

Anisoara Pavelea

DATE OF BIRTH:
10/12/1982

CONTACT

Nationality: Romanian



pavelea@fspac.ro



(+40) 740192509

WORK EXPERIENCE

2014 – CURRENT – Cluj-Napoca, Romania

Lecturer

Babes-Bolyai University

Teaching and research activities

2009 – 2014 – Cluj-Napoca, Romania

Assistant lecturer

Babes-Bolyai University

Teaching and research activities

2007 – 2009 – Cluj-Napoca, Romania

Associate assistant lecturer

Babes-Bolyai University

Research and teaching activities

EDUCATION AND TRAINING

2017 – 2020 – Cluj-Napoca, Romania

Master in Counselling and Psychological Interventions in Human Development

Faculty of Psychology and Educational Sciences, Babes-Bolyai University

2013 – 2016 – Cluj-Napoca, Romania

Bachelor in Psychology

Faculty of Psychology and Educational Sciences, Babes-Bolyai University

2008 – 2012 – Cluj-Napoca, Romania

PhD in Sociology

Faculty of Sociology and Social Work, Babes-Bolyai University

2006 – 2008 – Cluj-Napoca, Romania

Master in Public Relations

Faculty of Administrative, Political and Communication Sciences, Babes-Bolyai University

2002 – 2006 – Cluj-Napoca, Romania

Bachelor in Communication and Public Relations

Faculty of Administrative, Political and Communication Sciences, Babes-Bolyai University

1998 – 2002 – Sibiu, Romania

Baccalaureat

"Andrei Saguna" National Pedagogical College

LANGUAGE SKILLS

MOTHER TONGUE(S): Romanian

English

Listening C2	Reading C2	Spoken production C2	Spoken interaction C2	Writing C2
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French

Listening B2	Reading B2	Spoken production B2	Spoken interaction B2	Writing B2
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Spanish

Listening B1	Reading B1	Spoken production B1	Spoken interaction B1	Writing B1
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DIGITAL SKILLS

Digital skills

Microsoft Office / Microsoft Word / Zoom / Google Drive / Microsoft Excel / Google Docs / Facebook / Microsoft Powerpoint / LinkedIn /

Communication and interpersonal skills

Public speaking skills / Cross-cultural Skills / Positivity and optimism / Active listening / Ability to work in multicultural environment / Adaptability and Flexibility / Sociability

Team-work skills

Team Management / Leadership and teamwork / Organizational and Planning Skills / Event Planning

Work-related skills

Counselling and Mentoring / Teaching / Thesis Writing / Responsibility / Good time management / Research and analytical skills / Critical thinking

