

Education

- Ph.D. Developmental Psychology, 1997, Louisiana State University (LSU), Baton Rouge, LA.
- M.A. Child Development, 1993, Tufts University, Medford, MA.
- B.A. Early Childhood Education, 1990, Aristotle University, Thessaloniki, Greece.

Positions

- Associate Professor, Psychology Department, Assumption University. 2011-present
- Director of Program Review and Assessment Spring 2025
- Director of Rome Program, Assumption University 3/20-5/15 2024
- Interim Chair, Psychology Department, Assumption University. 2017-2018
- Interim Chair, Psychology Department, Assumption University. 2006-2007
- Assistant Professor, Psychology Department, Assumption University. 1998-2010
- Instructor, Psychology Department, LSU, Baton Rouge, LA. 1996- 1998
- Teaching Assistant, Psychology Department, LSU, Baton Rouge, LA. 1993-1996

Teaching Experience

- Courses taught: Infancy and Childhood (online and in-person), Common Problems in Childhood, Raising Happy and Successful Children, Research Seminar, Developmental Psychology (graduate course), General Psychology
- Honors theses (Assumption University):
 - Davis, A. (2021). Quality of School-Based Programs and Student Well-Being.
 - doCurren, A. (2016). Postpartum Depression and Infant Development.
 - Bates, C. (2015). Adverse Childhood Experiences and College Adjustment.
 - DiGiammarino, R. (2011). Sensory Processing and Attachment Relate to Eating Behaviors in Infancy.
 - Nardelli, J. (2011). Father's Responsiveness in Relation to Child's Temperament and Fathers' Relationship to Their Parents.
 - Gilson, G. (2010). Childhood Attachment to Comfort Objects in Relation to Sensory Reactivity.

Institutional Committees

NECHE committee on Standard 4 and 8 (chair), Academic Assessment Committee (chair), Team 2 for Vision II: Culture of Respect and Inclusion, Climate Survey Analysis, Enrollment Management and Admissions Committee, Retention Committee, Faculty Evaluation Committee, Assessment of Core Curriculum, Institutional Review Board (chair), Representative Faculty Senate, Admissions, Honors Program Council, Innovation Team on Online Learning, Faculty Search Committees, General Education Committee, Student Travel Awards Committee, Merit Awards Committee, Enrollment Management Committee.

Research Interests

- Parenting aiming at optimizing children's functioning.
- Adversity and its relationship to resilience, character strengths, and well-being.
- Social media and the well-being of adolescents and young adults.

Maria Kalpidou

- Development of self-regulation in preschool and infancy; infant imitation and attachment; parenting and early infant interactions; sensory processing.

Publications (*undergraduate student, **graduate student)

- Kalpidou, M. (2023). *The development of children's happiness and success: The science of optimizing well-being across the lifespan*. Routledge.
- Kalpidou, M. & Volungis, A. (2021). Mediators between adversity and well-being of college students, *Journal of Adult Development*, 28, 286–298. <https://doi.org/10.1007/s10804-021-09372-6>
- Markodimitraki, M. & Kalpidou, M. (2019). Developmental changes in imitation during mother-infant interactions. *Early Child Development and Care*, 191, 1602–1612. <https://doi.org/10.1080/03004430.2019.1660962>
- Volungis, A., Kalpidou, M., Popores** C., & Joyce**, M. (2019). Smartphone addiction and its relationship with social-emotional distress and personality. *International Journal of Mental Health and Addiction*, 18, 1209–125 <https://doi.org/10.1007/s11469-019-00119-9>.
- Bui*, P. P., Kalpidou, M., DeVito*, L. E., & Greene*, T. (2016). The effects of induced empathy on disparaging humor. *Psi Chi Journal of Psychological Research*, 21(2), 119–126. https://www.psichi.org/resource/resmgr/journal_2016/Summer16JNBui.pdf
- Gleason, T., & Kalpidou, M. (2014). Imaginary companions and preschoolers' coping and competence. *Social Development*, 23(4), 820–839. <https://doi.org/10.1111/sode.12078>
- Kalpidou, M., DiGiammarino*, R. (2012). Sensory processing and parental bonding predict infant attachment. *Proceedings of the XV European Conference on Developmental Psychology*, Bergen, Norway, 37–41. Medimond International Proceedings.
- Kalpidou, M. (2011). Sensory processing relates to attachment to childhood comfort objects of undergraduate students. *Early Child Development and Care*, 182(12), 1563–1574. <https://doi.org/10.1080/03004430.2011.630733>
- Kalpidou, M., Costin*, D., & Morris*, J. (2011). The relationship of Facebook and well-being of undergraduate college students. *Cyberpsychology, Behavior, and Social Networking*, 14(4), 183–189. <https://doi.org/10.1089/cyber.2010.006>
- Kalpidou, M., Power, T. G., Cherry, K. E., & Gottfried, N. (2004). Regulation of emotion and behavior among 3- and 5-year-olds. *The Journal of General Psychology*, 131, 159–178. <https://doi.org/10.3200/GENP.131.2.159-180>
- Kalpidou, M., Rothbaum, F., & Schneider-Rosen, K. (1998). A longitudinal study of mothers' and preschool children's aversive behaviors during dyadic interactions. *Journal of Genetic Psychology*, 159(1), 113–116. <https://doi.org/10.1080/00221329809596138>
- Kalpidou, M. D., (1996). [Review of the book *History of the systems of psychology* by]. *Research for Developmental Disabilities*, 17, 93–95.

