

Curriculum Vitae

Personal information

NAME **SASSU ANA-RALUCA**

Address

Phone number

E-mail raluca.sassu@ulbsibiu.ro

Nationality **Romanian**

Birth date and place

Profession

Professor PhD., "Lucian Blaga" University in Sibiu, Faculty of Social Sciences and Humanities, Department of Psychology

Professional Experience

April 2020 - **Vice Rector, Lucian Blaga University of Sibiu**

May 2016 -March 2020 **Vice Dean** Faculty of Social Sciences and Humanities, attributions for scientific research and academic programs

August 2015 **Member of the Board of Experts of C5, Romanian Agency of Quality Assurance in Higher Education**

March 2014 - 2017 **Associate Professor PhD.**, "Lucian Blaga" University in Sibiu, Faculty of Social Sciences and Humanities, Department of Journalism, Public Relations, Sociology and Psychology

March 2013- February 2014 **Postdoc research SCIE X fellow, University of Bern, Institut of Psychology, Department of Developmental Psychology**

July 2009 – February 2013 **Associate Professor PhD.**
October 2005 – Jul. 2009 **(Senior)Lecturer Ph.D.**, "Lucian Blaga" University in Sibiu, Faculty of Social Sciences and Humanities, Department of Journalism, Public Relations, Sociology and Psychology

Jan. 2005 – Nov. 2005 **Executive**
German Continuous Training Center, Medias

Sept. 2001 – Aug.2003 **Executive**
"Fr. Müller" school, Sibiu – for recovery pedagogues

2000 – 2003 **Visiting Professor**
"Lucian Blaga" University, Sibiu
"Babeş – Bolyai" University, Cluj – Napoca, College for Elementary Teachers, Sibiu, German Department, Faculty of Psychology and Educational Sciences, Pedagogy for Preschool and Elementary School

Sept. 1996 – Aug. 2001 **Teacher**
Sept. 2003 – Jan.2005 Pedagogy, psychology, coordinator of pedagogical practice
National Pedagogic College "A. Saguna", Sibiu

Sept. 1990 – Apr. 1991 **Tutor**
German language – as foreign language, Common School No.3, Cisnădie,

	Sibiu																				
Education																					
1991 – 1996	"L. Blaga" University, Sibiu, Faculty of Science, Psycho-pedagogy, licensed in July 1996																				
1986 – 1990	"O. Goga" High school, Sibiu, chemistry-biology, industrial chemistry																				
Foreign languages																					
	<table><tr><th colspan="2">Comprehension</th><th colspan="2">Speaking</th><th>Writing</th></tr><tr><th><i>Listening</i></th><th><i>Reading</i></th><th><i>Interaction</i></th><th><i>Expression</i></th><th></th></tr><tr><td>C1</td><td>C1</td><td>C1</td><td>C1</td><td>C1</td></tr><tr><td>C1</td><td>C1</td><td>C1</td><td>C1</td><td>C1</td></tr></table>	Comprehension		Speaking		Writing	<i>Listening</i>	<i>Reading</i>	<i>Interaction</i>	<i>Expression</i>		C1	C1	C1	C1	C1	C1	C1	C1	C1	C1
Comprehension		Speaking		Writing																	
<i>Listening</i>	<i>Reading</i>	<i>Interaction</i>	<i>Expression</i>																		
C1	C1	C1	C1	C1																	
C1	C1	C1	C1	C1																	
German																					
English																					
Specializations and degrees																					
Nov. 1998 – May 2004	Ph.D. – Psychology, Bucharest University , Faculty of Psychology and Educational Sciences, with the thesis: <i>Verbal communication in educative process. A Psycho-cybernetic approach.</i> The thesis discussed important aspects of didactical communication in elementary and secondary school, from a psychological point of view, and introduced the concept of "optimal ratio of information". Scientific coordinator: Professor Mihai Golu, PhD Degree: PhD in Psychology.																				
Apr. 2001	Deutsches Sprachdiplom, zweite Stufe																				
1998	Certificate of Teacher in High school: psychology																				
Sept. 1993, March 1995	AIS Certificates (Akademio Internacia de la Sciencoj, San Marino)																				
Professional activity																					
Didactical activity																					
"Lucian Blaga" University, Sibiu	✓ Developing and teaching courses of <i>Developmental Psychology, Psychological testing, Entwicklungspsychologie, Klassenführung und Klassenmanagment,, Pädagogische Psychologie</i> ✓ Coordinating tutorial class; ✓ Coordinating students' bachelor theses, dissertations; ✓ Elaborating and publishing articles, studies, courses, speciality works; ✓ Reference research for continuous education; ✓ Coordinating practice for students; ✓ Organizing scientifically manifestations: conferences, symposiums;																				
"Babeş – Bolyai" University, Cluj – Napoca, College for Elementary Teachers, Sibiu, German Department, Faculty of Psychology and Educational Sciences, Pedagogy for Preschool and Elementary School– German Teaching Line	✓ Developing and teaching courses of <i>Educational Psychology, Pedagogy for Preschool and Elementary School, Basic Pedagogy, Elements of pedagogical research, Theory and methodology of teaching;</i> ✓ Coordinating tutorial class; ✓ Elaborating and publishing articles, studies, courses, speciality works; ✓ Reference research for continuous education;																				
Scientifically activity																					
Scientifically research	Project coordinator - Centrul de orientare în cariera de cercetător -																				