PUBLICATIONS

- Publications
- Conferences
- Projects
- Post-graduate training

CV EUROPASS ANIȘOARA PAVELEA

Publications

- **Anișoara Pavelea** (2024). *Plan your career and take control of your future!*, Presa Universitară Clujeană, ISBN 978-606-37-1895-3
- **Anișoara Pavelea** (2023). *Comunicarea eficientă. Un manual*, Presa Universitară Clujeană, ISBN 978-606-37-1895-3
- **Anișoara Pavelea**. "Review Differentiation in digital print advertisements. A comparative perspective", Maria Mustățea; in *Journal of Media Research*, vol. 16 issue 3[47]/2023, Accent Publisher, 2022, ISSN 1844-8887
- Anișoara Pavelea, Lorina Culic (2023). Religiosity, Spirituality, and Well-being in Emerging Adults. In Patricia Snell Herzog, *The Social Contexts of Young People – Engaging Youth and Young Adults*, 10.5772/intechopen.11396
- **Anișoara Pavelea** (2022). Service-learning – a useful tool for 21st century school counsellors, *Romanian Journal of School Psychology*, 15(29-30), 85-103, ISSN 2248-244X
- **Anișoara Pavelea**. "Review The Changing Education for Journalism and the Communication Occupations: The Impact of Labor Markets", Lee B. Becker & Tudor Vlad; in *Journal of Media Research*, vol. 15 issue 2[43]/2022:6971, Accent Publisher, 2022, ISSN 1844-8887
- **Anișoara Pavelea**, Lorina Iulia Culic, Claudia Chiorean (2022). Who is winning in service-learning? Teachers' role in serving communities and positive youth development, in I. Albulescu, C. Stan. *Proceedings of the 10th International Conference "Education, Reflection, Development" 2022*, European Proceedings of Educational Sciences EpES e-ISSN: 2672-815X
- Lorina-Iulia Culic, **Anișoara Pavelea** (2022). What's in it for me? Integrating Service-learning into Higher Education Curricula, in Adil, Zain (ed.). *A Focus on Pedagogy: Teaching, Learning and Research in the Modern Academy*, AMPS Proceeding Series 28.2, p. 227-240, ISSN 2398-9467
- Gabriela Florescu, **Anișoara Pavelea**, Lorina-Iulia Culic (2022). Technology and change management in academic libraries: general overview and literature review, Hosu, I., Culic, I. & Voina, A. (eds.). *Entrepreneurship through digital transformation and social changes*, Presa Universitara Clujeana, ISBN 978-606-37-1703-1
- **Anișoara Pavelea**, Andreea Nicoleta Voina (2022). *Communication Challenges in the Eve of the 4.0 Industrial Revolution*, Presa Universitară Clujeană, ISBN 978-606-37-1452-8
- Ioana Iancu, Lorina Culic, **Anișoara Pavelea** (2022). *Rethinking communication and interaction. Challenges and opportunities in times of crisis*, Presa Universitară Clujeană, ISBN 978-606-37-1451-1
- Lorina-Iulia Culic, **Anișoara Pavelea** (2022). Enhancing students' interpersonal skills through an experience-based service-learning project: A case of active learning, In K. Enomoto, R. Warner & C. Nygaard (Eds.), *Active Learning in Higher Education* (pp.154-180). Oxfordshire, U.K.: Libri Publishing Ltd'
- Andreea Nicoleta Voina, **Anișoara Pavelea**, Cristian Vacariu (2022). Identity-Based Workplace Discrimination in Romania: Experiences of LGBTQ Community Members, *Psihologia Resurselor Umane*, 18 (1): 23-37, ISSN 1583-7327
- **Anișoara Pavelea**, Lorina Iulia Culic (2022). Challenges and benefits of service-learning. A Communication Science students' perspective. In I. Jandric, I. Bilic. *Community-engaged university. Proceedings of the 1st International Scientific and Professional Conference on Service-Learning "Community-engaged University"*, May 20, 2022, Split, Croatia, 978-953-7220-72-3
- **Anișoara Pavelea**, Sabina Stefana Nisioi (2022). Is it over yet? A socio-[psychological analysis of Romanian's behavior during the covid-19 pandemic, *Styles of Communication*, 14(1): 27-48, <https://doi.org/10.31178/SC.14.1.02>
- Ramona Buraga, **Anișoara Pavelea** (2021). Memes in Romania: A new form of political participation, *Journal of Media Research*, 14(2): 91-104, doi: 10.24193/jmr.40.5
- Andreea Nicoleta Voina, **Anișoara Pavelea**, Iulia Lorina Culic (2020). Hashtag feminism in Romania: #MeToo and its effects on cyberspace behavior, *Revista Transilvania*, 10/2020, special issues Studiile de gen în România,
- Petru Lucian Curseu, Oana Catalina Fodor, **Anișoara Pavelea**, Nicoleta Meslec (2020). "Me" versus "We" in moral dilemmas: Group composition and social influence effects on group utilitarianism, *Business Ethics: A European Review*, doi: 10.1111/beer.12292
- Andreea Gheorghie, Oana Catalina Fodor, **Anișoara Pavelea** (2020). Ups and downs on the roller coaster of task conflict: on the role of group cognitive complexity, collective emotional intelligence and team creativity, *Psihologia Resurselor Umane*, 18 (1): 23-37, ISSN 1583-7327
- Delia Cristina Balas, Sorana-Alexandra Constantinescu, Maria Mustateea, Iulia-Lorina Culic, **Anișoara Pavelea**