Presentations (*undergraduate student, **graduate student)

- Kalpidou, M. & Kuersten-Hogan, R. (2024, July). *The Role of Coparenting, Temperament, and Sensory Processing in Infant Attachment at 12 Months*. [Poster Presentation]. ICIS Biennial International Congress on Infant Studies. Glasgow, Scotland.
- Kalpidou, M. (2024, March 7). Simple Secrets to Happier, More Successful Children. [Audio podcast episode]. *Academic Minute*. AACU. <https://academicminute.org/2024/03/maria-kalpidou-assumption-university-simple-secrets-to-happier-more-successful-children/>

- Kalpidou, M., Kuersten-Hogan, R., Cirillo, A., & Fitzpatrick, P. (2023, July 15-19). *Parental depression and infant attachment predict infant development outcomes*. [Poster presentation]. 18th WAIMH World Congress, Dublin, Ireland.
- Willett*, G., & Kalpidou, M. (2023, March 2-4). *Predictors of dissociative experiences*. [Poster presentation]. Annual Conference of the Eastern Psychological Association (clinical session), Boston, MA.
- Davis*, A., Kalpidou, M., & Kuersten-Hogan, R. (2022, October 22). *Family dynamics predict infant language skills at 12 months*. [Poster Presentation]. New England Psychological Association Annual Conference, Worcester, MA.
- Kalpidou, M., Kuersten-Hogan, R., & doCurren*, A. (2020, July). *Sensory Processing, Temperament, and Infant Development*. [Poster Presentation]. Virtual ICIS Biennial International Congress on Infant Studies. Glasgow, Scotland.
- Kuersten-Hogan, R., Charbonneau**, J., Shea**, A., & Kalpidou, M. (2019, March). *Coparenting in the NICU and home: triadic interactions in families with preterm versus full-term infants*. [Poster Presentation]. Biennial Conference of the Society for Research in Child Development. Baltimore, MD.
- Kalpidou, M., doCurren*, A., Kuersten-Hogan, R., & Deligiannidis, K. (2018, July) *Parental Depression, Early Interaction, and Infant Outcomes*. [Poster Presentation]. XXI ICIS Biennial International Congress on Infant Studies. Philadelphia, PA.
- Kuersten-Hogan, R., Shea**, A., Charbonneau**, J., & Kalpidou, M. (2018, July). *Postpartum Depression and Violations of Parental Childcare Expectations in Coparenting Across the Transition to Parenthood*. [Poster Presentation]. XXI Biennial International Congress on Infant Studies. Philadelphia, PA.
- Volungis, A. & Kalpidou, M. (2018, June). *The Reciprocal Nature of Well-Being and Underlying Mechanisms of Social Media*. Presentation at Workshop: Bridging the Gaps: Social Media, Use, and Well-being, 12th International Conference on Web and Social Media. Stanford University, CA.
- Kuersten-Hogan, R., Charbonneau**, J., Shea**, A., Tortora**, D., Kalpidou, M., & Deligiannidis, K. (May, 2018). *Prenatal Risk Factors for Coparenting Dynamics and Infant Functioning at 3 Months Postpartum*. In R. Kuersten-Hogan (chair): The role of coparenting and family-level risk factors in child and family functioning. Symposium presented at the conference of the World Association for Infant Mental Health, Rome, Italy.
- Kuersten-Hogan, R., Olson**, H., Shea**, A., Charbonneau**, J., Kalpidou, M., & Deligiannidis, K. (May, 2018). *The Role of Parental Depression in Family Expressiveness Across the Transition to Parenthood*. [Poster Presentation]. World Association for Infant Mental Health, Rome, Italy.
- Kalpidou, M., doCurren*, A., Kuersten-Hogan, R., & Deligiannidis, K. (2017, April). *A Microgenetic Study of Parental Depression and Infant Development at 3 Months Postpartum*. [Poster Presentation]. Biennial Conference of the Society for Research in Child Development. Austin, TX.
- Kalpidou, M., Volungis, A., Bates*, C., & Mamott**, E., & Spillman, C*. (2017, May). *Childhood Adversity, Coping, and Adjustment in College*. [Poster Presentation]. Annual Convention of the Association of Psychological Science, Boston, MA.
- Volungis, A., Kalpidou, M., Joyce**, M., Popores-LaFleur**, C., & Raziuddin**, A. (2016, October). *College Smartphone Dependency, Mental Health, and Personality*. Paper presented at the Annual Meeting of the New England Psychological Association, Worcester, MA.
- Kuersten-Hogan, R., Molinaro**, M., Manteuffel**, J., LaForce**, J., Kalpidou, M., & Deligiannidis, K. (2016, October). *Parental Depression and Coparenting Dynamics Predict Infant Functioning at 3 Months*. [Poster Presentation]. Annual Meeting of the New England Psychological Association, Worcester, MA.
- doCurren*, A. & Kalpidou, M., & Kuersten-Hogan, R., (2016, October). *Coparenting, Parental Depression, and Temperament Relate to Attachment Security at 12 Months*. [Poster Presentation]. National Conference in Clinical Child and Adolescent Psychology, Laurence, KS.

