

European Society of Psychology Learning and Teaching



ESPLAT Newsletter, December 2025

A message from the President

Dear ESPLAT members,

As we close the year, I am pleased to share a short update with you. Following the General Assembly at the ESPLAT Conference 2025, our society is now guided by a newly elected Executive Committee, whose members are introduced on the next page. I am honored to lead this committed team.

We deeply appreciate the work of the previous leadership, which launched important initiatives such as webinars between conferences, stronger networking with organizations focused on teaching and learning psychology, and expanding ESPLAT's international presence. These efforts have built a solid foundation for the future.

Our goal is to build on this progress and better understand your needs, so ESPLAT remains an active and inspiring community. Your ideas and engagement will be key to shaping our next steps.

As an associate member of EFPA, we are entering a new phase of collaboration. EFPA is introducing a project-oriented model for volunteer engagement, allowing associated members like ESPLAT to contribute based on expertise. Starting January 2026, EFPA will launch Ad Hoc Working Groups in areas such as Community and Social Intervention, Sport, Clinical Neuropsychology, and Educational Psychology. We expect ESPLAT to be invited to contribute where we have relevant expertise—an excellent opportunity for our members to influence psychology education across Europe.

On behalf of the Executive Committee, I look forward to working with you and hearing your ideas. We wish you a peaceful end of the year and, for 2026, good health, happiness, and many opportunities, both in person and online, to share our passion for teaching and learning psychology.

Warm regards,
Iva Stuchlíková
President, ESPLAT



ESPLAT

European Society of Psychology Learning and Teaching

2025 - 2027

New ESPLAT executive committee

Meet the new committee members:



Iva Stuchlíková (President) is a professor of educational psychology at the University of South Bohemia.

She is one of the academics who established the psychology study program at this university and continues to be involved in it as the guarantor of the doctoral study program. Her research interests include educational psychology, teaching psychology, and professional development of teachers, with her favorite topics being emotions and motivation. She has been a member of ESPLAT since 2019, and she also focuses on psychology education in the Board of Educational Affairs of EFPA. She has participated in two European and several national projects and is the author or co-author of eighteen monographs and more than 100 scientific articles. In 2003, she received the Early Career Award from The Stress and Anxiety Research Society. In 2007, she was a Fulbright research fellow at the University of Minnesota. She has experience in the field of educational policy and was a member of the expert team preparing the Educational Policy Strategy of the Czech Republic until 2030+. She also focuses on practical psychology; as a psychotherapist trained in the Person-Centered Approach, she works in a university psychological counseling center.

Michael Gruber (President-Elect) is an Associate Professor of Psychology at the Umeå University, Sweden.

Michael has been teaching psychology since 1995, with a strong focus on education and pedagogy throughout his career. He has held several leadership roles, including Programme Director, Director of Studies,

responsible for Education. His teaching expertise spans perception, cognition, developmental psychology, research methods, and basic statistics.

Since 2012, Michael has been an active member of the network now known as the European Society of Psychology Learning and Teaching (ESPLAT). He has served on the editorial board of Psychology Learning and Teaching (PLAT) and was the local organiser of the ESPLAT conference held in Umeå in June 2023.

Since August 2024, Michael is semi-retired and enjoys spending time with his grandchildren, listening to music, birdwatching, and photography.

Robert Gaschler (Treasurer) has started teaching in 2005 with a seminar on classics in the history of psychology, followed by courses on experimental research methods and lectures of biological bases of psychology, learning, motivation and emotion. After graduating in 2009 from Humboldt Universität Berlin and the International Max Planck Research School on the Life Course (IMPRS LIFE) Robert has been working as assistant professor at Universität Koblenz-Landau, before starting a position as tenured professor at the German public distance university (FernUniversität in Hagen) in 2015. Currently he is vice dean for teaching.

Lenka Sokolová (Secretary General) is a professor of Educational Psychology at Comenius University Bratislava, Slovakia. She has been teaching courses on the didactics of psychology, as well as educational and school psychology, to both teacher trainees and students of psychology.

Additionally, she taught psychology courses at the secondary education level. Her research interests include educational and school psychology, well-being within the school environment, psychology learning and teaching, psychological literacy, and the professional development of teachers and school psychologists. Lenka has contributed to several national and international projects focused on the teaching of psychology and is an advocate for the inclusion of psychology in pre-tertiary education. She served as a President of the European Federation of Psychology Teachers' Associations (EFPTA), the chair of the Slovak Association for the Teaching of Psychology and a member of the Board of Educational Affairs at EFPA.



Patricia Schimm (Student Representative) worked as a student assistant. Therefore, she was involved in many different stages of psychological research early on. Currently, Patricia is working as scientific online tutor at the FernUniversität, while pursuing her Master's degree.

