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PERSONAL INFORMATION

## CURRICULUM VITAE

Torkos Henrietta



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Gender Feminin | Date of birth 28/07/1988 | Nationality Hungarian

## EDUCATION

### Bachelor studies

2009 University of „Aurel Vlaicu”, Arad, Economical sciences, Accounting and management informatics specialization

2016 "Aurel Vlaicu" University, Arad, Psychology, Social Assistance and Educational Sciences, Specialization: Pedagogy of primary and preschool education (6 months studies in pedagogy in Bergen, Norway)

### Masters degrees

"Aurel Vlaicu" University, Arad, Current trends in language and literature

2015 "Aurel Vlaicu" University, Arad, Master's program: Policies and strategies of skills training for the teaching career, Completion: 2017

2016-2019 "Babes Bolyai" University, Cluj Napoca, Institute of Doctoral Schools, "Education, Reflection, Development", Completion: 2019

**Present job:** PhD. University lecturer, UAV of Arad, FSEPAS, 2017- to present



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## Personal competences

Mother languages

Other languages known

English, Romanian

Hungarian

Understanding		Speaking		Writing
Listening	Reading	Conversation	Oral speaking	
C1/2	C1/2	C1/2	C1/2	C1/2

Communication competences

- good communication skills acquired through own experience in the EFASTUD student communication session, through projects presented at the 4 university programs followed, by leading a volunteer group in Bergen, Norway with refugees, private lessons and volunteering with preschoolers and schoolchildren at programs after school
- Positive/assertive communication skills with students and colleagues
- Student counseling skills
- Conflict mediation skills, good teamwork skills
- Social skills, empathy, tolerance, responsibility, flexibility

Organizational/managerial competences

- Alumni Commission
- Pedagogical practice coordinator
- Leadership (currently, I am in charge of a group of 200 people)
- Organizational spirit, teamwork experience acquired in a professional context or during seminars, volunteer activities
- Year coordinator at the Special Psychopedagogy Study Program
- Coordination of educational, cultural and social activities
- Mediator at various events, workshops, conferences, skills acquired through involvement in the activities within the DPPAS Department or carried out in other universities

IT competences

- Microsoft Office™ tools
- using the computer with the appropriate software (Office under Windows, accessing the educational software, using some programs, updating them, etc.) and its peripherals (scanner, printer, etc.)

Courses and seminars:

Curriculum Theory and Methodology  
 Assessment Theory and Methodology  
 Instructional Theory and Methodology  
 Student Classroom Management  
 Intercultural Education  
 Education outside the classroom at an early age  
 Science and science teaching  
 Pedagogy of creativity  
 Observational pedagogical practice



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#### Other skills/acquired on site for work

- Organizing workshops in outdoor education
- plastic arts
- manual work
- organizational spirit
- knowledge of foreign languages
- punctuality
- seriousness
- transversal competences

#### Experience and mobility professional

Learning Mobility Project - Keeping Youth Safe from Cyberbullying - Las Palmas de Gran Canaria, Spain, 2018  
Erasmus plus program, K2, Bergen Norway, Educational Sciences.  
ETIC project, secretary training program-2020

