

V. VIDHYALAKSHMI

SPECIAL EDUCATOR | CHILD PSYCHOLOGY | COUNSELLING

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PROFESSIONAL PROFILE

Special Educator and psychology professional with experience across school-based learning support, child development, behavioural interventions, counselling and multidisciplinary collaboration. Skilled in adapting classroom instruction, identifying individual learning needs, developing and monitoring support plans, and partnering with teachers and families to strengthen students' academic participation, independence, communication and social-emotional development.

CORE COMPETENCIES

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| • Individualised learning support and IEP-informed planning | • Differentiated instruction and classroom accommodations |
| • Student observation and informal learning assessment | • Behaviour support and positive reinforcement |
| • Social skills and emotional-regulation strategies | • Phonics, early literacy and foundational numeracy support |
| • Progress monitoring and evidence-based documentation | • Collaboration with teachers, families and support teams |
| • Child counselling and psychological wellbeing | • Communication, empathy and analytical problem-solving |

PROFESSIONAL EXPERIENCE

Special Educator | Akshar Arbol International School

September 2024 – Present

- Provide individualised academic, behavioural and social-emotional support for students with diverse learning profiles within an inclusive IB PYP school environment.
- Collaborate with homeroom teachers, co-teachers and coordinators to adapt classroom tasks, instructions, learning materials and assessment approaches to students' needs.
- Observe learning behaviours and classroom participation; identify strengths, barriers and support needs through ongoing formal and informal monitoring.
- Develop and implement individualised support strategies and IEP-related goals, documenting progress and adjusting scaffolds in response to student evidence.
- Use visual schedules, step-by-step instructions, modelling, repetition, positive reinforcement and structured routines to build attention, task engagement and independence.
- Support foundational literacy and numeracy, including phonics, sight-word recognition, blending, spelling, written expression and early mathematical concepts.
- Teach and reinforce self-regulation, communication, peer interaction, turn-taking, organisation and daily classroom routines.
- Maintain regular communication with families and the school support team to align classroom strategies with agreed home-school reinforcement.

Special Educator | Akshar Arbol International School

June 2022 – April 2023

- Adapted curriculum content, lesson delivery and the learning environment to support access and participation.
- Provided support in the mainstream classroom, resource setting and small-group learning contexts, as appropriate to student needs.
- Used formal and informal observations of learning to inform individual learning programmes and monitor progress.
- Worked with lead co-teachers, grade-level teams and instructional support staff to align strategies with curriculum expectations.

Counsellor / Life Coach | HCL Healthcare Limited

October 2018 – August 2020

- Supported individuals and teams with mental wellbeing, emotional expression, goal-setting and work-life balance.
- Helped employees identify strengths, plan personal goals and access appropriate therapeutic support when required.
- Facilitated stress-management workshops for teams.

Consultant Psychologist | Sri Ramachandra Medical Centre and Hospital

October 2015 – September 2018

- Supported clients in setting and working towards personal, social, educational and vocational goals.
- Worked with clients across age groups and varied mental-health needs, with an emphasis on psychological wellbeing and reducing distress.

Psychologist | Swabodhini School for Special Children

March 2016 – March 2018

- Applied behavioural strategies to reduce barriers to learning and strengthen adaptive behaviours and skills.
- Supported social communication through role-play, social stories, behavioural scripts and practice of listening, greetings and turn-taking.
- Helped children develop awareness of emotions and social cues, and supported anxiety-management strategies for children with autism.
- Collaborated with parents, caregivers and teachers to promote consistent support across home and school environments.

Psychologist | Wisdom Medical Research Foundation

February 2014 – February 2016

- Observed and documented client behaviour and responses to treatment, maintaining accurate clinical records.
- Conducted individual and family therapy sessions and contributed to the development and review of treatment plans.
- Worked with physicians and other professionals to coordinate care and support client transitions.

EDUCATION & QUALIFICATIONS

M.Sc. Counselling & Psychotherapy | Tamil Nadu Open University (2016–2018 | 69.98%)

B.Sc. Psychology | University of Madras, Chennai (2013–2016 | 65%)

Diploma in Psychotherapy & Counselling | Wisdom University, Chennai (89%)

Higher Secondary (Class XII) | Sri Venugopal Vidyalaya Matriculation Hr. Sec. School, Chennai (61.6%)

Secondary (Class X) | Sri Venugopal Vidyalaya Matriculation Hr. Sec. School, Chennai (65.6%)

RESEARCH & PROJECTS

- Psychology survey in a public setting using a psychometric test (May 2014).
- Project on “How caregivers need to cope with psychologically ill patients” (December 2016).

RECOGNITION & PROFESSIONAL MEMBERSHIP

- Awarded Best Poem of the Year 2016 by Delhi Poetry Slam for “Life with Schizophrenic Mother.”
- Life Member, Association of Professional Psychologists (Registration No. 18-555).

ADDITIONAL INFORMATION

Languages: English, Tamil and Telugu

Interests: Poetry writing, listening to music and badminton