

## Seema Ahmed

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### Profile:

- Final year student of psychology at Brunel University London
- Experience of working with vulnerable individuals with mental health issues and learning difficulties in a variety of professional settings
- Research experience gained in mental health and competent user of **SPSS**
- Fluent in Punjabi and conversational Urdu

### Education

**2015 – 19                      BSc (Hons) Psychology                      Brunel University London**

Achieved **high 2:1** in level 2. Key modules include:

Advanced Research Methods (A), Clinical Psychology (B), Individual Differences (A)

Emphasises  
good  
grades and  
most  
relevant  
modules

**2008 – 15 Random School, Hillingdon**

**2015 A-levels:** Psychology (B), English (A), Biology (C)

**2013 GCSEs:** 10 (A-C) including English (B), Maths (B) and Double Science (A)

### Placement Experience

**Feb 2018 – Present                      Hillingdon Mind                      Police Support Worker**

- Placement role initially and now continuing on a voluntary basis
- Attend local Police Station to support members of the public who have suspected mental health problems
- Use patience, empathy and assertiveness to calm disturbed behaviour and support family and friends of those brought into the station under arrest
- Have to recognise and adhere to professional boundaries and liaise appropriately with others such as social workers and health practitioners.

Separates out  
related work  
experience.  
Heading  
emphasises  
its relevance.

**Aug – Dec 2016                      Recall, Ealing                      Project Worker**

- Placement role supporting young adults with a history of drug and substance abuse
- Engaged in practical and creative activities with project users, many of whom had mental health issues
- Assisted in group interventions to raise self-esteem and sense of empowerment
- Gained knowledge of statutory and support services by working alongside a variety of social and health care professionals.

## Other Relevant Experience

**Sept 2017 – May 2018**

**Private family**

**Childminder**

- Provided learning support to an eight year old boy with learning difficulties
- Engaged in creative play to build attention span and develop motor skills
- Helped with vocal exercises under the direction of a speech therapist

**Jun – Aug 2017**

**Brunel University**

**Research Assistant**

- Assisted professor with research project during summer vacation
- Carried out clinical assessments of young adults with suspected bi-polar disorder
- Used a variety of assessment techniques such as WISC, mood charts and other questionnaires to determine condition
- Undertook administrative support such as record keeping and diary management

Clinical posts need research skills as well as client/patient experience

**Jun 2016**

**Hayes Mental Health Care Trust**

**Work Shadow**

- Two week work shadowing placement with clinical psychologists and other staff
- Learned about NHS structures and was able to observe some patient sessions
- Confirmed my desire to seek qualification as a clinical psychologist

## Additional Work Experience

Stresses skills

Part-time Sales Assistant and Waitress jobs with Next and Pizza Hut whilst studying have provided financial independence and developed my ability to interact with the public, contribute effectively to teams and to maintain stamina and effective customer service during long and busy shifts.

## Additional Information

- Student Ambassador for Brunel University to encourage wider participation in HE
- Student member of the British Psychological Society
- Enjoy a variety of cultural activities including Indian music and dance