

Dr. Silvia Fernandes

Contact

Location: Pune, Maharashtra,
India.
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Education

Ph. D. Psychology (SPPU) on the
topic of Internet Abuse and its
Related Variables among
Teenagers (2018)

MA Clinical Psychology (SPPU)
[4.94 GPA],

BA Psychology (Wadia College)
[77.75%],

HSC (Wadia College)
(74.17%)

SSC (St. Josephs' Convent,
Kirkee)
(69%)

Key Skills

Adaptability
Time-Management
Work-ethic

Objective

Seeking an opportunity to apply my passion for understanding, researching, and teaching Psychology while enhancing my skills in communication, collaboration, and adaptability.

Work Experience

Symbiosis School for Liberal Arts

March 2026 - Present

Assistant Professor, Psychology

- Content delivery
- Conducting assessments
- Dissertation Guidance
- Internship Evaluation
- Course conducted: Psychopathology, Research Methodology III: Proposal Writing

Seminar Mentor - Internet Use and Psychology

- Enlightening students about the impact of the Internet on various psychological variables
- Guiding independent seminar papers of students (8) on this topic.
- Providing feedback on seminar reports of the students.

July 2024 - February 2026

Psychology Visiting Faculty

- Content delivery for BA level Students
- Conducting assessments
- Dissertation Guidance
- Internship Evaluation
- Course conducted: Educational Psychology, Research Methodology III: Proposal Writing

Seminar Mentor – Impact of Social Media on Modern Society

- Enlightening students about the impact of social media on various aspects of society
- Guiding independent seminar papers of students (15) who have selected this topic.
- Providing feedback on seminar reports of the students.

Flame University, Lavale, Pune

March 2022 – October 2023

Psychology Visiting Faculty

- Deliver content as per curriculum at BA level
- Designing evaluation plan and conducting assessments
- Courses conducted: Introduction to Psychology, Personality Psychology

Victorious Kidss Educares (IB School), Kharadi.

June 2018 – October 2021

Psychology Faculty

IB Diploma Program Psychology Faculty:

- Curriculum Planning
- Unit and Lesson Planning
- Extended Essay Supervisor
- Internal Assessment supervisor

Epoch Elder Care, Pune, Maharashtra

May 2013 – June 2014

Elder Care Specialist • Alzheimer's and Dementia Care • Intellectual Companionship

- Providing companionship and developing strong rapport with the Elderly
- Alzheimer's and Dementia Care
- Medication management
- Hospital visits
- Teaching the use of Internet and Technology to the Elderly

Bharatiya Jain Sanghatana, Pune, Maharashtra

July 2011 – November 2012

Research Assistant

- Documentation of reports

Psychological assessment and evaluation

Publications

Scopus ID: 58775230800.

- Fernandes, S. (2024). *Understanding and Promoting Teachers' OCB During the COVID-19 Pandemic*. In: Patki, S.M., Abhyankar, S.C. (eds) *Organizational Citizenship Behaviour (OCB) in India*. Springer, Singapore.
https://doi.org/10.1007/978-981-99-9688-9_2
- Fernandes, S. (2023). *Screen Time Addiction: An Overview*. In: Gupta, S. (ed) *Handbook of Research on Child and Adolescent Psychology Practices and Interventions*. IGI Global. ISBN: 9781668499832. **(Scopus Indexed: <https://www.scopus.com/record/display.uri?eid=2-s2.0-85180379780&origin=recordpage>)**
- Fernandes, S., & Natu, S. (2016). Internet Addiction: Can Cognitive Behaviour Therapy Help? *International Journal of Indian Psychology*, 4(1), 76, 53-71.
- Fernandes, S., & Natu, S. (2016). Internet Addiction: A Focus Group Discussion Approach. *IOSR Journal of Humanities and Social Science*, 21(10), 11, 19-23.

Paper Presentations

- Fernandes, S. V. (2016). Internet Addiction: A View of Teenagers and Parents. Poster presented to “25th Silver Jubilee Convention of National Academy of Psychology 2015-16”. Allahabad, 4-6 February.
- Fernandes, S. V. (2014). Internet Addiction: A Focus Group Discussion Approach. Paper presented to “24th Annual Convention of National Academy of Applied Psychology (NAOP)”. Bhopal, 12-14 December.
- Fernandes, S. V. (2012). From ‘Online’ to ‘Out of Line’: Understanding Internet Addiction. Paper presented to National Level Seminar on “Future Trends of Information & Communication Technology (ICT-2012)”. Pune, 15-17 March.
- Fernandes, S. V. (2011). Neuroticism, Extraversion and Openness to Experience among M. Sc and MBA students. Paper presented to 46th National & 15th International Conference of the Indian Academy of Applied Psychology (IAAP). Mysore, 4-6 February.