

MODULE 5 - Health and WellBeing

TRAINING COURSE	Bridging the gap between Higher Education and the labor market
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Module 5 Health and Wellbeing

Duration 60'

Contents

1. Overview. Basic concepts about Digital Health and Wellbeing
2. Get Control Over Your Digital Wellbeing
3. HE Teachers & students work-life balance: Effective Time Management
4. Physical Stresses and Ergonomics for Digital Device Use

Expected outcomes Overall, by the end of Module 5 - Health and Wellbeing (UoM) (1h) participants (e.g., HE teachers) are expected 1. to be equipped with practical strategies to gain control over their digital wellbeing and 2. to be able to pass on these strategies to their students. More specifically, expected outcomes of the training course include:

- Provide an overview of basic concepts about Digital Health and Wellbeing,
- Provide helpful tips and techniques to support them gain control over their digital wellbeing,
- Explore effective time management techniques for maintaining work-life balance,
- Raise awareness of physical stresses and injuries associated with digital device use.
- Pass on above concepts and techniques to HE students

Training methodology

SESSION PROGRAM

Activities	Time/duration
1. Provide examples of digital wellbeing good for you practices	5'
2. Create Personal Digital Wellbeing Plan	5'
3. Time Management Reflection	5'
4. Workstation evaluation	5'

STEP BY STEP

What to do	Technical aspects
[EXAMPLE] 0. Tests: connection, resources, keynote. Audio and video connection. Moodle. Zoom link, screen sharing	Before the session
1. Welcoming and project presentation	4'
Welcome all participants. Share the learning objectives of the module. Ask participants to: <ul style="list-style-type: none"> - introduce themselves and their classes - talk about previous experience in enhancing students' WB strategies 	<ul style="list-style-type: none"> • Slides • Google classroom • Padlet
2. Overview. Basic concepts about Digital Health and Wellbeing	14'
<ul style="list-style-type: none"> - Defining Digital Wellbeing, - Perspectives on Digital Wellbeing, - Activity: Provide examples of digital wellbeing good for you practices - Conclusion and Recap - Mini Quiz 	<ul style="list-style-type: none"> • Padlet • Slides (LTTA1/2) • Digital WellBeing Overview lesson plan

3. Get Control Over Your Digital Wellbeing.

- Smartphones: a major distraction source,
- The Impact of Social Media on Psychological Wellbeing,
- Strategies for Taking Control of Your Digital Wellbeing,
- Activity: Create Personal Digital Wellbeing Plan
- Mini Quiz

14'

- Slides
- Lesson plan

4. HE Teachers & students work-life balance: Effective Time Management

- Importance of Time Management,
- Strategies for Effective Time Management,
- Activity: Time Management Reflection

14'

- Slides
- Lesson plan

5. Physical Stresses and Ergonomics for Digital Device Use

- Physical Stresses and Injuries,
- Ergonomic Guidelines,
- Activity: Evaluate your current workstation
- Prevention of Computer Vision Syndrome (CVS).

14'

- Slides
- Lesson plan

SESSION RESOURCES

RESOURCES

- Provided in slides of each subtopic

REFERENCES

- Provided in slides of each subtopic

ASSESSMENT /EVALUATION

- Mini quiz for each subtopic