



Digital Mindset

POSITIVE LEARN

Index

- What is Mindset?
- Promoting a growth-oriented mindset
- What is digital Mindset?
- What characteristics does the digital mindset include?
- Why is the digital mindset necessary in schools?
- What is technostress?
- Causes of technostress
- Symptoms of technostress
- How to reduce technostress with the introduction of the digital mindset?
- Case Study: The introduction of interactive learning platforms in the "Sonnenblick" elementary school

„Collection of beliefs, attitudes, ideas, and ways of thinking that influence an individual's perception and reaction to the world.”

– MINDSET

Mindset

Influence on behavior: Determines how an individual handles challenges, sets goals, makes decisions, and deals with success or failure

Significance: Shapes behavior and motivation in various areas of life, including personal development and career

Research by Carol Dweck: Identification of two basic types of mindset that influence learning and personal development.

Mindset

Fixed Mindset:

- Belief that skills, intelligence, and talents are unchangeable traits.
- Tendency to avoid challenges, give up quickly, and see effort as useless.
- Leads to avoidance of challenges and lower resilience.

Growth mindset:

- The belief is that skills and intelligence can be developed through effort and perseverance.
- Willingness to accept challenges and not be discouraged by setbacks.
- Sees the successes of others as motivating and uses them as learning opportunities.
- Promotes a positive attitude to learning and personal development.

Mindset

Children's mindset refers to their fundamental beliefs about how skills and intelligence can be developed

Impact on children:

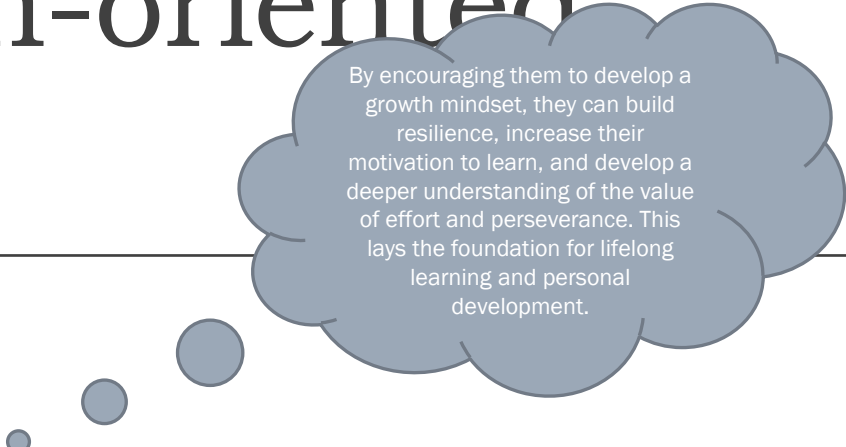
Fixed mindset:

- Leads to avoidance of challenges and low resilience.
- Children give up easily and avoid effort.

Growth mindset:

- Promotes motivation to learn and a positive attitude toward challenges.
- Children are keen to experiment and willing to learn; they see effort as necessary for development.

Promoting a growth-oriented mindset



By encouraging them to develop a growth mindset, they can build resilience, increase their motivation to learn, and develop a deeper understanding of the value of effort and perseverance. This lays the foundation for lifelong learning and personal development.

Strategies to promote a growth mindset

Praising the process:

instead of praising ability or intelligence ("**You're so smart!**"), adults should praise effort, strategy, and perseverance ("**I'm proud of how hard you worked for this!**")

Teaching about the brain: Teach children the Encouraging them to develop a growth mindset at the brain grows and develops when they learn and that effort contributes to this development.

Be a role model: Model a growth mindset by sharing your challenges and learning processes.

