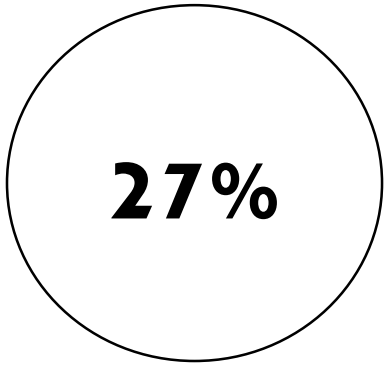
DIGITAL WELLBEING

IN LANGUAGE LEARNING & TEACHING

WILL SANTINO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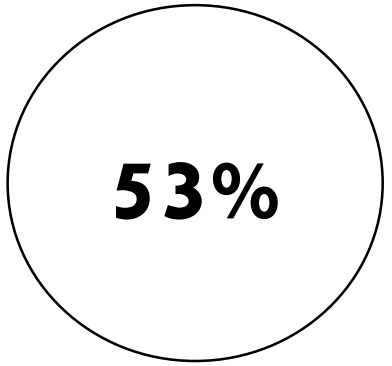
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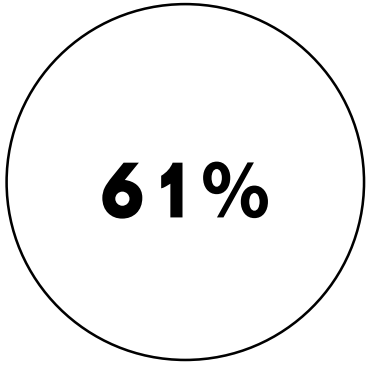
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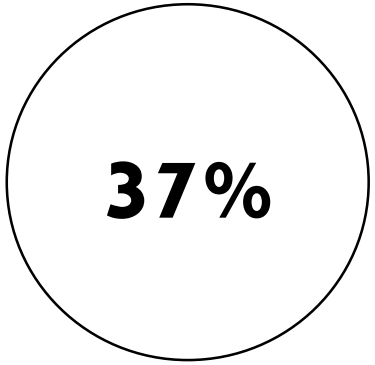
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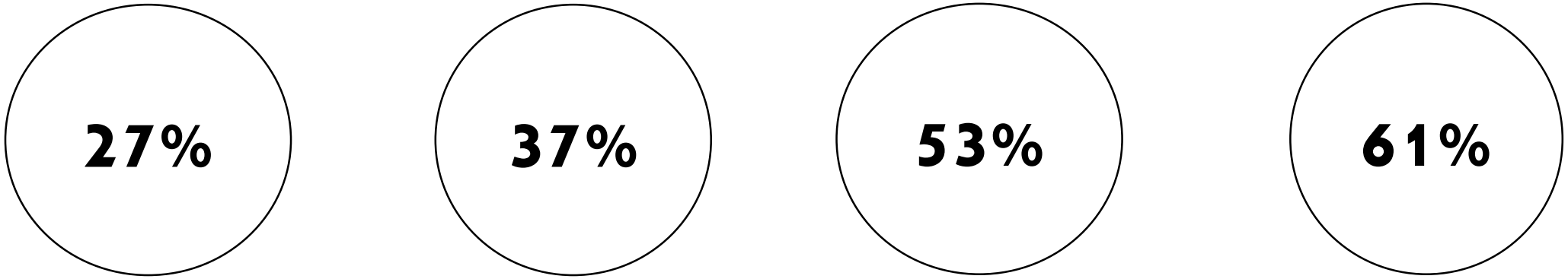
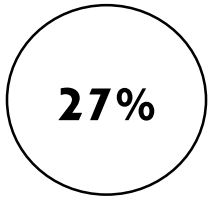
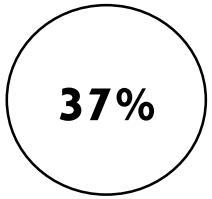
A LOOMING WELLBEING CRISIS



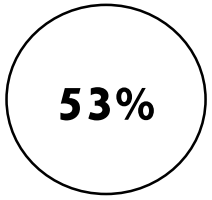
A LOOMING WELLBEING CRISIS



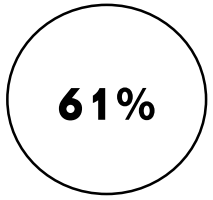
Of teachers have experienced symptoms of **depression**



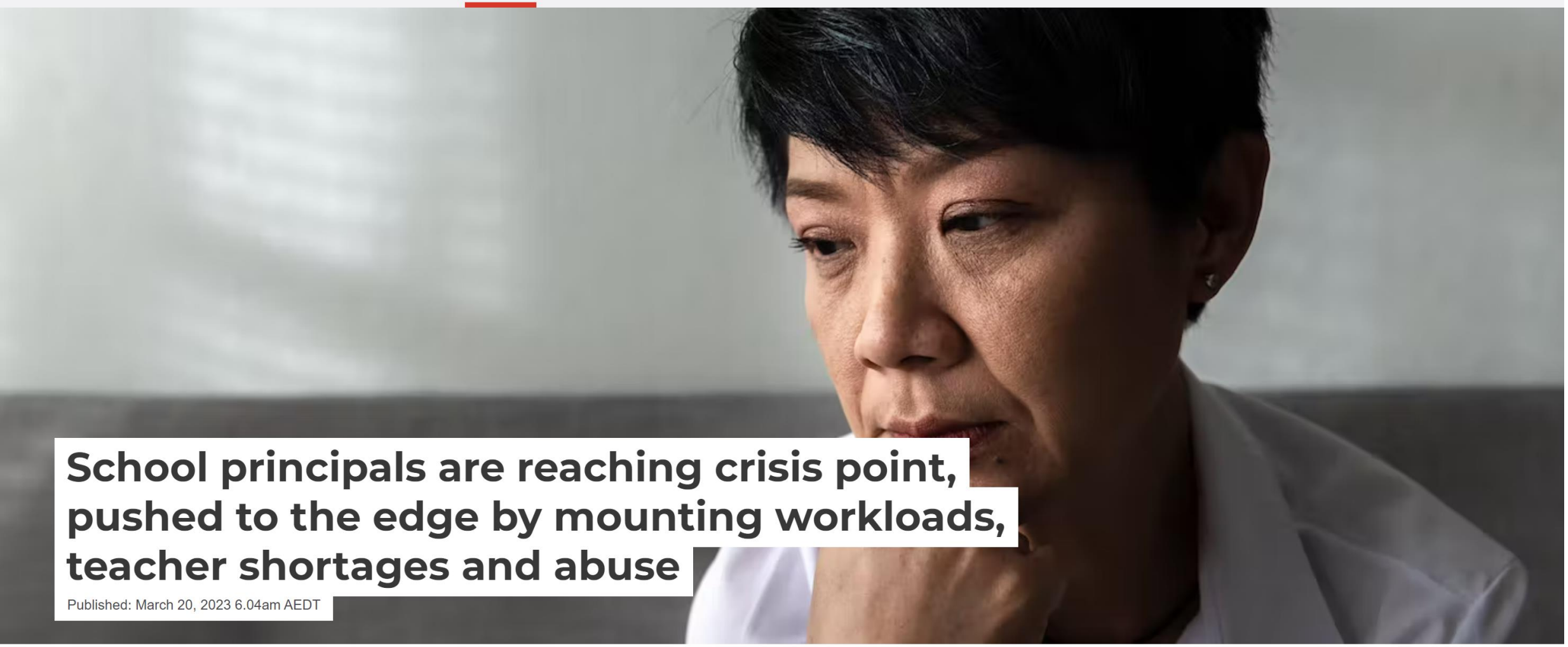
Of teachers have experienced symptoms of **generalised anxiety**