#### Publications

1. Torkos, H., (2016). A different kind of education. Revista Journal Plus Education, Volume XV, Nr. SPECIAL ISSUE/2016, pp. 226-230.
2. Torkos, H., (2016). The development and optimization of behavioural features through therapeutic stories. Revista Journal Plus Education, Vol. 16, No 2/2016, pp. 262-270.
3. Torkos, H., The importance of outdoor learning in the early years, International Symposium Research and Education in an Inovation Era, (ISREIE), 6th edition, 2016
4. Torkos, H., (2017). Social and psychological aspects of outdoor education. Revista Agora Psycho-Pragmatica, vol. XI, nr. 1, pp. 215-223.
5. Torkos, H., (2017). Theoretical aproaches to outdoor education. Practical sugestions. Revista Journal Plus Education. Vol 1, No 1/2017, pp. 191-201.
6. Torkos, H., (2017). The use of city room in outdoor activities. International scientific conference, 2017. Problems and dilemmas of teching and learning theory and practice in formal education. Serbia, Arandjelovick
7. Torkos, H., (2017). The development of communication skills through outdoor canoeing activities in primary school. International conference EDUCATION, REFLECTION, DEVELOPMENT, 5th edition, Cluj Npoca
8. Bran, C., Torkos, H., Child like you i am too!-Participation through non-formal education, Bulletin of the Transilvania University of Braşov • Series VII • Vol. 10 (59) No. 2 – 2017
9. Torkos, H., Working on transversal competencies out of doors, Journal Plus Education, Vol 1, No 2/2017.
10. Torkos, H., Risk management in outdoor learning experiences, Journal Plus Education, Vol 1, No 1/2018, 185-198.
11. Balas, D., Demeter, E., Scwartz, C., Torkos, H., The dynamic relationship between classmates' interaction and just-for-fun online harassment, Revista Agora Psycho-Pragmatica, vol. XI, nr.2, 83 - 93
12. Torkos, H., Outdoor learning: developing transversal competencies through non-formal education, Implicarea sociala, primul pas catre un loc de munca ( volum editat in cadrul proiectului Cresterea interesului tinerilor aradeni privind implicarea sociala finantat de CMC, 2017), Editura școala arădeană, EIKON, 978-606-797-212-2 (ESA), 978-606-711-748-6 (EIKON)
13. Torkos, H., Outdoor Education – actual knowledge and attitudes of teachers, International Scientific Conference MODERN APPROACHES TO THE PROFFESIONAL DEVELOPMENT AND WORK OF PRESCHOOL AND PRYMARY SCHOOL TEACHERS, University of Belgrade, May 25th/2018, Serbia
14. Torkos, H., Risk management in outdoor learning experiences , ISREJE 7th edition, 2018 DOI 1/2018, JPE 16/2018, 185-198
15. Torkos, H., Roman, A. F., The evaluation of outdoor learning activities in primary school, ERD, 6th Edition, 2018, Cluj Napoca, Romania
16. Torkos, H., Introducing new education types: teachers oppinions on outdoor education, volume 20, 2/2018, JPE, 198-212
17. Torkos, H., The development of freedom sense at the core procurement cycle through formal outdoor activities, Revista Agora Psycho-Pragmatica, vol. XIII, nr.2/18
18. Dana Rad, Gavril Rad, Gabriela Kelemen, Henrietta Torkos, Cultural differences in youth perception about online freedom of speech, Journal Plus Education, ISSN: 1842-077X, E-ISSN (online) 2068-1151 Vol XXI (2018), Special Issue. pp. 327-330
19. Torkos, Henrietta, Dezvoltarea sentimentului național: valorificarea orașului/satului natal prin activități educative în afara săii de clasă, Iubesc Romania. Dezvoltarea sentimentului national la tinerii aradeni, 2018
20. Henrietta TORKOS, Alina Felicia ROMAN, (2019), Positive attitude buildout at second graders



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21. Henrietta TORKOS, Alina Felicia ROMAN, The use of city room in outdoor activities. International scientific conference, Problems and dilemmas of teaching and learning theory and practice in formal education. Serbia, Arandjelovick, 2019
22. Torkos, H., (2019), The place of outdoor education in the European educational systems. A comparative study, Conferința Europa: tradiție, cultura, administrație
23. Torkos, H., Roman, A.F., (2019), The influence of outdoor education on the development of independent thinking, autonomy and creativity, The Third International professional and scientific Conference "Giftedness – the needs of the 21st century".
24. Torkos, H., Roman, A., F., (2019), Ability development through outdoor education activities in the second grade, ERD Conference, 7th edition, Cluj Napoca, 2020.
26. Torkos, H., (2020), The place of outdoor learning activities in the romanian core procurement curriculum, JPE, Vol 26, Nr 1/2020, pp 276-286
27. Torkos, H, Egerau, A., (2020), The Use of Informational Technologies in the Outdoor Educational Activities in Times of Special Educational Situations, Revista Românească pentru Educație Multidimensională, Vol 12/2020, Nr. 3, pp. 107-124
28. Cosarba, E., Torkos, H., (2020), The professional values of primary school teachers, Agora psicho-pragmatica, Vol 1/2020, nr. 14
29. Torkos, H., Pasinszky, T. B., (2020), Life skill development and personal improvement models through outdoor education activities in primary school, Volume 6, 57-74, 2020, ISSN 2501-3513, pp 57-74, Anals of Craiova University.
30. Torkos, H., Egerău, A. M., (2020), Outdoor Education and Its Influence on The Successful Involvement of Pupils in The Social Life, Postmodern Openings, Vol 11, nb. 4, Lumen Publishing House.
31. Lile, R., Roman, A. F., Torkos, H., (2020), Outdoor educational good practices as sustainability developers of community relationships with educational institutions on local level, Symposium: Education for sustainable development for all generations – Social Agreement, Belarussian state university, Minsk, Belarus
32. Torkos, H., (2020), Practical teaching models through outdoor education in the core procurement cycle, Journal Plus Education, Vol 27, Nr. 2, pp 7-19, UAV Arad
33. Torkos, H., Coșarbă, E. M., (2020), Programe de inserie educațională a tinerilor. Analiză descriptivă privindările scandinave, Vulnerabilități în asistența socială, Vol 1, Presa Universitară Clujeană.
34. Costin, A., Torkos, H., (2020), When pleasing you is killing me - The narcissist-codependent couple, a literature review, Conference paper, Lumen NASHS, Vol 7, Lumen Publishing House
35. Torkos, H., (2020), The use of outdoor learning in special educational times, as connection between formal and non-formal educational types, Asigurarea egalității de șanse prin management educațional și servicii de asistență psihopedagogică în contextul distribuției sociale, Vol 1, pp 82-89, Pro Universitaria, Cluj Napoca.
36. Torkos, H., Torkos, A. I., (2021), The Role Of Literature As Vocabulary Teaching Instrument Of A Foreign Language In Middle School, Educația 21 Journal, Vol 20, Nr. 1, Educational Sciences Department, Babeș-Bolyai University
37. Torkos, H., Pasinszky, T. B., (2021), Communication competences development in preschool through language education activities, Journal Plus Education, Vol 28, Nr 1, pp 205-216, Editura universității Aurel Vlaicu din Arad
38. Breaz, A., Torkos, H., (2021), Educational Consequences of Alcoholism among the Elderly in Special Social Circumstances, Revista de asistență socială, Facultatea de Sociologie și Asistență Socială, Universitatea din București în colaborare cu Editura Polirom.
39. Torkos, H., (2021), Dezvoltarea competențelor transversale prin educația outdoor în ciclul achizițiilor fundamentale. Studii și abordări applicative, Presa Universitară clujeană, ISBN: 978-606-37-1010-0
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44. Torkos, H., Pasinszky, T.B., (2021), Vulnerabilities in parent's counseling in preschool and its effects in children's lives, Vulnerabilități în asistența socială, Vol 2, Presa Universitară Clujeană, ISBN 978-606-37-1131-2.

