

Zobia Alam
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Mumbai, India

EDUCATION

The University of British Columbia

Vancouver, BC

Bachelor of Arts: Major in Psychology; Minor in Creative Writing

May 2025

- Relevant Coursework: Contemporary Topics in Biological and Cognitive Psychology, Research Methods, Analysis of Behavioural Data, Abnormal Psychology, Infancy, Brain and Behaviour, Personality Psychology, Health Psychology, Adulthood and Aging, Clinical Psychology, Applied Developmental Psychology, Childhood and Adolescence
- GPA: 4.00
- Dean's List: 2023-24 Winter Session.
- Ranked in top 10% of my faculty in the Winter 2023 Session based on academic performance.
- Nominated for the Lieutenant Governor's Medal Program for Inclusion, Democracy and Reconciliation (2025).

RESEARCH EXPERIENCE

New Horizons Child Development Centre

Mumbai, India

Research Intern (part-time)

July 2025 – Present

- Observe and write field notes for medical consultations, interventions and counselling sessions for patients with ASD and their families.
- Analyse and edit paediatric neurodevelopmental case reports for publication; conduct literature reviews and draft study protocols for institutional ethics approval.
- Impact Study: Collaborate with co-investigators for data collection and analysis on a retrospective observational longitudinal study to evaluate the effectiveness of the intervention program. Draft the *Results* section of the manuscript in preparation for submission to the *Indian Journal of Developmental and Behavioural Paediatrics*.
- Investigating the relationship between screen time/media use patterns and autism symptom severity—actively involved in conceptualization, methodology design, and participant data collection across all stages of the research process.

International Grief Research (Principal Investigator: Dr. Clare Killikelly)

Vancouver, BC

Research Assistant

September 2023 - Present

- Collaborated with co-investigators on an experience sampling research study to test an online early detection system to identify the trajectories of grief symptoms and experiences following bereavement.
- Transcribed three focus group interviews and coded qualitative data to understand grief experiences of immigrants in Canada.
- Developed Qualtrics surveys, conducted test-runs of the study using the M-path application, and analysed data using SPSS for 40 participants.

Centre for Cognitive Development (Principal Investigator: Dr. Darko Odic)

Vancouver, BC

Research Assistant

September 2023 - Present

- Conducted research studies to investigate math and language development in 3-to 8-year-old children: exploring children's ability to extend their intuitive numerical judgement to incorporate novel units in multiplication tasks, examining whether number perception relies on innate number representations or non-number cues (i.e. spatial frequency) and whether verbal disfluencies relate to children's metacognitive judgements of confidence.
- Efficiently managed communication with parents through email and phone, scheduled research appointments, and maintained an organized calendar and database on FileMaker Pro for participant recruitment and tracking.
- Prepared research materials, including laptops, scripts, informed consent forms and demographic

questionnaires. Thoroughly explained research studies to families and engaged with children interactively to ensure comfort and engagement during research tasks.

- Accurately uploaded research data to servers, completed subject logs and documented comprehensive visit notes to ensure reliable data collection and management.

CLINICAL EXPERIENCE

Dr. Yusuf Matcheswalla's Clinic

Mumbai, India

Clinical Psychology Intern (part-time)

July 2025 – October 2025

- Observed and assisted in counselling sessions for individuals presenting with major depressive disorder, anxiety disorders, obsessive-compulsive disorder and schizophrenia.
- Assisted in administering and scoring psychological assessments including MCMI-III, MMPI-2 and A, WISC-IV, TAT, DAP and the Rorschach Inkblot Test,
- Contributed to a Mental Health Awareness Program by analysing self-report questionnaire data to identify high-risk individuals, preparing comprehensive reports, and conducting one-on-one online sessions aimed at promoting early identification of psychological difficulties, encouraging timely intervention, and increasing awareness of available mental health resources and coping strategies.

Building Blocks Behaviour Consulting

Vancouver, BC

Behaviour Interventionist

March 2024 - Present

- Implemented evidence-based behaviour intervention plans to promote positive behaviour change in children with diverse learning and behavioural needs.
- Collaborated with parents and behaviour consultants to develop individualized strategies including play-based sessions and motor development activities.
- Collected data on client progress and updated interventions to achieve targeted behavioural goals.

Masina Hospital

Mumbai, India

Clinical Psychology Summer Intern

May 2023- August 2023

- Provided daycare support and psychoeducation sessions for psychiatric patients (topics: anger management, stress management, setting boundaries, motivation and goal setting).
- Collaborated with senior staff members to organise and conduct art-based therapy, dance sessions, yoga and meditation for psychiatric patients to promote emotional well-being.
- Shadowed psychologists during counselling sessions (individual, marital, family) and psychological assessments such as Rorschach Inkblot Test, Wechsler Adult Intelligence Scale-IV (WAIS-IV) and Minnesota Multiphasic Personality Inventory-2 (MMPI-2)
- Reviewed patient case histories, mental status examinations (MSE) and DSM-5 based diagnoses to support clinicians in preparing treatment plans and care strategies.
- Provided personalised daily support to one out-patient with learning disabilities and nystagmus, by selecting tailored reading and writing activities to develop motor skills and boost self-esteem.

VOLUNTEER AND LEADERSHIP EXPERIENCE

UBC Undergraduate Journal of Psychology

Vancouver, BC

Health Psychology Section Editor

April 2024 – September 2024

- Edited accepted author submissions, provided comprehensive feedback on manuscripts in a timely manner, and ensured adherence to journal guidelines.
- Collaborated and communicated with co-editors, graduate students and senior undergraduate advisors throughout the editorial process for peer-review.

UBC Center for Accessibility

Vancouver, BC

Notetaker

September 2023 – Present

- Supported peers with disabilities by providing comprehensive notes within 48 hours of each class. Courses: Winter 2023-2024 Session: PSYC 314 (Health Psychology), PSYC 218 (Analysis of Behavioural Data). Winter 2024-2025 Session: CRWR 209 (Introduction to Writing Fiction).

UBC Arts Undergraduate Society*Health and Wellness Events Coordinator***Vancouver, BC***June 2023 – May 2024*

- Worked collaboratively with team-members to organise and execute wellness-focused events such as painting, dance workshops and carnivals to promote self-care among UBC students.
- Communicated effectively with internal and external organisations to secure event sponsorships, manage logistics and build long-term partnerships.
- Researched, designed and implemented social media campaigns on topics such as sexual health, physical wellness and brain health, driving increased student engagement in online mental health advocacy and nurturing inclusive spaces for mental health dialogue within the university community.

The Writer's Exchange*Volunteer***Vancouver, BC***October 2022 – January 2023*

- Developed and conducted literacy games and creative writing activities alongside program managers to support under-resourced children.
- Incorporated active listening strategies to create a safe space for self-expression in children.

WRITING EXPERIENCE

The Ubysey*Staff Writer***Vancouver, BC***October 2023 – Present*

- Wrote articles for the culture section, including movie reviews, on-campus events and critical commentary on students' sociocultural identity.
- Attended and participated in weekly staff meetings. Collaborated with team members to develop additional editorial content.

Brown History*Contributing Writer**2023*

- Wrote articles to research and amplify South Asian marginalised stories and culture.
- Published work: *"The Linguistic Supremacy of English in South Asia"*, *"How Amrita Sher-Gil Transformed Modern Indian Art"* and *"Tracing the Roots of Early Afghan Cinema."*

Solastalgia Zine*Contributor**2023*

- Contributed a creative personal essay to Solastalgia Volume II (Eco-Engagement and Climate Action) to normalise eco-anxiety and encourage climate action. Published work: *"Love Lessons from Houseplants."*