Shalshia Sindrella

SCHOOL COUNSELLOR

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Professional Summary

Dedicated and compassionate School Counsellor with extensive experience in supporting the mental health and emotional well-being of students in international school settings. Proficient in safeguarding practices, therapeutic interventions, and holistic student development. Skilled at working with multidisciplinary teams to create and implement targeted intervention strategies, ensuring all students achieve their full potential. Committed to fostering a safe, inclusive environment that promotes resilience, positive behaviors, and academic success.

Experience

Good Shepherd International School | MYP Counselor *2023 – Present*

- Collaborated with the Deputy Head Pastoral, SENDCo, and House Masters/Mistresses to address student needs, ensuring a safe and supportive environment.
- Delivered individual and group counseling services, addressing a wide range of social, emotional, and mental health issues.
- Developed and implemented intervention strategies in collaboration with staff, parents, and external agencies, regularly reviewing their impact and adjusting as needed.
- Led school-wide well-being initiatives focusing on Positive Behavioral Interventions and Supports (PBIS) and Multi-Tiered Systems of Support (MTSS).
- Organized and facilitated workshops for parents and staff on mental health awareness and proactive support strategies.
- Maintained secure and confidential records of counseling sessions in compliance with safeguarding protocols.
- Assisted in the induction and support of new students to ensure a smooth transition into school life.

Trivandrum International School | DP Psychology Intern *2023 (Jan – Feb)*

- Taught IBDP Psychology lessons meeting IB standards.
- Supported school events like IB evaluations and Math Fair.
- Contributed to pastoral care, fostering inclusivity.

Aurinko Academy | Facilitator *2021 – 2022*

- Developed a Psychology-PSHE course addressing student wellness.
- Trained teachers in inverted Bloom’s Taxonomy for innovative teaching.
- Enhanced skills of students with learning disabilities via one-on-one interventions.
- Led career counseling for goal-setting.

HLC International | Facilitator *2019 – 2021*

- Implemented behavior modification strategies for engagement.
- Supported students with ADHD, Autism, and learning gaps through IEPs.
- Mentored student teachers in classroom management.

- Conducted counseling sessions on SEL and career planning.

Helen O'Grady International | Senior Trainer *2017 – 2018*

- Taught theater education to K-12, promoting creativity and teamwork.
- Conducted workshops on SEL and mental health.
- Developed lesson plans fostering personal growth.

Education

- Christ University, PGD International Education 2023
- Jain University, MSc Psychology 2022Major: Data Science | Minor: Machine Learning
- Avinashilingam University, BSc Psychology 2013Major: Mathematics | Minor: Computer Science

Skills & abilities

- Child Safety & Protection
- Social-Emotional Learning (SEL)
- Psychotherapy & Psychosocial Assessment
- Multi-Tiered System of Support (MTSS)
- Individualized Education Plans (IEP)
- Crisis Intervention & Conflict Resolution
- Career Counseling & Program Development
- Positive Behavior Intervention and Support (PBIS)
- Tech-Savvy (Digital tools for SEL and Counseling)

Certifications

- REBT (Rational Emotive Behavior Therapy)
- School Counseling
- Behavior Counseling & Therapy
- Learning Disability Support
- POCSO
- Equitable Counseling
- Assessment for Learning

References

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