



FAUZIAH ZAIDEN

Senior Lecturer and Certified Counsellor

Currently serves as a senior lecturer at the Faculty of Educational Sciences and Technology, UTM. Teaches courses in counselling and supervises master's and doctoral projects in these fields. Has served as a school counsellor for 12 years and a registered counsellor with the Malaysian Board of Counsellors and a certified Cognitive Behavioral Therapy (CBT) trainer by the Association of Educational Counsellors (PEKA) Malaysia. Her current research interests include the development of counselling and psychology modules, cognitive-behavioral interventions, mental health, and educational counselling. Highly skilled in preparing and leading activities for youths and adults, fostering meaningful relationships with community partners and increasing engagement in community. Demonstrated leadership skills and encouraged individuals towards personal and spiritual success.

Contact

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Department of Educational Studies and Behavioral Sciences
Faculty of Educational Sciences and Technology (FEST)
Universiti Teknologi Malaysia,
81310 UTM Johor Bahru,
Johor, Malaysia

Education

2019-2023

Doctor of Philosophy: Guidance & Counselling in Education

CGPA : 4.00

Universiti Teknologi Malaysia (UTM)

2006-2009

Master of Education: Guidance & Counselling

CGPA : 3.76

Universiti Teknologi Malaysia (UTM)

1998-2002

Bachelor of Science with Education: Guidance & Counselling

CGPA : 3.52

Universiti Teknologi Malaysia (UTM)

Expertise

Teamwork



Communication



Microsoft Office



SPSS



Bibliometric Analysis



Cognitive Behaviour Therapy (CBT)



Experience

September 2024 to present

Senior lecturer at Universiti Teknologi Malaysia (UTM)

2014 - 2024

Self Employed, Johor Bahru

Counsellor, Motivator and Charity Volunteer

- Giving motivational talks to school students, especially those related to youth and psychosocial issues.
- Conduct individual and group counselling sessions for trainees at one of the women's shelter in Johor Bahru.
- Conduct individual and group guidance sessions for trainees at one of the women's shelter in Johor Bahru.

2009 - 2014 SMK Skudai, Johor Bahru

2004 - 2009 SMK Taman Sutera, Johor Bahru

2002 - 2004 SMK Labis, Segamat

School Counsellor

- Conduct individual and group counselling sessions for students and teachers.
- Conduct individual and group guidance sessions for students and teachers.
- Organizing programs and activities related to prevention, recovery and self-development of students.
- The Guidance and Counseling Unit (UBK) services cover all aspects of guidance and counselling, namely study guidance, career guidance, social guidance, psychological guidance and drug/AIDS prevention guidance.
- Create specialized initiatives that enhance student personality, academic performance, and self-improvement.
- Perform other responsibilities as assigned by school officials, including those by the district, state, and national education offices.

Reference

Assoc. Prof. Dr. Mastura Mahfar

Senior Lecturer,
School of Education, Faculty of Social Sciences and Humanities (FSSK), UTM

Phone: 013-7009356

Professor Dr. Huzili Hussin

Head of Centre,
Excellence Social Innovation And Sustainability (COESIS), UNIMAP

Phone: 019-9103552

Language

Bahasa Melayu



English



Courses / Workshop Attended

- Workshop on Data Analysis Using Statistical Package for the Social Sciences (SPSS)
29&30 January 2022
By Ts. Dr. Abdul Rahman Mahmud (Trainer
Environmental Institute of Malaysia)
- Ceramah Kaunseling "Ke Arah Memperkasakan Profesionalisme Kaunseling"
8 September 2021
Hosted virtually by School of Education FSSH UTM in collaboration with Jabatan Pendidikan Negeri Johor and Jabatan Kesihatan Negeri Johor
- Certified Professional Cognitive Behaviour Therapy (CBT) Coach Workshop
30 July - 5 August 2021
Organized by Persatuan Kaunselor Pendidikan Malaysia (PEKA)
- 7th Asian Cognitive behavior Therapy (CBT) Conference
5 - 7 July 2021
Hosted virtually by Sunway University
- Bengkel Memahami dan Intervensi Kemurungan
23, 24 & 30 January 2021
Organized by Persatuan Kaunselor Pendidikan Malaysia (PEKA)
- Forum Terapi Kaunseling: Konsep Kesihatan Mental
22 January 2021
Organized by Persatuan Kaunselor Pendidikan Malaysia (PEKA)
- Bibliometric Analysis Workshop
7 & 8 October 2020
Organized by School of Human Resource Development and Psychology, UTM
- Kursus Kajian Reka Bentuk Pembinaan Modul
12 & 13 October 2019
Organized by JKM Kolej 9&10 UTM Skudai
- Kursus Bina Negara Asas Guru-guru Daerah Johor Bahru
26-28 Mei 2007
Organized by Biro Tatanegara at Kem Bina Negara Gunung Pulau
- Kursus Pemantapan Guru Berkualiti
12-14 June 2006
Organized by Kumpulan Pendidikan YPJ
- Seminar Kaunseling Negeri Johor
5-7 July 2005
Organized by Jabatan Pelajaran Negeri Johor at Glory Beach Resort, Port Dickson