Regiunea Centru, 760031/23.05.2023, 2023-2026

Member of TEHNE project 2022 - 2023

Member of the project Professionals' Media Empowerment through Educational Suitability (Erasmus +, K2 program), 2020-2022

Member of the project DEATH EDUCATION FOR PALLIATIVE PSYCHOLOGY (Erasmus +, K2 program), 2019-2022

Responsible for Romania of the multinational COMENIUS project No 527232-LLP-1-2012-1-CH-COMENIUS-CMP, EMP-Math, Sounding ways into Mathematics, 2013-2016

Responsible for Romania of the multinational COMENIUS project No. 502428-LLP-1-2009-1-DE-COMENIUS-CMP, Transitions and Multilingualism (2009/2012)

Project coordinator - PROMESD, Partnership PNCID II, contract no. 91-064/2007 (Romanian Competition), **Program for early psycho-motor education for 3-6 years old children, for an efficient adaptation to school environment.**

Member in research team of the project: SEArCh, contract no. 10280/01.10.2008

Attending course at the Grundtvig – GRU-MOF-43-SB-SK –2008, „Übergänge begleiten“

Expert - social psychology proiect POSDRU/142145 - „Învățământ superior medical orientat către aplicarea unui tratament nediscriminatoriu al pacienților”

Expert - learning proiect POSDRU/86/1.2/S/58717- Definirea calificării de psiholog și a descriptorilor sectoriali de învățare, în vederea adaptării programelor de master în psihologie la nevoile pieței muncii din România 2.12.2010 – 31.11.2013

Expert - professional counselling: Proiect POSDRU/86/1.2/S/62689 – Formarea personalului universitar și al studenților în utilizarea instrumentelor informatice moderne în domeniul managementului universitar.

PhD thesis *Verbal communication in educative process. A Psycho-cybernetic approach*, Bucharest, 2004