(2019). The role of perceived quality of information and of the risk-taking propensity for sharing news on Facebook, *Journal of Media Research*, 12 (3)/2019, ISSN 1844-8887

- Lorina-Iulia Culic, **Anisoara Pavelea** (2019). The political consultant's role in Romania. A politicians' perspective, in C. Haruta, C.M. Hintea, O. Moldovan. *Sustainable development and resilience of local communities and public sector organizations: Conference Proceedings "Transylvanian International Conference in Public Administration"*, 16-18 November 2018, Cluj-Napoca, Romania, Accent, ISBN 978-606- 561-202-0
- Lorina-Iulia Culic, **Anisoara Pavelea** (2019). First impressions and stereotypes in politics. An experimental attempt, in I. Boldea, C. Sigmirean (eds.). *Identity and Dialogue in the Era of Globalization*, pp. 156-165, Arhipelag XXI Press, ISBN 978-606-8624-19-8
- **Anisoara Pavelea**, Ioana Raluca Iancu, Iulia-Lorina Culic (2019). Exploring links between narcissism, volunteering and well-being among emerging adults, in I. Iancu, D.C. Balaban, I. Hosu. *Communication. Strategic Perspectives: PR Trend International Conference, February the 26th-the 27th 2018*, Cluj-Napoca, Romania, ISBN 978-606-561-198-6
- Ioan Hosu, **Anisoara Pavelea**, Andreea Voina (2018). *Social Puzzle – Communicational Viewpoints – vol. 1*, Accent, ISBN 978-606-561-195-5
- **Anisoara Pavelea**, Andreea Nicoleta Voina (2018). The Importance of Needs Assessment Studies on Public Administration Students' Career Services Expectations, in C. Hintea, B. Moldovan, B. Radu, R. Suciuc (eds.). *Transylvanian International Conference in Public Administration: Cluj-Napoca Romania 2-4 November 2017*, Accent, 2018, ISBN 978-606-561-184-9
- Ioana Raluca Iancu, **Anisoara Pavelea** (2017). *Advertising and Public Relations in the Smart Era*, Accent
- Claudia Chiorean, **Anisoara Pavelea**, Constantinescu Sorana-Alexandra (2017). Self-Efficacy, Academic Persistence, Performance Related To Career Decision Difficulties Of First-Year Students, *The European Proceedings of Social and Behavioural Sciences, EpSBS, volume XLI*, e-ISSN: 2357-1330, pp.508-511, ERD 2017
- Lorina Culic, Ioana Iancu, **Anisoara Pavelea**, Ada Tirlea, Maria Mustatea, Ioan Hosu (2017). Advertising and Public Relations in the Smart Era, Accent, ISBN 978-606-561-173-3
- Ioan Hosu, Ioana Raluca Iancu, **Anisoara Pavelea**, Iulia-Lorina Culic (2016). *Communication in Digital Era*, Accent, ISBN 978-606-561-157-3
- Iulia-Lorina Culic, Ioana Raluca Iancu, **Anisoara Pavelea** (2016). Why Should I Join a Students' Club? The Motivation Behind Participating in Students' Clubs, *Professional Communication and Translation Studies*, 9/2016, 187- 198
- Claudia Dascal (Crisan), **Anisoara Pavelea**, Oana Ghimbulut (2015). *Manual de consiliere în cariera - Ghid practic pentru consilieri*, HOPE, ISBN 978-973-0-18513-3
- Claudia Dascal (Crisan), **Anisoara Pavelea**, Oana Ghimbulut (2015). *Ghid de consiliere în cariera*, HOPE, 978-973-0-18561-4
- **Anisoara Pavelea**, Iulia-Lorina Culic (2015). *Empirical perspectives on communication vol. 2*, Accent, ISBN 978-606-561-129-0
- Claudia Dascal (Crisan), **Anisoara Pavelea**, Oana Ghimbulut (2015). A Need Assessment on Students' Career Guidance, in *Procedia - Social and Behavioral Sciences, Education Facing Contemporary World Issues Conference*, Elsevier
- Ioan Hosu, Ioana Raluca Iancu, **Anisoara Pavelea**, Lorina Iulia Culic (2014). *Perspective empirice asupra comunicării. Conferința Națională Studențească de Comunicare 2013*, Accent, ISBN 978-606-561-104-7
- Ioan Hosu, **Anisoara Pavelea**, Lorina Iulia Culic, Ada Tirlea, Andreea Voina (2014). Female presidential candidates' profile - Romania 2014, *The International Scientific Conference Communication, Context and interdisciplinarity- 3rd Edition*, "Petru Maior" University Press, Tirgu-Mures, (3)/2014
- Ioan Hosu, **Anisoara Pavelea**, Lorina Iulia Culic (2014). Managerial provocations, organizational evolution and online communication, *The International Scientific Conference Communication, Context and interdisciplinarity- 3rd Edition*, "Petru Maior" University Press, Tirgu-Mures, (3)/2014
- **Anisoara Pavelea (Răduleț)** (2013). *Orientarea în carieră a studenților*, Accent, ISBN 978- 606-561-097-2
- **Anisoara Pavelea** (2013). "Review Social Media and the New Academic Environment: Pedagogical Challenges", *Journal of Media Research*, vol. 6 issue 3[17]/2013: 79-81, ISSN 1844-8887, Accent Publisher, 2013
- **Anisoara Pavelea**, Lorina Culic, Flavia Topan, Ioana Iancu (2013). Roșia Montana Protests. An empirical perspective. 5-6 December 2013, The International Scientific Conference, Literature, Discourse and Multicultural Dialogue, 1st edition, Târgu-Mureș, Romania, publicat în *Studies on literature, discourse and multicultural dialogue* (Coord. Iulian Boldea), Editura Arhipelag XXI, 2013
- **Anisoara Pavelea**, Lorina Culic, Flavia Topan, Ioana Iancu. *Media Coverage of the Roșia Montana Protests*, 23- 26 October 2013, International Conference on Media Convergence, Department of Journalism, Faculty of Political, Administrative and Communication Sciences, "Babeș-Bolyai" University, Cluj-Napoca, Romania, Studia Ephemerides, 2/2013

