

Curriculum vitae

Personal information:

First name/ Surname: Helga Omar Alaeddine

Nationality: Lebanese

Gender: Female

Familial status: single

Date of birth: 1980

Address: Katermaya, El Shouf – Mount Lebanon.

Telephone(s): Mobile: 03-829381- Home: 07- 971170

E-mail: helga.alaeddine@gmail.com

h.alaeddine@bau.edu.lb

Education:

Dates: 2013-2016

PHD in Psychology: Hardiness and its relation with Distress Tolerance and the Basic Personality Dimensions in a sample of Lebanese Adolescents, Beirut Arab University.

Dates: 2011-2012

Diploma in Woman Studies, Beirut Arab University.

Dates: 2004-2008

Master in Psychology: Psychosomatic Disorders among a sample of Lebanese University Students, Beirut Arab University.

Dates: 2002-2003

Diploma in General Psychology, Beirut Arab University.

Dates: 1998-2002

Bachelor in Psychology, Beirut Arab University.

Dates: 1998

Lebanese Baccalaureate, Lycée Pascal – Anout, Mount Lebanon.

Professional experience:**Dates:****From February 2011 – 2015**

Teaching Assistant, Department of Psychology – Beirut Arab University.

From September 2016- January 2017

Lecturer, Department of Psychology – Beirut Arab University.

Beirut Arab University, Beirut, Tarik El Jedidah - Omar Farroukh Str., Tel: 00961 1300110 - Fax: 00961 1818402 P.O. Box 11-5020 Riad El Solh 11072809 Beirut, Lebanon. www.bau.edu.lb

From February 2017- Present

Assistant Professor, Department of Psychology – Beirut Arab University.

Beirut Arab University, Beirut, Tarik El Jedidah - Omar Farroukh Str., Tel: 00961 1300110 - Fax: 00961 1818402 P.O. Box 11-5020 Riad El Solh 11072809 Beirut, Lebanon. www.bau.edu.lb

Courses taught:

Physiological Psychology (PSYC 202) - Psychology Department - Mandatory course
Psychology of Management (PSYC 414) - Psychology Department - Elective course
Psychology of Management (PSYC 414) - Faculty Elective
Psychology of Woman (PSYC 313) - Psychology Department - Elective course
Psychology of Woman (PSYC 313) - Faculty Elective
Psychology of Woman (PSYC 430) - Faculty Elective
Psychology of Woman (PSYC 430) - Psychology Department - Elective course
Environmental Psychology (PSYC 316) - Psychology Department - Elective course
Environmental Psychology (PSYC 316) - Faculty Elective
Psychology of Adolescence (PSYC 329) - Psychology Department - Elective course
Psychology of Adolescence (PSYC 329) - Faculty Elective
Psychology of Adolescence (PSYC 210) - Faculty Elective

Social Psychology (PSYC 208) - Psychology Department - Elective course
Social Psychology (PSYC 228) - Faculty Elective
Educational Psychology (PSYC 337) - Faculty Elective
Geriatric Psychology (PSYC 414) - Psychology Department - Elective course
Geriatric Psychology (PSYC 414) - Faculty Elective
Personality (PSYC 303) - Psychology Department, as TA of Prof. Mayssah El Nayal
Clinical Psychology (PSYC 402) - Psychology Department, as TA of Prof. Mayssah El Nayal
Counseling and Psychotherapy (PSYC 404) - Psychology Department, as TA of Prof. Mayssah El Nayal
Environmental Psychology (ARCH 466) - Faculty of Architectural Engineering - Elective course
Environmental Psychology (ARTD 309) - Faculty of Architectural Engineering (Art & Design Program) - Mandatory course
Behavioural Science (PHBS 223) - Faculty of Dentistry - Elective course
Psychology of Family (PSYC 213) - Faculty Elective
Psychology of Family (PSYC 327) - Psychology Department - Elective course
Psychology of Family (PSYC 327) - Faculty Elective
Physiological Psychology (PSYC 321) - Psychology Department - Mandatory course
Psychology of Management (PSYC 432) - Psychology Department - Elective course
Geriatric Psychology (PSYC 433) - Psychology Department - Elective course
Geriatric Psychology (PSYC 433) - Faculty Elective
Mental Abilities (PSYC 226) - Faculty Elective
Counseling and Psychotherapy (PSYC 404) - Psychology Department - Mandatory course
Sensation and Perception (PSYC 482) - Faculty Elective
Group Dynamics (PSYC 478) - Faculty Elective
Biological Psychology (PSYC 351) - Psychology Department - Mandatory course

From September 2009 – 2015

School Counselor – Houssam Eddine Hariri High School (HHHS).

