

EADP–EARA–SRA Summer School Report

Anupriškės, Lithuania, Aug. 21-25, 2025



Jianjie Xu, Beijing Normal University

Lottie Shipp, Oxford University

Jennifer Figueroa, Arizona State University

Matilde Brunetti, Sapienza Università di Roma

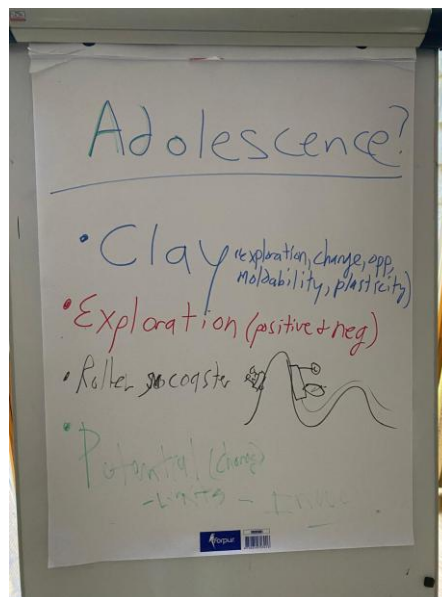
Foreword

The 2025 EADP-EARA-SRA Summer School focusing on research on adolescence took place August 21-25, 2025, **at the Tony Resort in Anupriškės, Lithuania**, gathering **24 junior scholars and 9 senior scholars from around the world** and for an memorable week of scholarship, learning, and community-building.

The junior and senior scholars brought a rich diversity of perspectives and experiences from numerous countries (e.g., China, Germany, Italy, India, The Netherlands, UK, US).

In the next paragraphs, more information is presented about the senior scholars' insightful presentations on their influential research, the professional round tables designed to promote juniors' career development, and junior scholars' presentations on their research projects. Informal and fun activities, such as building connections over meals and exploring the beautiful Lithuanian landscape, were a cornerstone of the week, providing a foundation for lasting professional collaborations. The value of these informal bonds was immediately apparent, as they seamlessly carried over into the following week, enriching the experience for those who also attended the EADP conference in Vilnius, Lithuania.

We think it is interesting to note that, as in the first session of this summer school, the early scholars were asked to divide into groups and think of a word that could define adolescence. Below you can see which words were chosen by the participants.



Finally, this report would not be complete without acknowledging and thanking all the contributors whose efforts were essential to the success of the Summer School.

Senior Scholar Sessions

The 2025 Summer School featured six inspiring senior scholar sessions, each blending theory, evidence, and interactive activities that engaged junior scholars both intellectually and practically.

Geertjan Overbeek (University of Amsterdam) initiated a lively debate on whether adolescent mental health deterioration is fact or fiction. While research suggests rising stress and diagnostic rates, adolescents also report positive relationships and high happiness.



Charissa S. L. Cheah (University of Maryland, Baltimore County) addressed immigrant parenting and youth development. Drawing on research with Asian and Muslim immigrant families, she highlighted how cultural beliefs, systemic inequities, and racialized experiences shape parenting practices and adolescent adjustment. Through group work, the juniors designed culturally grounded empirical studies and evidence-informed interventions to support minoritized families and promote resilience.



Takuya Yanagida (University of Vienna / University of Stavanger) offered a methodological workshop introducing longitudinal mixture modeling within a person-oriented framework. Junior scholars learned the differences between variable- and person-oriented approaches, explored models such as GMM, RM-LCA, and LTA, and outlined how these tools could advance their own research questions.



The presentation consists of two main slides.

VHPC-STRIATUM CONNECTIVITY SUPPORTS RISKY DECISIONS WHEN PARENT PROMOTES RISK

Conflicting influences:

- Parental Risk > Peer Risk
- Peer Risk > Parental Risk

vHPC-Striatum Connectivity:

Condition	Parental Risk	Peer Risk
High vHPC-Striatum Connectivity	High	Low
Low vHPC-Striatum Connectivity	Low	High

ADOLESCENCE AS A TIME OF RISKS AND OPPORTUNITIES

Adolescence Risks:

- self-experimental developed disobedient kids insecure confident children discovering adolescence loss hormonal focused limbic system drug impulsive confused alcoh changes life crying creativity going unique conflict immature learning awkward change easily growing emotional socially confidence independent finding friends funny puberty changing themselves still compulsive rebellious ambitious extreme loud conflicted unstable defining growth

