



# Susana Jancsó-Fărcaș

**Nationality:** Hungarian | **Gender:** Female | [REDACTED]

**Email address:** [susana.farcas@ubbcluj.ro](mailto:susana.farcas@ubbcluj.ro) | **Email address:**

[zsuzsannapsy@gmail.com](mailto:zsuzsannapsy@gmail.com) | **LinkedIn:** [www.linkedin.com/in/susana-jancso-farcas-6548263b](https://www.linkedin.com/in/susana-jancso-farcas-6548263b) |

**Address:** Cluj-Napoca, Romania (Work)

## ABOUT ME

As a lecturer at the Department of Applied Psychology at Babeș-Bolyai University, I am committed to advancing the understanding and support of individuals with Attention Deficit Hyperactivity Disorder (ADHD) across the lifespan. My primary research focus lies within the framework of the "Better Understanding ADHD" project, which I have coordinated since its launch in 2014. The project aims to improve early detection, symptom assessment, and intervention strategies for both children and adults with ADHD.

My academic and research activities concentrate on the cognitive and behavioral characteristics of ADHD, including working memory deficits, attentional challenges, and slower information processing speed—factors that significantly impact educational outcomes and everyday functioning. The project also addresses the often-overlooked persistence of ADHD symptoms into adulthood and the need for accurate, age-sensitive diagnostic tools and interventions. In parallel with my research, I have extensive teaching responsibilities, delivering courses and seminars in Educational Psychology, Psychopedagogy of Learning Disabilities, School and Career Counseling. I strive to engage and inspire students by blending scientific rigor with real-world application, nurturing a deep interest in developmental and educational psychology.

With over a decade of hands-on experience as an educational psychologist, I work with children facing developmental delays, learning difficulties, emotional and behavioral disorders, and ADHD. My practice is rooted in a holistic, psychoeducational approach, supporting not only children but also their families, teachers, and professionals in the field.

Beyond academia, I am passionate about integrating mental health and well-being into daily life. I incorporate mindfulness and movement through yoga, and I regularly facilitate workshops and trainings on the growth mindset and psychological resilience for students, educators and teachers, and fellow professionals.

As a researcher, university teacher, and mother, I continuously strive to bridge the gap between psychological science and compassionate practice.

## WORK EXPERIENCE

**BABEȘ-BOLYAI UNIVERSITY – CLUJ-NAPOCA, ROMANIA**

**Business or Sector** Education | **Department** Department of Applied Psychology | **Email** [ildiko.simon@ubbcluj.ro](mailto:ildiko.simon@ubbcluj.ro) |

**Website** <http://psichologia.psiedu.ubbcluj.ro/hu/>

**PSYCHOLOGY LECTURER – 2018 – CURRENT**

Teaching courses and seminars:

- Educational Psychology
- Academic skills, learning and communication techniques
- Socio-emotional learning Programs (MA level)

**BABEȘ-BOLYAI UNIVERSITY, COPA CAREER CENTER – CLUJ-NAPOCA, ROMANIA**

**Business or Sector** Education | **Department** Career, Professional Guidance and Alumni Center - CCOPA, formerly: CCARMA |

**Email** [cariera@ubbcluj.ro](mailto:cariera@ubbcluj.ro) | **Website** <https://consilierecariera.ubbcluj.ro/>

**CAREER GUIDANCE ADVISOR – 01/11/2020 – 01/09/2021**

**BABEȘ-BOLYAI UNIVERSITY – CLUJ-NAPOCA, ROMANIA**

**Business or Sector** Education | **Email** [studhub@ubbcluj.ro](mailto:studhub@ubbcluj.ro) | **Website** <https://studhub.centre.ubbcluj.ro/hu/home-2/>

**CAREER GUIDANCE ADVISOR – 01/10/2018 – 01/06/2021**

ROSE Project - Student Learning Hub

**BABEȘ-BOLYAI UNIVERSITY** – CLUJ-NAPOCA, ROMANIA

**Business or Sector** Education | **Department** Applied Psychology Department

### UNIVERSITY TEACHING ASSISTANT – 2014 – 2018

Teaching seminars:

- Educational Psychology
- Psychopedagogy of Learning Difficulties

**REUVEN FEUERSTEIN CENTRE** – CLUJ-NAPOCA, ROMANIA

### EDUCATIONAL COUNSELLOR – 2013 – 2017

**BIOBEE KINDERGARDEN, FORMERLY: BETHANIA FOUNDATION** – CLUJ-NAPOCA, ROMANIA

**Email** [contact@biobee.ro](mailto:contact@biobee.ro) | **Website** <https://biobee.ro/>

### SPECIAL EDUCATIONAL NEEDS ASSISTANT – 2011 – 2012

## ● EDUCATION AND TRAINING

2013 – 2017

**PHD IN PSYCHOLOGY** Babeș-Bolyai University, Psychodiagnosis and Evidenced-based Psychological Interventions DS

**Field of study** Therapy and rehabilitation

2011 – 2013 Cluj-Napoca, Romania

**MASTER'S DEGREE IN PSYCHOLOGY** Babeș-Bolyai University, Applied Psychology Department, Psychological Counseling and Intervention

2008 – 2011

**BACHELOR'S DEGREE IN PSYCHOLOGY** Babeș-Bolyai University, Applied Psychology Department

2022 – 2023

**KIDS YOGA TEACHER** Serenciuc Zsuzsanna Yoga School, Registered Children's Yoga School, RCYS Yoga Alliance

**Field of study** Health and welfare

## ● LANGUAGE SKILLS

Mother tongue(s): **HUNGARIAN**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
<b>ENGLISH</b>	B1	C1	B2	B2	B2

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

## ● CERTIFICATION

2019 – CURRENT

**Educational Psychologist CPR certification**

## ● NETWORKS AND MEMBERSHIPS

2018 – CURRENT

**External member of the Corporation of Doctors of Hungarian Academy of Sciences, MTA**

2019 – CURRENT

**Member of the College of Romanian Psychologists, CPR**

## EDITORIAL BOARD MEMBERSHIP

---

2019 – CURRENT

**Editorial Board Member: OxIPO Interdisciplinary OpenAccess E-Journal**

---

Link [https://www.kpluszf.com/oxipo\\_archivum/](https://www.kpluszf.com/oxipo_archivum/)

## SCIENTIFIC/RESEARCH GRANTS, SCHOLARSHIPS

---

2020 – 2022

**Member of the CIVIS Project**

---

Type of activity: Institutional projects - National category

Title: Counseling, Vocational Guidance, Specialty Information - from school to college - CIVIS

Project type: SGU - Grant Scheme for Universities - Learning Center

Year started: 2020

2018 – 2021

**Member of the ROSE Project - Student Learning Hub**

---

Type of activity: Institutional projects - National category

Title: Student Learning Hub (StudHub UBB)

Project type: SGU - Grant Scheme for Universities - non-competitive

Year started: 2017

Project on Secondary Education (ROSE)

Grant Scheme for Universities - Learning Centres

Grant agreement no. 78/SGU/CI/I/18.12.2017

2013 – 2016

**Member of the ENABLE Project**

---

Type of activity: Institutional projects - International category

Title: Enabling and Including Young People with Complex and Intense Support Needs

Project type: LEONARDO DA VINCI

Year started: 2013

## PUBLICATIONS

---

### Articles published in WoS journals

---

Marschalko, E. E., Kotta, I., Kalcza-Janosi, K., Szabo, K., & **Jancso-Farcas, S.** (2021). Psychological Predictors of COVID-19 Prevention Behavior in Hungarian Women Across Different Generations. *Frontiers in Psychology*, 12. <https://doi.org/10.3389/fpsyg.2021.596543>. All authors have contributed equally.

### Articles published in indexed journals (ERIH PLUS, Scopus, Ebsco, ProQuest)

---

Kotta, I., Szabo, K., Marschalkó, E. E., **Jancso-Farcas, S.**, & Kalcza-Janosi, K. (2021). The Moderation Effect of Generation on the Relationship between Psychological Flexibility and COVID-19 Preventive Behaviour among Females. *Journal of International Women's Studies*, 22(3), 176-187. <https://vc.bridgew.edu/jiws/vol22/iss3/17>

Kalcza-Janosi, K., **Jancso-Farcas, S.**, Szabo, K., Kotta, I.; & Marschalkó, E. E. (2021). The Development and Validation of COVID-19 Prevention Behaviour Scale on Female Hungarian Population. *Journal of International Women's Studies*, 22(3), 188-197. <https://vc.bridgew.edu/jiws/vol22/iss3/18>

Kotta, I., Veres, A., **Farcas, S.**, Kiss, S., & Bernath-Vincze, A. (2021). My Fate Is My Decision: The Differential Effects of Fate and Criticality of Decision Beliefs on Career Decision Making Self-Efficacy. *European Journal of Behavioral Sciences*, 4(2), 26-34. <https://doi.org/10.33422/ejbs.v4i2.597>

**Farcas, S.** (2021). Social functioning of children and adolescents with Attention Deficit Hyperactivity Disorder (ADHD). *PedActa*, 11 (1), 47-58. <https://doi.org/10.24193/PedActa.11.1.4>.

