



# International Seminar

Wednesday, April 1, 2026

h. 16:00

Aula Magna

Palazzo Florenzi

Piazza Giuseppe Ermini, 1

**Prof. Visvaldas Legkauskas**

**Associate Professor in Psychology**

**Faculty of Social Sciences**

**Vytautas Magnus University in Kaunas, Lithuania**

## "Evolutionary mismatch: what happens when society changes faster than evolution allows us to adapt?"

Since the appearance of Homo Sapiens some 300.000 years ago, our evolution has been fairly slow. But since we learned to cultivate the land, the development of human societies is moving at an accelerating pace. Our biological evolution is much more inert and hence there appears a widening mismatch between our evolutionary adjustments and our actual way of life. This evolutionary mismatch seems to contribute to a significant number of our ills, including environmental pollution, the growing prevalence of lifestyle-related medical ailments, mental health issues, various societal challenges, and, ultimately, impending depopulation.

*Visvaldas Legkauskas is a social and developmental psychologist with an M.Phil. in Social and Developmental Psychology from the University of Cambridge (UK) and a Ph.D. in Psychology from Vytautas Magnus University (Lithuania). His main areas of interest include the development of identity, psychological effects of social media use, and the interplay between psychological and cultural factors in shaping human social behavior (for example, aggression).*



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Piazza Giuseppe Ermini, 1

**Dr. Šarūnė Magelinskaitė-Legkauskienė**

**Lecturer in Psychology**

**Department of Health Psychology**

**Lithuanian University of Health Sciences, Kaunas, Lithuania**

## **" Social and Emotional Competence: A Foundation for Learning and Well-Being"**

Social and emotional competence plays a crucial role in children's learning, well-being, and long-term life outcomes. In addition to academic knowledge, skills such as understanding and regulating emotions, building relationships, and making responsible decisions help children successfully adapt to school and social environments.

This presentation introduces the concept of Social and Emotional Learning (SEL) and discusses its growing importance in modern education. Drawing on findings from a longitudinal study conducted in Lithuanian primary schools, the talk explores how children's social competence in the first grade predicts their academic, social, and emotional adjustment in later years. I also present the WELL-STEP project, which aims to strengthen teachers' social-emotional competence and implement SEL programs, such as ELLA, to support children's emotional and social development in early and primary education.

*Šarūnė Magelinskaitė-Legkauskienė is a developmental and educational psychologist and a lecturer at the Department of Health Psychology at the Lithuanian University of Health Sciences. She received her Ph.D. in Social Sciences (Psychology).*

*Her main areas of interest include children's social and emotional competence, psychosocial school adjustment, and the role of psychological factors in children's development and education. She teaches courses in developmental, educational, and general psychology.*

*Dr. Magelinskaitė-Legkauskienė also has more than ten years of practical experience in educational settings, working with children, teachers, and parents in preschool and primary education. She is currently involved in an interdisciplinary project implemented in collaboration with Austrian researchers, focusing on the application of the ELLA social and emotional competence development programs in preschool and primary education.*