- **Anișoara Pavelea** (2011). Stratificarea socială, *Revista Transilvană de Științe ale Comunicării*, nr. 3(14)/2011: 93-104
- Flaviu Călin Rus, **Anișoara Pavelea**, Mihai Deac, Paul Fărcaș (2011). Media Coverage of Politicians' Participation to Religious Events, *Journal for the Study of Religions and Ideologies*, vol. 10, nr. 29/2011: 132-158
- **Anișoara Pavelea** (coord.), Denisa Teodora Ioniță, Andreea Victoria Suciu, Mihaela Suhalița, Oana Voitoviciu (2011). Political Cartoons, *Journal of Media Research*, 3(11)2011: 28-44
- **Anișoara Pavelea** (2011). Orientarea în carieră. Teoria circumscrierii și a compromisului – Linda S. Gottfredson (1981), *Revista Transilvană de Științe ale Comunicării*, nr. 1(12)/2011: 61-71
- Ioan Hosu, **Anișoara Pavelea** (2010). The analysis of the candidates' slogans in the Romanian presidential campaign – November 2009, *Journal of Media Research*, 6/2010: 18-30
- **Anișoara Pavelea** (2009). The two step communication flow model and opinion leaders, in Delia Cristina Balaban & Ioan Hosu, *PR Trend – society and communication*, Reihe C, Ed. Hochschulverlag Mittweida, Mittweida, 2009: 185-198, ISBN 978-3-9812499-3-4
- **Anișoara Pavelea** (2008). Zvonurile, *Revista Transilvană de Științe ale Comunicării*, nr. 5/2008: 38-48
- **Anișoara Pavelea** (2008). Personal Branding, in Cristina Delia Balaban & Flaviu Călin Rus, *Medien, PR und Werbung in Rumänien*, Reihe C, Ed. Hochschulverlag Mittweida, Mittweida, pp. 176-186, ISBN 978-3-9809598-0
- **Anișoara Pavelea** (2006). Staff-ul de campanie electorală, *Revista Transilvană de Științe ale Comunicării*, nr. 2(3)/2006: 83-90

