

Sinol Adolin Menezes

School Counsellor/ Mental Health Counsellor



CONTACT

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OBJECTIVE

Dedicated and compassionate school counselor with over 7 years of professional experience. Eager to provide the school students with a positive direction for their emotional and social well-being.

EDUCATION

Master of Science in Psychology

St. Agnes center for post graduate studies and research, Mangalore, Karnataka 2013 - 2015

Bachelor of Arts in Psychology

School of Social Work Roshni Nilaya, University of Mangalore, Karnataka 2010 - 2013

KEY SKILLS

- ✓ Empathy, Cultural Competence, Critical thinking
- ✓ Decision making, Problem solving, Leadership, Integrity
- ✓ Student assessment, Handwriting analysis.
- ✓ Developmental awareness, Strong communication skills.
- ✓ Career Guidance

CERTIFICATION

Basic Clinical Hypnotherapy,

- Institute of Clinical hypnosis and Counselling 2013-2014, Certificate Reg No: ICHC/R.M.P (AM) 316/2015
- Positive Psychology: Martin E.P. Seligman's Visionary Science by the UNIVERSITY OF PENNSYLVANIA
- Certified Level 3 REIKI practitioner.
- Level 3 trained Child Safeguarding Lead
- Identifying early signs of psychosis among Adolescents University of STANFORD
- Pursuing Arabic language proficiency

PROFESSIONAL EXPERIENCE

GEMS Founders School Dubai, United Arab Emirates

Mental Health & Safeguarding officer and Career Counsellor /Nov 2020- Present

- Provided individual and group counselling to students with identified concerns and needs.
- To act as the first point of contact for any safeguarding, child and adult protection concerns, providing timely, relevant support and advice in order to safeguard the student.
- Organize counseling program by assessing needs and setting goals to provide students with academic, personal, social, emotional and psychological counseling.
- Level 3 Child Safeguarding officer for Secondary students
- Promoted and planned programming for staff wellbeing initiatives.
- Discuss and communicate the goals and progress of the comprehensive school counselling program with leadership and staff.
- Counselling support for students to cope with anxiety, depression, mental trauma during COVID 19 & Post come back to school
- Meet regularly with teachers/administrators/parents in order that student concerns might be expeditiously addressed
- Provided PD for teachers regarding behavioral and classroom management strategies.
- Worked with student groups regarding social or health programs and issues (collaboration with the school doctor)
- Introduced Mental health first aiders for whole school improvement plan & working collaborate with them related to mental health concerns

RESEARCH PAPERS

Impact of Resilience on Reaction to Frustration and level of Anxiety among Emerging Adults of Alcoholic Parent. (Guide: Dr. Vinoth Kumar, HOD St. Agnes Center for Post Graduate Studies and Research)

IT SKILLS

Windows and office tools

HOBBIES

Singing, Dancing, Theatre drama
Artist, Painting

PERSONAL DETAILS

DOB: 07 Oct 1992

Nationality: Indian

Marital status: Married

Passport No: N8946550

IAID Performing Arts Academy Doha, Qatar

Client Relation Associate (Counselor) /June2019- Aug 2020

- I have guided students to choose appropriate course of their interest.
- Designed and implemented 'Employee satisfaction Program' for the internal employees
- Assisted Marketing team to have greater client conversions.

Prestige International School Mangalore, Karnataka

School Counselor/ June2018 -May2019

- Increased graduation rates by 10% through the introduction of an early intervention program for students identified as at risk of failure or dropping out.
- Conducted specialized counseling sessions for students with disabilities and behavioral issues.
- Been a part of new intervention program for slow learners as gifted scholars in which advanced learning and one-on-one attention is given.

Mount Literal Zee School Bangalore, Karnataka

Public Relationship Executive /Jan 2017- May 2018

- To assist with facility marketing and referral networking to increase student levels
- I have taken more than 700 enquiries and converted over 400 admissions during my tenure.
- Aptitude assessment of the students who take up admission to know their level of intelligence.

Presidency School Mangalore, Karnataka

School Counselor /June 2015- April 2016

- Monitored graduation records, transcripts, and classes for 500+ students.
- Identifying slow learners and giving them remediation
- Counseled parents of the students on parenting styles. I made sure to be a role model and mentor to students as well as a listening ear.
- Conducted workshop for students on 'The problems faced by Adolescent'.

INTERNSHIPS/WORKSHOPS

- Yenepoya Medical College Hospital, Mangalore
- All India Institute of Speech and Hearing, Mysore
- Chethana Special School, Karkala, Mangalore

References

1. Mr. Mansoor Ali Shah – Counsellor

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2. Ms. Sabina Livingbel- School Counsellor

☎ (971) 585927402 / ✉ : sabinareuben91@gmail.com