



## Curriculum vitae Europass



### Personal Information

Name / Surname **Mihaela POPA**  
Adress Hunedoara  
Phone 0722316887  
E-mail mihaela.popa@upt.ro  
Nationality Romanian  
Date of Birth 11.02.1967

### Position for applicant / Occupational domain **Education**

**Professional Experience** 36 years experience in education

Period October 2002 – present

Occupied position PhD. Associate Professor / Head of career counseling and guidance center

Main responsibilities and activities Teaching activities în the physical education field.  
Support activities related to the career counseling and guidance center.  
Research – student personal development, wellbeing and professional career.  
Team member inside research teams for national and international projects.

Name and adress of the employer Politechnica University Timisoara, Faculty of Engineering Hunedoara, Revolution street No.5, 331128, Hunedoara county

Type of activity or activity sector Education and research

Name and adress of the employer School with I-X classes, Plopis, Salaj county

Type of activity or activity sector Education

Period September 1998 – June 1990

Occupied position Physical education teacher

Main responsibilities and activities Teaching activities.

Name and adress of the employer Hunedoara School Sports Club

Type of activity or activity sector Education

Period September 1990 – June 2002

Occupied position Athletics coach teacher

### Education and Training

Period September - October 2023

Qualification / Obtained diploma	Participant in the training program for the occupation of Vocational Counselor (180 hours) Graduation certificate series S/No.0142532, COR 242315
Main topic and disciplines / obtained professional competences	Logistical support for the process of a global approach to the individual in all aspects of his personal, professional and social life.
Name and type of the educational institution/ training provider	Confident Business Training SRL, Uranus Street No.132A, sect. 5, Bucharest
Period	March - April 2023
Qualification / Obtained diploma	Participant in the postgraduate training and continuing professional development program „Personal development for inclusive education at the level of academic communities" (30 hours), Certificate of attestation of professional skills series CC/No. 0016797, qualification level 6CNC/EQF, CAEN Psychology/8542
Main topic and disciplines / obtained professional competences	Theoretical and experimental contributions regarding inclusive education at the level of academic communities
Name and type of the educational institution/ training provider	Romanian Academy, Calea Victoriei Street No,125, sect.1, Bucharest
Period	Aprilie 2016
Qualification / Obtained diploma	Participant in the training program for the occupation of „trainer", COR code 242401 (30 hours) Graduation certificate, according to O.G. no. 129/2000, No. 152320/01.08.2016
Main topic and disciplines / obtained professional competences	Training on educational field
Name and type of the educational institution/ training provider	S.C. CNN Business S.R.L. Deva - authorized provider of professional training for adults
Period	Aprilie – December 2013
Qualification / Obtained diploma	Participant in the postgraduate training and continuous professional development program (80 hours) „Training in blended-learning and modern educational technologies for Didatec university education" in the field of Computer Science/Electronic Engineering and Telecommunications Professional skills attestation certificate no. 5752/20.06.2014
Main topic and disciplines / obtained professional competences	Professional skills in modern educational technologies
Name and type of the educational institution/ training provider	Politehnica University Timisoara, Faculty of Automation and Computers, Center for ID/IFR and E-Learning
Period	June 2013
Qualification / Obtained diploma	Participant in the Project „Quality, innovation, communication in the system of continuous training of didacticians in higher education", postgraduate program of training and continuous professional development within POSDRU 87/1.3/S/63709 (96 hours) Certificate of attestation of professional competences in the field of educational sciences No. 2034/14.11 2014
Main topic and disciplines / obtained professional competences	Professional skills in communication in the system of continuous training of didacticians in higher education
Name and type of the educational institution/ training provider	University of Pitesti, Faculty of Education Sciences, Pitesti
Period	October 2009 – November 2012
Qualification / Obtained diploma	Doctor in the field of Physical Education and Sports Order. M.E.C.T.S. No. 6508/ 19.12.2012
Name and type of the educational institution/ training provider	University of Pitesti, Faculty of Physical Education and Sports, Gh. Doja Street No. 41, Pitesti
Period	October 2004 – February 2006
Qualification / Obtained diploma	Master's degree - specialization „Sports Management and Impresario", No 28/09.10.2006

Name and type of the educational institution/ training provider Vasile Goldiș University, Faculty of Physical Education and Sport, Arad  
 Period 1993 - 1996  
 Qualification / Obtained diploma Bachelor's Degree in Physical Education and Sport, No.883/1.11.1996  
 Name and type of the educational institution/ training provider National Academy of Physical Education and Sport Bucharest, Bucharest  
 Period 1885 - 1988  
 Qualification / Obtained diploma Graduation diploma in the profile of physical education, No.813/ 15.11.1988  
 Name and type of the educational institution/ training provider Institute of Physical Education and Sport, Faculty of Physical Education, Bucharest

**Skills and personal competences**

Native language	Romanian					
Foreign languages	English					
Self evaluation	Understanding		Speaking		Writing	
European level (*)	Listening	Reading	Conversation	Oral speech	Written expression	
Language	C1	C1	C1	C1	C1	

(\*)[Level of European Frame Reference for Foreign Languages](#)

Competences and social abilities Communicative person, emphatic, easily adaptable, a good teammate.  
 Organisational skills and competences - Team spirit, argumentative force, acquired from the experience of practicing performance sports, activities related to the didactic process and in the collectives established for the development and evaluation of teaching, research/design activities;  
 - Ability to adapt to multicultural environments, obtained through own experience and participation in ERASMUS teaching/training internships;  
 - The ability to communicate, obtained through sports activity and developed in a professional context through the activity of a teaching staff and not only;  
 - Managerial and administrative capacities developed through professional responsibilities;  
 - Organizational spirit (activities in support of students, the educational process and related);

Computer skills and competences Microsoft Office (Word, Excel, PowerPoint)

**Additional Information**

- Institutional prize „Ioan de Sabata" contest for educational, teaching and tutoring activities in UPT, 2022 Edition
- Hirsch Index 4
- 3 ISI papers, over 20 BDI papers, over 15 international conference papers, 1 book, 2 e-books

February 2025

