

Academic Staff Profile Update Template

1. Basic Information

1.1 Full Name (with titles) - Ms. Avindi Maheesha Paramullage

1.2 Current Position - Lecturer

1.3 Faculty / Department – Faculty of Education

1.4 Institutional Affiliation – Lyceum Campus

1.5 Professional Memberships

- Member - Sri Lanka Association for the Advancement of Education (SLAAED)
- Member - Early Childhood Education Association (ECEA)
- Associate Member - American Psychological Association (APA)

1.6 Contact Information (Email / Office Phone)

- avindip@lyceumcampus.lk
- 071-1396795

1.7 Biography (Narrative Profile)

Avindi Maheesha Paramullage holds an MSc in the Psychology of Applied Behavioural Change from Cardiff Metropolitan University, UK, and a BSc in Psychology from Girne American University, Cyprus. She is currently reading for a Postgraduate Diploma in Education at the University of Colombo. She currently serves as a Lecturer at Lyceum Campus, Nugegoda, where she teaches psychology and counselling modules and contributes to curriculum development, including the Diploma in Teaching Special Needs Education. With prior experience as a visiting lecturer, research supervisor, and special needs therapist, Avindi has also worked in clinical settings such as District General Hospital, Negombo, Damrivi Foundation and National Institute of Mental Health, Mulleriyawa. An Associate Member of the American Psychological Association, she has undertaken professional training in SPSS data analysis, AI applications, and crisis intervention. Her academic and

research interests focus on counselling psychology, behavioural change, child and adolescent development, and inclusive education.

2. Academic and Professional Qualifications

2.1 Academic Qualifications

- Postgraduate Diploma in Education (Reading) (University of Colombo)
- MSc in Applied Psychology & Behavior Change (Cardiff Metropolitan University, UK)
- BSc in Psychology (Girne American University, Cyprus)
- HND in Psychology (Metropolitan College, Sri Lanka)

2.2 Professional Qualifications

- MSc in Applied Psychology & Behavior Change (Cardiff Metropolitan University, UK) - Merit
- Member - Sri Lanka Association for the Advancement of Education (SLAAED)
- Member - Early Childhood Education Association (ECEA)
- Associate Member - American Psychological Association (APA)

3. Publications and Awards

3.1 Journal Publications – N/A

3.2 Conference Publications – N/A

3.3 Books / Book Chapters / Reports – N/A

3.4 Awards and Recognitions – N/A

4. Teaching Portfolio

4.1 Subjects Taught

BSc in Psychology - Aquinas College of Higher Education

- Cognitive Behavioral Therapy (CBT)
- Child Psychology
- Counselling and Psychotherapy

- Ethical Issues in Counselling
- Sexual and Gender issues

Diploma in Psychology & Counseling - IMBS Green Campus

- Introduction to Psychotherapeutic Techniques

Teacher Development Diplomas - Lyceum Campus

- DPST/ DELT/ DTM
Educational Psychology & Counseling
- Diploma in Teaching Special Needs Education
Early Identification & Intervention of Disabilities and Developmental Delays

Higher Diploma in Counselling & Applied Psychology - DLC - Lyceum Campus

- Applied Social Psychology
- Applied Cognitive Psychology
- Developmental Psychology
- Counseling Interventions

BTEC HND in Counseling & Applied Psychology – Lyceum Campus

- Developing Empathic Communication

4.2 Teaching Expertise

- Educational Psychology
- Counseling & Psychotherapy
- Developmental Psychology
- Applied Social Psychology
- Cognitive Behavioural Therapy (CBT)
- Child Psychology
- Ethical Issues in Counselling
- Special Needs Education and Inclusive Teaching

4.3 Teaching Philosophy

My teaching philosophy is rooted in the belief that education should empower students to think critically, act compassionately, and apply psychological knowledge to real-life contexts. I strive to create an engaging and inclusive learning environment that values curiosity, self-reflection, and empathy. By integrating theory with practice, I encourage students to connect academic learning with practical experiences, fostering both professional competence and personal growth. I also believe in adapting teaching methods to meet diverse learning needs, ensuring that every student feels supported and inspired to reach their full potential.

4.4 Curriculum Development Contributions

Diploma in Teaching Special Needs Education - Lyceum Campus

4.5 Dissertation / Research Supervision

- Worked as a Dissertation Supervisor at Aquinas College of Higher Education
- Working as a Dissertation Supervisor at Lyceum Campus

5. Research Profile

5.1 Research Interests

- Educational Psychology
- Counseling & Psychotherapy
- Special Needs Education and Inclusive Teaching

5.2 Ongoing Research Projects

- Assessing and Enhancing the Integration of Sustainable Development Goals (SDGs) in Classroom Practices among Teachers in the Colombo District - Collaborative research with the faculty members
- Perceptions of Primary Teachers on the Implementation of Inclusive Education in Sri Lanka
- Exam-Oriented Education and Its Influence on Creativity and Critical Thinking among Sri Lankan School Students (Under review)

5.3 Completed Research Projects

N/A

5.4 Research Supervision

- Worked as a Dissertation Supervisor at Aquinas College of Higher Education
- Working as a Dissertation Supervisor at Lyceum Campus

6. Industry Engagement & Consultancy

6.1 Consultancy Roles – N/A

6.2 Advisory Positions – N/A

6.3 Corporate Training / Workshops

- Conducted a training session on "Understanding and Supporting Students with Autism & Cerebral Palsy in the Classroom" for lecturers in the Foundation program at Lyceum Campus.
- Conducted an awareness program on "Supporting peers with Special Needs" for the Foundation Program students at Lyceum Campus.
- Conducted a Student Wellness session for the new batch of Teacher Training Diploma students at Lyceum Campus.

6.4 External Examiner / Reviewer Roles

- Worked as an Exam Invigilator and Exam Supervisor at Aquinas College of Higher Education

7. Administrative Roles & Leadership

7.1 Positions Held – N/A

7.2 Committee Memberships – N/A

7.3 Conference / Event Leadership – N/A

8. Community Engagement / Professional Service

8.1 Volunteer Roles – N/A

8.2 Professional Society Involvement – N/A

8.3 Community Projects – N/A

9. Additional Information (Optional)

9.1 Keynote Speeches / Invited Talks – N/A

9.2 Media Features – N/A

9.3 Academic Partnerships Facilitated – N/A

10. Courses Developed / Modernised

- Diploma in Special Needs Education

11. Digital Competencies

- LMS
- SPSS
- Mendeley
- Online Teaching Tools – Kahoot, Zoom, MS Teams, Canva, Khan Academy

12. Professional Philosophy Statement

My professional philosophy is guided by a commitment to fostering holistic development through education, empathy, and evidence-based practice. I believe that psychology and education are powerful tools to create positive change—both within individuals and across communities. As an educator and counsellor, I aim to inspire

critical thinking, self-awareness, and ethical responsibility among students, preparing them to apply psychological principles in meaningful ways. I value collaboration, continuous learning, and innovation in teaching, ensuring that my practice remains responsive to evolving learner needs and societal challenges. Ultimately, my goal is to contribute to shaping compassionate, skilled, and socially responsible professionals who make a lasting impact in their fields.

