



Albert Alegre

Curriculum

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BACKGROUND

Doctorate of Philosophy, Human Development, January 2008
Virginia Polytechnic Institute and State University (Virginia Tech), Blacksburg, VA
Dissertation: Parental Behaviors and Late Adolescents' Adjustment: The role of Emotional Security and Emotional Intelligence

Master of Arts, Developmental Psychology, January 2002
Goddard College, Plainfield, VT

Master of Science, Economic Science, June 1991
"Universitat de Barcelona", Barcelona, Spain

Bachelor of Science, Business Administration, September 1985
"Universitat de Barcelona", Barcelona, Spain

Bachelor of Sciences, Education Science, September 1980
"Universitat de Barcelona", Barcelona, Spain

EDUCATIONAL EXPERIENCE

HIGHER EDUCATION TEACHING

Associate Professor East Stroudsburg University, ECE Department, August 2006 – present

- Child Development and Growth
- Music in Childhood Education
- Early Childhood Curriculum II
- Seminar in Early Childhood
- Supervising of Student Teachers
- Philadelphia Urban Seminar
- MATH I: Investigations and Integration
- Family and Community Partnership Building
- Math for academic success
- Science for the creative child
- Understanding the developing child

Adjunct Professor Mercy College, Dobbs ferry, NY, September 2014 –

- Intro to Early Childhood Education

Adjunct Professor, Rider University, Lawrenceville, NJ, January 2006 – May 2006

- Intro to Research Methods and Statistics

Adjunct Professor, Universitat Blanquerna, Barcelona, Spain, September 2005 – January 2006

- Family and Community Partnership Building

Graduate Teacher Assistant, Virginia Tech Human Development Department, August 2003 – May 2004

- Child Development and Growth

Adjunct Professor, Blanquerna University, Barcelona, Spain, May 2003 – May 2005

- Parents and Children's Emotional Intelligence

Adjunct Professor, Summer School of the "Universitat Ramon Llull" Barcelona, Spain, July 2003 – July 2005

- Teachers and Children's Emotional Intelligence

EDUCATION MANAGEMENT EXPERIENCE

Member of the Board of Directors of the Unity Charter School, Morristown, NJ, 2008 - 2011

Member of the Board of Directors of the Teddy McArdle Free School, New Cadwell, NJ, 2008 – 2009

Member of the Mission and Education Committee of the Unity Charter School, Morristown, NJ, 2007 - 2011

EARLY CHILDHOOD EDUCATION TEACHING EXPERIENCE

ECE teacher. Virginia Tech Child Development Center. Blacksburg, VA, August of 2004 to May of 2005

ECE and elementary ed. teacher. Free School, Albany, New York, EEUU, January 2000 – December 2001

ECE and elementary ed. teacher. Venice Community School, Visalia, California, EEUU. September 1998 – June 1999.

ECE teacher. *Els Xiprers* School, Vallvidrera, Barcelona, Spain, September 1982 – June 1985.

ECE teacher. *Elaia* School, Barcelona, Spain, September 1980 - June 1981

PRIVATE BUSINESS EXPERIENCE

Post-sales Director. Grupo Mistral. 1995 – 1998
Barcelona, Spain

Commercial Subdirector. Multinacional Aseguradora, S.A. 1992 – 1995.
Barcelona, Spain

Marketing Manager and Controller. Multinacional Aseguradora, S.A. 1989 – 1992.
Barcelona, Spain

Controller. Multinacional Aseguradora, S.A. 1986 – 1989.
Barcelona, Spain

OTHER PRIVATE SECTOR EXPERIENCES

Consulting and parenting education. 2002 – 2003.

