

POSITIVE LEARN

DISTANCE LEARNING POSITIFICATION: TECHNOSTRESS RELIEF AND WELLBEING
GRANT AGREEMENT NUMBER: 2021-1-EL01-KA220-SCH-000027978

POSITIVE LEARN COMPETENCY FRAMEWORK

The first version of the POSITIVE LEARN Competency Framework (R2.1) is now complete.

POSITIVE LEARN concluded that:

- Teachers need a combination of technical, pedagogical and social and emotional competencies to harness the capabilities and better deal with the challenges of educational technologies.
- Addressing the challenges to well-being of teachers and students in digital education calls for revising educators' competencies through the integration of digital skills with emotional e-competencies, incorporating positive pedagogical approaches into digital education, and pursuing technostress-aware lesson planning.

Five critical socio-emotional competencies were identified: emotional e-awareness, e-self-management, emotional e-independence, social e-competency, and emotional leadership (e-mediacy)



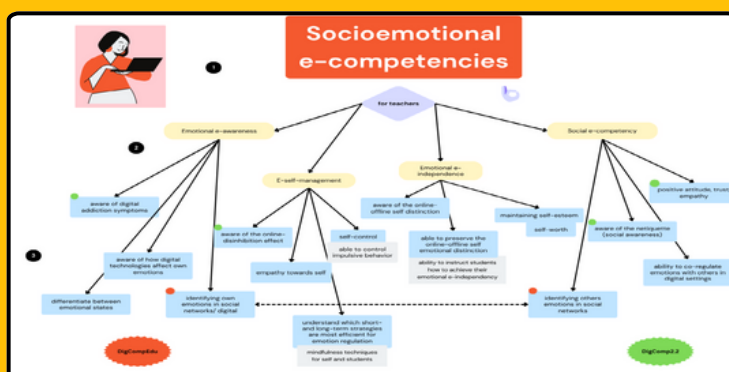
POSITIVE LEARN PEDAGOGICAL FRAMEWORK

The first version of the POSITIVE LEARN Pedagogical Framework (R2.2) is now complete.

As distance learning becomes increasingly prevalent, this framework explores how positive education principles can be effectively applied in digital environments.

The research focuses on integrating technology into positive education and addresses a notable gap in existing literature.

Our analysis highlights two main categories of positive interventions: (a) general pedagogical strategies for students and educators, and (b) technology-based teaching methods. Each category is further divided into sub-sectors, with clearly defined positive interventions identified in each.



NEW RESEARCH HIGHLIGHTS FROM END2023: TACKLING TECHNOSTRESS AND REDEFINING EDUCATOR SKILLS

Two publications were presented at the International Conference on Learning and New Developments (END2023), providing timely insights into the evolving demands on educators and learners in a post-pandemic, digitally driven world.

◆ **Technostress in Distance Learning: the POSITIVE LEARN Project**

Pappa, D., Pawlowski, J., Clements, K., & Sotiriou, S. (2023). In *Education and New Developments 2023 – Volume 2* (pp. 494–498)

This paper explores technostress—the psychological strain caused by digital tools in education. Through the POSITIVE LEARN project, we identify key stressors in distance learning and propose solutions to help educators and learners navigate the digital environment with greater resilience and wellbeing.

◆ **Covid-19: Rethinking the Skills Required of 21st Century Educators**

Pawlowski, J., Pappa, D., Clements, K., & Sotiriou, S. (2023). In *Education and New Developments 2023 – Volume 1* (pp. 563–567)

