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Psychological well-being and self-esteem in Slovak adolescents

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About the author



Maria Sarkova was born on February 6th, 1978, in Košice, Slovakia. She attended the Faculty of Arts at the University of Prešov and graduated in Pedagogy and in Slovak Language and Literature in 2001.

From September 2002 to December 2006 she worked as a researcher at Pavol Jozef Šafárik University in Košice. In 2002 she started her PhD project at the University of Groningen. Meanwhile she also participated in several domestic and international research projects.

In 2003 and 2004 she prepared two projects which were successfully approved by PJ Šafárik University and which focused on Subjective well-being, self-esteem and specifics of interpersonal and risk behaviour among adolescents. Since 2002 she has worked as a researcher on the following projects: APVT – ‘KISH–Košice Institute for Society and Health’; APVV – ‘Individual, interpersonal, social and societal factors of adolescents’ and young adults’ risk behaviour’ and as a leader of a work package named ‘School and VEGA - Social competence, social intelligence and possibilities of its development’. At the present time she is also a member of Slovak national HBSC team, for whom she covers the school environment field and is a reviewer for the *Journal of Happiness Studies*. In addition, she delivers lectures on Rhetoric for students on the Faculty of Sciences and supervises students working on their Bachelor Degree theses. She also participates in organising and supervising educational students’ work experience in primary and secondary schools. Since 2006 she has worked as a teacher at the Department of Educational Psychology and Health Psychology, Faculty of Arts, Pavol Jozef Šafárik University. She continues to deliver lectures on Rhetoric as well as Communication and Cooperation, Social-educational training focused on improving the teaching skills of students and supervising students working on their Bachelor degree dissertations. In 2007 she became the Departmental coordinator of the European Union’s Socrates/Erasmus exchange programme.

Apart from her professional interests she works as a teacher of the Slovak language for foreigners and as a volunteer in the civic association ‘Give me a smile’ (Usmej sa na mna), which organises projects and events that promote the active participation of auditory, visually, physically and mentally handicapped children and youth in society.