PUBLICATIONS

- Benson, M. J., & Alegre, A. (2018). Family Warmth, Self-Perception, Social Competence, and Friendships in Emerging Adulthood. *Bajo revisión*.
- Pérez-Escoda, N., & Alegre, A.. (2018). Test y validación del Cuestionario de Desarrollo Emocional para Adultos (CDE-A). *Bajo revisión*.
- López-Cassá, E.; Pérez-Escoda, N. y Alegre, A. (2018). Competencia emocional, satisfacción en contextos específicos y satisfacción con la vida en la adolescencia. *Magazine de Investigación Educativa*, 36(1), 57-73. DOI: <http://dx.doi.org/10.6018/rie.36.1.273131>
- Alegre, A. (2018). *Cómo desarrollar la inteligencia emocional de los niños: Estrategias para padres*. Ediciones Pirámide. Madrid. Spain
- Alegre, A., & López-Cassá, E. (2018). Factores predictivos de la satisfacción con la vida en la adolescencia. (Predictors of satisfaction with life in adolescence). In J. L. Soler Nages, Ó. Díaz Chica, E. Escolano-Pérez, A. Rodríguez Martínez (Eds). *Inteligencia Emocional y Bienestar III. Reflexiones, Experiencias Profesionales e Investigaciones*. (pp 27 – 40). Zaragoza, Spain: Ediciones Universidad San Jorge
- Alegre, A. (2016). *Los Malos Jefes: Como Progresar A Pesar De Ellos Utilizando la Inteligencia Emocional*. Ediciones Pirámide. Grupo Anaya
- Pérez-Escoda, N. & Alegre, A. (2016). Satisfacción con La Vida: Predictores y Moderadores. *International Journal of Psychology and Psychological Therapy*, 16, 131-140.
- Alegre, A., & Levitt, K. (2014). Transformational leadership and emotional intelligence: What do we know?. *International Leadership Journal*, 6, 63 – 101.
- Alegre, A., Benson, M. & Pérez Escoda, N. (2014). Maternal warmth and early adolescents' internalizing symptoms and externalizing behavior: Mediation via emotional security. *Journal of Early Adolescence*. 712 - 735, DOI: 20130272431613501408.
- Pérez Escoda, N., Filella, G., Bisquerra, R., & Alegre, A. (2012). Developing the emotional competence of teachers and pupils ins school context. *Electronic Journal of Research in Educational Psychology*, (10)3 , 1183-1208
- Pérez-Escoda N., & Alegre A. (2012). La Inteligencia y la seguridad emocional: el caso de la adaptación de los preadolescentes en la escuela. *Magazine Iberoamericana de Educación*, 61, ISSN: 1681-5653.
- Alegre, A. (2012). The relation between the time mothers and children spent together and the children's trait emotional intelligence. *Child & Youth Care Forum* 41, 493-508.
- Alegre, A. (2012). Is there a relation between mothers parenting styles and children's trait emotional intelligence? *Electronic Journal of Research in Educational Psychology*, 10, 5-33.
- Alegre, A., Perez, N., & Ribot A. (2011) Familia, emociones y adaptación en los preadolescentes. (*Family, emotions, and preadolescents adaptation*) Proceedings of the "II Congreso Internacional

de Inteligencia Emocional” (Second International Congress on Emotional Intelligence), Santander, Spain, September, 2009.

Alegre, A. (2011) Parenting and Emotional Intelligence: What do We Know? *The Family Journal*, 19, 56 – 62.

Alegre, A., & Benson, M. (2011). Does emotional insecurity mediate between parent behaviors and adolescents adjustment? In Kourkoutas E. E. and Fatos E. (Ed.) *Interpersonal Acceptance and Rejection: Social, Emotional, and Educational Contexts*. Brown Walker Press. Boca Raton, Florida.

Alegre, A., & Benson, E. M. (2010) Parent Behaviors and Adolescent Adjustment: Mediation via Adolescent Trait Emotional Intelligence *Individual Differences Research*, 83 – 96.

Pérez, N., Alegre, A., & Ribot, A. (2010) - Relacions entre disponibilitat dels pares i ajust emocional dels fills. (Relations between parental availability and children's emotional adjustment) *VI Jornades Educació Emocional : Emocions positives i benestar (VI Emotional Education Conference: Positive Emotions)*. ISBN: 978-84-693-1618-4

Alegre, A., & Benson, M. (2007). Parental acceptance and late adolescents' adjustment: The role of emotional intelligence. In Fatos, E. (Ed.) *Acceptance: The Essence of Peace. Selected Papers from the First International Congress on Interpersonal Acceptance and Rejection*. (pp. 33 – 49). Turkish Psychology Association. Incekara Press. Istanbul, Turkey.

PRESENTATIONS

XIV Jornades d'Educació Emocional (Conference on Emotional Education), March 15 – 1, 2018
Universidad de Barcelona, Barcelona, Spain.

XIII Jornades d'Educació Emocional. Educació Emocional a l'activitat física i l'esport, Barcelona
March 31- April 1, 2017. Universidad de Barcelona, Barcelona, Spain.

2017 Conference of the National Association of Professional Development Schools. March 9-12.
Washington D.C. EUA.

CIIEB III. Congreso Internacional De Inteligencia Emocional y Bienestar. Zaragoza, 18-21 de mayo de 2017.

2016 Conference of the National Association of Professional Development Schools. April 3-6.
Washington D.C.

XII Jornades d'Educació Emocional «Educació emocional i neurociència» (XII Emotional Education Conference), Barcelona. March 11 – 1, 2016.

2nd International Conference on Emotional Intelligence and Well-being, 21 – 24 May, 2015,
Zaragoza, Spain.

International Conference on Emotional Education, 11th Edition, March 20 – 21, 201, University of Barcelona, Barcelona, Spain.