Bányai, B.T., **Jancsó-Farcas, S.** (2021). Do people get what they deserve? Relationship of perceived justice, social competences and well-being among youth. *PedActa*, 11 (1), 23-34. <https://doi.org/10.24193/PedActa.11.1.2>.

Bányai, B.I., **Jancsó-Farcas, S.** (2021). School success of students with and without ADHD symptoms. *PedActa*, 11 (2). <https://doi.org/10.24193/PedActa.11.2.4>

**Farcas S.**, Szabó K., János R. Batiz E. (2018). Assessing personality factors of cyber bullies and victims among adolescents. *PedActa*, 8 (2), 41-50. [http://padi.psiedu.ubbcluj.ro/pedacta/article\\_8\\_2\\_4.pdf](http://padi.psiedu.ubbcluj.ro/pedacta/article_8_2_4.pdf)

## Books, book chapters, studies in collective B+ volumes

---

**JANCSÓ-FÄRÇAŞ S.** (Szerk., 2024). *Tanulási receptkönyv. Ötperces receptek a hatékonyság növeléséhez.* Kolozsvári Egyetemi Kiadó - Editura Presa Universitara Clujeana, ISBN 978-606-37-2347-6. Ebook: <http://www.editura.ubbcluj.ro/bd/ebooks/pdf/4719.pdf>

**JANCSÓ-FÄRÇAŞ S.** (2024). Hallgass-e háttérzenét vagy fehér zajt tanulás közben? In: **JANCSÓ-FÄRÇAŞ S.** (szerk.). *Tanulási receptkönyv. Ötperces receptek a hatékonyság növeléséhez.* Kolozsvári Egyetemi Kiadó - Editura Presa Universitara Clujeana, IBN 9786063723469, 33-38.

**JANCSÓ-FÄRÇAŞ S.** (2024). Tekints máshogy (is) a stresszre! Alakítsd ki a bátorság biológiáját! In: **JANCSÓ-FÄRÇAŞ S.** (szerk.). *Tanulási receptkönyv. Ötperces receptek a hatékonyság növeléséhez.* Kolozsvári Egyetemi Kiadó - Editura Presa Universitara Clujeana, 39-45.

**JANCSÓ-FÄRÇAŞ S.** (2024). Önálló kamasz: leválás a szülőkről serdülőkorban. In: Kotta I. (szerk.). *Zúgolódók I. kötet: Életkori sajátosságok és fejlődési eltérések serdülőkorban.* Kolozsvári Egyetemi Kiadó - Editura Presa Universitara Clujeana, ISBN 9786063722868, 43-52.

**JANCSÓ-FÄRÇAŞ S.** (2024). Nyughatatlanság: hiperaktivitás és figyelemzavar serdülőkorban. In: Kotta I. (szerk.). *Zúgolódók I. kötet: Életkori sajátosságok és fejlődési eltérések serdülőkorban.* Kolozsvári Egyetemi Kiadó - Editura Presa Universitara Clujeana, ISBN 9786063722868, 173-178.

**JANCSÓ-FÄRÇAŞ S.** (2023). Dackorszak: hiszti óvodáskorban. In: Kotta I. (szerk.). *Mocorgók: érdekességek az óvodáskor pszichológiájából,* Kolozsvári Egyetemi Kiadó - Editura Presa Universitara Clujeana, ISBN 978-606-37-1817-5, 217-229.

**FÄRÇAŞ S.** (2020). A harcias: agresszivitás kisiskoláskorban. In: Kotta I. (szerk.). *Fészkelődők: érdekességek a kisiskoláskor pszichológiájából.* Kolozsvári Egyetemi Kiadó - Editura Presa Universitara Clujeana, ISBN: 978-606-37-0816-9, 197-205.

**FÄRÇAŞ S.** (2020). Az örökmozgó: hiperaktivitás és figyelemzavar kisiskoláskorban. In: Kotta I. (szerk.). *Fészkelődők: érdekességek a kisiskoláskor pszichológiájából.* Kolozsvári Egyetemi Kiadó - Presa Universitara Clujeana, ISBN: 978-606-37-0816-9, 175-184.

