



Sumayyah Rahman

Research Assistant

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Languages

English

Bengali

About

I have experience in active listening and communication, which I effectively apply to engaging with customers and handling retail tasks. My flexibility and adaptability make me well-suited for dynamic retail environments.

BRANDS WORKED WITH

Co-space Oxford university

Mental Health Foundation

Experience

● Research Assistant

Co-space Oxford university | Dec 2023 - Now

Actively contribute to an international research project examining the impact of the COVID-19 pandemic on youth mental health and well-being. Collaborate with a diverse group of young people as 'co-researchers' to gather insights and experiences from peers, parents, and carers. Participate in online workshops to co-design research strategies and plan project. Receive training in research skills, including research design, facilitation, active listening, and communication. Assist organizing and co-leading focus groups with young people, parents, and carers to understand the effects of the pandemic on mental health. Collaborate with peers from Japan in a collaborative online event to exchange project results and develop solutions for future policy. Advocate for change by presenting project findings and recommendations to policymakers and experts. This experience has allowed me to enhance my leadership, research, and communication skills while contributing to meaningful research on youth mental health.



● Researcher

Mental Health Foundation | Apr 2023 - Now

Education & Training

● Haberdashers Askes Borough Academy

Secondary Education,