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46. Torkos, H., Egerău, A., (2021), Innovative management of human resources at university level, during pandemics, Flexible Work Arrangement and Internet of things: Perspectives in Modern Scenario, India, decembrie 2021.

47. Dughi, T., Dughi, D., Torkos, H., (2021), Digital competences of teachers – strategies of training and attitudes during the pandemic of COVID, Flexible Work Arrangement and Internet of things: Perspectives in Modern Scenario, India, decembrie 2021.

48. Torkos, H., Pasinszky, T., B., (2021), Complexity of resources and time in the organization of outdoor education activities in preschool and primary school. Practical models during pandemics, "Strategizing for Future: The Post Covid Economic Order" (ICSF-PCEO'2021), "Redefining Global Business and Economy: Post Covid 19", Foundation for Evidence-Based Development in India (FEDI), VIVEKANANDA INSTITUTE OF PROFESSIONAL STUDIES.

49. Torkos, H., Egerău, A., M., (2021), Managing time in classroom and during outdoor education, at core procurement cycle, ICSFPCEO/Vivekananda/India.

50. Dughi, T., Dehelean, A., Torkos, H., (2022), Development of memory skills in preschoolers, Agora psicho pragmatica, Vol 17, nr. 1, Editura Universității Aurel Vlaicu.

51. Egerău, A. M., Torkos, H., (2022), Leadership styles and its influence on scholar achievement and succes. A theoretic approach, Agora psicho pragmatica, Vol 17, nr. 1, Editura Universității Aurel Vlaicu.

52. Torkos, H., Egerău, A. M., Coșarbă, E. M., (2022), Readyness of future primary school teachers, regarding outdoor education teaching. A study case, Vulnerabilități în asistența socială, Vol 3, Presa Universitară Clujeană, ISBN 978-606-37-1131-3.

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54. Torkos, H., Breaz, A.M., (2022), Violence against children during covid-19 pandemic, Conferința internațională: Asigurarea egalității de șanse prin management educațional și servicii de asistență psihopedagogică, în contextul distanțării sociale, 3-5 martie, 2022 CJRAE, In book: Asigurarea egalității de șanse prin management educațional și servicii de asistență psihopedagogică, în contextul distanțării sociale, Presa Universitară Clujeană.

55. Torkos, H., Coșarbă, E.M., (2022), Utilizarea limbajului și funcționarea socială în educația timpurie a copiilor, Conferința internațională: Asigurarea egalității de șanse prin management educațional și servicii de asistență psihopedagogică, în contextul distanțării sociale, 3-5 martie, 2022 CJRAE, In book: Asigurarea egalității de șanse prin management educațional și servicii de asistență psihopedagogică, în contextul distanțării sociale, Presa Universitară Clujeană.

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58. Egerău, A.M., Coșarbă, E.M., Torkos, H., (2022), The value of formal education in the personal development of primary school pupils, Journal Plus Education, Vol XXX, nb. 1/2022, p. 34-52.

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**References** Univ. Prof. Habilitated PhD ROMAN ALINA, Dean of the Faculty of Educational Sciences, Psychology and Social Work  
Assoc. Proff. PhD ANCA EGERĂU, Head of Department of Educational Sciences, Psychology and Social Work.

**Scientific communications organised** Outdoor learning workshop for future preschool and primary school teachers (2017-2023)

**Drivers license** B Category

Lecturer PhD TORKOS HENRIETTA