Of teachers are thinking of **leaving the profession** more now than prior to the pandemic



Of teachers have not had a good **conversation** with their managers about mental health during the pandemic



School principals are reaching crisis point, pushed to the edge by mounting workloads, teacher shortages and abuse

Published: March 20, 2023 6.04am AEDT

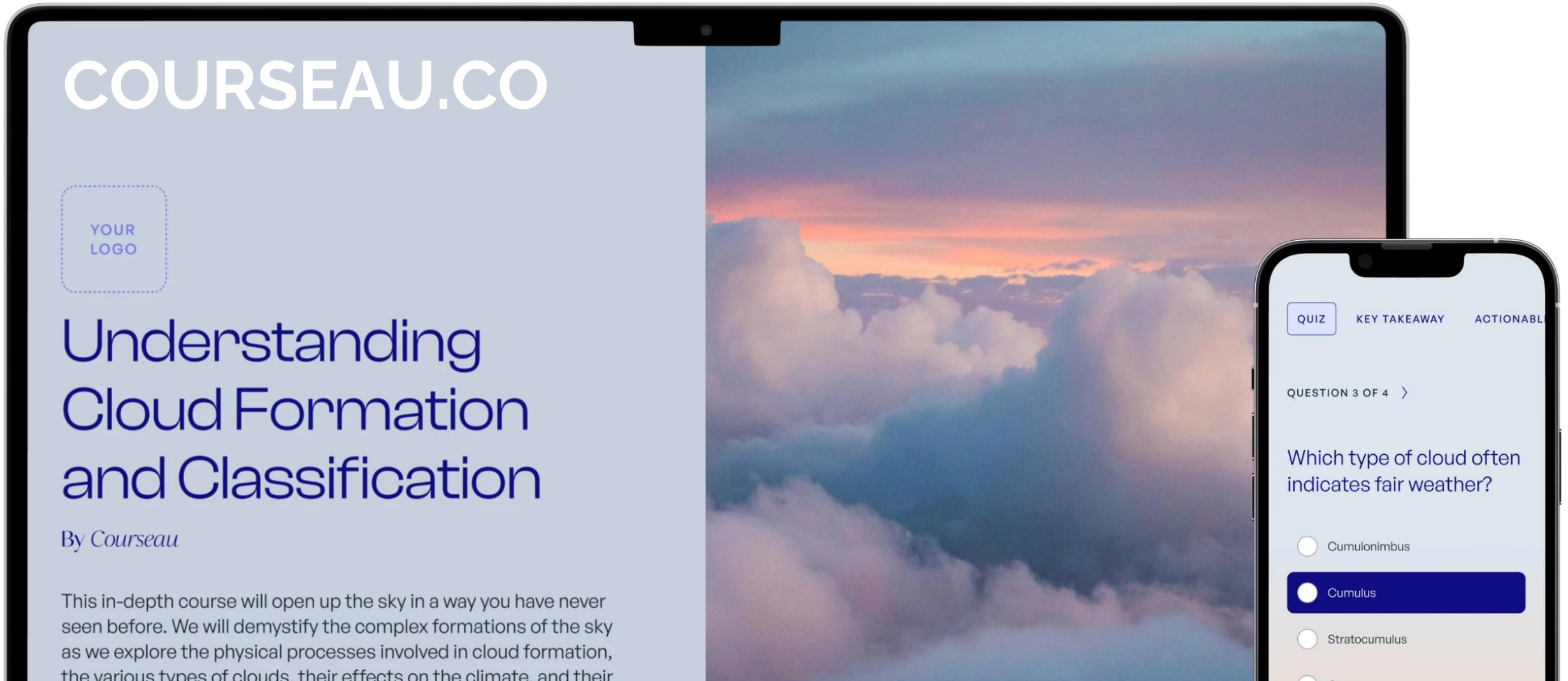
Shutterstock

Australian schools have been under huge pressures in recent years. On top of

Authors

Create great courses, fast.

Develop impactful, engaging trainings with the help of AI.



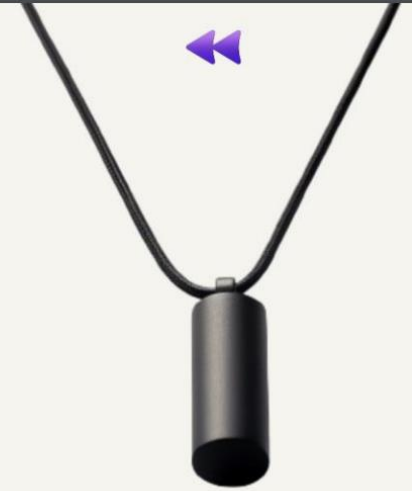
Teddy AI

Meet the conversational AI study buddy for children

Learn More

What does it mean for assessment when we know exactly what everyone is doing at any moment in time?