Major books **Sassu R.**, 2025. OERs as tools for non-formal education programs in universities in Insights in non-formal education in actual society (Editors Daniel Mara& Mușata-Dacia Bocoș), Edizione ETS, Pisa
Ilea P.S., Rebega, O.L., Bucuță, M., D., Sassu R. 2024. *Intervenții psihoterapeutice în cadrul tulburărilor afective bipolare pediatrie: review teoretic* în Milcu M (coord.) *Evaluare vs. intervenție în practica psihologică modernă*, Editura Universitară
Sassu R., 2024. *Abordări ale mentoratului în formarea profesorilor* în Milcu M (coord.) *Evaluare vs. intervenție în practica psihologică modernă*, Editura Universitară
Sassu R. 2015. Aspecte ale discriminării persoanelor care aparțin altor grupuri vulnerabile în Morar S (coord): *Nondiscriminarea în sistemul de sănătate*, Editura Tehnomedia
Sassu R. 2015. *Prevenția discriminării în cadrul relației cadru medical – pacient*, în Morar S (coord): *Nondiscriminarea în sistemul de sănătate*, Editura Tehnomedia
Sassu R. *Empatia în relația medic/student la medicină – pacient*, în Morar, S. (coord). 2014. Raport de cercetare. Studiu privind nevoia de formare în domeniul nondiscriminării a viitorilor profesioniști ai sănătății, Editura Tehnomedia



Sassu R. Atitudinea de discriminare/nediscriminare față de alte categorii. Nevoia de formare a studenților, în Morar, S. (coord). 2014. Raport de cercetare. Studiu privind nevoia de formare în domeniul nondiscriminării a viitorilor profesioniști ai sănătății, Editura Tehnomedia

Griebel, W. & **Sassu, R.** (2012). Modul 3: Übergang in die Schule. In W. Griebel, R. Heinisch, C. Kieferle, E. Röbe. & A. Seifert (Hrsg.). Übergang in die Schule und Mehrsprachigkeit – Ein Curriculum für pädagogische Fach- und Lehrkräfte/Transition to School and Multilingualism – A Curriculum for Educational Professionals (S.91- 115). Hamburg, Germany: Verlag Dr. Kovač.

Griebel, W. & **Sassu, R.** (2012). Module 3: Transition to school. In W. Griebel, R. Heinisch, C. Kieferle, E. Röbe. & A. Seifert (Hrsg.). Übergang in die Schule und Mehrsprachigkeit – Ein Curriculum für pädagogische Fach- und Lehrkräfte/Transition to School and Multilingualism – A Curriculum for Educational Professionals (S.322-344). Hamburg, Germany: Verlag Dr. Kovač.

Sassu, R., Brate A., 2011, Tendințe actuale în cercetarea aplicativă, București, Editura Universitară

Sassu Raluca, 2010, *Cercetarea moderna in Psihologie. Studii psihologice actuale*, Editura Universitara, Bucuresti

Sassu Raluca, 2009, *Cercetarea Psihologică Modernă: Direcții și perspective. Studii și cercetări actuale în psihologie*, Editura Universitară, București

Sassu Raluca, 2009, *Cercetarea Psihologică Modernă: Direcții și perspective. Abordări actuale în psihologia aplicată*, Editura Universitară, București

Articles

Sassu R., Morar S., Bucuță M., Corman S. (2024). Clinical Empathy in Medicine Students. An Exploratory Study, *Acta Medica Transilvanica* 29(4), 21-25

Sassu, R., & Marcus, O. (2023). Links between Behavioural Self-Regulation, Gross Motor Coordination and Social-Emotional Skills in Preschoolers. *Bulletin of the Transilvania University of Braşov. Series VII: Social Sciences• Law*, 161-174.

Corman, S., & **Sassu, R.** (2023). Socio-Economic Aspects of Work and the Labour Market in Four Roma Communities in Romania. *Studies in Business and Economics*, 18(3), 108-117.

Ștefenel, D.; Gonzalez, J.-M.; Rogobete, S.; **Sassu, R.** (2022) Coping Strategies and Life Satisfaction among Romanian Emerging Adults during the COVID-19 Pandemic. *Sustainability*, 14, 2783.

Biancalani, G., Azzola, C., **Sassu, R.**, Marogna, C., & Testoni, I. (2022) Spirituality for Coping with the Trauma of a Loved One's Death During the COVID-19 Pandemic: An Italian Qualitative Study. *Pastoral psychology*, 1-13.