Houssam Eddine Hariri High School .Tel: 009617739898 – 00961 7 755990
 Fax: 009617739797 - P.o.box: 67- Saida – Lebanon - www.mak-hhhs.edu.lb

Personal skills and Competences:

Languages:

Languages	Reading	Speaking	Writing
Arabic	Excellent	Excellent	Excellent
French	Excellent	V.Good	Excellent
English	V.Good	V.Good	V.Good

Awards:

- **JAMAL ABDEL NASSER AWARD** for Academic Excellence.

Activities:

- Financial Aids committee – BAU
- Open Doors – BAU
- Advisory committee – Faculty of Human Sciences
- Quality Assurance committee – Faculty of Human Sciences
- Libraries committee – Faculty of Human Sciences

Professional Training:

<ul style="list-style-type: none">• Conférence Internationale de l'enseignement contemporain: Lycée Antonine – Baabda.	February 2013
<ul style="list-style-type: none">• International Conference: The Positive aspects of Life – BAU.	December 2013
<ul style="list-style-type: none">• Training Courses for the Enhancement of Teaching Skills – BAU (Part 1)	March 2013
<ul style="list-style-type: none">• International conference for education: British council – Beirut.	March 2014
<ul style="list-style-type: none">• Seminars in counseling and education: Broummana HS – Metn, Mount Lebanon.	April 2014
<ul style="list-style-type: none">• Series of educational workshops: Université Saint Joseph – Beirut.	May 2014

<ul style="list-style-type: none"> • Seminars in career counseling – LAU: British Council in Lebanon 	January 2014
<ul style="list-style-type: none"> • Training courses of community psychology: ProtectEd – Australia. 	September 2014
<ul style="list-style-type: none"> • Scholastic workshops: Rafic Hariri Foundation – Beirut. 	October 2014
<ul style="list-style-type: none"> • Training Courses for the Enhancement of Teaching Skills – BAU (Part 2) 	October 2014
<ul style="list-style-type: none"> • Workshops in leadership and education: Houssam Eddine Hariri HS – Saida. 	November 2014
<ul style="list-style-type: none"> • Workshop in Networking and Woman’s empowerment: Expand Your Horizons by USAID, AMIDEAST and KDC. 	January 2015
<ul style="list-style-type: none"> • FIBAA – Representative of BAU Alumni. 	February 2015
<ul style="list-style-type: none"> • International Conference: Health and Illness, A Psychological Perspective – BAU. 	March 2015
<ul style="list-style-type: none"> • New Horizons workshop: Woman and gender. 	March 2015
<ul style="list-style-type: none"> • Training Courses for the Enhancement of Teaching Skills – BAU (Part 3) 	October 2015
<ul style="list-style-type: none"> • Learning and Teaching Workshop - BAU 	January 2017
<ul style="list-style-type: none"> • Critical Thinking Workshop - BAU 	October 2017
<ul style="list-style-type: none"> • Urban Health and Wellbeing 2018: Building Collaborative Intelligence for Better Lives in Cities. 1st international conference, Faculty of 	October 2018

Architecture-Design& Built Environment, BAU.	
---	--

Research:

1. *Psychosomatic Disorders among a Sample of Lebanese University Students.*
2. *Hardiness and its Relation with Distress Tolerance and the Basic Personality Dimensions in a Sample of Lebanese Adolescents.*
3. Development of Hardiness Questionnaire – A Psychometric Study on High School students in Lebanon. BAU Journal: Health & Well-Being. Issue no.1, Volume 1, 2018.
4. Quality of life and Well-being among Palestinians and Syrians refugees in Lebanon. The first International conference on Urban Health & Well being, 23-25 October 2018 , held at Beirut Arab University, Lebanon.
5. Anxiety Disorders among Lebanese University Students. (In progress), with Mayssah El Nayal.

Computer skills:

- Competent with most Microsoft Office programs and good experience with HTML.

Interests:

- Sports.
- Reading.
- Listening to Music.
- Tourism.