

RECENZIA

by Prof. Dr. Veselinka Vasileva PETROVA
University of Veliko Tarnovo St. St. Cyril and Methodius

of the materials submitted for participation in a competition for awarding the academic position "Professor" for the needs of the Burgas Free University, announced in SG, no. 23 of 22.03.2022

Field of higher education: 1. Pedagogical sciences

Professional direction: 1.2. Pedagogy (Preschool pedagogy and Art pedagogy)

Reason: Act No. LS/134, 17.05.2022 of the Rector of Burgas Free University

1. Applicant data

Pepa Miteva is a teacher at Burgas Free University, at the Faculty of Humanities, Burgas from 1999 to the present. Her academic career began as an assistant, continued as a senior assistant in 2002, chief assistant in 2005, when she also acquired the scientific and educational degree "Doctor" (under code 05.07.01.- Theory of education and didactics, VAK, Commission 18, Protocol No. 17/24.11.2005). The candidate also acquires the scientific title "Associate Professor" (under code 05.07.01.-Theory of education and didactics, VAK, Commission 18, Protocol No. 13/23.10.2008), in the Specialized Scientific Council of University of Sofia St. Kliment Ohridski.

Pepa Miteva graduated with a bachelor's degree in social activities at BSU in 1998, and in 1999 she obtained a master's degree in social activities. The candidate successfully completes the Master's degree at the Faculty of Philosophy of the University of Sofia St. Kliment Ohridski (Master of Psychology in Organizational Behavior and Organizational Consulting - organizational psychology, consulting, work psychology, career development, etc.) in 2011.

Assoc. Ph.D. Pepa Miteva is the author of academic courses and programs (including electronic ones), consultant and scientific supervisor of graduates in the Faculty of Humanities of BFU, three doctoral students (two of whom successfully defended in 2022), students - participants in academic forums, awarded with prestigious prizes for Student Scientific Creativity, author and presenter of qualification courses and programs for educational management of school principals, kindergartens, teachers, psychologists, resource teachers, etc., with over 6,000 students in the field of education.

The scientific interests of Assoc. Dr. Pepa Miteva are oriented towards:
1. Pedagogical-psychological practices and art pedagogy; 2. Study of behavior

under stress and personality crises. Her varied training-consulting and qualification-project activity is impressive.

Assoc. Dr. Pepa Miteva is the only candidate for the announced competition.

The candidate meets the regulatory requirements of the announced competition.

2. Data about the competition

The competition has been announced for the fulfillment of the set goals for the development of the academic council at the BFU Central Academic Council. The Academic and Scientific Council at meeting No. 47/26.01.2022 proposes and unanimously approves the announcement of a competition for the academic position "Professor", in the field of higher education 1. Pedagogical Sciences, PN 1.2. Pedagogy (Preschool pedagogy and Art pedagogy). The conditions under Art. 58, paragraph 2 of the RRASD (Rules and regulations of the academic staff development) of the BFU have been fulfilled. AC of BFU with decision 8.1. proposes to the AC of BFU to announce a competition for awarding the academic position "Professor" in the field of higher education.

The basis for the competition is under Art. 60, para. 1 and is in fulfillment of Art. 44 of the Regulations for the development of the academic staff at BFU. The competition was announced in SG No. 23 of 22.03.2022 for the academic position "Professor" (pursuant to Art. 67 para. 1 item 1 of the CT, in the professional field of Pedagogy (Preschool pedagogy and art pedagogy) - 1 at the Faculty of Humanities of BFU) - Order No. LS/134, 17.05.2022 to the Rector of BFU.

The procedure is in accordance with the regulatory requirements.

3. General information about the candidate's scientific output

The scientific production of Assoc. Dr. Pepa Miteva is correctly presented in the documents for the competitions for "Doctor" and "Associate Professor".

Assoc. Dr. Pepa Miteva participated in the competition for the academic position "Professor" with scientific production in the following thematic areas:

1. Pedagogical-psychological practices and art pedagogy.
2. Behavior in crises and personality stress.

The candidate also describes his educational, scientific-consulting and practical qualification activities.