Key note speaker in the Symposium Benchmarking international. X Emotional Education International Conference (JEE), April 4 – 6, 2014, Barcelona. Universitat de Barcelona (Institut de Ciències de l'Educació).

First International Conference on Emotional Education, 10th Edition (I Congreso Internacional de Educación Emocional: Psicología Positiva y Bienestar). University of Barcelona, Barcelona, Spain. April 4 – 6, 2014.

4th International Congress on Emotional Intelligence September (ICEI) 8 – 10, 2013, New York, NY

International Society for the Study of Individual Differences biannual conference, July 22 - 25, 2013, Barcelona Spain.

IX Jornades de Educació Emocional. Educación emocional y valores. April 4 – 6, 2013. Barcelona, Universitat de Barcelona (Institut de Ciències de l'Educació),

2011 Society for Research in Child Development (SRCD) Biennial Meeting , Montreal, BC, Quebec, Canada. March 29 – April 1, 2011.

3rd International Congress on Interpersonal Acceptance and Rejection, University of Padua, Italy, July 28 – 31, 2010.

VII Jornades d'Educació Emocional (VII Conference in Emotional Education) held by the University of Barcelona and the Grup de Recerca en Orientació Psicopedagògica (GROP), Barcelona, Spain, April 7 – 8, 2011.

“VI Jornades d'Educació Emocional” (Sixth Workday on Emotional Education), Barcelona, Spain, March 18-19, 2010

“II Congreso Internacional de Inteligencia Emocional” (Second International Congress on Emotional Intelligence), Santander, Spain, September, 2009.

70th annual conference of the National Council on Family Relations (NCFR), Little Rock, AR, November 5 – 8, 2008.

Second International Conference in Intrapersonal Acceptance-Rejection Crete, Greece, July 2008.

First International Conference in Intrapersonal Acceptance and Rejection, Istanbul, Turkey June 2006.

“I Jornades d'Educació Emocional” organized by the “Universitat de Barcelona” and held in Barcelona, in June 2005

68th annual conference of the National Council on Family Relations, held in Orlando, Florida, on November 2004.

MEDIA PRESENCE

Article/Interview . *Quan arriba el tsunami de la preadolescència*, in newspaper Ara in magazine *Criatures*, written by journalist Raquel Font. September, 2018.

http://ara.cat/_7c035041?s=e

Interview in online magazine *Webconsultas: Revista de Salud y Bienestar*. (July 2018)

<https://www.webconsultas.com/Interviews/bebes-y-ninos/albert-alegre-experto-en-inteligencia-emocional-infantil>

Interview in online magazine *Educación 3.0: Líder Informativo en Innovación Educativa* (July 2018)

<https://www.educacionrespuntocero.com/Interviews/Interview-albert-alegre/89136.html>

Interview in radio station RAC1 in the show *Tot es possible* with journalist Carolina (July 31,

2017) <https://www.rac1.cat/a-la-carta/cerca?text=&programId=tot-es-possible§ionId=tema-del-dia&from=31%2F07%2F2017&to=31%2F07%2F2017>

Interview in Spanish national public television network TVE (*La 2*) in the show *La Aventura del Saber*. (17 de Enero de 2017)

<http://www.rtve.es/alacarta/videos/la-aventura-del-saber/aventuraxalbert/3869709/>

Book review in the newspaper *La Vanguardia*, October 27th, 2016, page 14.

[file:///C:/Users/user/Desktop/IBM%20SPSS%20Statistics%2021%20\[h33t\]%20\[ku92\]%20Full/Downloads/Boletin%2027-10-16%20022.pdf](file:///C:/Users/user/Desktop/IBM%20SPSS%20Statistics%2021%20[h33t]%20[ku92]%20Full/Downloads/Boletin%2027-10-16%20022.pdf)

Book review in the newspaper *La Voz de Galicia*, October, 16, 2016, page 6.

[file:///C:/Users/user/Desktop/IBM%20SPSS%20Statistics%2021%20\[h33t\]%20\[ku92\]%20Full/Downloads/Boletin%2017-10-16%20029.pdf](file:///C:/Users/user/Desktop/IBM%20SPSS%20Statistics%2021%20[h33t]%20[ku92]%20Full/Downloads/Boletin%2017-10-16%20029.pdf)

Article *Tres errores que cometemos los directivos. ¿Cómo mejorar utilizando la inteligencia emocional* in the magazine *DIR&GE..* <http://directivosygerentes.es/magazines/sept-oct-2016/> page 28. October 2016.

Book review in blog *Descubriendo.me*, September, 27th, 2016.