Orkibi, H., Biancalani, G., Bucuță, M.D., **Sassu, R.**, Wieser, A. M., Franchini, L., Raccichini, M., Azoulay, B., Ciepliński, M., Leitner, A., Varani, S. & Testoni I. (2021). Students' Interests and Confidence in Palliative and Bereavement Care: A European Study, *Frontiers in Psychology - Health Psychology*

Mărcuș, O., Martins, E. C., **Sassu, R.**, & Visu-Petra, L. (2020). On the importance of being flexible: early interrelations between affective flexibility, executive functions and anxiety symptoms in preschoolers. *Early Child Development and Care*, 1-18

Sassu R., Stanciu, D., (2020). Multicultural Education in Transylvania. Perspectives for the German Minority. *Transylvanian Review*, Vol. XXIX, No.4, 24-34;

GIURCĂ, I. C., CĂTANĂ, A., **Sassu, R.**, & BUCUȚĂ, M. D. (2017). THE COPING, THE HARDINESS, AND THE SENSE OF COHERENCE AS MAINTAINING FACTORS FOR MILITARY PERSONNEL'S MENTAL HEALTH. *TPM: Testing, Psychometrics, Methodology in Applied Psychology*, 24(3).

Sassu, R., Roebbers, C.M. (2016). A multi-dimensional view on children`s



school readiness: Longitudinal evidence on cognitive and social aspects, *Zeitschrift für Entwicklungspsychologie und Pädagogische Psychologie* Feurer, E., **Sassu, R.**, Cimeli, P., Roebbers, C.M. (2015). Development of Meta-Representations: Procedural Metacognition and the Relationship to Theory of Mind. *Journal of Educational and Developmental Psychology*, 15 (1).

Gherman, A., Schnur, J. B., Montgomery, G. H., **Sassu, A.**, Veresiu, I. A., & David, D. (2011). How are adherent people more likely to think? A meta-analysis of health beliefs and diabetes self-care. *The Diabetes Educator*, 37(3), Gherman, A., Veresiu, I. A., **Sassu, A.**, Schnur, J. B., & Montgomery, G. H. (2011). Psychological insulin resistance: a critical review of the literature. *Practical Diabetes International*, 28(3)

Sassu,R., Palko, A., (2010). *E-learning User's Model* in Romanian Journal of Psychology, Psychotherapy and Educational Sciences, "L. Blaga" University Press, Vol I, Nr. 1, ISSN 2068 – 2636

Cătană A., **Sassu R.**, (2009). *Factori și efecte ale vulnerabilității și rezilienței la stresul psihosocial în adolescență*, în Milcu, M., Griebel W., **Sassu R.**, Cercetarea Psihologica Moderna. Direcții și Perspective. Cercetarea Calitativa vs. Cercetarea Cantitativa, Editura Universitară București, ISBN 978-973-749-555-6

Sassu R., Batâr A., Gherman A., Cătană A., 2009, *Relațiile din viața social a adolescenților: familie, școală, peer-grup, sine* în Milcu, M., Griebel W., **Sassu R.**, Cercetarea Psihologica Moderna. Direcții și Perspective. Cercetarea Calitativa vs. Cercetarea Cantitativa, Editura Universitară București, ISBN 978-973-749-555-6

Sassu R., Giurgiu L., Cătană A., Gherman A., 2009, *Modalități de optimizare a educației timpurii prin programe de educație psihomotrică – Programul PROMESD* în Milcu, M., Griebel W., **Sassu R.**, Cercetarea Psihologica Moderna. Direcții și Perspective. Cercetarea Calitativa vs. Cercetarea Cantitativa, Editura Universitară București, ISBN 978-973-749-555-6

Cătană A., **Sassu R.**, 2009, *Theoretical – conceptual models of adolescents psychosocial stress. Identification stages in approaching stress research in adolescence* în Milcu M., Bronkema, Y., Griebel W., **Sassu R.**, 2009, Modern Psychological Research – trends and prospects. Quantitative Research vs. Qualitative Research, Editura Universitară București ISBN 978-973-749-556-3