The overall scientific output of Assoc. Dr. Pepa Miteva is as follows:

Total number of publications – 40. after 2008 in competition for "Docent"

Total number of pages of the publications – approximately 847 pages.

Monographs 2 pcs. / 431 p.

Studios - 4 pcs. / - 75 p.

Articles – 18 pcs. / 105 p.

Reports 13 nos. / – 78 p.

Teaching aids – 2 pcs. / 158 p.

Assoc. Dr. Pepa Miteva meets the minimum national requirements under Art. 2b, para. 2 and 3 of LDASRB (LAW ON THE DEVELOPMENT OF THE ACADEMIC STAFF IN THE REPUBLIC OF BULGARIA) according to the following quantitative indicators:

Group of indicators A: 1. Dissertation work for awarding the educational and scientific degree "doctor" - 50 points, out of the required minimum number of 50 points.

Group of indicators C: Habilitation work (monograph) - two issues of 100 points each. 200 points with a minimum of 100 points required.

Group of indicators D: 295 points, out of a required minimum number of 200 points.

Indicator D: 135 points, out of the minimum required 100 points.

Indicator E: 135 points, out of the minimum required 100 points.

The quantitative assessment of the candidate's overall production in the number of points for the academic position "Professor", summarized by indicators from A to E, is a total of 710 points, with a minimum number of 550 points.

The candidate exceeds the minimum scientometric requirements for indicators D, D, E for occupying the academic position "Professor".

3.1. Assessment of the significance and relevance of scientific production

Assoc. Dr. Pepa Miteva researches an important and complex issue.

The relevance of the researched issues has been positively evaluated in academic procedures and in scientific forums by a wide range of professionals (researchers, students, teachers, etc.).

The significance of the production is indisputable and well-founded.

The scientific output is in accordance with the basic requirements for developments in theoretical and applied research.

3.2. Characterization and evaluation of the scientific production based on the presented materials

The presented scientific production corresponds to the normative requirements for occupying the academic position "Professor".

Assoc. Dr. Pepa Miteva participated in the competition for professorship with **two monographs**.

The monographic work "Emotional intelligence and management of professional stress in teachers. Art pedagogy - strategies and techniques", 2022 (№37) is in a volume of 248 pages. The main text is 147 pages long and is structured into an introduction, three chapters, conclusions after each chapter, a summary analysis, conclusions and recommendations of the study and a conclusion. Each chapter of the monograph is oriented to the theoretical aspects of the subject and a research part with interpretation, analysis and summary of the

research data. 101 pp. include appendices and bibliography. *Appendix 1.* presents significant volume and practical application content "Sample program in modules" (Art-pedagogical strategies and techniques for managing professional stress, emotions, balancing self-esteem), with topics presented in detail. The content of the sample program is up-to-date. The motivation for its application, the stages and thematic orientation are specified; the objectives, methods and expected results are specified. Assoc. Dr. Pepa Miteva has pointed out essential details in the preparation of the creative space, monitoring the process, as well as basic diagnostic procedures in art pedagogy. She characterized conceptual supports in the program. *In Appendix 2,* the author visualizes six colorful creative products from actually applied art pedagogy practices. *Appendix 3.* contains three tests - Emotion Regulation Test, Emotional Intelligence Test and Occupational Stress Measurement Test. The content of the bibliographic reference presents the extended scientific outlook of Assoc. Dr. Pepa Miteva. It includes 209 pcs. literary sources, of which: in Cyrillic - 145 nos. and in Latin - 20 pcs. Also indicated are 4 pcs. sources without established authorship, as well as 40 nos. internet resources. The research results are visualized in 28 figures and 7 tables.

