

Ashrene Rathilal

Nationality: South African

 081 449 0621

Date of birth: 22 September 1997

Gender: Female

 **Email address:** ashrener@icloud.com

 **Address:** 19 Linaria Street, Weltevredenpark, 1709 Roodepoort (South Africa)

EDUCATION AND TRAINING

Doctor of Social Science in Psychology

University of Fort Hare [15 February 2022 – Present]

Master of Social Science in Health Promotion

University of Kwa-Zulu Natal [10 February 2019 – 12 March 2021]

Bachelor of Social Science Honors in Psychology

University of Kwa-Zulu Natal [14 February 2018 – 10 December 2018]

Bachelor of Social Science in Psychology and Anthropology

University of Kwa-Zulu Natal [7 February 2015 – 13 December 2017]

WORK EXPERIENCE

MPC Connect

English Language Expert [11 November 2021 – Current]

Location: Online, Part-time

Role:

- Review student submitted content, usually in the form of a written document
- Assess the student's level of proficiency and adjust their submission based on their level of proficiency.
- Review student submissions and provide authentic feedback highlighting how their assignments can be improved

Media Gearheads

Content Writer [21 January 2022 – Current]

Location: Online, Part-time

Role:

- Researching industry-related topics
- Writing clear marketing copy to promote brands, products and services
- Preparing well-structured drafts using Content Management Systems
- Submit work to editors for input and approval
- Conduct simple keyword research and use SEO guidelines to increase web traffic

Rathilal & Associates

Social Media Manager [10 August 2021 – Current]

Location: Online

Role:

- Establishment of brand and marketing strategies
- Planning and operation of brand marketing campaigns
- Managing social media platforms of Rathilal & Associates

In On Africa

Mentorship Programme [19 May 2021 – 28 May 2021]

Location: Online

Role: Statistical analysis and reporting of data for projects

VOLUNTEER EXPERIENCE

Psychological Society of South Africa: Health Psychology Special Interest Group

Events Working Group: Additional Member [3 August 2021 – 1 February 2022]

Location: Online

Role: Plan and host podcasts and webinars based on topics related to health psychology

Psychological Society of South Africa: Student Division

Junior Moderator [14 March 2020 – Current]

Location: Online

Role: Moderate research assignments set out under the PsySSA SD Mentorship Program

Media and Marketing Chairperson [14 February 2020 – Current]

Location: Online

Role:

- Managing PsySSA SD's social media accounts
- Creating and publishing articles, videos and information that addresses mental health, ending the stigma, eliminating shame, and furthering the importance of mental health awareness by disseminating information and knowledge
- Plan and host webinars based on topics related to key areas in Psychology
- Ensure that the PsySSA SD website is updated

Mentor [5 February 2019 – 10 September 2019]

Location: Online

Role: Mentoring a Psychology Honors student under the PsySSA SD Mentorship Program

[BTS Army Help Centre](#)

Writer [20 November 2020 – Current]

Location: Online

Role: Responsible for creating content in collaboration with the writing team. This includes writing brief articles on mental health days

[The Rhizomatic Revolution Review \(20130613\)](#)

Reviewer [17 February 2020 – Current]

Location: Online

Role:

- Read, view or listen to an assigned submission
- Ensure the factual and logical integrity of assigned submission
- Compile suggested revisions or improvements
- Provide feedback on time to the Managing Editor

DIGITAL SKILLS

Microsoft Office / Social Media / Zoom / Google Docs / Skype / Statistical Package for the Social Sciences (IBM SPSS) / Email Marketing Platform (MailChimp) / Website Development

REFERENCES

Research Supervisor

Name: Prof. Anna Meyer-Weitz

Phone number: (+27) 031 260 7618

Email: meyerweitza@ukzn.ac.za

Research supervisor for Master's thesis

Masters thesis title - The Role of Personality and Fulfilment of Psychological Needs in Exercise

Dependence: A Quantitative Inquiry

Research Supervisor

Name: Ms Leigh Johnstone

Phone number: (+27) 031 260 2041

Email: johnstoneL@ukzn.ac.za

Research supervisor for Honors project:

Honours Project Title: A Qualitative Analysis Exploring How Women in Leadership Positions

Construct their Identities in the Mining Industry in South Africa

Lecturer

Name: Dr. Nosipho Mahakhe

Email: nosipho.makhakhe@gmail.com

Psychology lecturer at the University of Kwa-Zulu Natal

