

POSITIVE LEARN

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



POSITIVE OPEN VALIDATION ACTIVITIES

Validation activities for the POSITIVE LEARN Competency Framework and Positive Open Learning Scenarios (OLS) are currently underway across partner countries. These efforts are critical in assessing how well the project's tools and approaches support digital well-being and reduce technostress in real educational settings.

Hands-On Testing Across Europe

Workshops taking place in Germany, Greece, and Finland form the core of these activities. Educators are actively engaging with the scenarios in classroom environments, providing structured feedback through facilitated discussions. Their input is helping to shape the real-world effectiveness of the project's positive learning strategies.

Multiple Methods

In addition to workshops, individual interviews, expert consultations, and focus groups are being conducted to gather in-depth qualitative feedback. These perspectives offer valuable insights into the day-to-day challenges of implementing well-being-focused digital education.

Community-Wide Involvement

Upcoming Multiplier Events in each partner country will bring together a broader community of educators and stakeholders to share experiences, offer feedback, and explore best practices. This inclusive process ensures the project's outputs are responsive, adaptable, and relevant across diverse educational contexts.

The insights collected throughout the validation phase will inform final refinements to the competency framework and scenarios, ensuring they are both practical and impactful.

POSITIVE LEARN RESEARCH PRESENTED AT EC-TEL 2024 AND HEADING TO ICERI 2024

One paper was recently presented at the 19th European Conference on Technology Enhanced Learning (EC-TEL 2024), while another will be presented at the upcoming 17th International Conference of Education, Research and Innovation (ICERI 2024). Both contributions focus on supporting well-being in digital education environments and tackling technostress in schools.

Presented at EC-TEL 2024

Development and Evaluation of Learning Scenarios for Technostress in Schools

Authors: Kocak, S. & Pawlowski, J.

In: Technology Enhanced Learning for Inclusive and Equitable Quality Education, LNCS, vol. 15159 (Springer)

Presented at EC-TEL 2024, this paper shared the design and classroom evaluation of targeted learning scenarios aimed at reducing technostress among students. The work highlights practical, research-based strategies co-developed with educators to support digital well-being in everyday school settings.

Upcoming at ICERI 2024

Technology-Enhanced Education in Schools – Challenges to Well-Being

Authors: Pappa, D., Pawlowski, J., Clements, K., & Sotiriou, S.

Scheduled for presentation at ICERI 2024, this paper explores how technology impacts student and teacher well-being in schools. It identifies key digital stressors and provides actionable recommendations for creating more balanced and supportive learning environments.

SHORT-TERM JOINT STAFF TRAINING AND CO-CREATION ACTIVITY IN GERMANY



The C1 Short-term Joint Staff Training and Co-creation Activity (Learning, Teaching, and Training, LTT) activity was held in May 2025 at the Ruhr West University of Applied Sciences, in Botrop, Germany. The event was aimed at promoting collaboration and sharing insights among academic and research staff. This three-day event focused on improving pedagogical frameworks, building competencies, and co-creating learning scenarios with the help of emerging technologies such as generative AI. The program included lectures, group activities, discussions, and collaborative sessions.



PROJECT MEETING IN MARATHON: PROGRESS REVIEW AND PLANNING

On July 10, 2024, project members gathered in Marathon to review progress and plan next steps for several key outputs. The meeting provided an opportunity to consolidate work and outline future directions to support educators and learners in adopting positive digital practices.