

Curriculum Vitae
Vera S. Y. GOH
gohs0125@e.ntu.edu.sg

Education and Awards

- | | |
|---------------|---|
| 2025- Present | Doctor of Philosophy Candidate (Psychology), Singapore,
<i>Nanyang Technological University</i> <ul style="list-style-type: none">• Awarded Nanyang President's Graduate Scholarship (NPGS) |
| 2019- 2023 | Integrated Master of Science (MSci) in Clinical Psychology
(Accredited by British Psychological Society), UK, <i>University of Reading</i> <ul style="list-style-type: none">• First Class Honours• Master's dissertation on <i>The Effects of Exercise on State Anxiety Levels, Considering Exercise Intensity, Trait Anxiety, and Sex</i> |
| 2017- 2019 | International Baccalaureate Diploma, Singapore, <i>International School of Singapore</i> <ul style="list-style-type: none">• Academic Achievement Award 2019• High Honour Roll, 2019• Subject Performance Award for outstanding performance in IBDP Biology 2019• Subject Performance Award for outstanding performance in IBDP Chemistry 2019• Subject Performance Award for outstanding performance in IBDP History 2019• High Honour Roll 2018• Subject Performance Award for outstanding performance in IBDP Mathematics 2018• CAS Youth Impact Award 2018 for involvement at Institute of Mental Health and Down Syndrome's Association |
| 2013-2016 | Secondary School (Advanced Humanities program), Singapore,
<i>Nanyang Girls High School</i> <ul style="list-style-type: none">• MOE Humanities and Social Sciences Research Programme High distinction (SIA grade)• Singapore Secondary Schools Debating Championships Semi Finalists 2016, 2015• International Humanitarian Law Debates 1st Runner Up• Pro Ams Championships Champion• CCA service award• World Scholar's Cup (International Academic Competition)<ul style="list-style-type: none">• 2015 Regional and Global Rounds Top 10• 2014 Regional and Global Rounds Top 10 |

2012

Primary School Leaving Certificate, Top Scorer in Ai Tong School

Current Research Interests

- Cultural Psychology
- Emotional Wellbeing and Health
- Motivation and Cognition

Applied/ Practical Experience

2023-2024

Psychologist

Early Intervention Centre

- Assessments
 - Facilitating the transition process for graduands by conducting School Readiness Assessments (Cognitive and Adaptive Functioning), Comprehensive Needs Assessments.
 - Writing professional psychological reports with school recommendations and recommendations to support learning, social, daily living skills development of child.
 - Conducting Behavioural Assessments and risk assessments
 - Using the Early Childhood Holistic Outcomes Framework (ECHO) to assess child's level and set goals.
 - Conducting Initial Screenings for potential new children.
- Intervention
 - Challenging behaviour including self-injurious behaviour and aggression
 - Emotion regulation, transition, social skills, sleep difficulties
 - Parent and family coaching
 - Leading Staff and Parent trainings.
 - Team meetings discussing Individualised Education Plan.
- Received Clinical Skills and Case Supervision

2021-2022

Placement experience at National Health Service clinic, UK

- Independently conducted Assessment and Treatment planning sessions, using the DSM-5, risk assessments and management, semi-structured interviews.
- Administered and scored questionnaires, including but not limited to, the PHQ-9, GAD-7, IES-R, HAI, SPIN.
- Conducted multiple one to one treatment sessions for patients which lasted minimally 6 weeks per patient, using evidence based low-intensity Cognitive Behaviour

Therapy, using interventions such as Behavioural Activation, Cognitive Restructuring, and Worry Management.

- Assessed and treated a diverse group of patients which included diversity cases, gaining experience working with patients from different cultural and ethnic backgrounds.
- Received weekly Case Management and Clinical Skills Supervision.

Technical Skills

Trained in SPSS and R

Professional Affiliations

Full Member of Singapore Psychological Society (MSPS)

Co-Curricular Activities

2019-2023	President 2022-2023 Overseas Christian Fellowship Society, UK. Active Member Small World Café (International Community Society), Reading
2017-2019	School Representative Model United Nations Singapore International Model United Nations Overseas Family School Model United Nations Volunteer Institute of Mental Health Volunteer Down Syndrome's Association
2013-2016	MOE Humanities and Social Sciences Research Program Leadership Committee Member Nanyang Debate Club Student Council Member Elected in Nanyang Girls Student Council School Representative Nanyang Girls in World Scholar's Cup