About Pricing Use Cases



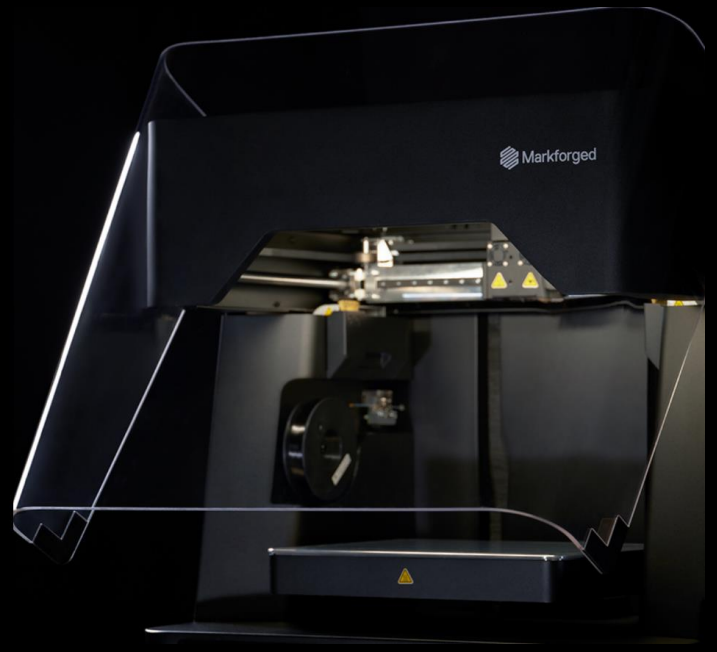
Introducing Rewind Pendant

HUMANE PIN

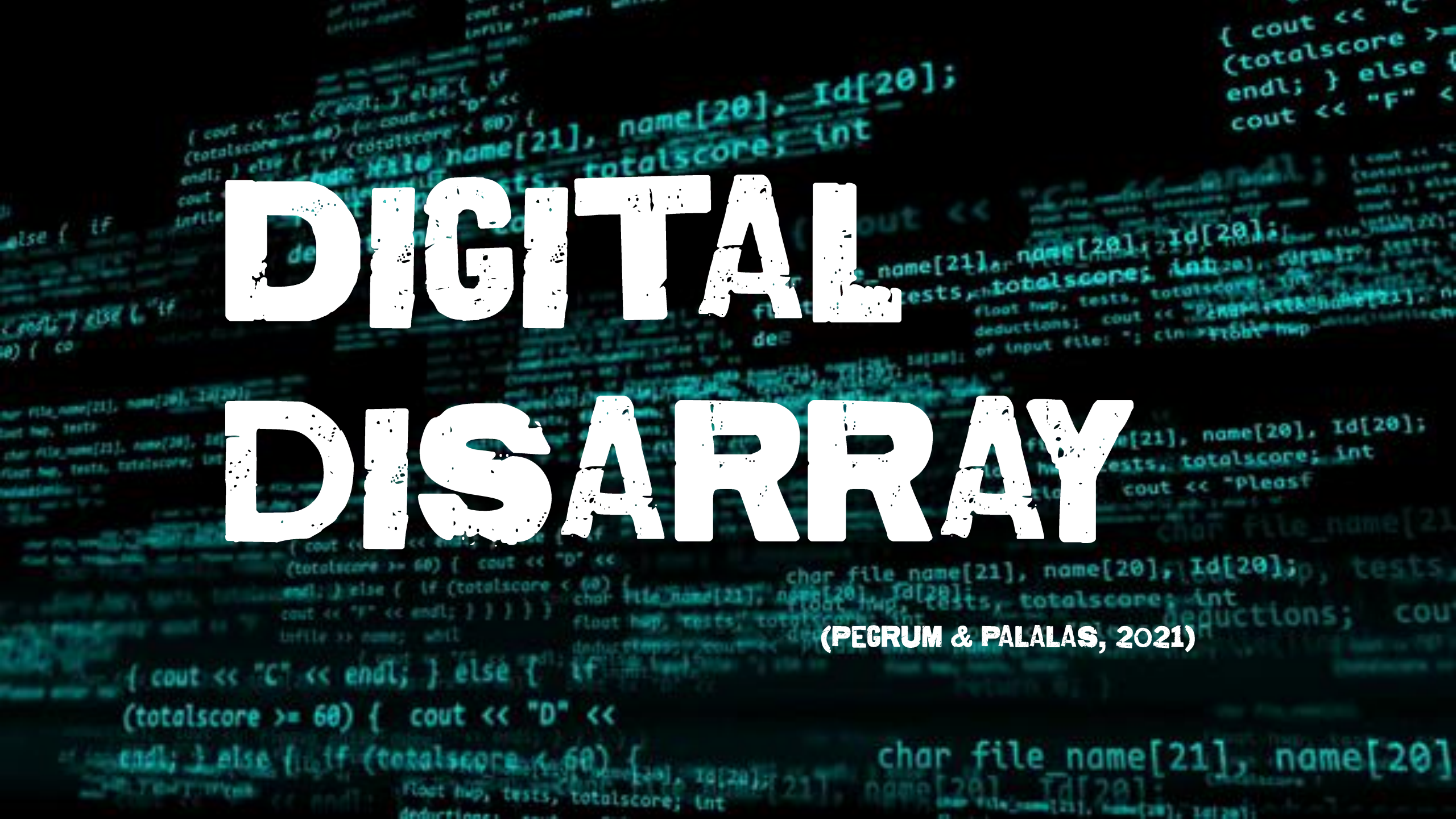
Our Mission

Create a generalized brain interface to restore autonomy to those with unmet medical needs today and unlock human potential tomorrow.

