

# Laura Mueller

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## Education

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2020-09 - present

### Master of Science: Health Psychology

*University College London - London, United Kingdom*

- **Health psychology knowledge:** Completed written coursework surrounding Health-related Behaviours and Cognitions; Physical and Mental Health, Stress and Ageing, Individual, Social and Cultural perspectives in Health Psychology;
- **Research skills:** Formal training in Qualitative and Quantitative Research Methods; Conducted systematic review and received distinction (72%)
- **Problem-solving:** Developed an action plan for the charity 'Empathy action' to transform an immersive face-to-face empathy workshop into a digital format without compromising the authenticity of the in-person experience.

2019-07 - 2020-12

### Cross-Institutional Exchange: Psychology

*University Of Western Australia - Perth, Australia*

- **Specialisation in Health psychology:** Completed coursework in Psychosocial Aspects of Sport, Exercise, and Health; Sport Psychology and Coaching Psychology
- **Behavioural Coaching:** Performed an external 1:1 coaching practicum on health-related issues (i.e., sleep problems and snacking behaviour) and received excellent feedback from the coachee and a high distinction grade on my coaching reflection report (85%)

2017-09 - 2020-07

### Bachelor of Science: Psychology

*Vrije Universiteit Amsterdam - Amsterdam, Netherlands*

- **Specialisation in health-related psychological principles:** Minored in Psychopathology, Health, and Prevention
- **Writing & research skills:** *First-class dissertation* 'Vulnerability and Protective Factors of COVID-19 stress.'

## Experience

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2021-05- present

### Research Intern

*Best Beginnings- London, United Kingdom*

- **Impact and evaluation research:** Recruiting and interviewing parents to understand challenges and experiences during lockdown to improve digital services and shape policies for more support, and reduce inequalities

2020-02 – 2020-10

### E-Coach

*Caring Universities Project, Amsterdam, Netherlands*

- **Communication skills:** Provided weekly text-based online coaching for up to 20 students with mild to moderate symptoms of anxiety, depression, or distress regarding their progress on a digital mental health intervention based on the cognitive behavioural model and received excellent feedback
- **Evaluation and reflection skills :** Tested and evaluated new e-health programmes and provided weekly feedback on effectiveness of programmes

2019-07 - 2019-12

### Tutor Volunteer/Fundraising Officer

*Teach Learn Grow, Perth, Australia*

- **Motivational skills:** Delivered 1:1 tutoring and mentoring services to rural and remote primary students experiencing educational disadvantage. Achieved particular student outcome and increased learning motivation for all students
- **Communication skills:** Participated in additional training classes in effective growth-focused communication to improve tutoring practices
- **Organisational skills:** Developed lesson plans specifically tailored to each individual student ahead of time

## Certifications

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- Green Impact Auditor (2021)
- Dutch language A2 level certificate (2019)
- Mental Health First Aid (MHFA) certificate (2019)