

CONCEPT



FROM CONCEPT TO CONFERENCE

Exploring Ideas, Sharing Perspectives, Shaping the Future.

CONFERENCE

12:35 – 13:30 | PART C: APPLIED SCIENCES & ENVIRONMENT

12:35 – 13:20 | Section 5: Physical & Environmental Sciences: Applied Research

- **Giavroglou A.:** Understanding electrical circuits: a comprehensive study of Ohm's Law
- **Andriotis G.:** How do stress levels impact decision making in teens?
- **Vekri C.:** Plastic pollution and wildlife: from global crisis to local impact
- **Moutsidis A.:** Plastic waste – its affect on wild life and human health
- **Dimtsas P.:** Gravity, latitude, and weight
- **Danilatou O.:** How do surface colours affect our perception of light & comfort?

13:20 – 13:30 | Final Discussion & Closing Remarks

STUDENT CONFERENCE PROGRAM

IC HALL, THURSDAY, 30 APRIL 2026



ΚΟΛΛΕΓΙΟ ΑΘΗΝΩΝ
Ελληνο - Αμερικανικό Εκπαιδευτικό Ίδρυμα
Νηπιαγωγείο - Δημοτικό - Γυμνάσιο - Γενικό Λύκειο - I.B.
ΚΟΛΛΕΓΙΟ ΑΘΗΝΩΝ • ΚΟΛΛΕΓΙΟ ΨΥΧΙΚΟΥ • ΝΗΠΙΑΓΩΓΕΙΟ I Μ. ΚΑΡΡΑΣ



Middle Years
Programme

09:30 – 10:30 | PART A: DIGITAL LIFE & MENTAL WELL-BEING

09:30 – 10:00 | Section 1: Digital Era: AI, Gaming & Cognitive Skills

- **Georgiou A.:** Is social media connecting us or tearing us apart?
- **Arkoumanis N.:** Online games and risk of addiction
- **Asimomytis J.:** The impact of video games

10:00 – 10:30 | Section 2: Mental Health, Stress & Academic Pressure

- **Vrettou V.:** Academic stress & self-esteem in teenagers
- **Zorzou D. A.:** Academic stress and social media use
- **Vlastou Is.:** Social Media, Connection or Isolation in Teens
- **Amorgianou A.:** Are smartphones damaging children's development?

10:30 – 10:50 | Panel Discussion & Q&A

10:50 – 11:05 | Break (15 min)

11:05 – 12:15 | PART B: RELATIONSHIPS, HEALTH & LIFESTYLE

11:05 – 11:20 | Section 3: Modern Communication & Family Dynamics

- **Archontous E.:** Bridging the gap: investigating parent-teen communication in the 21st century
- **Aivazoglou G.:** The influence of digital communication and social media on teen-parent relationships
- **Vassilara A.:** Social media and its influence on our relationships

11:20 – 12:15 | Section 4: Adolescent Health, Nutrition & Lifestyle Choices

- **Anagnostara E.:** The role of healthy eating in teen growth and development
- **Asikoglou I.:** Fueling academic success: the impact of nutrition on performance
- **Alexopoulou I.:** Tips for teens: the truth about alcohol consumption
- **Georgantzi K.:** Teen alcohol consumption study
- **Doukas P.:** Teen alcohol survey results
- **Athanasiadis D.:** Sleep habits in teenagers

12:05 – 12:20 | Panel Discussion & Q&A

12:20 – 12:35 | Break (15 min)