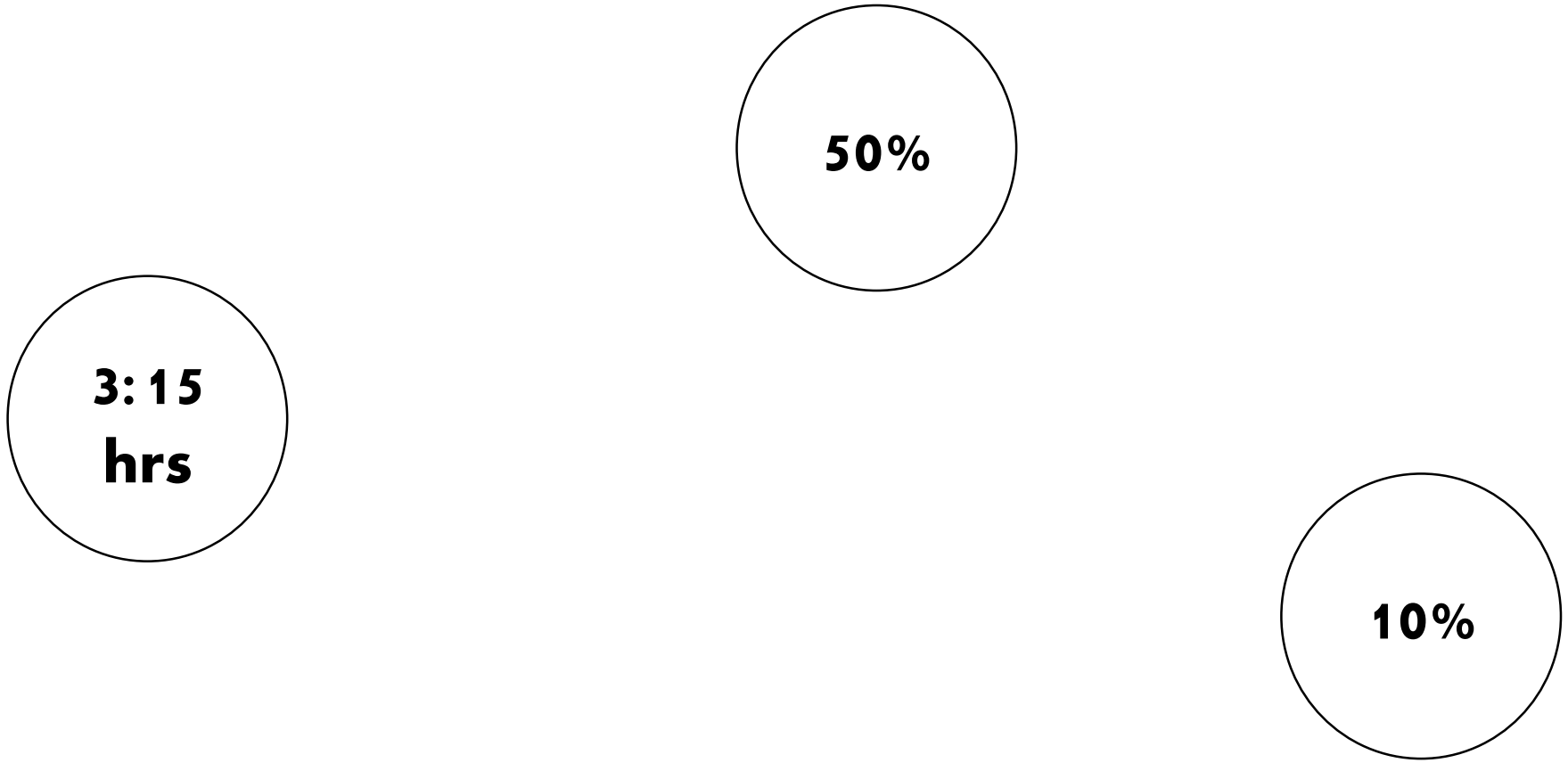
+



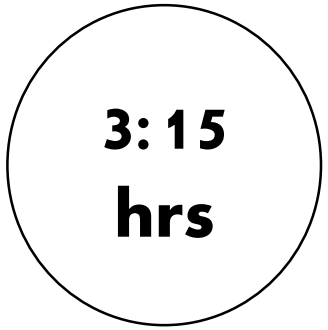
This is the worst AI will ever be


DIGITAL
DISARRAY
(PEGRUM & PALALAS, 2021)

