

Noreen Akhtar

Associate Professor Psychology

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Researchgate / Google Scholar Profile Link :

Biography

A professional psychologist and teacher with more than 15 years of experience in the field of clinical and counselling psychology. Dedicated to serve clients in a meaningful way, listening to their concerns and helping them learn how to approach their mental, emotional and behavioral problems and their well-being. Developed concept papers for establishing various academic programs at university level. Currently heading the psychology department. Served as master trainer for teachers, students and staff. Capable of establishing counseling and academic setup in any organization. Additionally, engaged in academic activities including teaching Post graduate level courses and research publications.

Education (Last Two Academic Details)

Ph.D. Psychology

University: National Institute of Psychology, Quaid-i-Azam University, Islamabad

Graduation Year: 2019

M.Phil. Psychology

University: National Institute of Psychology, Quaid-i-Azam University, Islamabad

Graduation Year: 2009

Experience

Professional Experience

- Joined as Head of Psychology Program (Associate Professor) at Pak-Austria Fachhochschule: Institute of Applied Sciences and Technology (PAF-IAST) in July 2023 till date.
- Psychologist at Counselling and Support Centre (CSC) at Pak-Austria Fachhochschule: Institute of Applied Sciences and Technology (PAF-IAST) in July 2023 till date.
- Promoted as Deputy Director/Senior Psychologist at the Center for Counseling and Career Advisory (NUST) in 2021 till June 2023.
- Promoted as Senior Psychologist at the Centre for Counselling and Career Advisory (NUST) in 2015.
- Worked as a Psychologist at the Centre for Counselling and Career Advisory (NUST) from 2009 to 2015.
- Worked as "Research Associate" at Mohammad Ali Jinnah University, Islamabad from February, 2009 to June, 2009.
- Worked as internee psychologist in Capital Hospital Islamabad from 1st August 2005 to 1st September 2006.

Teaching Experience

Working as Associate Professor Psychology at PAF-IAST

- Worked as visiting faculty in MS counseling and Education fall semester (NUST).
- Taught three credit-hour course on clinical Psychology (NUML Islamabad) for two semesters.
- Taught and supervised a three-credit course of clinical internship and report writing (NUML Islamabad) two semesters.
- Conducted multiple Teachers Training Program at NUST since 2016.

2: Research Supervision Experience:

- GEC member of 6 Masters students Career Counselling and Education in NUST

Projects & Awards

- NA

Patent & Publications

1. Parenting Styles predictors of Externalizing and Internalizing Behavior problems among Children. *Pakistan Journal of Psychological Research* 2010 .
2. Relationship between internet addiction and academic performance among university undergraduates. *Educational Research and Reviews* 2012 8(9), 1793-1796.
3. Impact of self-efficacy on negative career thoughts in university undergraduates. *International Journal of Business and Social Sciences* 2012 4(6).
4. Construct validation of emotional labor scale for a sample of Pakistani corporate employees. *Pakistan Journal of Medical Association (JPMA)* 2017.
5. Urdu translation and validation of shorter version of Positive Affect and Negative Affect Schedule (PANAS) on Pakistani bank employees. *Pakistan Journal of Medical Association (JPMA)* 2017.
6. Relationship between Emotional Intelligence and Negative Career Thoughts in Postgraduate Unemployed Adults M Atta, R Hanif, N Tariq, N Akhter *Journal of the Indian Academy of Applied Psychology* 40 (2), 261.