Adolescence Opportunities:

- interesting incredible superhuman loaded taking complex superheroes changes diverse complicated changing puberty amazing risky curious god learning resilient change strong unique development capable growth moody unevening misundrstood self-maturation risk-takers modable evolving impulsive

A woman in a white shirt and black skirt stands in the center of a modern lecture hall, holding a small object. She is facing an audience seated at long wooden tables. In the background, a large projection screen displays a presentation slide with text and a diagram. The room features large windows on the right side, letting in natural light, and several cylindrical pendant lights hanging from the ceiling. The audience members' heads and shoulders are visible in the foreground, looking towards the presenter.

Together, these sessions provided a rich foundation of knowledge across developmental psychology, cultural and contextual studies, neuroscience, and methodology. Junior scholars valued the balance of *cutting-edge research insights* and *hands-on collaborative activities*, which not only deepened their academic understanding but also offered practical guidance for advancing their own projects.

Roundtables

Professional Roundtable: FAIR research

The first roundtable focused on *FAIR research* - therefore, the importance of ensuring that our data follows the principles of Findable, Accessible, Interoperable, and Reusable to maximize its discovery, accessibility, and reuse over time and across different contexts.

The underlying question for this roundtable was “*How open is our research?*”. We discussed this through four pillars:

- 1) open access;
- 2) FAIR data and software;
- 3) public engagement;
- 4) recognition and rewards.

We also reflect on the importance of the *San Francisco Declaration on Research Assessment* (DORA), a set of principles and recommendations developed by scholarly journal editors and publishers to improve the assessment of research.

Finally, we discussed the importance of pre-registration, not as a limitation for researchers, but as a safeguard and way to increase research transparency and reliability.

Overall, the discussion during the present roundtable underscored how Open Science promotes transparency and collaboration, making it easier for others to build upon existing work.

Professional Roundtable: Getting Your Message Across

The penultimate roundtable focused on *getting your message across* - the challenge of communicating complex and nuanced findings to a wider (often non-academic) audience. Drawing on their own experiences, senior scholars emphasised the importance of getting the balance right between simplifying findings enough to make them digestible, whilst not reducing them too much in a way that could be misleading.

We discussed the importance of human-centred design in our fields of study, and incorporating the voices and views of adolescents. Importantly, it was emphasised that youth participation should feature at every stage of the research cycle, from identification of the problem through to interpreting and disseminating findings. We reflected on how we might ensure that young people’s opinions are integrated in a meaningful way, and how the principle of “*nothing about me, without me*” increases the relevance and credibility of our research.

Overall, this roundtable provided plenty of food for thought and lively discussion. We left with valuable insights, helpful tips, and a renewed excitement for disseminating our research beyond the boundaries of our universities.

Professional Roundtable: Crafting Your Career

The final roundtable on *crafting your career* was nothing short of inspiring. It offered junior scholars not only candid and practical advice, but also a sense of genuine encouragement for navigating the twists and turns of academic life. Senior scholars passionately emphasized the importance of discovering one’s unique strengths and true passions, and of using these as a compass when making career decisions. Rather than following in the footsteps of others, participants were motivated to cultivate their own academic profile and style, especially when presenting their work at conferences or engaging in scholarly dialogue.

A central message was the power of confidence and authenticity, coupled with humility in receiving feedback. Critique, though sometimes daunting, was reframed as an essential catalyst for growth. The advice was clear: not all criticism must be accepted, but an open and discerning attitude allows

young researchers to grow stronger and more resilient.

The discussion also shone a light on the vital role of networks and friendships. Building connections with peers, mentors, and the wider academic community not only enriches intellectual collaboration but also sustains emotional well-being. At the same time, participants were encouraged to seize funding and scholarship opportunities, particularly those offered at the EU and national levels, as important milestones for building a strong foundation in the early stages of their careers.

Above all, the roundtable highlighted that every career path is a deeply personal journey. Comparisons can distract and dishearten, while the real task is to align one's goals with personal values and long-term aspirations. Self-reflection, adaptability, and joy in one's work were described as indispensable.