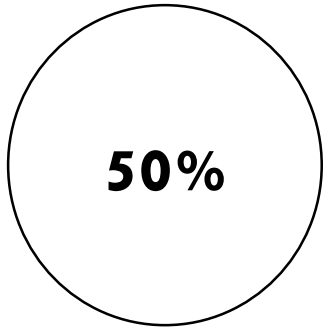
DIGITAL DISTRACTION



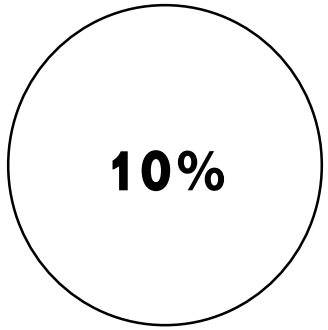
DIGITAL DISTRACTION



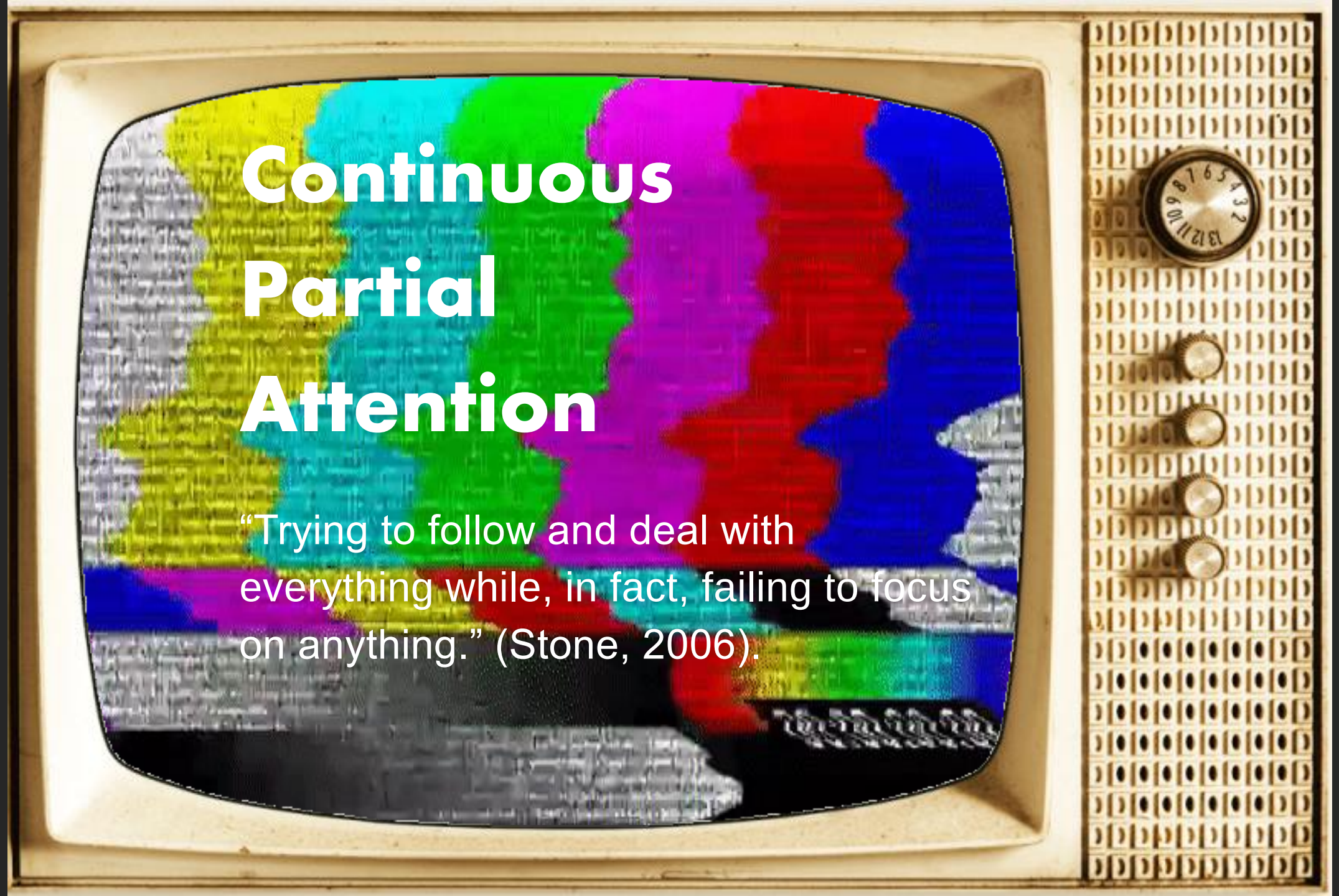
Daily smartphone use



chance of picking up your phone a second time within the next three minutes



Reduction in cognitive capacity merely from having your phone in sight


Continuous
Partial
Attention
“Trying to follow and deal with everything while, in fact, failing to focus on anything.” (Stone, 2006).

What are you looking at me for?