Conferences

- 2024 – October 3-5th, 3-5 octombrie 2024, 6th *Transylvanian International Conference in Public Administration*, Cluj-Napoca, Romania
- 2023- October 24-26th - 7th *ECREA – ICSI Looking forward!*, Tallinn, Estonia
- 2023 - September 27-28th - 6th *European Conference on Service-Learning in Higher Education*, Rome, Italy
- 2023 – June 23-24 – 11th *International conference Education, Reflection, Development*, Cluj-Napoca, Romania
- 2022 – October 25-26 - *Conferinta Națională a Psihologilor Școlari, ediția a opta*, Oradea, Romania
- 2022 – October 19-22 – 9th *European Communication Conference: Rethink Impact*, ECREA, Aarhus, Denmark
- 2022 – October 6-7– 5th *European Conference on Service-learning in Higher Education*, EASLHE, online
- 2022 – June 24-25– 10th *International conference Education, Reflection, Development*, Cluj-Napoca, Romania
- 2022 - May 20 - 1st *International scientific – professional conference: “Community-Engaged University”*, Split, Croatia
- 2022 - May 17-19 – *International Students’ Conference on Communication – Tenth edition*, Cluj-Napoca, Romania
- 2022 – April 20-22- *A Focus on Pedagogy. Teaching, Learning and Research in the Modern Academy -AMPS*, online
- 2022 – March 28-30- *Entrepreneurship and Research Conference: Digital Transformation - Third Edition*, Cluj-Napoca, Romania
- 2022 – February 2-4 - 23rd *International Symposium - LiHE 2022 ONLINE - Active Learning in Higher Education*, online
- 2021 – October 28-29 - *II Global Simposion Uniservitate - Service learning integral education and transformative spirituality*, Buenos Aires, Argentina, online
- 2021 – July 15- *Innovation Entrepreneurship and Society Conference - Second Edition*, Cluj-Napoca, Romania
- 2021 September 16-17- 4th *European Conference on Service-Learning in Higher Education (ECSLHE 2021) – Universities meet local communities. Service learning in Higher Education*, Bucharest, Romania, online
- 2021 – March 24-25, *ECREA Political Communication Conference “Communicating crisis: Political communication in the age of uncertainty”*, SNSPA, Bucharest, Romania
- 2020 – July 31, *Innovation Entrepreneurship and Society Conference - First Edition*, Cluj-Napoca, Romania
- 2019 – November 22-24 – *A XIII-a Coferinta Nationala a Asociatiei Psihologilor din Romania APR Re-Start Plus “Unitate in diversitate”*, Cluj-Napoca, Romania
- 2019 - October 5-26, *Conferinta Nationala a Psihologilor Scolari*, editia a VII-a, Oradea, Romania
- 2019 – October 24, *Transylvanian International Conference in Public Administration*, Cluj-Napoca, Romania
- 2018 – November 24-25, *Workshop Star-UBB & Centrul de Inovare in Predare si Invatare UBB – Enhancing Teaching and Learning in a Humboldtian University Workshop* (trainer Kathleen M. Quinlan – University of Kent)
- 2018 – November 16-17, *Transylvanian International Conference in Public Administration*, Cluj-Napoca, Romania
- 2018 - May 30 - June 1, 11th *Central and Eastern European Communication and Media Conference CEECOM 2018 - Communicative Space – Political Space*, Szeged, Hungary
- 2018 – May 17-19, *SSEA Thematic Conference: Self and Identity in Emerging Adulthood*, Cluj-Napoca, Romania
- 2018 – February 26-27, *PR Trend. Strategic Communication*, Cluj-Napoca, Romania
- 2017 – November 2 -4, *Transylvanian International Conference in Public Administration*, Cluj-Napoca, Romania
- 2017– July 7-8, *The 5th International Conference “Education, Reflection, Development”*, Cluj-Napoca, Romania
- 2017 – May 5-6, *Conferința Asociației de Psihologie Industrială și Organizațională*, 5-6 May 2017, București, România
- 2017 – March 25, *Tehnologie si inovare in guvernare*, Universitatea Babes-Bolyai Cluj-Napoca, Facultatea de Stiinte Politice, Administrative si ale Comunicarii, Cluj-Napoca
- 2016 - October 24-25, *PR Trend International Conference - Communication in a Changing Society*, Cluj-napoca, Romania
- 2014 - November 7-9, *The 6th International Conference EDU WORLD Education Facing Contemporary World Issues*, Pitești, Romania
- 2014 - October 23-24, *The International Scientific Conference Communication, Context, Interdisciplinarity*, Tîrgu-Mures, Romania
- 2014 - May 9-10, *PR Trend Conference. Medialization. How Media Changed our Life*, Cluj-Napoca, Romania
- 2013 – December 5-6, *The International Scientific Conference, Literature, Discourse and Multicultural Dialogue*, 1st edition, Tîrgu-Mureș, Romania
- 2013 – October 23-26, *International Conference on Media Convergence*, Cluj-Napoca, Romania
- 2012 – October 19-21, *PR Trend Conference. New Media: Challenges and Perspectives*, Cluj-Napoca, Romania
- 2010 – October 29-31, *PR Trend Conference. Research Particularities in Communication Science*, Cluj-Napoca, Romania
- 2009 – March 27-29, *PR Trend Conference. Theory and Practice in PR and Advertising*, Cluj-Napoca, Romania
- 2009 – February 9-12, „Erasmus” PhD Scholarship, Institut Fur Kommunikationswissenschaft und