- Kalpidou, M., Volungis, A., Bates*, C., & Mamott**, E. (2016, August). *Childhood Adversity and College Adjustment*. [Poster Presentation]. Annual Convention of the American Psychological Association, Denver, CO.
- Volungis, A., Kalpidou, M., Popores-LaFleur**, C., Raziuddin**, A., Joyce**, M., & Avolese**, P. (2016, August). *Childhood Adversity and College Mental Health Moderated by Coping Style*. [Poster Presentation]. Annual Convention of the American Psychological Association, Denver, CO.
- Kuersten-Hogan, R., Kalpidou, M., Boisvert**, R., & Bui*, P. (2016, June). *The Role of Infant Gaze Patterns in Triadic Family Interactions at 3- and 12 Months Postpartum*. [Poster Presentation]. 15th World Congress of the Word Association for Infant Mental Health. Prague, Czech Republic.
- doCurrel*, A. & Kalpidou, M., & Kuersten-Hogan, R., (2016, May). *Coparenting and Temperament Predict Fathers' Responsiveness in Father-Infant Interactions from 3 to 12 months*. [Poster Presentation]. Annual Conference of the American Psychological Society, Chicago, IL.
- Soule*, C. Kalpidou, M., Commors*, M., Correia*, S. & Palmer*, S. (2016, March). *The Relationship between Smartphone Dependency, Loneliness, and Social Anxiety*. [Poster Presentation]. Annual Eastern Psychological Association Conference, New York, NY.
- doCurrel*, A. & Kalpidou, M. (2015, October). *Age-related Changes in Sensory Processing and Attachment to Comfort Objects*. [Poster Presentation]. Annual New England Psychological Association Conference, Fitchburg, MA.
- Kalpidou, M., Poplinger**, G., & Kuersten-Hogan, R. (2015, September). Pre- and postnatal predictors of infant communication at 12 months. [Poster Presentation]. 17th ESDP European Conference on Developmental Psychology, Braga, Portugal.
- Kalpidou, M., Markodimitraki, M., & Pateraki, M. (2014, July). *Developmental Changes in Imitation in Mother-Infant Interactions*. [Poster Presentation]. Biennial International Conference on Infant Studies, Berlin, Germany.
- Kuersten-Hogan, R., Kalpidou, M., Fitzpatrick, P. (2014, July). Triadic interactions from pregnancy through the first year: Prenatal predictors of postnatal coparenting and family expressiveness. In R. Kuersten-Hogan (Chair), *Quality of the Family Triad during Infancy and Beyond: Prenatal and Postnatal Influences*, Paper symposium conducted at the Biennial International Conference on Infant Studies, Berlin, Germany.
- Kuersten-Hogan, R., Fitzpatrick, P., Kalpidou, M. (2014, July). *The Roles of Coparenting Dynamics and Parental Depression*. [Poster Presentation]. Biennial International Conference on Infant Studies, Berlin, Germany.
- Bui*, P. P., DeVito*, L. E., Greene*, T., & Kalpidou, M. (2013, October). *The Effects of Induced Empathy on Disparaging Humor*. [Poster Presentation]. Annual Conference of the New England Psychological Association, Bridgeport, CT.
- Kalpidou, M., Markodimitraki, M., Fitzpatrick, P., & Pateraki, M. (2013, September). *A Cross-Cultural Study of Imitation and Emotional Climate in Mother-Infant Interactions the First Year of Life*. [Poster Presentation]. XVIth ESDP European Conference on Developmental Psychology, Lausanne, Switzerland.
- Kalpidou, M., Power, T., Hughes, S., Fisher, J., & Tocco, K. (2013, April). Prenatal and Postnatal Family Dynamics and Infants' Eating Behaviors. In R. Kuersten-Hogan (Chair), *Predicting Infant and Family Functioning at the end of the First Year: The Impact of Prenatal and Postnatal Family Dynamics*. [Poster Presentation]. Biennial Meeting of the Society of Research in Child Development, Seattle.
- Fitzpatrick, P., Kalpidou, M., & Markodimitraki, M. (2013, April). Relationship Between Spontaneous Imitation During 12-Month Free-Play and Prenatal Marital Quality and Coparenting Perceptions. In R. Kuersten-Hogan (Chair), *Predicting Infant and Family Functioning at the end of the First Year: The Impact of Prenatal and Postnatal Family Dynamics*, Poster Symposium conducted at the Biennial Meeting of the Society of Research in Child Development, Seattle.
- Nardelli*, J., & Kalpidou, M. (2012, June). *Temperament and Parental Bonding Relate to Fathers' Responsiveness in Father-Infant Interactions*. [Poster Presentation]. XVIII Biennial International Conference on Infant Studies, Minneapolis, MN.