The exhibition popularizes the results of a research project on the diagnosis of emotional intelligence and professional stress among active teachers in Bulgaria. The author raises the hypothesis that with deficits in emotional intelligence, there is a risk of developing a high degree of occupational stress. The obtained data were analyzed and based on them, strategies and techniques were proposed, organized in sample modules, integrated into a program based on resource approaches from the field of art pedagogy. The provocation is in the creative approach and incentive for change. The program covers three basic areas: 1. Art pedagogy for managing professional stress. 2. Art pedagogy for managing emotions (fear, anger). 3. Art pedagogy for balancing self-esteem. The product is intended for adults (with appropriate adaptation also for children). It has been tested in training formats for specialists at the Institute for Therapy and Expressive Arts, Sofia. Respondents in the scientific research are teachers, participants in the "Project of the Ministry of Education and Culture to improve the qualifications of teachers in Bulgaria". The research was conducted in the period October 2020 – July 2021, in a real environment and through webinars, implemented by KLET Publishing House-Bulgaria. The topic is comprehensive, touching on a wide range of provocative questions. It is stimulated by the author's long-term observations (scientific and everyday) on the impact of life and professional stress in the work of educators and specialists working with people. Dozens of scientific studies have explored stress, burnout, and adaptation and their impact on a person's performance, confidence, and overall wellness.

The first chapter presents theoretical and conceptual interpretations of the topic, related to emotional intelligence, emotions, art pedagogy, art therapy, individual 10 differences in teachers and factors stimulating professional stress. The author's ideas for distinguishing exemplary strategies and techniques

(traditional and non-standard) from the field of art pedagogy and substantiating their applicability in corrective practices for teachers deserve attention. Assoc. Dr. Pepa Miteva successfully distinguishes between art pedagogy and art therapy in accordance with the goals of the development. *Chapter two* presents the research design. The presentation is based on conceptual diversity, the main tasks (organizational–research and practical–applied) are related to the goal, support the logic and construction in the monograph. The emotional intelligence-occupational stress relationship (in teachers) is put into focus. The text presents the object and subject of research, the methodology and the scope of the research. Respondents in the scientific study are teachers, participants in programs to increase professional qualification (Project BG05M20POO1–2.010–001, "Professional development qualification of pedagogical specialists", financed by Operational program "Science and education for intelligent growth" 2014 - 2020, co-financed from the European Union through the European Structural Information Funds), in the period 2020-2021) in Bulgaria. *The third chapter* traces the analysis of the collected information and the interpretation of the data from the scientific research, presents conclusions and recommendations. The raised hypothesis that if the emotional intelligence of teachers is at low values, it provokes higher levels of professional stress, is purposefully and in detail subjected to verification. Assoc. Ph.D. Pepa Miteva presents the grounds for the development of practical-applied example models - programs. The appendices visualize some of the more essential tools of the study. In this section of the monograph, the practical application example programs oriented to: Art pedagogy for managing professional stress; Art pedagogy for managing emotions (fear, anger); Art pedagogy for balancing self-esteem. The programs are author's, they contain adapted details of methods, techniques and diagnostic tools of proven Bulgarian and foreign experience in the field under consideration. The following are the main 11 principles of the set topic in the monograph. They also refer to variations for application in projects for prevention, personal growth or improvement in an organizational plan of teachers.

Assoc. Dr. Pepa Miteva raises the assumption that the expansion of delicate models for emotional and behavioral regulation increases its effectiveness when appropriately combined with projections of art (artistic-aesthetic) in the understanding of the world (its internal and its external manifestations). Art pedagogical strategies and techniques are in the context of self-awareness, supporting emotional intelligence in general. Their full content is presented in the Appendices section (Appendix 1.).

The monograph also adheres to the international definition of "art therapy (arts therapies), which includes a complex of treatment and correction methods applied by specialists, based on some of the expressive modalities - visual arts, music, theater, dance, etc. for the purpose of psychocorrection" (European Consortium for Arts Therapies Education).

The monograph also presents an empirical study. His exposition leads to the following questions:

*Is it possible to refine the subject in the researched object to track the changes occurring in the development of the respondents according to qualitative and quantitative measures?