TIME

HEALTH • NEUROSCIENCE

You Now Have a Shorter Attention Span Than a Goldfish

BY KEVIN MCSPADDEN

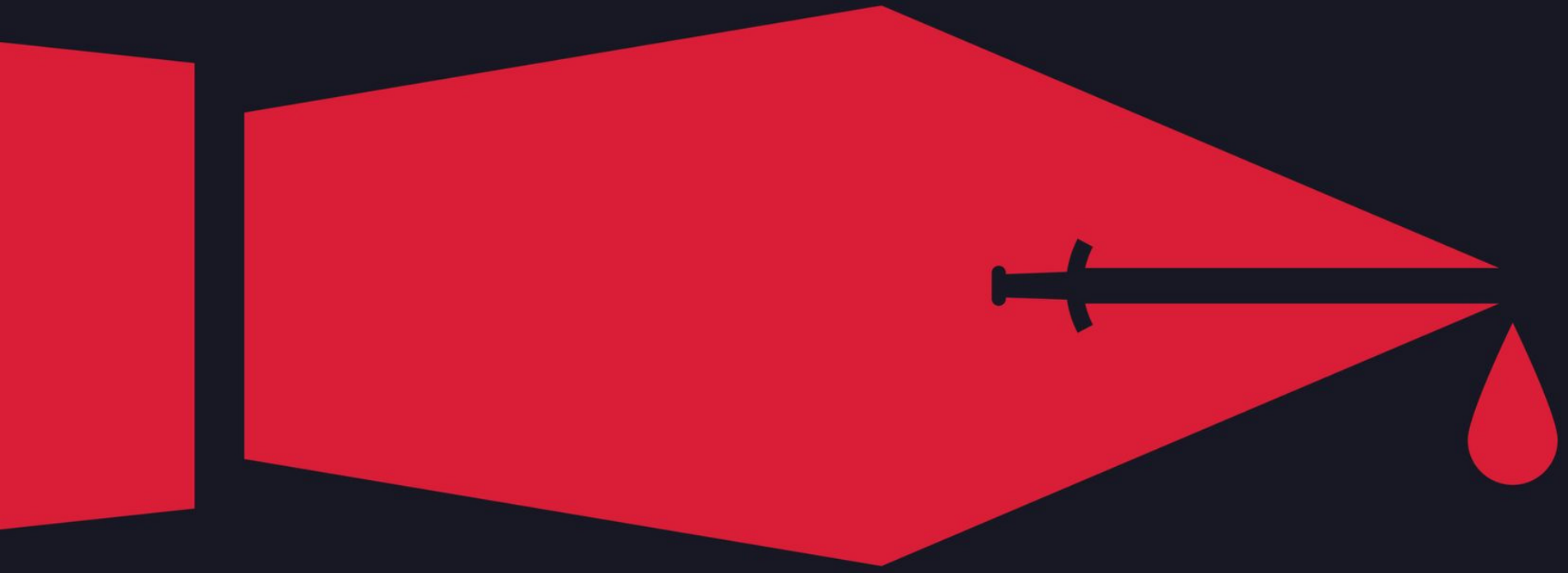
MAY 14, 2015 5:09 AM EDT

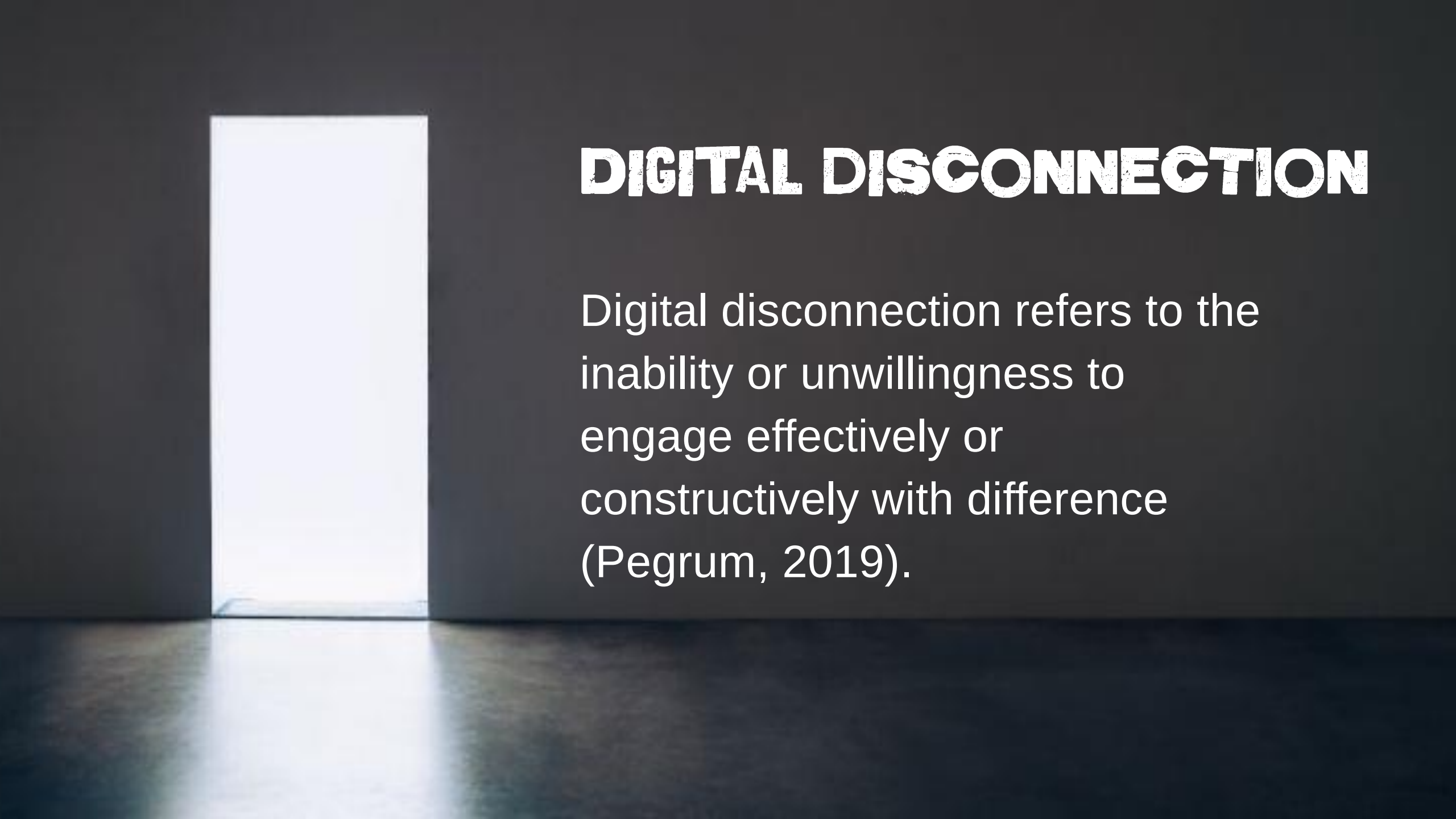
The average attention span for the notoriously ill-focused goldfish is nine seconds, but according to a new study from Microsoft Corp., people now generally lose concentration after eight seconds, highlighting the affects of an increasingly digitalized lifestyle on the brain.

Researchers in Canada surveyed 2,000 participants and studied the brain activity of 112 others using electroencephalograms (EEGs). Microsoft found that since the year 2000 (or about when the mobile revolution began) the average attention span dropped from 12 seconds to eight seconds.

DIGITAL DISORDER

The circulation of misinformation, disinformation and “fake news”





Digital disconnection

Digital disconnection refers to the inability or unwillingness to engage effectively or constructively with difference (Pegrum, 2019).

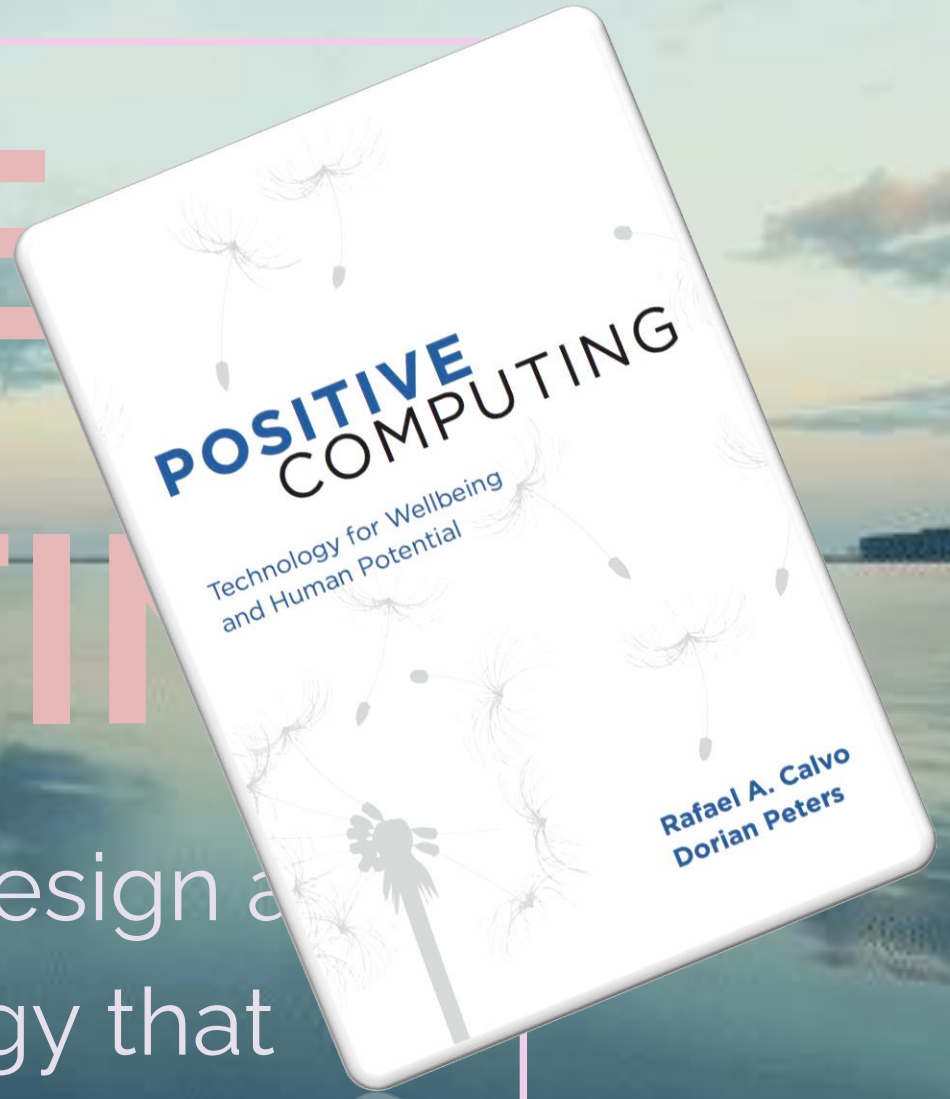
Is There A
BETTER WAY?