- DiGiammarino*, R., & Kalpidou, M. (2012, May). *Sensory Processing and Attachment Relate to Eating Competency in Infancy*. [Poster Presentation]. [Poster Presentation]. Annual Meeting of the Association for Psychological Science, Chicago, IL.
- Kalpidou, M., Zhang, F., DiGiammarino*, R., & Kuersten-Hogan, R. (2011, August). *Sensory Sensitivity and Parental Bonding Predict Infant Attachment*. [Poster Presentation]. XVth ESDP European Conference on Developmental Psychology, Bergen, Norway.
- Kalpidou, M., DiGiammarino*, R., & Kuersten-Hogan, R. (2011, April). *Sensory Processing Relates to Infant Attachment*. [Poster Presentation]. [Poster Presentation]. [Poster Presentation]. Biennial Meeting of the Society of Research in Child Development, Montreal, Canada.
- Kalpidou, M., DiGiammarino*, R., Zhang, F. & Kuersten-Hogan, R. (2011, May). *Sensory Processing Predicts Security in Spousal Relationships*. [Poster Presentation]. [Poster Presentation]. Annual Meeting of the Association for Psychological Science, Washington, DC.
- Kalpidou, M. (2011, March). *Sensory Processing Relates to Parenting and Children's Coping*. [Poster Presentation]. Conference of the Eastern Psychological Association, Cambridge, MA.
- Kalpidou, M., & Gilson, C*. (2010, May). *Sensory Processing Differences in Children with and without Comfort Objects*. [Poster Presentation]. Annual Meeting of the Association for Psychological Science, Boston, MA.
- Kalpidou, M. & Parmley, M. (2010, October). *Using Assessment and Institutional Data to Evaluate Outcomes in Psychology Students and Make Recommendations for Curriculum Revision and Resources*. [Poster Presentation]. Conference of the New England Educational Assessment Network, Worcester, MA.
- Kalpidou, M., Brosnan*, K., Carnevale*, K., & Schroth*, H. (2009, May). *Sensory Differences relate to Attachment to Comfort Objects*. [Poster Presentation]. Annual Convention of the Association for Psychological Science, San Francisco, CA.
- Kalpidou, M, Costin*, D., & Morris*, J. (2008, August). *Facebook and Psychological Well-Being of Undergraduate Students*. [Poster Presentation]. Annual Convention of the American Psychological Association, Boston, MA.
- Kalpidou, M., Murphy*, M. S., & Walls* E. C. (2008, May). *Attachment to Comfort Objects Relates to Tactile Stimulation*. [Poster Presentation]. Annual Meeting of the Association for the Psychological Science, Chicago, IL.
- Fitzpatrick, P. & Kalpidou, M. (2006, October). *Assessing Academic Programs and Using the Findings for Curriculum Revision and Strategic Planning: Examples from a Psychology Department*. [Poster Presentation]. Conference of the New England Educational Assessment Network, Worcester, MA.
- Kalpidou, M. (2005, August). *Perceived Competence and Coping of Children with Imaginary Companions* [Poster Presentation]. Annual Convention of the American Psychological Association. Washington, DC.
- Kalpidou, M., & Elbirt**, K., (2003, November). *Coping and feelings of competence among children with without imaginary companions*. [Poster Presentation]. Third Biennial Meeting of the Society Study of Human Development, Cambridge, MA.
- MacQueen*, H., McGovern*, K., Tolles*, E., & Kalpidou, M. (2003, October). *The effects of optimistic disposition on memory during emotion regulation*. [Poster Presentation]. Annual Meeting of the New England Psychological Association, Providence, RI.
- Letendre*, L., Long*, A., Michalak*, M., & Kalpidou, M. (2002, October). *Effects of true vs. mandatory volunteerism*. [Poster Presentation]. Annual Meeting of the New England Psychological Association, Danbury, CT.
- Kalpidou, M., Freeman* M., & Merrell*, J. (2000, October). *Factors facilitating interpersonal forgiveness*. [Poster Presentation]. Annual Meeting of the New England Psychological Association, Lewiston, ME