*Can significant new information be derived by reporting and comparing the data by relative frequency?

*Why is the analysis of the results obtained in the conducted research inferior to the reference to other studies, the search for correlations with them?

The monographic work "Creative approaches in crisis intervention", 2015 (No. 18) reflects the results of a theoretical-practical study. The total volume is 184 pages. The exposition consists of two parts. Part one "The crisis - opportunity and change" is of a theoretical nature. Part two "Creative approaches in crisis intervention" presents the stages in the course of crisis intervention, forgiveness, the specifics of reframing, supervision during personality crises. Assoc. Dr. Pepa Miteva thoroughly elaborates the specifics of the announced competition, namely: "Counseling for suicidal risk with children and adolescents and Crisis intervention for post-traumatic stress disorder with children". The research conducted is in the modern problematic of the educational process in kindergarten and preschool education. The more than 100 exercises and games described in the context of the topic are valuable for practice. The theoretical justification was developed on the basis of 147 literary sources, of which: in Cyrillic - 94 items, 18 items Latin sources and Internet resources – 35 pcs. The results of the study are visualized in 11 tables and figures.

Assoc. Dr. Pepa Miteva characterizes the positive face of the crisis, based on one of the concepts in modern professional practices, recommending the minimization of "risk-focused speaking". She recommends following approaches based on "assessing personality strengths". Assoc. Dr. Miteva proves that it is possible to look away from the "deficit" that has blocked the ability to change, by means of uncovering and studying a still unused resource for pedagogical practice. This resource is known and applied by professionals in the field of behavioral sciences to build "life skills" and restore abilities through "psychic elasticity". It can be successfully used in the field of counseling (psychology, social sciences, medicine) and in pedagogy. The author's conclusion deserves high praise, that the perspective based on the potential to deal not only with stress factors in life, but also in discovering the so-called "higher integrity in personal development" is related to search and growth. Associate Professor Dr. Miteva's approach to applying "creative methods in crisis intervention" based on the idea of "possibility and change" is innovative.

The monographic work received positive evaluations from the reviewers Prof. PhD. Natalia Alexandrova and Assoc. Dr. Pavlina Petkova.

There are **4 studies** submitted for review. They have been published in international publications. They are devoted to current topics in the following aspects:

1. Investigating the phenomenon of "resilience" as a significant prerequisite for "survival strategy" (coping, stress management strategies). Sustainability ("mental flexibility") is characterized as a concept related to creative abilities and non-standard ways of thinking in the field of education. Sustainability as an important aspect of unpopular decisions within professional experience is substantiated (Resilience as resource for creativity in teaching students of humanitarian specialties of Kazakhstan and Bulgaria (comparative analysis), *The Comparative Analysis of the Kazakhstani and Bulgarian Students' Resilience*. coauthored, 2015).

2. Determination of the possibilities for the formation of diagnostic competence of the future teachers-psychologists in the university environment, through theoretical analysis of psychological and pedagogical literature, modeling, qualitative and quantitative analysis of experimental data. Two main aspects are indicated: diagnostic thinking and diagnostic skills (Forming diagnostic competence of future teachers-psychologists in the university environment. *Formação de competências de diagnóstico de futuros professores-psicólogos no ambiente universitário*, coauthored, 2017).

3. Anger is the subject of research in the two studies: 1) "Correction of anger and aggressiveness in children - pedagogical technologies and practices, 2011" and 2) "Evaluation of the work performance of the teaching staff, 2010". The author presents the results of a theoretical-applied study of anger and aggressiveness in children. Develops practical behavior modification options and coping technologies in real-world settings. Describes specific practices to increase children's coping skills and recommendations for the teacher to respond adequately when he himself is angry. Valuable for practice are the exercises for relaxation and group work, as well as the many questions before the assessment procedure. The objectives of the evaluation, the criteria, the methods of evaluation have been tracked. A "Sample Variant/Procedure for Evaluation-Attestation of Teachers" in a private school is proposed. The sample evaluation form with indicators specifies the practices and makes them objective and actionable.

