



## International workshop on Well-being and Resilience

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### Academic Program

#### July 1, 2025 – Day 1

**8:30 – 9:00** – Morning Coffee & Networking

**9:00 – 10:00** – Welcome Ceremony and Greetings

**Prof. Yifat Biton** - President of Achva Academic College.

**Prof. Pinchas Dahan** - Vice President of Academic Affairs, Achva Academic College.

**Dr. Rinat Cohen** - Chair of the Organizing Committee, Achva Academic College.

#### **10:00 – 11:00 – Keynote Speaker**

**Prof. Judith Smetana** - The Long and Winding Road: Surviving (And Thriving) in Adolescent-Parent Relationships.

#### **11:00 – 11:15 – Coffee Break**

#### **11:15 – 12:30 – Panel 1: Well-Being and Motivation Among Students**

1. **Anastasia Alevriadou** - Assessing Causal Links Between Mathematics Teaching Efficacy, Attitudes Toward Inclusion, and Efficacy in Implementing Inclusive Practices: A Cross-Lagged Panel Autoregressive Model Analysis.

2. **Aikaterini Michou** - Need-supportive Motivational Style, Student Resilience, and Well-being: An Experience-Sampling Study.
3. **Ortal Slobodin** - Motivation and Middle School Transition: What Do Boys and Girls Need?
4. **Garyfalia Charitaki** - Effects of Motivation and Goal Orientation on Mathematics Teaching Efficacy in Special Education: The Case of Hellenic Open University Students.
5. **Alla Hemi** - Relationships Between Students' Achievement Goals and Social Positioning in the Classroom.

### 12:30 – 13:30 – Panel 2: Parenting and Well-Being

1. **Bilha Paryente** - The Coping Process of Divorced Mothers of Ethiopian Descent.
2. **Khatuna Martskvishvili** - Fostering Resilience and Well-being in Adolescents with Migrant Parents: The Role of Emotional Dispositions and Personal Strengths.
3. **Reut Nachoum** - Putting on Your Oxygen Mask First: Mothers' Basic Psychological Needs as Antecedents of Parenting Practices and Children's Self-Regulation.
4. **Yael Barak-Levi** - Religious Faith and Post-Traumatic Growth in Ultra-Orthodox Jewish Mothers of Children with Special Needs.



**13:30 – 14:30 – Lunch Break**

**14:30 – 15:30 – Keynote Speaker**

**Dr. Thanasis Mouratidis** - The Science of Flourishing: Unpacking Well-being, The Motivational Perspective, and Some Enduring Questions.

**15:30 – 16:30 – Practical Workshop with the Academy of Happiness**

**16:30 – 16:45 – Coffee Break**

**16:45 – 17:45 – Closing Discussion with Prof. Yaniv Kanat-Maymon**

**July 2, 2025 – Day 2**

**8:30 – 9:00 – Morning Coffee & Networking**

**9:00 – 10:00 – Symposium**

**Avi Assor, Rima Goren, Yael Geifman, Elad Refoua** - The Authentic Inner Compass as a Resilience and Well-being Resource.

**10:00 – 11:00 – Panel 3: Well-being and Resilience in Times of Crisis**

1. **Lili Khechuashvili** - When Ambiguity Lingers: The Unfinished Stories of Closure and Loss.
2. **Rivi Frei-Landau** - Using the Self-Determination Theory to Conceptualize Teachers' needs when Supporting Grieving Children's Well-being in School.



3. **Haya Kaplan** - Organizational and Motivational Mechanisms that Promote College Students' Resilience and Well-being at Times of War.
4. **Smadar Ben-Asher** - Between 'Kidnapped' and 'Captive': War-Time Dialogue Between Parents and Children in a Threatening Reality.

**11:00 – 11:15 – Coffee Break**

**11:15 – 12:15 – Keynote Speaker**

**Prof. Avi Assor** - The Need for an Authentic Inner Compass, Autonomy and Well-being.

**12:15–13:30 – Panel 4: Morality and Values**

1. **Maia Mestvirishvili** - The Role of Moral Foundations in the Quest for Morality.
2. **Vassilis Barkoukis** - Nutritional Supplement and Doping Use Under the Lens of Self-Determination Theory.
3. **Adi Arden** - Bridging the Gap Between Students' Values and Classroom Behaviors: The Moderating Role of Self-Determined Motivation.
4. **Maya Benish-Weisman** - Tell Me Who Your Friends Are, and I Will Tell You Who You Are: The Contribution of Peers to Adolescents' Values.
5. **Sara Zamir** - Hamas's Hostage-Release Ceremonies as a National Media Event.



**13:30 – 14:30 – Lunch Break**

**14:30 – 15:30 – Poster Session**

1. **Jonathan Guez** - Traumatic Stress, Active Engagement and Resilience in First Responders and Civilians in the Outbreak of War.
2. **Idan Hiki** - The Role of Emotion Regulation in the Relationship Between Optimism, Well-Being, and Academic Engagement Among Adolescents: Longitudinal model.
3. **Anna Lysikatou** - Higher-Education Students' Attitudes Toward People With Special Educational Needs and/or Disabilities: The Relationship With Empathy
4. **Daniel Faintuch** - Choosing Correctly: Internal and External Motivational Factors as Key Predictors of Academic Success and Dropout Prevention Among Ultra-Orthodox Students.
5. **Nato Lagidze** - Who Grows Under Risk? Character Strengths and Social Support Among Adolescents with Migrant Parents.
6. **Mariam Kvitsiani** - Benefits of Moral Injury: From Transgression to Personal Growth.
7. **Yarden Ben Simchon** - Hope and Religious Faith as Sources of Resilience That Buffer the Mental-Health Impact of Social-Media Exposure to Traumatic Events



8. **Helen Kakunda-Mualem** - Differences in Resilience and Coping

Strategies Among Jewish and Arab Students During the October 7 War.

9. **Michal Cohen** - I Believe: Religious Beliefs and Parental Need

Satisfaction as Contributors to Resilience and Well-Being in Times of War.

**15:45-16:45 – Expert Panel with**

**Prof. Idit Katz, Prof. Lili Khechuashvili, and Prof. Anastasia Alevriadou.**

**16:45 – 17:00 – Coffee Break**

**17:00 – 18:00 – Closing Discussion with Dr. Moti Benita.**

**July 3, 2025 – Day 3**

**8:30 – 9:00 – Morning Coffee & Networking**

**9:00 – 17:00 – Guided Tour and Closing Ceremony**

Join us for a meaningful day exploring well-being and resilience with visits to the Nova site and the Resilience Center in Sderot. The day will conclude with a formal closing ceremony at Rachel Restaurant.