- Kalpidou, M., Power, T. G., & Gottfried, N. (1999, April). *Temperament and emotion regulation predict self-regulated compliance*. [Poster Presentation]. Biennial Meeting of the Society for Research in Child Development, Albuquerque, NM.
- Kalpidou, M., Gottfried, N., Power, T. G., & Cherry. K. E. (1998, March). *Association between behavioral and emotional self-regulation*. [Poster Presentation]. Annual Meeting of the Southeastern Psychological Association, Mobile, AL.
- Kalpidou, M., Power, T. G., & Cherry. K. E. (1997, April). *The development of behavioral and emotional self-regulation during the preschool period*. [Poster Presentation]. Annual Meeting of the Southeastern Psychological Association, Atlanta, GA.

Grants

- Summer Research Fellowship with Angelina Davis. Research Project: *Family dynamics predict infant language skills at 12 months*. 2022
- Summer Honors Program Fellowship with Anna doCurren. Research Project: *Postpartum Depression and Infant Development* (\$3,500). 2016
- Faculty Development Grant, Assumption University. Research Project: *Childhood Adversity and College Adjustment* (\$4,500). 2016
- Course Reduction for Scholarly Activity 2014-2016
- Faculty Development Grant, Assumption University. New course: *The Childhood Roots of Adult Happiness* (\$3,500). 2014
- Collaborative Pilot Research Program, UMass-Assumption University, *A Microgenetic Study of Perinatal Depression and its Effects on Family and Infant Functioning*, (\$7,500). 2013
Principal Investigators: Kristina Deligiannidis, Maria Kalpidou, Regina Kuersten-Hogan.
- Faculty Development Grant, Assumption University. Research Project: *Relationship Between Feeding Styles, Attachment, and Sensory Processing of 12-month-old Infants*. (\$3,500). 2012
- Summer Honors Program Fellowship with Robert DiGiammarino. Research Project: *Sensory Processing Relates to Close Relationships* (\$3,500). 2010
- Faculty Development Grant, Assumption University. New course: *PSY309: Common Problems in Childhood* (\$3,000). 2002
- Faculty Development Grant, Assumption University. Research project: *Parent and Child Characteristics Predict Adaptation of Immigrant Children* (\$3,300). 1999