Giurgiu L., **Sassu R.**, Frâncu A., 2009, *The psychological and sociological impact upon the population of Apoldu de jos, through Nodes Project* în Milcu M., Bronkema, Y., Griebel W., **Sassu R.**, 2009, Modern Psychological Research – trends and prospects. Quantitative Research vs. Qualitative Research, Editura Universitară București ISBN 978-973-749-556-3

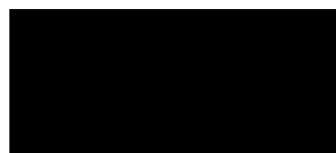
Sassu Raluca, *Früherziehung und Schulfähigkeit* in *Neue Didaktik*, ISSN 1843 – 7133 – Nr. 1, 2008 pp 13-24 (indexată în baza de date internaționale – Fachportal Pädagogik)

Sassu R., Giurgiu L., Bobârnea A., 2008. *The early education in the development of education ability/school readiness at children of 3-6/7 years old: pilot study*, financed by C.N.M.P, nr. 91-064/18.09.2007, [International Journal of Psychology](#), Volume 43, Issue 4 2008 (ISI)

Sassu R., 2008. *Social Changes and Life Quality of the Romanian Adolescents*, [International Journal of Psychology](#), Volume 43, Issue 4 2008 (ISI)
Giurgiu L., **Sassu R.**, Bugner I., *The Role of the motor coordination in the development of education ability at children of 3-6/7 years old : pilot study*, financed by C.N.M.P, nr. 91-064/18.09.2007, [International Journal of Psychology](#), Volume 43, Issue 4 2008 (ISI)

Communications at
scientifically events

- Sassu A. R.**, 2008. Communication and its role in teaching process, in M. Milcu, R. Sassu, A. Brate, vol. Modern Psychological Research – trends and prospects, Bucharest University Publishing House
- Sassu A. R.**, 2008. The Model of Language Production of Levelt, W.J.M., în M. Milcu, R. Sassu, A. Brate, vol. Modern Psychological Research – trends and prospects, Bucharest University Publishing House
- Sassu Ana – Raluca**, *Verbal communication in educative process. A Psycho-cybernetic approach*, in Sociology Journal, 2, 2005, “Lucian Blaga” University Publishing House, Sibiu, p. 77-88, ISSN 1584-0050
- Sassu R.**, *The Evaluation of School Readiness for 5-8 years old children – cognitive, social-emotional, and motor coordination and physical health perspectives in Cognition, Brain, Behavior*, Vol XI, Nr.1, 2007 (BDI)
- Sassu R.**, 2007. The Teacher's Communicativity and its Role in the Instructive-educational Process, în M. Milcu, A. Fischbach, A. Rafaeli, U. Schmidt Brasse, vol. Modern Psychological Research – trends and prospects, Psihomedica Publishing House, Sibiu
- Sassu R.**, 2007. Types of messages in educational communication, în M. Milcu, A. Fischbach, A. Rafaeli, U. Schmidt Brasse, vol. Modern Psychological Research – trends and prospects, Psihomedica Publishing House, Sibiu
- Sassu Ana – Raluca**, *Axioms of communication*, in Sociology Journal, 2, 2006, “Lucian Blaga” University Publishing House, Sibiu, p. 71-82, ISSN 1584-0050
- Sassu Ana – Raluca**, *Verbal communication in educative process. A Psycho-cybernetic approach* in volume of Romanian National Psychology Conference, Cluj-Napoca, 2006, p. 177, ISBN 973-7973-35-6,
- Sassu R.**, 2015. Benefits of interdisciplinary teaching in early childhood education – keynote, **Connecting Didactics, Competencies, and Attitudes, Athen, 21-24 Nov. 2015**
- Roebbers, C.M., **Sassu, R.**, Feurer, E. **2015**. Individual Differences Metacognitive Monitoring in Young Children: Common Grounds with Early Executive Functions?
- SRCD Biennial Meeting, March 19 - 21, 2015, Philadelphia, Pennsylvania, USA.**
- Sassu R.**, Bucuța, M. **2015**. - Math and music, music and math - a new challenge for the Romanian educational system – **symposium at the 9th International Conference for Research in Music Education, Exeter, 14 -18 April 2015**
21. Fachtagungsgruppe Entwicklungspsychologie, der DGPs, 9-11 September, 2013
- 16th European Conference on Developmental Psychology, Lausanne, Switzerland, 2-7 September, poster Symposium
- 15th European Conference on Developmental Psychology, Bergen, Norway 23-27 August 2011, Transition and Multilingualism – oral presentation
- The 11th European Congress of Psychology, Oslo, 7-11 july, 2009
- Sassu R.**, **2008**. Social Changes and Life Quality of the Romanian Adolescents, **XXIX International Congress of Psychology ICP 2008**, 20-25 July, Berlin
- International Symposium “Communicating Science to the Young – Future Networks”, Vienna, Austria, 31.01.2008-02.02.2008
- Sassu R.**, 2007. The Influence of the Interpersonal Relationships in Personality Building at the 17-18 Year Old Teenagers, 13th European Conference on Developmental Psychology 21 - 25 August, Jena, Germany
- International Congress of Psychology: Trends and prospects. Sibiu, 8-10 June,



