


PERSONAL INFORMATION

Beáta Ráčová

 Obrody 25, 04011 Košice (Slovakia)

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 beata.raczova@gmail.com

Sex Female

WORK EXPERIENCE

09/2008–Present

College / university teaching professional

Pavol Jozef Šafarik University in Košice, Faculty of Arts, Department of Psychology, Košice (Slovakia)

09/2000–08/2008

College / university teaching professional

Prešov University, Faculty of Arts, Institute of Psychology, Prešov (Slovakia)

EDUCATION AND TRAINING

05/2013–Present

Doc.-Habilitation - Associate Professor - General and Experimental Psychology

EQF level 8

Prešov University, Faculty of Arts, Prešov (Slovakia)

09/1997–08/2000

PhD. Doctoral - Social Psychology and Organizational Psychology

EQF level 8

The Institute of Social sciences of Slovak Academy of Science, Košice (Slovakia)

09/1992–06/1997

Mgr. Master General Psychology

EQF level 7

Pavol Jozef Šafarik University, Faculty of Arts, Košice (Slovakia)

09/1987–06/1992

upper secondary education

EQF level 4

Secondary Grammar School Poštová 9, Košice (Slovakia)

PERSONAL SKILLS

Mother tongue(s)

Slovak

Other language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	B1	B1	B1	B1	B1
Czech	C2	C2	C2	C2	C1

Levels: A1 and A2: Basic user - B1 and B2: Independent user - C1 and C2: Proficient user
Common European Framework of Reference for Languages

Communication skills

good communication and presentation skills obtained through my pedagogical experiences and workshops

Organisational / managerial skills

good ability to work in group, cooperative

Job-related skills mentor skills as a teacher

Digital competence

SELF-ASSESSMENT				
Information processing	Communication	Content creation	Safety	Problem solving
Independent user	Independent user	Basic user	Basic user	Basic user

Digital competences - Self-assessment grid

Word, Excel, Power Point, Outlook

Driving licence B

ADDITIONAL INFORMATION

Publications

This is a list of selected publications - full list is available at aleph.upjs.sk

Selected publications:

Köverová, M., Ráczová, B. 2017. Selected Psychological Aspects of Helping Professionals. In: Individual and Society, 20 (1), 22-35.

Ráczová, B., Lovašová, S. 2016. Perceived Stress and the Level of Burnout in Students of Helping Professions. New Trends and Issues Proceedings on Humanities and Social Sciences. [Online]. 10, pp 01-08. DOI: <http://dx.doi.org/10.18844/gjhss.v2i10.1417.g1458>

Zibrinyiová, V., Ráczová, B. 2016. Kríza mladého veku – nový fenomén? (Quarterlife Crisis- a new phenomenon?) In: Psychology and it's Context, 7 (2), 3-14.

Kulanová, M., Ráczová, B. 2015. Vnímanie starostlivosti o seba u detí v mladšom školskom veku. (Perception of Self-care among Younger School children) Psychology and Pathopsychology of Child, 49 (3), 225-241.

Ráczová, B., Vasková, K. 2015. Vykonávanie aktivít v oblasti starostlivosti o seba v priebehu života. (Actions Performed in the Sphere Of Self-Care During Life) In: Psychology and it's Context, 6, (1), 63-78.

Hricová, M., Ráczová, B. 2015. Vykonávaná starostlivosť o zdravie a vnímanie rizika v súvislosti s narastajúcim vekom. (Performed Health care and the Perception of Risk in Relation to Aging) In: Individual and Society, 18 (4), 64-72.

Ráczová, B. 2014. Vývinové aspekty starostlivosti o seba. (Development Aspects of Self-care) In: Psychological Contexts of Self-care. Košice : Univerzita Pavla Jozefa Šafárika v Košiciach.

Ščepitová, D., Ráczová, B. 2013. Tabu vo verbálnej komunikácii v rodinách adolescentov a jeho psychosociálne pozadie. (Tabu in Verbal Communication in Adolescent Families and its Psychosocial Background) In: Psychology and Pathopsychology of Child, 47 (4), 349-361.

Ráczová, B., Marhevská, G. 2013. Príprava na starnutie v kontexte sebakontroly a starostlivosti o seba: výsledky výskumu. (Preparation for Aging in the Context of Self-control and Self-care: The Results of Research) In: Psychology and it's Context, 4 (1), 37-50.

Ráczová, B. 2012. Starnutie v kontexte starostlivosti o seba a sebakontroly (príprava na starnutie a jej súvislosti) In: Psychology and it's Context 3 (1), 85-94.

Ráczová, B., Babinčák, P. 2009. Základy psychológie morálky. (Fundamentals of morality psychology) Košice – Equilibria.

Ráczová (Mihinová), B. 2000. Špecifiká osobnostnej štruktúry adolescentov s poruchami správania. (Specifics of personality structure of adolescents with behavioral disorders) In: Psychology and Pathopsychology of Child, 35 (2), 110-120.

Ráczová (Mihinová), B. 2000. Motivational backgrounds of normative convictions. In: Studia Psychologica, 42 (3), 193-196.

Ráczová (Mihinová), B. 1998. Problems of dilemma solutions in the context of social norms. In: Studia Psychologica, 40 (4), 352-356.

Projects

Slovak Research and Development Agency of the Ministry of Education, Science, Research and Sport of the Slovak Republic: APVV – 14 – 0921: Self-care as factor of coping with negative consequences of the practicing helping professions. 01/2015 – 12/2019

Project supported by Scientific Grant Agency of the Ministry of Education of Slovak Republic and the Slovak Academy of Sciences: VEGA No. 1/0924/15, 01/2015 – 12/2017: The Processes of Self-regulation in Distal Goal Attainment.

Project supported by Scientific Grant Agency of the Ministry of Education of Slovak Republic and the Slovak Academy of Sciences: VEGA No. 1/1258/12: Psychological contexts of self-care.

Project supported by Scientific Grant Agency of the Ministry of Education of Slovak Republic and the Slovak Academy of Sciences: VEGA No 1/2520/05: Loneliness as a psychological and social phenomenon.

Project supported by Cultural and Educational Grant Agency of the Ministry of Education of Slovak Republic: KEGA No. 3/5210/07: Educational program for teaching Moral Psychology.

Project supported by Scientific Grant Agency of the Ministry of Education of Slovak Republic and the Slovak Academy of Sciences: VEGA No. 1/0785/09: Personal and situational factors of self-control.

Memberships

Member of The Ethical Commission of Faculty of Arts UPJŠ in Košice

Member of the Scientific council of Prešov University