Given the above-mentioned work and study experiences, she is familiar with online and on-site teaching both from work perspective as well as from the student-perspective. For this reason, Patricia is in constant exchange with students and teachers in both roles. She would like to contribute to improve the understanding and implementation of good scientific practices among psychology students across Europe.



ESPLAT 2025

Conference report

Stephan Dutke, conference organizer

From September 1 to 3, 2025, the European Society of Psychology Teaching and Learning met in Münster. Around 100 participants from 18 countries exchanged ideas on how to improve the teaching of psychology and how it is changing in line with social and political developments.

The participants presentations and posters dealt with topics such as supporting critical thinking and self-regulated learning, and developing reflective skills. Against the background of the coronavirus experience, research on asynchronous learning and digital teaching formats in psychology was reported. Ethical issues were discussed, often in the context of clinical psychology training. Contributions on psychological literacy and science communication highlighted the role of psychology in the non-specialist public sphere.



The conference offered many opportunities for active exchange. In addition to discussion events, participants offered several workshops, four of which were pre-conference workshops held before

the official opening of the conference. These workshops focused on the evaluation of student research projects, scientific-psychological thinking in the context of global health, the analysis and understanding of scientific communication within psychology, and the production of freely available teaching materials.

The invited keynotes inspired to broaden perspectives:

- **Andrew Butler** (Washington University in St. Louis, USA) reported on current research in learning and cognition that can be directly applied in the teaching of psychology: „Applying the Science of Learning to the Teaching of Psychology“.
- **Helen Fischer** (Leibniz Institute for Knowledge Media, Tübingen, Germany) talked about the role of metacognition in communicating politically controversial topics: „Leveraging Metacognition for Scientific Thinking about Contested Topics: From Climate Change to COVID-19“.
- **Nicolas Sommet** (University of Lausanne, Switzerland) presented his research on academic performance at school under conditions of economic inequality: „How Economic Inequality in Society Shapes Student Outcomes in Secondary Schools“.

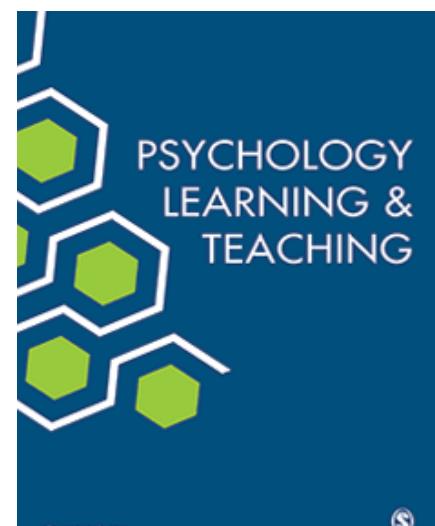
The international exchange brought new ideas and understanding of the different social, economic, and

cultural conditions under which psychology is taught and studied.

The conference was supported by the Society for the Teaching of Psychology and the Association of German Professionals. The latter donated a Best Paper Award thereby expressing their particular appreciation for excellent teaching in psychology.

Several experts independently assessed the quality of the submitted papers and their presentations. The award went to the team of authors Marvin Fendt, Xenia Muth und Peter Edelsbrunner (Ludwig-Maximilians-Universität München, Munich, Germany) for their contribution „Teaching Critical Source Evaluation - A Meta-Analysis on Source Credibility Interventions“.

Selected conference papers will be published in the Special Issue of the **Psychology Learning and Teaching (PLAT)** journal in 2026.



<https://journals.sagepub.com/home/plat>

About ESPLAT

Join our community

The European Society of Psychology Learning and Teaching (ESPLAT) is an official European academic organisation whose aim is to advance the learning and teaching of psychology at all educational levels, and to provide a forum to engage researchers and teachers of psychology in communication and exchange.

Meet: Our biennial conferences provide rich opportunities to discuss research into teaching and learning, create new connections, and find inspiration in new ideas. Regular webinars are open to psychology educators, researchers and public around the world without border.

Connect: ESPLAT provides a means through which scholars and teachers of psychology can connect and collaborate, share resources, and build evidence-based teaching practices.

Explore: An updated ESPLAT website offers many opportunities to learn about psychology learning and teaching around the world.

Upcoming Events

ESPLAT Webinar 2026

Further info coming soon.

PLAT Special Issue 2026

Further info coming soon.

ESPLAT Conference 2027

University of Southern Bohemia
České Budějovice

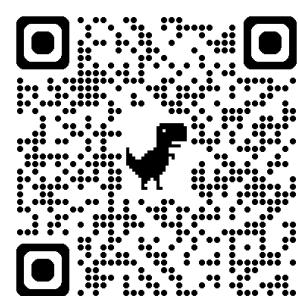
Czech Republic

Further info coming soon.



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