

## CONTACT

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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**

2025-PRESENT

#### **Empower Scholar**

- 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**

2025

#### **Equal Opportunity Ambassador**

- 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**

2022-PRESENT

#### **Child Development Facilitator**

- 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**

2020-PRESENT

#### **Academic Tutor**

- 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 Opportunities 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)