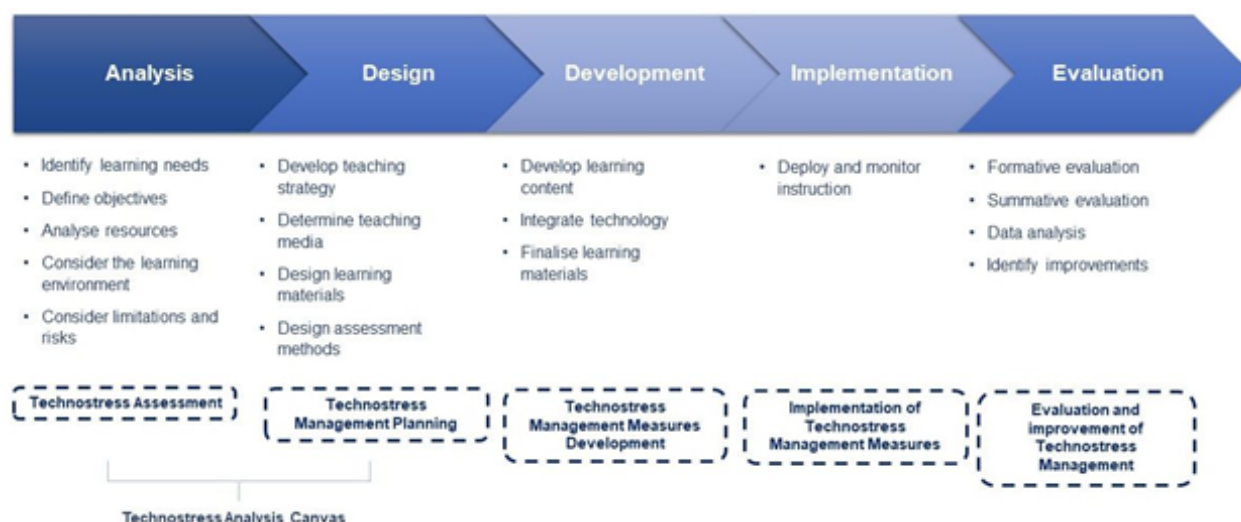
This paper reflects on how the Covid-19 pandemic reshaped educational roles, emphasizing the urgent need for educators to develop new skills. From digital proficiency to emotional intelligence and flexible pedagogy, the article outlines the competencies defining successful teaching in the 21st century.

GUIDELINE FOR DEVELOPING POSITIVE DISTANCE LEARNING SCENARIOS

This guide is designed to assist educators in creating engaging, learner-centered online experiences that prioritize well-being and mitigate technostress.

Key Highlights:

- **Structured Instructional Design:** The guideline employs the ADDIE model (Analysis, Design, Development, Implementation, Evaluation) to provide a systematic approach to instructional design.
- **Technostress Management:** Recognizing the challenges posed by digital learning environments, the guide offers strategies to identify and alleviate technostress among both students and educators.
- **Practical Tools:** Included is the Technostress Analysis Canvas, a tool to help educators assess and address stress factors in their distance learning scenarios.
- **Step-by-Step Scenario Development:** The document provides a clear roadmap for developing positive distance learning scenarios, from needs analysis to implementation.



SPOTLIGHT ON RURAL EDUCATION: POSITIVE LEARN MULTIPLIER EVENT AND WORKSHOP TACKLE TECHNOSTRESS

POSITIVE LEARN held its second interactive webinar on Wednesday, June 14, 2023, in collaboration with the Learning from the Extremes project. The session, titled "Positive Learning – Key Emotional Challenges in Distance Learning Education," explored the emotional demands of distance learning and introduced strategies grounded in positive psychology and positive computing to address technostress in education. This virtual event was followed by an in-person workshop on July 7, 2023, during the Learning from the Extremes Summer School in Marathon, Greece. The workshop focused on strengthening teachers' socio-emotional skills and equipping them with practical tools to manage technostress in digital learning environments.

Over 60 rural school teachers from Croatia, Finland, Greece, Germany, Romania, Spain, Portugal, and Brazil participated in the workshop. These educators, often working in isolated or under-resourced environments, are at the frontline of integrating technology into their teaching. As such, they are a critical audience for initiatives addressing digital well-being.

Technology holds immense potential to bridge the urban-rural education gap, but it also introduces new pressures. POSITIVE LEARN's focus on rural educators acknowledges their unique challenges and promotes sustainable, emotionally supportive digital education strategies tailored to their needs.

WEBINAR

14 June 2023
15:00 CEST
LIVE on YouTube

LFE WEBINAR: Distance learning positification: technostress relief and wellbeing

Learning from the Extremes

- How is Sofia feeling?
- Have you experienced a similar situation?

Anonymous
 2 years ago
 try to contact the other students on email or WhatsApp explaining she is having tech difficulties and needs a moment

Anonymous
 2 years ago

- What can the other teachers do?
- How is Gregory feeling?
- Have you experienced a similar situation?

Anonymous
 2 years ago
 Gregory should diffuse the situation by asking the people

- What actions can Sara take?
- How is Sara feeling?
- Have you experienced a similar situation?

Anonymous
 2 years ago
 Fatima: Find colleagues who already use the app and look for online support

Anonymous
 2 years ago
 Find training or ask a colleague for some hints and tips

Anonymous
 2 years ago
 I have been asked to take on a project involving videoing and recording lessons for assessment purposes. This takes lots of extra time to edit and analyse afterwards as well as planning the lessons beforehand. It was overwhelming to start but I took on the project at a pace that was manageable for me while I learned