

Lea AlBanna

Beirut, Lebanon | +961 71 302 239 | lealbanna@outlook.com | [LinkedIn](#)

EDUCATION

AMERICAN UNIVERSITY OF BEIRUT (AUB)

Aug 2023 – Expected May 2026

- **BA in Psychology** | Cumulative GPA : 3.51/4.00
- Dean's Honor List for the last 60 credits of my enrollment

ACADEMIC AND PROFESSIONAL EXPERIENCE

MMKN Organization | Psychosocial Support Intern

Jan 2026 – Present

- Support psychosocial and art-therapy activities that promote emotional well-being and resilience
- Assist in facilitating group and individual sessions in a safe, inclusive environment
- Monitor participant engagement and document observations in line with program goals
- Collaborate with the team while maintaining strong communication, confidentiality, and professional ethics

AUB Counseling Center | Peer to Peer Counselor

Aug 2025 – Present

- Provide empathetic, student-centered peer support using active listening and basic counseling skills
- Identify signs of distress and refer students to licensed counselors while maintaining ethical standards
- Strengthen skills in crisis response, empathy, and boundary-setting through training and supervision
- Contribute to mental health initiatives and organize campus events to promote awareness and reduce stigma

Top Notch Consultancy | Regional Recruitment Consultant Intern

June 2025 – Aug 2025

- Sourced and identified candidates using LinkedIn, Recruiter Lite, and People-Match
- Managed recruitment workflows using an ATS, including sourcing and candidate communication
- Screened and interviewed applicants to assess fit for roles
- Created job postings and supported senior consultants while developing core recruitment skills

American University of Beirut | Research Assistant

Sept 2024 – Aug 2025

- Contributed to the "Documenting Children's Voices During War" research project through data collection and analysis
- Gathered and transcribed social media video content, ensuring accurate representation of children's perspectives
- Organized and managed data in Excel for systematic analysis
- Strengthened research, data entry, and time management skills while meeting project deadlines

Embrace Mental Health Center | Patient Flow Intern

Jan 2025 – June 2025

- Coordinated and tracked client referrals and care pathways across mental health services
- Assisted with intake, follow-ups, and administration of psychological assessments (e.g., GAD-7, Beck Depression Inventory) under supervision
- Maintained accurate records and contributed to reports on service demand and patient flow
- Participated in interdisciplinary meetings and trainings to support clinical care and service delivery

American University of Beirut | Work-Study Program

Feb 2025 – June 2025

- Assisted in organizing and managing events at the Office of Events at AUB, including the AUB Commencement Exercises and the AUB Spring Fair
- Contributed to the planning and execution of various grand events, ensuring successful and memorable experiences for attendees

HONORS AND AWARDS

- Peer to Peer Counseling 40 Hour Intensive Training
- Multiple AUB Deans Honor List Mentions
- AUB Beymun – Chair Certificate
- Awarded Third Best Delegation, LAUSM – Model Good Governance
- Recipient of the Diplomacy Award, LAUSM
- Recipient of the Advisor Award, LAUSM – Model Good Governance

EXTRACURRICULARS AND INVOLVEMENT

MMKN Club | Member at Large

Sep 2025 – Present

- Represent members in the executive committee, ensuring inclusive communication and decision-making
- Contribute to planning and delivering educational outreach for underprivileged youth
- Support tutoring programs, volunteer coordination, and school engagement initiatives
- Assist with events, fundraising, and partnerships to strengthen the club's impact and visibility

Psychology Student Society | Member of Outreach Subcommittee

Sep 2024 – May 2025

- Helped organize events, facilitated collaborations, and promoted mental health awareness within the community
- Contributed to increasing engagement through creative campaigns and initiatives, enhancing my skills in event planning, teamwork, and communication

VOLUNTEERING

Children Cancer Center of Lebanon | Volunteer

Sep 2024 – April 2024

- Engaged children in therapeutic and recreational activities to provide emotional support and comfort
- Developed strong communication, empathy and teamwork skills while supporting children facing challenging circumstances

SKILLS

Languages: Arabic (Native), English (Fluent)

Software Skills: Microsoft Office (Word, Excel, PowerPoint), Familiar with R Programming

Soft Skills: Communication - Active Listening - Leadership - Public Speaking - Team Collaboration - Project Coordination - Time Management - Interpersonal Skills

Hard Skills: Research Methodology - Moderate background in R- programming - Scientific Writing - Presentation Skills - Statistical Research

References are available upon request.