The 18 articles and 13 reports presented for review are on the main issues of the competition. They are devoted to essential social and psychological-pedagogical topics, namely: *Stimulating emotional intelligence with art pedagogy in kindergarten teachers, 2022*; *Art pedagogy for self-assessment of kindergarten teachers, 2022*; *The fairy-tale world of water in children's imagination - art-pedagogical techniques (3-6 years old), 2022*; *Art retreat as a format for formulating goals in professional development, 2018*; *Art-projective Diagnostics in Training – the Possibility of Personal. Development and Self-cognition, 2017*;

Crisis intervention for children in school (for post-traumatic stress disorder-PTSD), 2012, etc.

The developments are in the field of art pedagogy, the emotional intelligence of the teacher in preschool education and kindergarten, children's creativity, non-standard educational approaches and practices, the role of the teacher/pedagogue in the process of working with children. Effective methods and techniques are described to help the practice.

Teaching aids and scientific publications oriented to specific pedagogical practices:

The presented publications are author's (and co-authored, documented). In developments such as: "Achieving focus in teaching the lesson (pedagogical mastery, presentation skills and interactive teaching), 1017; "Psychological-pedagogical models for successful management of the learning process, 2016"; The contributions in the peer-reviewed scientific publications are oriented to the main aspects of the competition and provide an opportunity not only to clarify the theoretical-conceptual apparatus in the field of pedagogy and art pedagogy, but also refer to valuable strategies and application techniques. "A book for the teacher of history and civilizations. Psychological-pedagogical models for successful management of the learning process. 5th grade, 2016"; A book for the music teacher. Psychological-pedagogical models for successful management of the educational process. 5th grade, 2016"; "The Art of Being a Trainer, 2016" and many others. etc. the results of studies and techniques regarding pedagogical skills and technologies, the management of the educational process, the conduct of training forms and practical seminars, meetings, discussions, as well as informal forms of learning, with a contribution to positive relationships and personal growth, are popularized of the participants in the process.

4. Scientific contributions of the publications

I give a positive assessment of the scientific contributions under item 1 and item 2, specified in the reference. They reflect the achievements in the research work of Assoc. Dr. Pepa Miteva.

The specified contributions under item 3, item 4, item 5 represent the teaching, qualification, consulting and expert work of Assoc. Dr. Pepa Miteva. They supplement the information on the scientific foundations of the candidate's overall professional realization, but are not scientific contributions.

5. Publications and participation in scientific forums

Assoc. Dr. Pepa Miteva participated in 9 nos. international and in 4 pcs. local scientific forums. She presented 13 pcs. the report and received a positive assessment for each of them.

My overall assessment of the scientific works of Assoc. Dr. Pepa Miteva is positive. The production is the result of modern research on essential social, psychological-pedagogical, rehabilitation issues. The developments have been

repeatedly discussed in authoritative scientific forums, reviewed and meet the requirements for scientific and educational literature. They are distinguished by purposefulness, multifaceted awareness and thoroughness of the author. Assoc. Dr. Pepa Miteva possesses professional knowledge and sensitivity for recognizing and studying current pedagogical problems, which she successfully solves with the rich toolkit of art pedagogy.

There are **24 citations** to the publications of Prof. Pepa Miteva, Ph.D., presented for the competition, and they have been taken into account in accordance with the regulatory requirements.

6. Teaching activity and public engagement

The academic employment of Assoc. Dr. Pepa Miteva from 2017 to 2022 is a total of 1,652 hours (according to the reference of the Deputy Rector for UD and Accreditation of BFU from 2022) and is in accordance with the announced competition for the academic position "Professor". She gives lectures and conducts exercises in the following programs: 1) "Master's" at the Faculty of Humanities of BFU in the specialties PNUP, NUPCHE in the academic disciplines - Art pedagogy (from 2021 to the present) and Strategies for managing anger and aggressive behavior in children (from 2012 to moment); 2) "Bachelor" at the Faculty of Humanities of BFU in the specialties PNUP, NUPCHE, Psychology, ŽIVO - Theory of education (from 2019 to the present), History of pedagogy and Bulgarian education (from 2015 to the present), Pedagogical ethics (2020 - 2021), Crisis intervention (from 2006 to present).

