



Ministry of Science and Higher Education
Republic of Poland

ANNOUNCEMENT 1

**The Faculty of Pedagogics and Psychology of the Jan Kochanowski
University in Kielce**



Jan Kochanowski
University
of Kielce



Jan Kochanowski
University
of Kielce
**Faculty of Education
and Psychology**

cordially invites you to participate in the

International Scientific and Training Conference **"Young people in the Changing World. An Interdisciplinary Perspective"**

**The conference will take place on 27–28 October 2026
at the Rev. Stanisław Konarski Auditorium, Faculty of Pedagogics and Psychology,
Jan Kochanowski University in Kielce**

The conference is organized as part of a project financed from the state budget under the "Science for Society II" programme of the Minister of Education and Science
(Project No. NdS-II/SP/0429/2023/01)



**SCIENCE FOR
THE SOCIETY**

"The only constant in life is change."
— Heraclitus of Ephesus

Dear Colleagues!

The rapid pace and multidimensional nature of contemporary social, cultural, technological, and civilizational transformations require young people to continuously redefine their values, life goals, aspirations, and ways of functioning in an increasingly dynamic world. These processes are reflected not only in the lifestyles of the younger generation and their health-related and social behaviours, but also in the ways they build interpersonal relationships, perceive their future, and cope with the challenges of modern society.

Understanding these complex issues calls for an interdisciplinary approach that integrates the perspectives of education, psychology, sociology, health sciences, and other disciplines concerned with the development and functioning of young people. Such an approach provides a more comprehensive understanding of both the challenges and the potential of today's youth, while also identifying effective strategies for supporting their development. In response to the growing need for in-depth, interdisciplinary reflection on the condition of today's young generation, we cordially invite you to participate in the International Scientific and Training Conference "Young people in the Changing World. An Interdisciplinary Perspective", organized by the Faculty of Pedagogics and Psychology, Jan Kochanowski University in Kielce. The conference constitutes a scientific continuation of the research project conducted between 2023 and 2026, entitled "Young people's Lifestyles and Their Health Implications: Conclusions for Pedagogical and Psychological Support and the Prevention of Risks". The project was financed from the state budget under the "Science for Society II" programme of the Minister of Education and Science (Project No. NdS-II/SP/0429/2023/01), with total funding of PLN 1,029,600.00, corresponding to the project's total value of PLN 1,029,600.00. The research findings obtained during the project have inspired a broader academic discussion on the contemporary determinants of young people's functioning, transformations in their value systems and lifestyles, mental well-being, and the challenges facing education, upbringing, prevention, and support for the younger generation.

The International Scientific Conference "Young people in the Changing World. An Interdisciplinary Perspective" aims to provide a platform for interdisciplinary academic dialogue on the contemporary determinants of young people's functioning in the rapidly changing social, cultural, educational, and technological environment. The conference will serve as a forum for the exchange of research findings, professional experience, and good practices concerning young people's values, lifestyles, health, mental well-being, social engagement, and developmental challenges. It also seeks to identify factors that foster the harmonious development of young people and to formulate recommendations for strengthening education, prevention, and the development of psychological resilience in the face of contemporary challenges.

The conference will address the following thematic areas:

1. Interdisciplinary research on the contemporary young people
 - theoretical and methodological foundations of young people's research;
 - lifestyles as an interdisciplinary concept;
 - current research trends and methodological challenges.
2. Young people's values, identity, and life aspirations
 - value systems and their transformation;
 - life orientations, aspirations, role models, and perceptions of adult life;
 - identity formation in the context of dynamic social and cultural change.
3. Young people's lifestyles in the changing world
 - models and determinants of lifestyles;
 - the influence of family, school, and the local community on young people's life choices;
 - emerging areas of interest among young people, including environmental sustainability, consumer behaviour, self-realisation, individualism, and independence.
4. Young people's health, well-being, and psychosocial functioning
 - health-promoting and health-risk behaviours;
 - mental health, physical activity, and quality of life;
 - developmental challenges, crises, and factors contributing to well-being.
5. Young people in the digital world: new technologies and media
 - young people's engagement with the Internet and social media;
 - digital lifestyles and their implications for young people's functioning;
 - opportunities and challenges arising from the development of new technologies.
6. Education, upbringing, prevention, and support for young people
 - contemporary challenges in education and upbringing;
 - prevention of risk behaviours;
 - assistance and support for young people in crisis situations;
 - good practices and recommendations for families, educational institutions, and local communities.

The detailed programme of the plenary and panel sessions will be developed on the basis of the submitted abstracts and will be communicated in the next conference announcement.

The conference will also provide an excellent opportunity to strengthen collaboration between the academic community and practitioners, including educators, psychologists, teachers, school counsellors, social workers, healthcare professionals, and all those interested in issues related to the functioning and development of young people. It will offer a forum for presenting research findings, exchanging professional experience, and discussing future directions for research as well as practical solutions that address the needs of today's younger generation.

**On behalf of the Organizers and on my own behalf, I cordially invite you to participate in
the conference!**

Chair of the Scientific Committee

Professor Mariola Wojciechowska, PhD (Habilitated Doctor)

Jan Kochanowski University in Kielce

Organizing Committee

Chair Karolina Klimczyk-Miśtał, PhD Institute of Pedagogics, Faculty of Education and
Psychology, Jan Kochanowski University in Kielce

Members - Elżbieta Buchcic, PhD, Martyna Gluszek-Osuch, PhD,
Jolanta Kołodziej-Sobczyk, PhD, Bartłomiej Kotowski, PhD, Katarzyna Potaczała-Perz, PhD, Jacek
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Anna Winiarczyk, PhD, Monika Wojtkowiak, PhD, Wioletta Praszek, MA, Katarzyna Lipska, MA

Conference Office

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Terms of Participation

In accordance with the conditions of the project funding, participation in the Conference is free of charge
for the first 100 participants. Places will be allocated on a first-come, first-served basis.

To register, please complete the registration form and submit it by 21 September 2026 via e-mail to:

konferencja.stylezycia2026@ujk.edu.pl
