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Friday, October 2, 2026 (Cluj-Napoca)

Workshop A.2: Education and Confession in Modern Transylvania: from the Vocation of Formation to the Meanings of Today's Education _____

By Assoc. Prof. Dr. habil. Ana Victoria Sima

The workshop "Education and Confession in Modern Transylvania: from the Vocation of Formation to the Meanings of Today's Education" aims to open a space for interdisciplinary reflection on the role of educational institutions under the confessional umbrella in supporting education in modern Transylvania (19th–20th centuries) and on how this historical heritage can dialogue with the dilemmas of contemporary education. Starting from the premises of cultural history and the history of education, the workshop will analyze the school as a space for intellectual, moral and identity formation, in which the confession played an essential role in defining the pedagogical vocation and the purposes of education. Topics such as the relationship between education and confession in Romanian cultural environments, the training models promoted by confessional schools, the role of clergy and intellectuals in literacy and the transmission of written culture, as well as the tensions between tradition, modernization and state policies will be addressed. Special attention will be paid to historical sources – matriculation registers, textbooks, correspondence, pedagogical discourses – as tools for understanding the meanings of education in a confessional context. In a second direction, the workshop invites critical reflection on the relevance of these historical experiences for current debates about education: character formation, the role of values, the social responsibility of the school and the relationship between education, community and cultural identity. The workshop is addressed to historians, theologians, educators and researchers interested in the dialogue between the past of education and the challenges of the present.

Ana Victoria Sima is a senior lecturer at the Faculty of History and Philosophy of Babeş-Bolyai University in Cluj-Napoca and a researcher at the Center for Transylvanian Studies of the Romanian Academy. With over twenty-five years of academic experience, her scientific activity is dedicated to modern Romanian history, especially the ecclesiastical, social and cultural history of Transylvania.

She is the director of the University Cultural Heritage Department of Babeş-Bolyai University, where she manages and develops projects dedicated to the valorization of the university's historical heritage. She has led numerous research programs, both nationally and internationally, and has received research grants from prestigious European archival institutions, including those in Rome, Vienna, Budapest and Esztergom. She is a member of the Social Science History Association (USA) and the Romanian group abroad of the Institute for the History of the Italian Risorgimento (Italy). She is also part of the editorial boards of the Transylvanian Review and the Romanian Journal of History.



Friday, October 2, 2026 (Cluj-Napoca)

Workshop A.3: How do we design multimedia materials that truly help students learn?

By Conf. Univ. dr. Adina Glava & Conf. univ. dr. Dana Opre

In the past three decades, research in cognitive psychology, neuroscience, and education sciences has significantly transformed our understanding of the learning process. Within this context, the interdisciplinary field of the *Science of Learning* has emerged, providing evidence-based answers to a fundamental question: what truly works in teaching?

One of the most relevant and widely applicable outcomes of this field is Richard Mayer's theory of multimedia learning. This theory explains how learners process information when engaging with combinations of text, images, animations, or digital presentations. It highlights that learning effectiveness does not depend solely on content, but fundamentally on how that content is organized and presented; not all multimedia materials automatically lead to effective learning.

This workshop aims to develop participants' ability to design effective, scientifically grounded multimedia materials that genuinely support students' learning processes. The focus is on evidence-based instructional design and on transforming digital content into authentic learning tools.

What you will learn in this workshop:

- ✓ how memory and information processing work when using multimedia materials
- ✓ the key principles of multimedia learning and how they can be applied in the classroom
- ✓ how to avoid cognitive overload in students
- ✓ how to create clear, engaging, and truly learning-effective materials (presentations, worksheets, videos).

Adina Elena GLAVA is an Associate Professor at Babeş-Bolyai University, the Faculty of Psychology and Sciences of Education, Department of Educational Sciences. She is also one of the vice-deans at The Faculty of Psychology and Sciences of Education of BBU.

Her main teaching, research and administrative focuses are related to curriculum development, preschool and primary school education and learning management. Her special professional focus is on early childhood education, being a nationally well-known expert in this field. She is also appreciated for her studies in the field of curriculum development, in relation with the continuing teacher training, training of educational mentors and training of transversal 21st century skills.