	2007; Psychology Centenary, Bucharest University, 2006; National Psychology Conference, Cluj-Napoca, 2006 International Scientific Conference: <i>Cultură, Dezvoltare, Identitate. Perspective actuale</i>, Faculty of Social Sciences, Oradea, 2006 Scientific Conference – “Lucian Blaga” University, Sociology Department, 2005 Scientific Conference – “Lucian Blaga” University, Psychology Department, 1993
Other data	- President of Board Examiners regarding obtaining teaching first degree, 2007, 2006, 2005, “Babeş – Bolyai” University, Cluj – Napoca, College for Elementary Teachers, Sibiu, German Department, Faculty of Psychology and Educational Sciences, Pedagogy for Preschool and Elementary School, - Member in Board of Examiners for obtaining the Certificate of teacher in high school , 2007, 2006, 2005, 2004, 2003, “Babeş – Bolyai” University, Cluj – Napoca, College for Elementary School Teachers, Sibiu, German Teaching Line - Member in Board of Examiners for Bachelor’s Degree – translation of subjects in German, 2003, 2004, 2005 - Co-Founder of Center for Psychological Research Sibiu, June, 2006, member of Board of Directors
Editorial collectives	Managing editor of The Romanian Journal of Psychology, Psychotherapy and Educational Sciences Milcu, M., Sassu, R., Răulea, C., “Modern psychological research. Directions and perspectives”, Ed. “Lucian Blaga” University, Sibiu, 2007, 274 p. Milcu, M., Sassu, R., Brate, B., “Modern psychological research: trends and prospects”, Bucharest University Publishing House, 145 p. Milcu, M., Griebel, W., Sassu R., 2009, Cercetarea Psihologica Modernă. Direcții și Perspective. Cercetarea Calitativa vs. Cercetarea Cantitativa, Editura Universitară București, ISBN 978-973-749-555-6 Milcu M., Bronkema, Y., Griebel, W., Sassu R., 2009, Modern Psychological Research – trends and prospects. Quantitative Research vs. Qualitative Research, Editura Universitară București ISBN 978-973-749-556-3
Personal competences and skills	
Artistically skills	painting
Social skills	Very good communication, cooperation, tolerance, dynamism, flexibility, adjustability
Organizational skills	Ability to organize scientifically events, team work competences, ability to coordinate team works
Technical skills	Ability to use a PC (Office, Word, Excel, PowerPoint, Photoshop, CorelDraw), Ability to use digital photo and video camera, video projector
Driver license	Category B
Date 07.07.2025	Professor, PhD. Ana-Raluca SASSU 