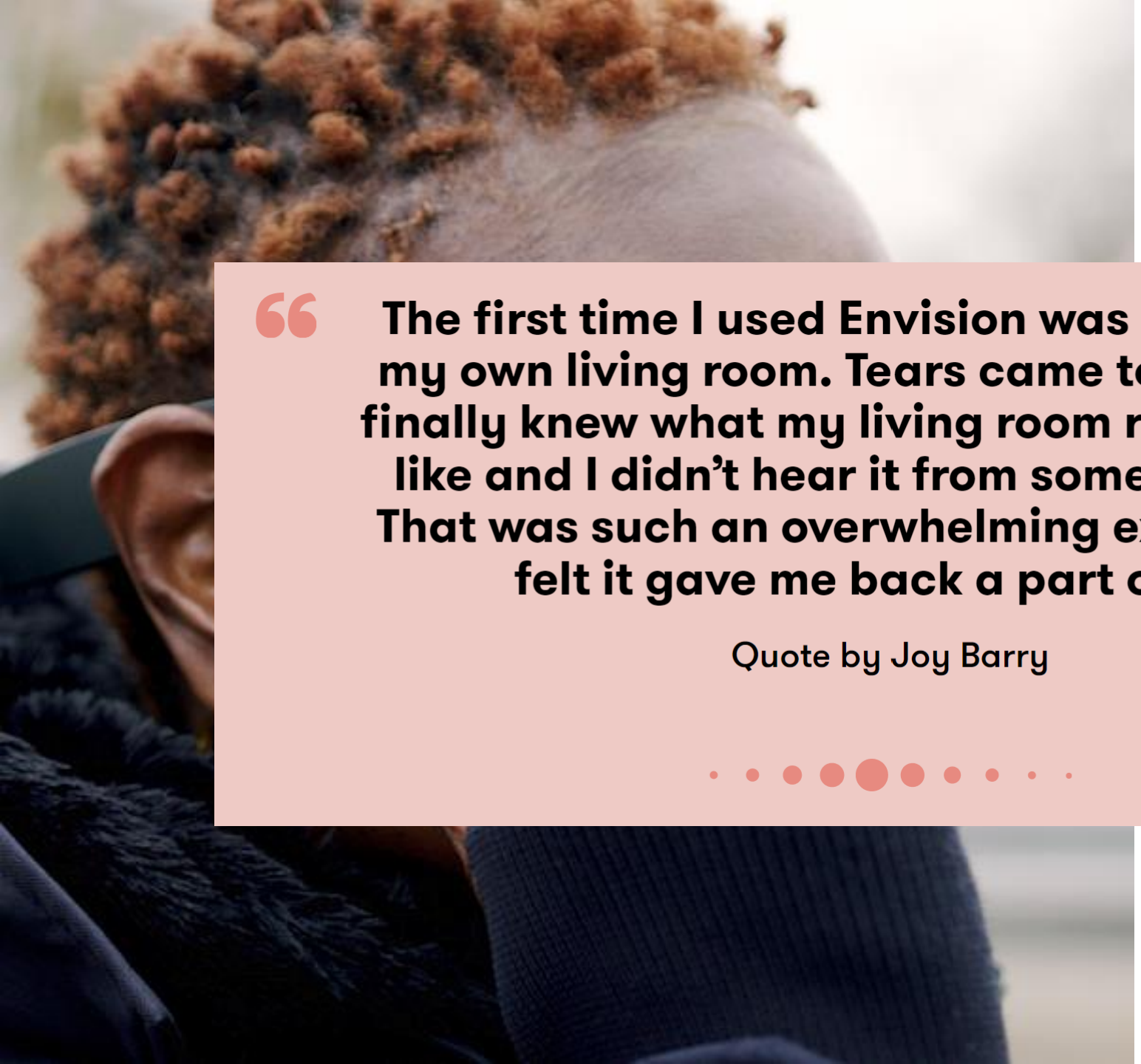
Design for (Digital)

WELLBEING

POSITIVE COMPUTIN

‘A field dedicated to the design a development of technology that supports wellbeing and human potential’ (Calvo & Peters, 2020).





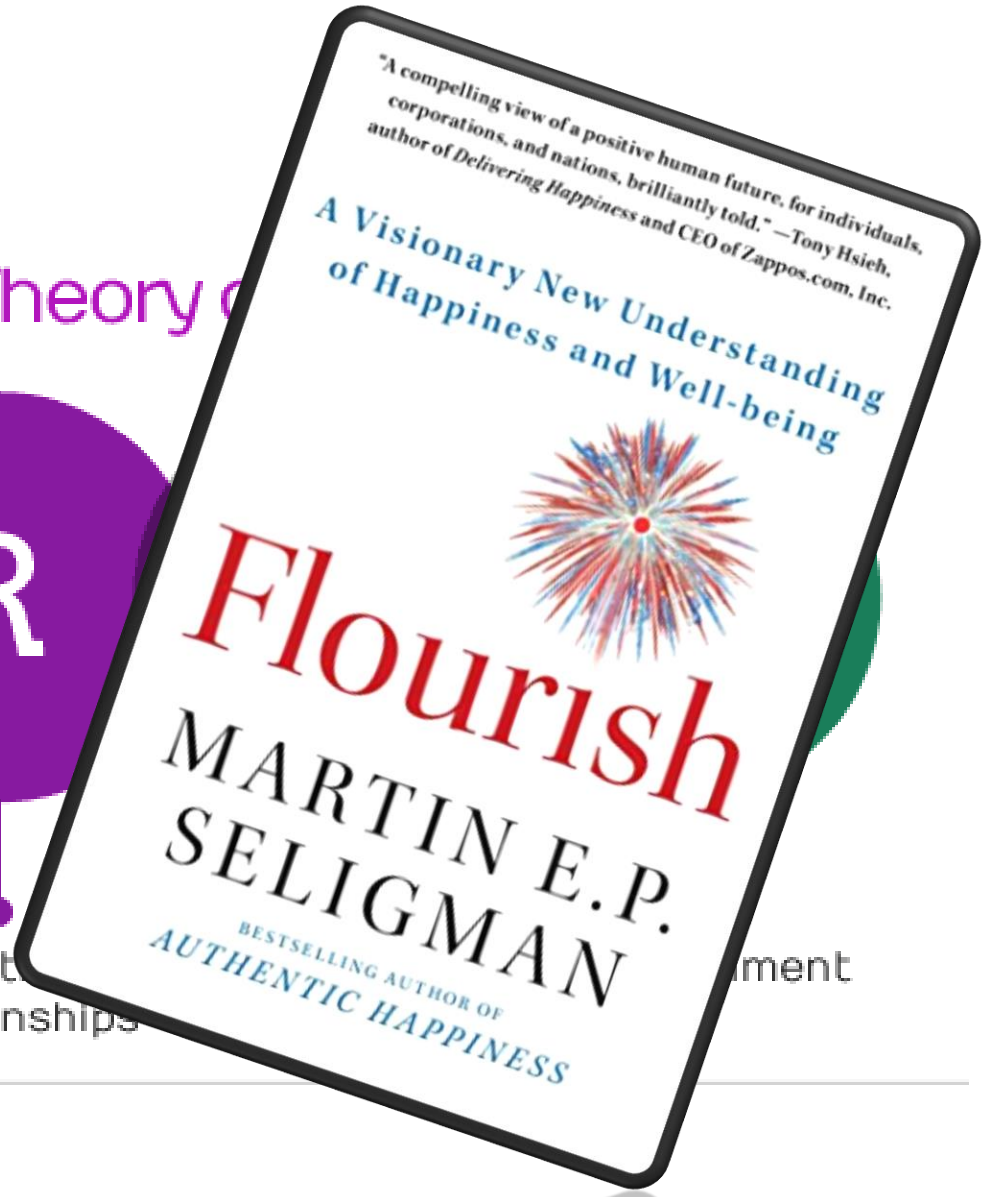
> **The first time I used Envision was to describe my own living room. Tears came to my eyes. I finally knew what my living room really looked like and I didn't hear it from somebody else. That was such an overwhelming experience. I felt it gave me back a part of me.**
>
> Quote by Joy Barry

