

Jagoda Sobiegała

I'm a psychology student deeply interested in the relationship between culture and mental health. My academic interests mix psychology of art, clinical psychology, and digital mental health, with a focus on how visual culture and online self-presentation shape emotional experience and identity.

I'm currently working on publishing my research, while also engaging in psychoeducation. What excites me most is when science is rooted in everyday life and when education feels meaningful. Outside of university, I recharge through books, art, and conversations with people who think and feel out loud, just like me.

As an ERUA Ambassador, I want to encourage students to cross boundaries between fields, languages, and ways of thinking. I also want to represent those who care not only about what we learn, but how, with whom, and why. My motivation is to support and promote interdisciplinary ways of thinking about science, which is something I strongly believe in. I see international collaboration as an inspiring space where new methods and values can emerge.