

CONTACT

5367 8373

S1310673@live.hkmu.edu.hk

www.linkedin.com/in/alisha-yousaf-9371652a9

Permanent Resident of Hong Kong

PROFILE

As a final-year Psychology student, I have a focused interest in applying psychological expertise to legal advocacy for social good. I am driven to support and empower marginalized communities by building their confidence, problem-solving abilities, and resilience by employing collaborative needs-assessments and co-designing support programs. I am looking to work practically and gain insights that develop a versatile skill set for a future career at the interface between human behavior and justice.

EDUCATION

Bachelor of Honours in Social Sciences in Psychology and Mental Health - Hong Kong Metropolitan University

SOFT SKILLS

- Teamwork
- Time Management
- Leadership
- Effective Communication
- Critical Thinking
- Problem Solving
- Integrity
- Detail Oriented
- Confident
- Creative

LANGUAGES

- English (Fluent )
- Cantonese (Fluent)
- Putonghua (Intermediate)
- Urdu (Native)

ALISHA YOUSAF SARDAR

EXPERIENCE

Empower by The Amber Foundation  
Empower Scholar

2025-PRESENT

- Supporting the delivery of 6 workshops focusing on building resilience, goal setting and observing applied behavioral change techniques in a group setting.
- Utilising foundational counseling skills including active listening and empathetic communication to provide peer support and foster a safe environment for personal sharing.
- Gaining practical experience in the non-profit sector's approach to youth development

Equal Opportunities Commission  
Equal Opportunity Ambassador

2025

- Promoted principles of social inclusion and anti-discrimination through community workshops and events, applying social psychological theories on prejudice and group dynamics to public engagement strategies.
- Researched and developed accessible educational materials on Hong Kong's anti-discrimination ordinances.
- Advocated for equitable practices within community settings, enhancing understanding of systemic barriers and fostering environments supportive of mental well-being.

Peekaboo learning - English Drama Music Playgroup  
Child Development Facilitator

2022-PRESENT

- Using drama-based techniques (role-play, storytelling) to foster social-emotional skills in children 3-6, applying developmental psychology principles.
- Training 8 teachers in play therapy-inspired strategies to enhance empathy, communication, and cooperation.
- Adapting activities to support diverse learning styles, observing behavioral responses for individualized engagement.

Key Skills: Developmental Psychology, Play Therapy, Behavioral Observation, Child-Centered Communication

Hong Kong Tutoring Association  
Academic Tutor

2020-PRESENT

- Applying learning psychology principles to guide students through assignments while strengthening executive functioning and metacognitive skills
- Designing engaging, tech-integrated lessons to improve information retention and active participation
- Building trust-based relationships to foster motivation and confidence, utilizing positive reinforcement techniques

Key Skills: Educational Psychology, Learning Strategies, Student Engagement, Relationship Building

CERTIFICATIONS

- Certificate of Appreciation- Hong Kong Christian service 'World of fun Carnival '(2025)
- Certificate of Completion-Equal Oppurtunities Comission 'Understanding Sexual harassment' (2025)
- Certificate of Achievement-Equal opportunities, commission ' Equal Opportunity Youth Ambassador Scheme'(2025)
- Awardee of the Seld-financing Post-secondary Scholarship Scheme Reaching Out Award (2022/2023)