[file:///C:/Users/user/Desktop/IBM%20SPSS%20Statistics%2021%20\[h33t\]%20\[ku92\]%20Full/Downloads/bolet%C3%ADn%20digital%2004-10-16%20036%20\(2\).pdf](file:///C:/Users/user/Desktop/IBM%20SPSS%20Statistics%2021%20[h33t]%20[ku92]%20Full/Downloads/bolet%C3%ADn%20digital%2004-10-16%20036%20(2).pdf)

Article/Interview in newspaper Ara written by journalist Raquel Font, September 23, 2016.

http://criatures.ara.cat/adolescencia/adolescents-necessiten-sentir-que-importen-pares_0_1656434351.html

Interview in radio station *Radio Popular*, Bilbao with journalist Cristina Maestre in the show *Es posible*. September 21, 2016.

Book review in *Diari de Tarragona: Economía y Negocios* September 11, 2016, p 5.

[file:///C:/Users/user/Desktop/IBM%20SPSS%20Statistics%2021%20\[h33t\]%20\[ku92\]%20Full/Downloads/bolet%C3%ADn%2013-09-16%20018.pdf](file:///C:/Users/user/Desktop/IBM%20SPSS%20Statistics%2021%20[h33t]%20[ku92]%20Full/Downloads/bolet%C3%ADn%2013-09-16%20018.pdf)

Book review in magazine *Forum Calidad*, September 1st, 2016, page 65.

Interview in *Cadena COPE* with co-author Josep Maria Galí about our book “*os Malos Jefes: Como progresar a pesar de ellos utilizando la inteligencia emocional*”
<http://www.cope.es/player/los-malos-jefes-con-josep-maria-gali-en-herrera-en-cope&id=2016083011490001&activo=10>. 30 de Agosto 2016.

Interview in radio station *Aragón Digital*, Zaragoza, España (May 22, 2015) [El CIIEB analiza la situación de la inteligencia emocional desde los dos lados del Atlántico](http://www.aragondigital.es/noticia.asp?notid=133008)
<http://www.aragondigital.es/noticia.asp?notid=133008>

Interview in radio station “*Via Lliure*”. (June 26, 2009) Barcelona, Spain.
[http://www.racalacarta.com/?cmd=download&mp3=0621%2011h%20\(Diumenge%2021-06-09\)%20%20VIA%20LLIURE.mp3&dir_id=0&file=0621%2011h%20\(Diumenge%2021-06-09\)%20%20VIA%20LLIURE.mp3](http://www.racalacarta.com/?cmd=download&mp3=0621%2011h%20(Diumenge%2021-06-09)%20%20VIA%20LLIURE.mp3&dir_id=0&file=0621%2011h%20(Diumenge%2021-06-09)%20%20VIA%20LLIURE.mp3)

Round table about “Educating the Emotions” on the television channel 25TV in l’Hospitalet, Spain in a show coordinated by the Federation of Parents of Secondary Students (2006, June 24).

HONORS/AFFILIATIONS

Member of the:

Grup de Recerca in Orientació Psicopedagògica GROU (Group of Research in Psychopedagogical Orientation) University of Barcelona, Spain. January 2014 – present

Scientific committee of the X Jornadas de Educación Emocional. Psicología Positiva i Benestar. April 4 – 6, 2013. Barcelona, Universitat de Barcelona (Institut de Ciències de l’Educació),

Society for Research in Child Development (SRCD), 2007–

National Council of Family Relations (NCFR), 2004 –

International Society Interpersonal Acceptance and Rejection (ISIPAR), 2007 –

Peer Reviewer:

Educational Research, March 2013 – present

Child Psychiatry and Human Development, October 2011 – present

Biennial meeting of the Society for Research in Child Development (SRCD), December 2010

Proceedings of the second international conference of the International Society for Interpersonal Acceptance and Rejection (ISIPAR), 2009

NCFR scientific research articles, May 2004 – present

Personality and Individual Differences research articles, January 2008 - present

PERSONAL INFORMATION

Married, with a 23 year-old son and a 20 year-old daughter.

I fluently speak, write, and read English, Spanish and Catalan and have some knowledge of French

In a daily basis, I use the more popular word processors, data bases, spreadsheets, and statistical software.

I also constantly use the Internet both as a communication and an investigation tool

REFERENCES

Mark J. Benson

Associate Professor
Director of Graduate School Human Development Department
Virginia Tech, VA
Wallace Hall
Blacksburg, VA 24060
mbenson8@gmail.com

Nuria Perez-Escoda

Professor
Departament MIDE
Facultat de Pedagogia
Universitat de Barcelona
Edifici Llevant Dptx.268
Pg. Vall d'Hebrón, 171, 08035 Barcelona
nperezescoda@ub.edu

Judith Torres

Assistant Professor
Early Childhood and Elementary Ed.
East Stroudsburg University
200 Prospect St.
East Stroudsburg, PA 18301
jtorres@po-box.esu.edu

Pat Pinciotti

Professor
Early Childhood and Elementary Ed.
East Stroudsburg University
200 Prospect St.
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