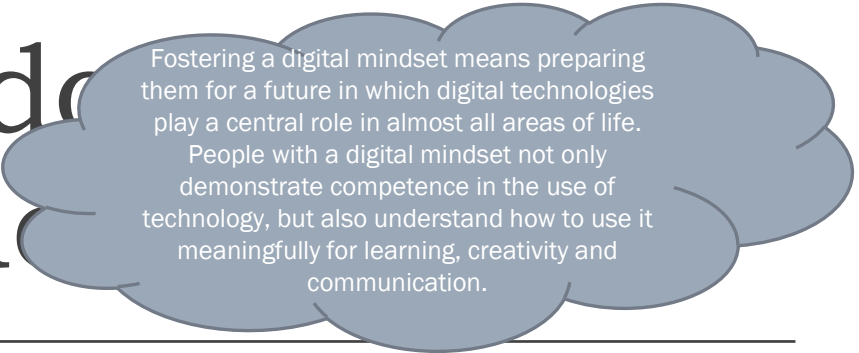
Dealing with mistakes: Presenting mistakes as learning opportunities and promoting a positive attitude towards challenges

Encouraging self-reflection: Children should reflect on their learning processes and recognize how effort and strategies lead to improvement.

„A digital mindset refers to the mindset, attitudes, and behaviors necessary to navigate and operate effectively in a digitally-driven world. It encompasses the willingness and ability to embrace digital technologies, adapt to the ever-changing digital landscape, use digital tools creatively and critically to solve problems, create new opportunities, and work efficiently.”

– DIGITAL MINDSET

What characteristics do digital mindset include



Fostering a digital mindset means preparing them for a future in which digital technologies play a central role in almost all areas of life.

People with a digital mindset not only demonstrate competence in the use of technology, but also understand how to use it meaningfully for learning, creativity and communication.

- Openness and curiosity towards technology
- Critical thinking skills
- Creativity and problem-solving
- Collaboration and communication
- Self-directed learning
- Adaptability

Why is the digital mindset necessary in schools?

The digital mindset is crucial in schools for several reasons, as it forms the basis for preparing students for an increasingly digital world.

1. preparing for the digital future

A digital mindset prepares students to succeed in this digital future by giving them the skills and understanding to use technology competently and creatively.

2. development of digital skills

A digital mindset in schools promotes the development of essential digital skills, such as the safe and effective use of information technology, critical thinking with digital information, and media literacy.

3. promotion of problem-solving and creativity

Digital tools and platforms offer students new opportunities to solve problems and be creative.

4. adaptability and flexibility

The digital landscape is constantly changing, and a digital mindset helps students to be adaptable and flexible.

5. critical engagement with digital content

In a world where information and news are predominantly distributed digitally, students must learn to scrutinize and evaluate digital content critically.

6 Responsible use of digital technologies

Schools are essential in teaching students how to use digital technologies responsibly, including handling personal data, understanding privacy, and navigating social media.

7. improving access and inclusion

A digital mindset supports using technology to provide learning opportunities for all students, regardless of their personal, social, or geographical backgrounds.

8. strengthening collaboration

Digital technologies enable new forms of collaboration between students, teachers, and schools worldwide.

„Technostress is a phenomenon that arises from the use of technology and can hurt the user. It is caused by the experience of stress, excessive demands, or anxiety resulting from interaction with technological devices, software, or digital environments. Technostress can have various causes and manifest itself in different forms.”

– TECHNOSTRESS

Causes of Stress

Information overload:

The constant availability and uninterrupted stream of information.

Constant accessibility:

The expectation of always being available and responding immediately to communication, especially if boundaries are blurred.

Fast-moving technology change:

The need to continually adapt to new technologies, software updates, and digital trends.

Security and privacy concerns:

Worries about the security of personal data and the potential for cyberattacks or data breaches.

Lack of digital skills:

If individuals do not feel competent in using technology, this can lead to frustration, anxiety, and stress.

Symptoms of technostress

Psychological symptoms: These include anxiety, irritability, feelings of being overwhelmed and exhausted, and concentration problems.

Physical symptoms: Headaches, neck or back pain, and eye strain are common physical complaints associated with technostress.

Behavioral symptoms: Changes in sleep patterns, social withdrawal, or reduced personal contact can also occur.

Performance issues: Technostress can affect work performance, lead to errors, and reduce creativity and problem-solving skills.

How to reduce technostress with the introduction of the digital mindset?

