

PERSONAL INFORMATION

Athena Daniilidou

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Sex Female | Date of birth 05/10/1989

EDUCATION

- 28/09/2007 -06/07/2011 Bachelor in Elementary Education, Aristotle University of Thessaloniki (Degree: Excellent, 8.67/10)
- 01/09/2011–30/06/2013 Master in Continuing Education / Adult Education (Degree: Excellent, 8.88/10)
University of Macedonia, Department of Educational and Social Policy, School of Social Sciences, Humanities and Arts, Thessaloniki (Greece)
Master Thesis: "Investigation of the burnout of Greek teachers with three alternative models: Maslach's Model, Pines' Model and the Copenhagen Model".
- 10/9/2014–17/01/2019 Doctoral Diploma in Educational Psychology, Ph.D (Degree: Excellent, 10/10)
University of Macedonia, Department of Educational and Social Policy, School of Social Sciences, Humanities and Arts, Thessaloniki (Greece)
"Examining resilience of Greek teachers of general and special education: protective and risk factors and resilience strategies in Greece during the economic crisis". ND: 44937
- 30/05/2019–today Postdoctoral Studies
University of Macedonia, Department of Educational and Social Policy, School of Social Sciences, Humanities and Arts, Thessaloniki (Greece)

WORKSHOPS/TRAINING

- 14/01/2013–26/03/2013 Training Program: "The Project method in education"
Lifelong Learning Center DIAVIMA, Athens (Greece), Duration: 100 hours
- 25/02/2013–21/04/2013 Training Program: "Total Quality Management in Education"
Hellenic Open University, Patra (Greece), Duration: 100 hours, Degree: Excellent (8,6/10)
- 17/09/2013–25/11/2013 Training Program: "Participatory Techniques of Teaching in Modern Education"
Lifelong Learning Center DIAVIMA, Athens (Greece), Duration:

100 hours

WORK EXPERIENCE

- 01/09/2015–11/06/2017 **Lecturer**
Social University of Greece
Lectures at the adult education institution "Social University of Greece" <http://www.koinonikopanep.com/>
- 01/09/2015–31/5/2019 **Administrative secretary**
Secretarial administration and support of the master diploma in "Communication Disorders Sciences" at the University of Macedonia, Greece
- 01/02/2019–31/05/2019 **Teaching the course «Emotional Intelligence in Education and Workplace»**
Recruitment of special scientists based on Π.Δ. 407/80 for teaching the course "Emotional Intelligence in Education and Workplace "
University of Macedonia, Department of Educational and Social Policy, School of Social Sciences, Humanities and Arts, Thessaloniki (Greece)

SCIENTIFIC WORK

- Publications**
- Platsidou, M., & Daniilidou, A. (2016). Three Scales to Measure Burnout of Primary School Teachers: Empirical Evidence on their Adequacy. *International Journal of Educational Psychology*, 5(2), 164-186. DOI: <http://dx.doi.org/10.17583/ijep.2016.1810>
 - Daniilidou, A. & Platsidou, M. (2018). Teachers' resilience scale: an integrated instrument for assessing protective factors of teachers' resilience. *Hellenic Journal of Psychology*, 15, 15-39. https://pseve.org/wp-content/uploads/2018/05/Volume15_Issue1_Daniilidou.pdf
- Conferences**
- Daniilidou, A., & Platsidou, M. (2015). *Comparing three instruments for assessing teachers' burnout: MBI, BM and CBI*. At the International Symposium, New Issues on Teacher Education (ISNITE), Volos. <http://isnite2015.uth.gr/node/45?language=el>
 - Platsidou, M., & Daniilidou, A. (2015). *Which is the best instrument for assessing teachers' burnout?* Poster presented at the International Convention of Psychological Science. Amsterdam. http://www.psychologicalscience.org/convention/icps_program/search/results.cfm
 - Daniilidou, A., & Platsidou, M. (2016). *Validation of the Teacher Resilience Scale*. 14th Panhellenic Conference in Sports Psychology, Thessaloniki. <http://www.sportpsychology.gr/index.php/congress2>
 - Daniilidou, A., Platsidou, M. (2017). *Design and Validation of the "Teachers' Resilience Scale" for Assessing Protective Factors*. 19th International Conference on Positive Psychology and Wellbeing, London. <https://www.waset.org/conference/2017/06/london/ICPPW/program?>

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- Daniilidou, A., Platsidou, M. (2018). *The mediating role of resilience in the relationship of self-efficacy with burnout and stress in teachers*. Oral presentation at the 6th Panhellenic Conference of Developmental Psychology (with international participation), (10-13 May, Thessaloniki, Greece).
https://www.developmentalpsychology2018.gr/images/abstract_book.pdf
- Kasapoglou, E. & Daniilidou, A. (2019). *Emotional Intelligence, Burnout and Academic Commitment in Special Education Pre-service Students*. Oral presentation at the 17th Panhellenic Psychological Research Conference. 15-19 May, Alexandroupolis, Greece.
<https://www.elpse2019.gr/images/Final1.pdf>
- Daniilidou, A. & Platsidou, M. (2019). *Applying "Teachers' Resilience Scale" to Test the Relationship of Resilience with Age and Teaching Experience*. Poster presented at the 19th European Conference on Developmental Psychology. Athens, Greece.
<http://www.ecdp2019.gr/Detailed-overview-program>
- Platsidou, M., Daniilidou, A., Diamantopoulou, G., & Hatzigiannakoglou, P. (2019). *Resilience in Educators, Schools and Teaching (Rest): A Mobile Application to Empower Teachers' Resilience*. Oral presentation at the 2nd International Congress on Management of Interantional Units, (29th November-1 December, Thessaloniki, Greece).
<https://www.icomeu.gr/wp-content/uploads/icomau-2019-Conference-Programme.pdf>

Research Grants

2019

"Designing an educational program to empower resilience in pre-service teachers: Development and distribution of an application (app)".

The REST (Resilience in Educators, Schools and Teaching) is a one-year project funded by the University of Macedonia and the Research Grants Program under the Basic Research Enhancement Framework of the Special Research Funds Account.

Role: Preparing and designing the content and structure of the application, as well as its pilot implementation and its evaluation.

Honours and awards

- 2017, Distinction (praise & financial support) of the Psychological Society of Northern Greece (PSEVE) for doctoral candidates.
- 2017, Award for the Best Oral Presentation Award in the 19th International Conference on Positive Psychology and Wellbeing, London, for the presentation "Design and Validation of the Teachers' Resilience Scale for Assessing Protective Factors'. 19th International Conference on Positive Psychology and Wellbeing". WASET (World Academy of Science, Engineering & Technology).

Participation in Social Networks

- 2016 – now: Partner in the international network "Staying BRiTE" for promoting the resilience in teachers
<https://www.stayingbrite.edu.au/international-network#bGR>

Journal Reviewer

- 2019 – today, Member of the Hellenic Psychological Society
- European Journal of Educational Research (Associate Editor)