In the end, the session left participants energized and hopeful. It was a celebration of ambition, resilience, and authenticity, reminding us that an academic career is not merely a professional pursuit, but also a journey of passion, purpose, and human connection.

Junior Scholars' Presentations

The junior scholars' presentations were a central highlight of the 2025 Summer School. Each participant had the opportunity to share their doctoral research in an intimate and constructive setting, fostering both scholarly exchange and professional growth. The presentations spanned a wide range of topics on child and adolescent development, covering both empirical studies and intervention research.

This diversity of approaches reflected the multidisciplinary nature of the field, including perspectives from psychology, education, sociology, and related disciplines. Beyond presenting their findings, junior scholars engaged in meaningful dialogue with peers and senior faculty, receiving valuable feedback that sharpened their theoretical and methodological approaches.

For many, this was not only a chance to showcase their work but also to practice communicating complex ideas in an accessible way. The sessions underscored the richness of ongoing research in adolescence and highlighted the promise of a new generation of scholars who are committed to advancing knowledge and improving youth well-being through innovative science and interventions.

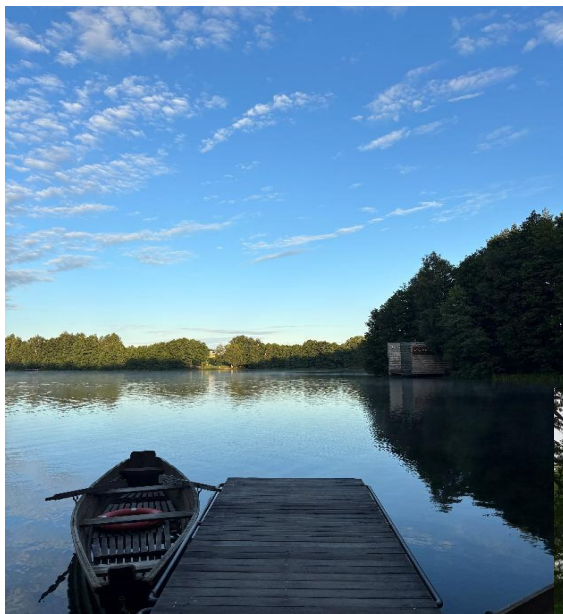
[If you have pictures of other junior scholars, please feel free to insert here!]



Informal and Fun Activities

One of the most enjoyable aspects of the Summer School was the opportunity to share meals together. At breakfast, lunch, and dinner, junior and senior scholars sat side by side, sharing not only food but also stories, ideas, and plenty of laughter. These meals often flowed into the evenings, when people would keep talking long after dinner was over. The relaxed and friendly atmosphere made it easy to connect, and many of us felt these moments were just as valuable as the formal program.

The setting made everything even more special. Surrounded by tall trees and right next to a calm lake, the place felt peaceful and inspiring at the same time. Some of us went swimming in the cool water, while others gathered in the evenings to enjoy drinks, snacks, and more good conversation. These simple activities turned colleagues into friends and created memories we will carry with us long after the Summer School ended.



Acknowledgements

A warm thank you to EARA, EADP, and SRA for offering us this unique space to learn, grow, and connect. We are grateful to the senior scholars for guiding us with their knowledge, to the junior scholars for bringing curiosity and creativity, and to the organizing team and partners who made everything run so smoothly. This Summer School was more than an academic event—it was a shared journey that will continue to inspire us in the years ahead.

Seniors Scholars	Junior Scholars		
Geertjan Overbeek	Alessandra Giuliani	Katerina Romanova	Jennifer M. Figueroa
Charissa S. L. Cheah	Hamide Avci	Danila Tran Thuy Duong	Anke Visscher
Takuya Yanagida	Chloe Johnson	Clementina Comitale	Matilde Brunetti
Eva H. Telzer	Anushree Bhatia	Daria Dodan	Costanza Baviera
Jennifer Symonds	Roushanac Partovi	Elise Grunwald	Jiefeng Ying
Simona C. S. Caravita	Jenna Weingarten	Saira Wahid	Rick van Logchem
Lisa Kiang	Everett Mahaffy	Lottie Shipp	
Beata Krzywosz-Rynkiewicz	Shisang Peng	Katarina Miletic	
Susan Branje	Jianjie XU	Pin Chen	