- Promoting digital education and skills
- Setting limits for screen time
- Teaching a conscious approach to technology
- Developing digital resilience
- Using digital technologies to promote wellbeing
- Supporting adaptability and
- Promoting social interaction and physical activity

Case Study: The introduction of interactive learning platforms in the "Sonnenblick" elementary school

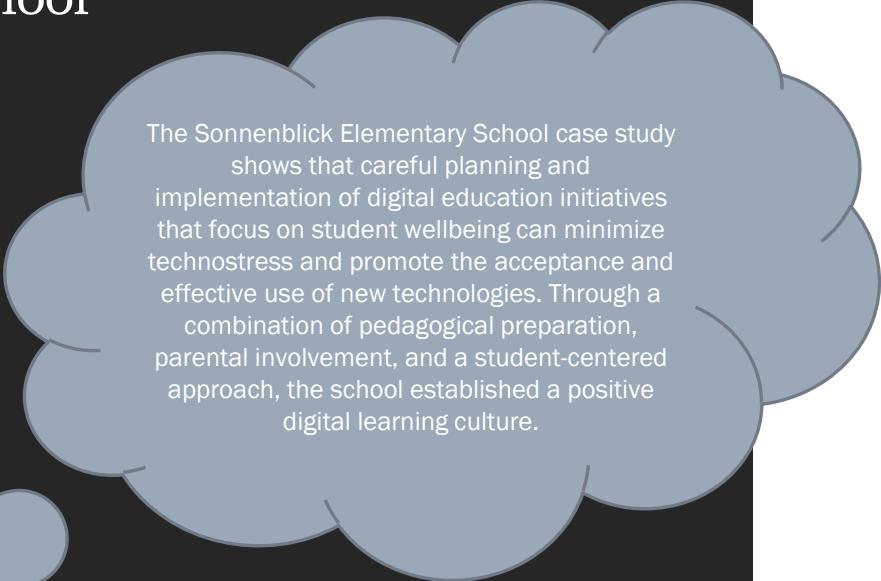
Background:

The "Sonnenblick" elementary school faces the challenge of introducing modern educational technologies to its pupils without causing technostress. The teaching staff recognized that many pupils feel overwhelmed and stressed when using new digital tools. Therefore, The school decided to develop a holistic approach to integrating digital educational technologies to promote students' technical skills and keep their well-being in mind.

Implementation

- 1. selection of age-appropriate learning platforms:** The school selected interactive learning platforms specifically designed for primary school children. These platforms offer fun learning activities in subject areas such as mathematics, languages, and science. It was important that the platforms have an intuitive user interface and provide real-time feedback to increase children's independence and confidence.
- 2. training for teachers:** Before the new technologies were introduced, teachers were trained in using the selected learning platforms. This training included technical aspects and pedagogical methods for integrating technology into the classroom, promoting a positive digital culture, and stress prevention strategies.
- 3. introduction of a "digital lesson":** Once a week, the school introduced a "digital lesson" in which students could work with the new technologies under the guidance of their teachers. These lessons provided a safe space for students to develop their skills in using the platforms, ask questions, and learn together.
- 4. Parents' evenings and workshops:** To create a supportive environment at home, the school hosted information evenings and workshops for parents. These events explained the benefits of the technologies, gave tips on how to deal with technostress, and showed how parents can support their children using digital learning tools.

Case Study: The introduction of interactive learning platforms in the "Sonnenblick" elementary school



The Sonnenblick Elementary School case study shows that careful planning and implementation of digital education initiatives that focus on student wellbeing can minimize technostress and promote the acceptance and effective use of new technologies. Through a combination of pedagogical preparation, parental involvement, and a student-centered approach, the school established a positive digital learning culture.

Results

After one school year with the new concept, teachers and parents reported significant improvements:

Increased motivation and engagement: pupils showed an increased interest in learning and were more motivated to engage with lesson content.

Improved digital literacy: Children developed technical skills and learned to evaluate information and use digital tools responsibly and critically.

Reduced technostress: The gradual introduction, the accompanying support from teachers, and the involvement of parents effectively reduced technostress. Children felt less overwhelmed and more empowered to deal with digital technologies.

Strengthening the community: The shared learning experiences fostered a sense of belonging and supported the development of positive relationships both between pupils and between pupils and teachers.

Ready to develop a digital Mindset?