

I recently had the pleasure of attending the EARA 2024 conference, the European Association for Research on Adolescence, which took place from September 25-28 in Limassol, Cyprus. As an external PhD candidate, it's often a challenge to stay connected with the latest developments in the field (and academia more broadly). Being mostly reliant on reading literature can feel isolating at times, but this conference was a refreshing and inspiring experience.

During the conference, I presented my research on co-rumination as a mediator between parent and teacher relationship quality and adolescent internalizing problems. Presenting my research helped me practice my academic presentation skills, and the thoughtful feedback and questions I received helped me refine my paper. I also had some great discussions about my new research idea on peer networks and emotional competence, where I gained new insights and practical tips that will benefit this study.

The conference program was wonderfully diverse, with sessions ranging from psychopathology to positive psychology. A particularly fascinating keynote explored the dynamics of parent/adolescent relationships and psychological processes, including the concept of timescales and the inherent heterogeneity assumed in psychological theories. But perhaps most rewarding was the feeling of being a true part of the scientific community, exchanging ideas not only during formal presentations but also in informal settings, like casual conversations on the beach. This experience has not only inspired me but also provided me with valuable contacts that I'm excited to maintain going forward.

Thanks to this travel grant, I was able to have this wonderfully enriching experience. Thank you, APH.

Steffie van der Mey-Baijens