She was involved in several policy development actions related to these topics, at institutional and national level. Her research was published in relevant field journals and her scientific work is reflected by more than 70 publications of both article and book type. She is directly involved in guiding both master and doctoral level students research and was a very appreciated field trainer of professionals in numerous national and European projects. She is a member of Romanian Educational Research Association.

Dana Opre is Associate Professor at the Department of Educational Sciences and she is the director of the Center for Innovation in Teaching and Learning at the Babeş-Bolyai University. Her research interests focus on learning and teaching, with a primary emphasis on the empirical grounding of educational practices through the integration of findings from psychological research. Her areas of teaching expertise include instructional design and learning theories, applications of cognitive sciences in education, and organizational training. Her research output has been published as first author or co-author in relevant scientific journals, as well as in books (as sole or first author) and book chapters. Over the past 15 years, she has been involved as coordinator and/or expert in more than 15 national and international research and development projects.



Friday, October 2, 2026 (Cluj-Napoca)

Workshop A.4: Transcendence, from a psycho-spiritual perspective —————

By Arhim. Prof. univ. dr. habil. Teofil Cristian Tia

Transcendence, from a psycho-spiritual perspective, represents the process by which the individual overcomes the limits of everyday experience and ego-centered identity, orienting himself towards deeper meanings of existence. In psychology, the concept frequently appears in theories of personal development, being associated with self-actualization and, in higher stages, with self-transcendence – as described in the works of Abraham Maslow or Viktor Frankl. This overcoming of the self does not imply the denial of identity, but its integration into a broader framework, in which values, purpose and connection with others become central.

From a spiritual point of view, transcendence is often understood as an opening towards the dimension of the sacred or the divine. Theological traditions describe this experience as a living relationship with God, characterized by contemplation, prayer and inner transformation. Thus, transcendence is not just a punctual experience, but a continuous process of becoming, in which the person reconfigures his meaning of life in relation to the absolute.

At the intersection of psychology and theology, transcendence takes on an integrative dimension. Practices such as meditation, inner reflection, or acts of altruism facilitate overcoming the limits of the ego and cultivating an expanded

consciousness. In this context, mental health is not reduced to the absence of symptoms, but includes the ability to live meaningfully, to experience deep connection, and to integrate suffering into a coherent vision of existence.

Interdisciplinary workshops, such as the one proposed, provide a valuable framework for dialogue between science and spirituality. They allow transcendence to be explored not only as a theoretical concept, but as a living experience, relevant to the personal and professional development of participants.

Archim. Prof. univ. dr. habil. Teofil Cristian Tia is a university professor and doctoral supervisor at the "Babeş-Bolyai" University of Cluj-Napoca, a specialist in "Pastoral Theology", with interdisciplinary skills in pastoral psychology, pastoral psychotherapy, sociology and religious anthropology. His professional activity combines the academic dimension, scientific research and pastoral practice, being, at the same time, a servant and a spiritual leader.

He has held academic leadership positions (dean, director of a doctoral school), being involved in university and postgraduate training, as well as in the coordination of educational and research programs. He has participated in national and European projects, with roles as coordinator, expert and trainer, contributing to the development of the field of applied theology and psycho-spiritual counseling.

His scientific activity is consistent and diversified, including author's volumes, collective works, ISI studies and articles in specialized journals, focused on topics such as the relationship between religion and culture, spiritual crises of modernity, psycho-pastoral communication, family, suffering and psycho-spiritual healing. He has developed an integrative research direction at the theology-psychology interface, with applications in counseling, pastoral psychotherapy and cultural-religious analysis.

He is involved in editorial, media and academic dissemination activities (magazines, book collections, radio-TV shows), as well as in institutional structures and scientific committees. Through his entire activity, he promotes an interdisciplinary approach to the religious phenomenon and an integrative vision of man, located at the confluence of the psychic and spiritual dimensions.