Honors/Awards

- Nominated for the Distinguished Dissertation Award, LSU. 1997
- Merit-based tuition waiver, LSU, Baton Rouge, LA. 1993-1995
- Merit-based tuition scholarship, Tufts University, Medford, MA. 1991-1993

Professional Service and Memberships

- Reviewer for Journal for Adult Development; Social Development; Quality of Life; Journal of Educational Computing Research; Cyber Psychology, Behavior, and Social Networking.
- Society for Research in Child Development
- International Society of Infant Studies
- Association of Psychological Science

- American Psychological Association
- Eastern Psychological Association
- New England Educational Assessment Network

Professional Development

- Certificate of completion of Intro to Coding Using Python, Worcester Public Library. 2023
- Colloquia organized by Brian Benestad, D'Amour Chair in the Catholic Intellectual Tradition. 2017-2019
- Teaching and Learning Online (online course), Assumption University 2016
- Data Analysis Training: “*Structural Equation Modeling*”, at the Institute of Connecticut, University of Connecticut, Storrs, CT. 2015
- d'Alzon Colloquium “*Free will*”, Assumption University 2013
- d'Alzon Colloquium “*Spirit and Spiritedness*”, Assumption University. 2012
- Summer Institute on Assessment by New England Educational Assessment Network, Keene State College, NH. 2010
- New England Educational Assessment Network Fall Forum, College of the Holy Cross, Worcester, MA. 2010
- Workshops for Department and Division Chairs by the Council of Independent Colleges, Boston/Waltham, MA. 2006
- New England Educational Assessment Network Fall Forum, College of the Holy Cross, Worcester, MA. 2006

Media Presence

- Newsweek (December 16, 2023). *Mom defends decision not to buy her daughter Christmas presents.* <https://www.newsweek.com/mom-awful-not-buy-baby-christmas-present-why-1852529> 2023
- TELEGRAM & GAZETTE (July 4, 2017). *Assumption study: link between phone addiction and mental health addictions.* <http://www.telegram.com/news/20170704/assumption-study-link-between-phone-addiction-mental-health-issues> 2017
- TELEGRAM & GAZETTE (Dec 15, 2012). *Protect children from news shows* <http://www.telegram.com/article/20121215/NEWS/112159948/1052> 2012
- PARENTS magazine (January issue). Cited as an expert in article “Q&A” by Sharlene Johnson. 2012
- MONITOR (October issue), official magazine of the American Psychological Association. Featured in article “In Brief: A wrap-up of new research presented at APA’s Annual Convention” by A. Novotny; <http://www.apa.org/monitor/2008/10/inbrief.aspx> . 2008
- PARENTS magazine (October issue). Was cited as expert in article “6 Tips for Weaning Your Child’s Comfort Object” by Marnell Jameson; 2005

<http://www.parents.com/toddlers-preschoolers/development/social/6-tips-for-weaning-your-childs-comfort-object/> .

- PARENTS magazine (September issue). Was cited as expert in article “Life with Lovey” by Carol Sjostrom Miller. 2005
- PARENTS Magazine (September issue). Was cited as expert in article “Second-year Surprises: by Reshma Yaqub. 2003

Community Engagement

- Volunteer, St. Nicholas Orthodox Church, Shrewsbury, MA. 2009–2020
- Volunteer, Worcester Refugee Assistance Project (WRAP). 2018–2019
- Parent volunteer at Shrewsbury Public Schools, Shrewsbury, MA. 2005–2019
- Presenter at the Annual Community Service-Learning Luncheon, Assumption University. 2017
- Presenter at the Conference of Women in Science and Engineering, Gibbons Middle School in Westborough, MA. 2012, 2013
- Coordinator of Saturday’s “Little Angels” playgroup, St. Spyridon Cathedral, Worcester, MA. 2005–2006
- Publication Staff Member of the Cathedral News, St. Spyridon Cathedral, Worcester, MA 1999–2001
- Volunteer with First Steps Program of the Louisiana Council of Child Abuse. 1996–1998

Skills

- Greek (fluent); Italian (beginner)
- SPSS (advanced); Amos (intermediate); Python (beginner)