Medienforschung, Ludwig-Maximilians-Universität, München, Germany

- 2008 – July 10-12, Exploratory Workshop *Communicational Interference: Journalism - PR - Advertising* (WE_33/2008 CNCSIS), Cluj-Napoca, Romania
- 2006 – July 3-15, Summer school: *A Europe of Values- Transparency in Public Communication* – Conference for Future Journalist & Communication Specialists in Europe, Budapest, Ungaria
- 2006 – April 7-9, *PR Trend International Conference. Theory and practice in PR and Advertising II*, Cluj-Napoca, Romania
- 2006 – April 1-2, Workshop: *Branding*, Departament of Communication, Public Relations and Adversiting, Faculty of Political, Administrative and Communication Science, „Babeş-Bolyai” University, Romania
- 2005 – May 30 – June 9, *The American Identity* – Exchange Program Babeş-Bolyai Universiy RO/ Plymouth State University USA, Cluj-Napoca, RO
- 2005 – May 20 – 22, *Conflict and Crisis* – Exchange Program Babeş-Bolyai Universiy RO/ Universitat Wien A, Viena, Austria
- 2005 – April 7-9, *PR Trend International Conference. Theory and practice in PR and Advertising I*, Cluj-Napoca, Romania
- 2004 – April 11-22, *Conflict and Crisis Resolution* – Exchange Program Babeş-Bolyai Universiy RO/ Universitat Wien A, Cluj-Napoca, Romania
- 2004 – March 29– April 2, *To a Europe of Values – Transparency in Public Communication* – Exchange Program Babeş-Bolyai University /Ede Christian University Netherlands, Cluj-Napoca, Romania
- 2003 – March 31 – April 6, *Study Visit* – Exchange Program Universitatea Babeş-Bolyai /SNSPA Bucharest