Achievements

- **Best Student Award** Doctor of Philosophy: Guidance and Counselling in Education in 67th Convocation Ceremony 2023
17 November 2023
- **Certified** Professional Cognitive Behaviour Therapy (CBT) Coach since 2021
- **Presenter** at the International Virtual Conference on Human Resource Development (ICHRD 2021), UTM for paper entitled "A Review of Beck's Cognitive Behaviour Theory in Discussing Depression among Adolescents"
5-6 April 2021
- **Presenter** at the 8th International Graduate Conference on Engineering, Science and Humanities (IGCESH 2020), UTM for paper entitled "A Survey on Module Necessity for Depression and Cognitive Distortion among Out-of-wedlock Pregnant Women"
18-19 August 2020
- **Best Short Paper 2nd Runner Up** for short paper entitled "A Survey on Module Necessity for Depression and Cognitive Distortion among Out-of-wedlock Pregnant Women" at 8th International Graduate Conference on Engineering, Science and Humanities 2020, UTM
18-19 August 2020
- **Excellent** Service Certificate 2008
- **Auditor** for Majlis Kaunselor Pendidikan Negeri Johor from 2003 until 2005

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Title : Modul Kognitif Tingkah laku (MKT)
Inventors : Fauziah Zaiden and Mastura Mahfar
No : LY2022J03847
Intellectual Property Corporation of Malaysia (MyIPO)

Publications

1. "Jenayah Seksual dalam Kalangan Pelajar Sekolah dari Aspek Personaliti: Satu Kajian Kes"
Buku Prosiding Seminar Isu-isu Semasa Dalam Pendidikan MPU1000 Fakulti Pendidikan, UTM
Year of publication : November 2009
2. "A Survey on Module Necessity for Depression and Cognitive Distortion among Out-of-wedlock Pregnant Women"
8th International Graduate Conference on Engineering, Science and Humanities (IGCESH 2020), UTM
Year of publication : August 2020
ISSN : 2735-055X
3. "Needs Analysis of Depression and Cognitive Distortion Module Among Out-of-wedlock Pregnant Adolescents"
Sains Humanika Journal - MyCite indexed
Year of publication : May 2022
ISSN : 2289-6996
Link : <https://doi.org/10.11113/sh.v14n2.1847>
4. "A Study on Depression and Cognitive Distortion Among Out-of-wedlock Pregnant Young Women in Malaysia"
Jurnal Kemanusiaan - MCC indexed
Year of publication : December 2022
ISSN : 1675-1930
Link : <https://jurnalkemanusiaan.utm.my/index.php/kemanusiaan/article/view/417>
5. "Development of Cognitive Behavioral Module for Out-of-wedlock Pregnancy's Depression and Cognitive Distortion"
International Journal of Public Health Science (IJPHS) - SCOPUS indexed
Year of publication : March 2023
ISSN : 2252-8806
Link : <https://doi.10.11591/ijphs.v12i1.22180>
6. "Global Research Pattern of Cognitive Distortion: A Bibliometric Analysis"
SAGE Open - ISI indexed
Year of publication : October-December 2023
ISSN : 2158-2440
Link : <https://doi.10.1177/21582440231219658>
7. "Depression among Adolescents: A Review of Beck's Cognitive Behaviour Theory"
Malaysian Journal of Health Sciences (MJHS) - MyCite indexed
Year of publication : January 2024
ISSN : 1675-8161
Link : <http://dx.doi.org/10.17576/JSKM-2024-2201-01>

Professional Membership

- **Member** of Persatuan Kaunselor Pendidikan Malaysia (PEKA) since 2020.
- **Registered Counsellor** with Lembaga Kaunselor Malaysia (LKM) since 2014. KB05527 PA04857
- **Member** of Persatuan Kaunselor Profesional Berdaftar Malaysia (PAKAR Malaysia) since 2014

Courses / Seminar Organized / Fasilitate

No	Programme	Venue	Date	Organizer	Position
1	15th Asian Post Disaster Counselling & Psychological Support Conference	KSL Hotel and Resort Johor Bahru	26 - 28 October 2024	Sekolah Pendidikan, Fakulti Sains Sosial dan Kemanusiaan, UTM	Committee Member
2	Konvensyen Pemerkasaan Wanita, Keluarga dan Masyarakat Peringkat Negeri Johor 2024	Educity Complex 1	21 October 2024	Yayasan Pembangunan Keluarga Darul Takzim	Plenary session panel
3	K-Sharing Programme : Stres Kronik dan Apa Yang Perlu Kita Tahu	Perpustakaan Sultanah Zanariah, UTM Johor	21 October 2024	Perpustakaan Sultanah Zanariah, UTM Johor	Moderator
4	Bengkel Kajian Reka bentuk Pembangunan Modul	Virtual (Google Meet)	20 January 2024	Kelab Kaunseling dan Kerjaya (KKDK), UTM	Speaker
5	International Virtual Conference on Human Resource Development (ICHRD 2021)	Virtual (Webex)	5-6 April 2021	School of Human Resource Development and Psychology FSSH, UTM	Committee Member
6	Kursus Jati Diri Pelajar Sekolah Menengah Peringkat Negeri Johor 2009	Pusat Kokurikulum JPN Johor	12-16 July 2009	Jabatan Pelajaran Negeri Johor (JPNJ)	Secretariat
7	Kursus Jati Diri Kepimpinan Pendidikan	Pusat Kokurikulum JPN Johor	21-24 April 2008	Jabatan Pelajaran Negeri Johor (JPNJ)	Fasilitator

Invited Speaker for Motivational Talks Related to Youth and Psychosocial Issues

- SK Benut, Pontian
24 September 2019
- SMK Dato Penggawa Barat, Pontian
11 July 2019
- SK Taman Kota Kulai, Kulai
7 October 2018
- SMK Kangkar Pulai, Kulai
14 August 2018
- SMK Sultanah Engku Tun Aminah, Johor Bahru
19 July 2018
- SK Kangkar Pulai 2, Kulai
2 November 2017
- SK Taman Kota Kulai, Kulai
5 November 2017
- SK Taman Bukit Mewah
21 September 2014