven skills in academic writing, thesis guidance, and student mentoring. Offers compassionate, research-based counseling to address academic stress, emotional well-being, and personal growth. Adept at using LMS tools and integrating innovative pedagogical strategies.

Professional Experience

Lecturer

Iqra University, Islamabad | Sep 2021 – Present

- Deliver undergraduate-level courses
- Design HEC-aligned curricula with modern pedagogical approaches
- Supervised 10+ research theses and projects
- Organized mental health awareness events and student well-being initiatives

Consultant Counseling Psychologist

Iqra University, Islamabad | Feb 2023 – Present

- Offer one-on-one counseling focused on academic pressure, personal growth, and stress management
- Develop psychoeducational material and awareness sessions

Content Writer

Freelance Feb 2024 – Present

- Write research articles, academic proposals, and theses in psychology and related domains
- Collaborate with students and professionals to deliver high-quality content

Clinical Intern

Institute of Psychiatry, BBH Rawalpindi (WHO Collaborating Centre) | Sep – Oct 2014

- Assisted in psychological assessments and clinical documentation
- Observed therapy sessions and contributed to patient history records

Education

M.Phil in Counseling Psychology

Fatima Jinnah Women University, Rawalpindi | 2016–2020

BS (Hons) in Psychology

University of Gujrat | 2011–2015

Intermediate (Pre-Medical)

Fazaia Inter College, Rawalpindi | 2009–2011

Matriculation (Science)

Fazaia Inter College, Rawalpindi | 2007–2009

Research Projects

- MPhil Thesis: Impact of Mindfulness-Based Stress Reduction Intervention on Body Image Dissatisfaction among Young Adults (2020)
- BS Thesis: Relationship between Body Image and Self-efficacy among College Girls (2015)
- Poster Presentation: Health Behaviors, Type D Personality & Subjective Health (2017)
- Clinical Case Studies: Documented at Nijat Rehabilitation Centre (2014)

Trainings & Workshops

- Faculty Development Training Workshop (2023)
- Certified MBSR Instructor – 8-week Online Training (2018)
- National Conference: Promoting Tolerance and Well-being, FJWU (2018)
- Workshop on Meta-Analysis, FJWU (2017)
- Panel Member: Teachers as Counselors (2017)

Core Competencies

- Curriculum Development & Course Design
- Academic Advising & Thesis Supervision
- Mental Health Counseling & Psychoeducation
- SPSS & Data Analysis
- Workshop Facilitation
- Learning Management Systems (Moodle, Blackboard)
- Strong Interpersonal & Communication Skills

Publications

- Rubbab, U., Gul, I., Hassan, S., & Rehman, A. (2021). Mindfulness-Based Stress Reduction Intervention and Body Image Dissatisfaction. *Psychology and Education Journal*, 58(4), 1562-1571.

Languages

English: Proficient

Urdu: Fluent

Punjabi: Proficient