In the period 2019 – 2022, she was the academic supervisor of 14 (fourteen) graduates who successfully defended their diplomas. She was a scientific reviewer of 9 (nine) successfully defended diploma theses.

She reviewed 6 (six) publications in our and international publications during the period 2021-2022.

She trained three doctoral students in the period 2019-2022, two of whom successfully defended: **1. Gergana Angelova Avramova - Todorova** for the award of the educational and scientific degree "Doctor" in the scientific specialty "Preschool and elementary school pedagogy", the topic of the dissertation: "Development of emotional intelligence in children in middle childhood through art-pedagogical means", successfully defended - April, 2022; **2. Silvia Marushkina** awarded the educational and scientific degree "Doctor" in the scientific specialty "Preschool and primary school pedagogy", topic: "Model for the formation of social competence among students in the initial stage of education", successfully defended - April, 2022; **3. Vesela Pancheva - Stoyanova** for awarding the educational and scientific degree "Doctor" in the scientific specialty "Preschool and primary school pedagogy", topic: Model for transformation of aggressive behavior into assertive behavior by creating fairy tales for students in the initial stage of education (3-4 grade). She successfully

passed the individual curriculum exams in the first year of 2021, in the process of defending her dissertation.

She participated in a Scientific Jury with an opinion in five procedures of University of Sofia St. Kliment Ohridski in the period 2015 - 2018 (occupation of the academic position of "Docent" by Asya Emilova Asenova, 2015 and Kamelia Stajkova Yotovska, 2018; awarding of the scientific title "Doctor" to Kamelia Stajkova Yotovska, 2015, Henrietta Ilieva, 2018, Plamen Nikolov Kolev, 2019).

She participated in **6 (six) no. projects**, of which **5 (five) national** and **1 (one) international**.

She is a scientific reviewer for **2 (two) projects** of University of Sofia St. Kliment Ohridski.

She is a member of the Society of Psychologists in Bulgaria (SPS), BGRP1550-2634. BACPPT (regular member for 2006).

Member of the Editorial Board of the KazNU Gazette. Pedagogical series.

She participated in scientific exchange specializations in the period 2015-2016 in the Republic of Kazakhstan, Al-Farabi National University, Almaty, Department of General and Ethnic Pedagogy. Author of programs/academic courses and lecturer.

Organizer and academic mentor in qualification formats from 2015 to 2022 (described in the reference).

She participated in the Inter-institutional working group of the Ministry of Education and Culture regarding the creation of a universal approach for assessment and re-assessment of mental, emotional and communicative development of children (March-June 2022).

7. Conclusion

The scientific output, the information about the teaching, the public commitment of the candidate are in accordance with the normative requirements. Evaluating the qualities of the materials presented for review - monographs, studies in referenced sources and others, articles, reports, textbooks, I give a positive assessment and propose to the Scientific Jury to award Assoc. Ph.D. Pepa Ivanova Miteva the scientific title "Professor" in field of higher education 1. Pedagogical sciences, Professional direction 1.2. Pedagogy, scientific specialty Theory of education and didactics (Preschool pedagogy and art pedagogy) on the basis of Art. 60, para. 1 pursuant to Art. 44 of the Regulations for the development of the academic staff at BFU and in connection with the competition announced in SG, no. 23 of 22.03.2022 for the academic position "Professor" under Art. 67 para. 1 item 1 of the CT (on the professional field of Pedagogy /Preschool pedagogy and art pedagogy/ - 1 at the Faculty of Humanities of BFU), according to Order No. LS/134, 17.05.2022 of the Rector of the BFU.

01/08/2022

Signature:

(Prof. Dr. Veselinka PETROVA)