Projects

- 2021 - POCU/827/5/2/139970- Social Inclusion on the GAL Napoca Porolissum territory– trainer Social Entrepreneurship course
- 2021 - MSS-FSPAC - 308/SGU/PV/III - Mindspark Summer School Junior – vocational counselor
- 2021 - POCU 123793 – Researcher, future entrepreneur – The New Generation – scientific moderator
- 2020, 2023-2024 – RED ROSE - 116/SGU/PV/II – Stay in EDucation! Succeed and Follow European Studies!, Romanian Secondary Education Project (ROSE) – vocational counsellor
- 2019 - 2020 – SPiC – Students in practice for a future career - POCU/90/6.13/6.14/109139 – professional guidance counsellor
- 2017 – 2020 - Innovative Actions aimed at reducing school dropout among FPACS students - 41/SGU/NC/I - Romanian Secondary Education Project (ROSE) - career counselling expert
- 2016 - 2018 – Research project ERC Like Group Rationality, PN-III-P4-ID-ERC-2016-0008 – research assistant
- 2014 - 2016 - POSDRU/156/1.2/G/136845 – Developing entrepreneurial spirit and enhanced competencies for North-West Region students – students’ tutorship
- 2014 – 2016 - POSDRU/161/2.1/G/137510 - Professional counselling, simulated enterprise, and internships: an additional chance for employment of students from Public Administration and Communication, Public Relations and Advertising students - career orientation expert
- 2013 -2015 – PN-II-CT-PI-CD-1 CAPACITIES, Subprogram: Great projects of investment in infrastructure CD - Networking/Infrastructure Acces Programs - Assuring national electronic access to scientific literature for supporting and promoting the research and education system in Romania (ANELIS PLUS) – communication specialist
- 2013 - POS Mediu, axis 4, Evaluating biodiversity conservation in Bârsău – Șomcuta (ROSCI 0275) – sociology specialist
- 2013 – POS Mediu, axis 4, Evaluating biodiversity and geodiversity conservation in Ținutul Pădurenilor (ROSCI 0250) - sociology specialist
- 2011 – POSDRU 1/86/1.2/S/60281, Orientation of the Higher Education Towards Competencies, training course
- 2011 –November –May 2012 – POSDRU, 1, 57/1.3/S/26646, „Blended learning” training for university professionals “. Module III – Students Internships/ Trainee – Internship program coordinator 2009 – October – September 2011 – POSDRU, axis II, 7/2.1/S/1, Convergence between the University Training and Active Life - administrative personnel - logistics
- 2008 – May – December – PHARE People like us. (partners Dej County Hall, AIRDD Someș Dej & Faculty of Political, Administrative and Communication Science, „Babeș-Bolyai” University). Labour force adaptive integration for disable people project - member of the implementation team
- 2008 – January – October – POSDRU, axis II, 7/2.1/S/1, Invest in people! Convergence between the University and the Active Life - supervising students coordinator

Post-graduate training

- Fulbright Senior Scholar, Grady College of Journalism and Mass Communication, University of Georgia, Athens, USA, August-December 2024
- Course certificate: *Development of Service-Learning projects*, The Latin American Center for Service-Learning, CLAYSS, March-June 2022
- Post-graduate course certificate: *Psycho-pedagogy: knowledge transmission methods adapted to generation Z*, project POCU/379/6/21/124662, January 2022
- Course certificate: *Advanced Academic Teaching Skills*, September 2021, project CNFIS-FDI-2021-0042
- Post-graduate course certificate: *Mentorship in university*, Life-long Learning Center, Babes-Bolyai University Cluj-Napoca, December 2016
- Post-graduate course certificate: *Applied Social Research Methods*, Babes-Bolyai University Cluj-Napoca, July 2016
- Course certificate: *Career Orientation Counsellor COR 242306* - „AS 2001 Alba-Iulia" Association, August 2013
- Post-graduate course certificate: *Students Internship Program – Institutional Strategies for projecting, implementing and evaluating students' internships - placements and partnerships* - November 2011- May 2012, partners: University of Bucharest, Babeş-Bolyai University - Cluj-Napoca & West University of Timișoara, as part of the project „Blended learning" life-long training for university teaching staff (BLU) POSDRU/57/1.3./S/26646
- Course certificate: *Training of Trainers COR 241205*, Extreme Training, December 2011