**Farcas S.** (2020). *Nevelépszichológia II. Kötet, Mit kell a tanároknak tudniuk a tanulásról?* Kolozsvári Egyetemi Kiadó - Presa Universitară Clujeană. ISBN 978-606-37-0862-6 159.9

**Farcas S.** (2019). *Nevelépszichológia III. Kötet, Mit kell a tanároknak tudniuk a kivételes és veszélyeztetett tanulókról?* Kolozsvári Egyetemi Kiadó, Bolyai Társaság, ISBN 978-606-8886-41-1

**Farcas S.** (2018). *Nevelépszichológia I. Kötet, Mit kell a tanároknak tudniuk a tanulók fejlődéséről?* Kolozsvári Egyetemi Kiadó - Presa Universitară Clujeană. ISBN 978-606-37-0438-3 159.9.

## Articles published in other journals, conference proceedings

---

- **Jancsó-Farcas S.** (2020). A szemléletmód (mindset) szerepe a tanulásban. Hogyan segítsük elő a fejlődő szemléletmódot? *Születéstől felnőttkorig Konferencia*, Budapest, 2020. nov. 27.
- Kalcza-Janosi, K., **Jancso-Farcas, S.**, Szabo, K., Kotta, I., Marschalko, E.E. (2020). The Development and Validation of COVID-19 Prevention Behavior Scale on Female Hungarian Population. *11th International Conference on Humanities, Psychology and Social Sciences (HPS). 18-20 December 2020 in Oxford, The United Kingdom*
- Kotta, I., Szabo, K., Marschalko, E.E., **Jancso-Farcas, S.**, Kalcza-Janosi, K. (2020). The Moderation Effect of Generation on the Relationship between Psychological Flexibility and Covid-19 Preventive Behaviour among Females. *11th International Conference on Humanities, Psychology and Social Sciences (HPS). 18-20 December 2020 in Oxford, The United Kingdom*
- **Farcas S.** (2019). Szociális készségfejlesztő tréningek ADHD-s gyerekek/serdülők számára. V. Erdélyi Magyar Gyógy pedagógus Konferencia, 2019. október 12-13., Kolozsvár

- **Farcas S.** (2019). A figyelemhiányos hiperaktivitás zavarral diagnosztizált (ADHD) gyerekek társas készségei. IV.th International Interdisciplinary Conference, Debrecen, Hungary
- **Farcas S.,** Kiss Sz., Kotta I., Orbán R. (2019). Comparison of parent, teacher evaluations: ADHD, conduct and oppositional defiant disorder symptoms. 8th WORLD CONFERENCE ON PSYCHOLOGY AND SOCIOLOGY (PSY-SOC 2019), Istanbul, Turkey, 29 November – 01 December 2019
- Szabó, K., János, R., **Farcas, S.,** Batiz, E. (2019). Generation differences in organizational related attitudes and values. 8th World Conference on Psychology and Sociology (PSY-SOC 2019), Istanbul, Turkey, 29 November – 01 December 2019
- **Farcas S.,** Szabó K., Orbán R., Batiz E. (2019). The effects of sport on life satisfaction and well-being in ADHD adults. 6th WORLD CONFERENCE ON PSYCHOLOGY SCIENCES (WC-PSY 2019), St. Petersburg, Russia, 29 – 31 August 2019
- Orbán, R., Szamosközi, I., Kiss, Sz., Kálcza-Jánosi, K., **Farcas, S.** (2019). The prediction value of environmental, motivational and behavioral factors on reading comprehension. 6th World Conference on Psychology Sciences (WC-PSY 2019), St. Petersburg, Russia, 29 – 31 August 2019
- Marschalko, E.E., Batiz, E., Farcas, S., Orban, R., Kotta, I. (2019). SELF-REGULATED LEARNING: DIFFERENCES IN STEM AND NON-STEM UNDERGRADUATES. 6th International Multidisciplinary Scientific Conference on Social Sciences and Arts SGEM 2019, SGEM 2019 Conference Proceedings, ISSN 2682-9959, ISBN 978-619-7408-93-5, [10.5593/SWS.ISCSS.2019.3/S11.036](https://www.sciencedirect.com/science/article/pii/S26829959193011036)
- János, R., Szabó K., Kálcza-Jánosi, K., **Farcas, S.,** Kotta I. (2019). The Effect of Organizational Status on the Relation between Work-Family Conflict, Life and Work Satisfaction. International Convention of Psychological Science, Paris, France, 7-9 March 2019
- Kálcza-Jánosi, K., Szabó K., **Farcas, S.,** János, R., Kotta I. (2019). Gender Differences in Predictive Value of Education and Glycemic Control in Memory Performance of Type 2 Diabetic Adults. International Convention of Psychological Science, Paris, France, 7-9 March 2019

**Data**  
**10.2025.**