

CYRINE AL FAKHRY

Psychology Undergraduate | Mental Health Advocacy | Peer Support

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SUMMARY

Motivated Psychology undergraduate at the American University of Beirut with practical experience in research, mental health advocacy, and peer support. Proficient in APA research writing, data analysis with R Studio, and providing psychosocial and academic support across clinical, educational, and humanitarian contexts. Committed to enhancing mental health accessibility, community service, and child developmental initiatives.

EXPERIENCE

Hospital Volunteer

Haven, AUBMC

09/2023 - Present Haven, AUBMC

- I facilitate patient-centered activities supporting emotional well-being and social connection

Public Relations Officer

MMKN Club

09/2023 - Present American University of Beirut

- Handle communication, outreach, and event logistics as Public Relations Officer at MMKN Club

Psychosocial Support & Emergency Response Specialist

Red Cross Youth Sector

11/2024 - Present Bcharré, Lebanon

- I support shelters during wartime displacement
- I distribute essentials during normal times
- I facilitate psychosocial activities

KEY ACHIEVEMENTS

Boosted Student Engagement

Increased student engagement with tailored psychosocial support strategies.

Organized Mental Health Events

Coordinated five mental health events improving accessibility and advocacy.

Supported Student Well-Being

Provided psychosocial support to 60+ students across three grades.

SKILLS

R Studio

APA 7th edition formatting

PowerPoint

Interpersonal

Active listening

Patient-centered communication

Teamwork

Adaptability

Suicide Risk Assessment Workshop

Suicide Risk Assessment Workshop

09/2025

Shadow Teacher

School of Balamand

06/2026 Koura

- Supported a 4-year-old student using behavioral and academic interventions tailored to his needs
- Improved student engagement and participation through structured reinforcement and emotional regulation strategies

Undergraduate Research Volunteer

American University of Beirut

08/2025 - 05/2026 Lebanon

- Program, Department of Nutrition and Food Sciences, American University of Beirut
- Sleep, Mental Health, and Academic Performance: A Study Among University Students in Lebanon (Supervisor: Dr. Samer Kharroubi)
- Collect data from university students in Lebanon
- Help with the data analysis
- Report progress to Dr. Samer Kharroubi

Peer-to-Peer Counselor

MINDS (Mental Health Insight & Neurodiversity Support)

08/2025 - 05/2026 American University of Beirut

- Provide confidential emotional support to students using active listening and crisis communication skills
- Refer peers to university mental health resources when appropriate

Intern with MMKN NGO

MMKN NGO

01/2026 - 05/2026 Beirut

- I provide psychosocial support sessions in public schools in Beirut for students enrolled in grades 7, 8 and 9

EDUCATION

Bachelor of Arts in Psychology

American University of Beirut

09/2023 - 06/2026 Beirut, Lebanon

High School Diploma

Collège des Filles de la Charité Dar En Nour

09/2022 - 06/2023 Btouratige, Koura, Lebanon

INTERESTS

Piano performance

Boxing

Choir

Self-defense

Gymnastics

Skiing

CERTIFICATIONS

CITI Program Certification, Human Subjects Research

CITI Program

CITI Certification, Social & Behavioral Research

CITI Program

DELFB2 Certificate, French Language Proficiency

DELF

Peer-to-Peer Counselor Training

MINDS, AUB

EXPERIENCE

Research Assistant

American University of Beirut

09/2024 - 01/2025 Lebanon

- Recruited families and administered surveys (online and paper-based) in an ethical, confidential, and IRB-aligned manner
- Guided participants through consent procedures and collected high-quality data
- Documented data collection challenges and reported progress to the principal investigator
- Recognized for excellent performance and invited to continue assisting in future research projects (Supervisor: Dr. Mona Ayoub)

Autism Awareness Event

AUBMC Special Kids Clinic

04/2024

- I organized sensory-friendly activities supporting inclusion for children on the autism spectrum

LANGUAGES

Arabic

Advanced



English

Advanced



French

Advanced



PROJECTS

Undergraduate Research Volunteer

08/2025 - 05/2026 Beirut, Lebanon

Undergraduate Research Volunteer Program, Department of Nutrition and Food Sciences, American University of Beirut. "Sleep, Mental Health, and Academic Performance: A Study Among University Students in Lebanon"

- Collect data from university students in Lebanon.
- Help with the data analysis.
- Report progress to Dr. Samer Kharoubi

Peer-to-Peer Counselor

08/2025 - 05/2026 Beirut, Lebanon

Peer-to-Peer Counselor, MINDS (Mental Health Insight & Neurodiversity Support), American University of Beirut

- Provide confidential emotional support to students using active listening and crisis communication skills and refer peers to university mental health resources when appropriate.

Intern

01/2026 - 05/2026 Beirut, Lebanon

Intern with MMKN (ممكن)

- I provide psychosocial support sessions in public schools in Beirut for students enrolled in grades 7,8 and 9.

Shadow Teacher

06/2026 - 06/2026 Koura, Lebanon

Shadow Teacher (Intern), School of Balamand

- I supported a 4-year-old student using behavioral and academic interventions tailored to his needs and improved student engagement and participation through structured reinforcement and emotional regulation strategies.

Research Assistant

09/2024 - 01/2025 Beirut, Lebanon

Research Assistant, Department of Psychology, American University of Beirut. "Relations between Parenting Practices and Child's Emotional Wellbeing in Lebanon"

- Recruited families and administered surveys (online and paper-based) in an ethical, confidential, and IRB-aligned manner.
- Guided participants through consent procedures and collected high-quality data.
- Documented data collection challenges and reported progress to the principal investigator.
- Recognized for excellent performance and invited to continue assisting in future research projects.

CERTIFICATIONS

MUN Position Paper Award

LAU

Creativity & Innovation Training

Red Cross Youth

Suicide Risk Assessment Workshop

AUBMC