

ALAKINDE HALEEMAH

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PROFESSIONAL SUMMARY

Recent Psychology graduate with a strong (2.1) foundation from the Lagos State University, skilled in counseling, mental health advocacy, and research with a passion for promoting psychological well-being through practices.

EDUCATION

Lagos State University

B.Sc. Psychology

July 2022- September 2025

Relevant modules:

- Abnormal Psychology, Counseling Theories and Practice Mental Health.
- Clinical Interviews and Clerking, Forensic Psychology, Health Psychology.
- Personality Psychology, Psychosexual Stages and Development, Statistics.

PROJECTS

UNDERGRADUATE THESIS (Final Year Project)

- Conducted a study on perceived social support and help-seeking behaviour as predictors of quality of life among undergraduate students in Lagos state.
- Designed and administered questionnaires, collected and analyzed quantitative data using SPSS.
- Findings contributed to understanding mental health help-seeking patterns in Nigerian university students.

Peer Counselor and Academic Tutor

- Provided emotional support and informal counseling to fellow students experiencing academic and personal challenges.
- Facilitated study groups and tutoring sessions, strengthening communication and interpersonal skills.
- Promoted a culture of mental wellness and peer support within the university community.

VOLUNTEERING AND COMMUNITY EXPERIENCE

Mental Health Awareness Advocate

- NGO Outreach and Community Programs | Lagos, Nigeria.
 - Volunteered at NGOs to raise awareness on mental health and reduce stigma in local communities.
 - Engaged community members through structured conversations and educational sessions on psychological well-being.
 - Collaborated with fellow advocates to disseminate mental health resources and support materials
- Peer Counselor.

SKILLS

Technical Skills

- SPSS – Statistical data analysis and research reporting.
- Microsoft Office Suite – Word, Excel, PowerPoint.
- Virtual Communication Tools – Zoom, Google Meet.

Core Competencies

- Empathy and Active Listening.
- Communication and Interpersonal Skills.
- Problem Solving and Critical Thinking.