WELLBEING

"the presence of positive emotions, a lack of negative emotions and a sense of overall life satisfaction"

Diener, Oishi & Lucas (2003)

Introducing a New Theory o



SELF-CARE

Set digital boundaries

PEOPLE FIRST, ALWAYS

Relationships are the foundation of wellbeing

NORMALISE WELLBEING

Make wellbeing everyone's responsibility

TEACHER LEADERSHIP

Trust teachers to do the right thing

SELF-CARE

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How often do you experience the following? (Never, rarely, sometimes, often)

“I tend to lose track of time when I’m on my phone”

How often do you experience the following? (Never, rarely, sometimes, often)

“I feel the need to check my phone right away if it vibrates or makes a sound”

Top 5 Values	Top 5 Most Used Apps	Average Time Spent

SELF-CARE

Live and protect your values

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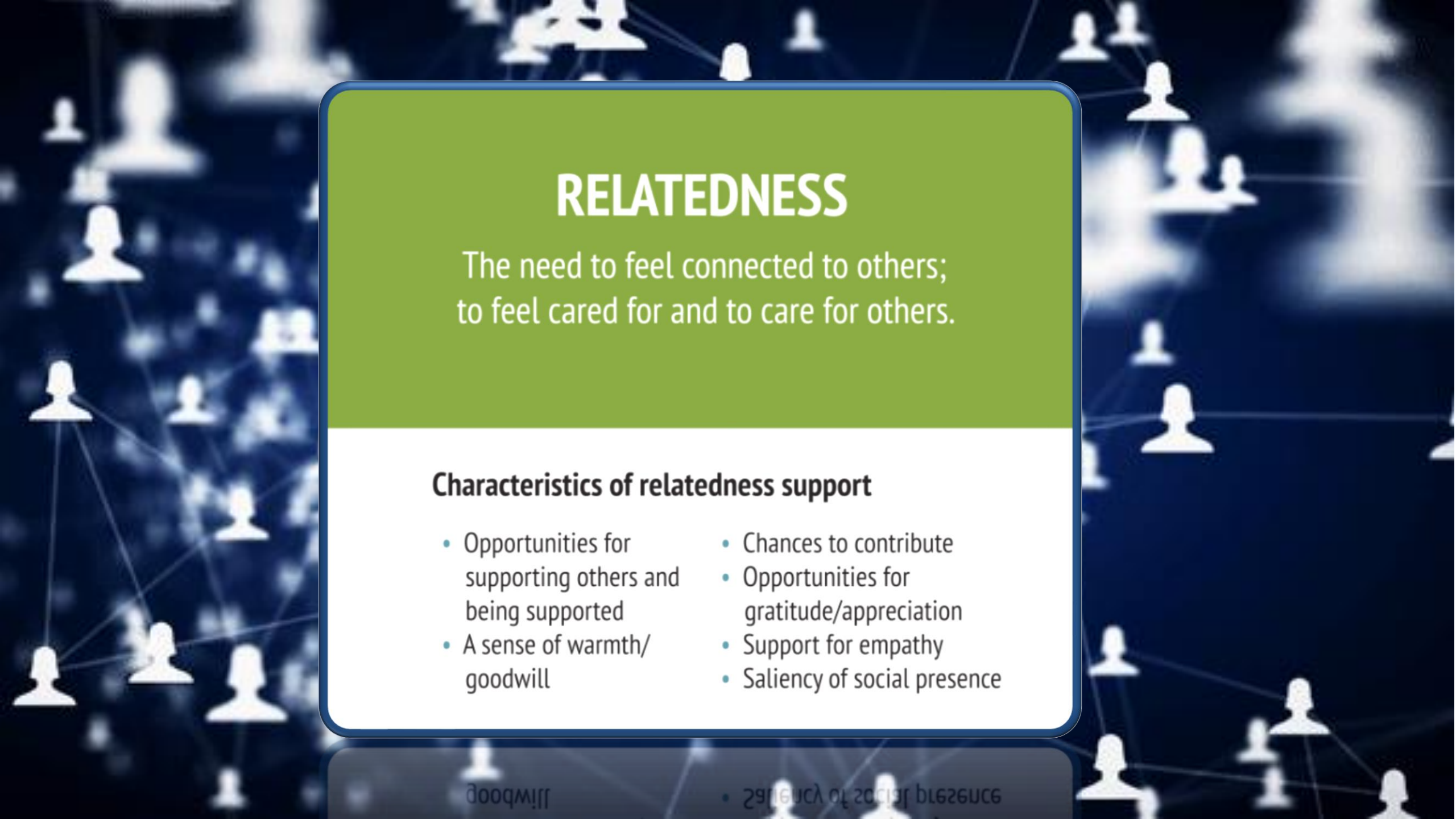

RELATEDNESS

The need to feel connected to others;
to feel cared for and to care for others.

Characteristics of relatedness support

- Opportunities for supporting others and being supported
- A sense of warmth/ goodwill
- Chances to contribute
- Opportunities for gratitude/appreciation
- Support for empathy
- Saliency of social presence

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RELATEDNESS FRUSTRATION

Signs and symptoms of relatedness frustration may include when a digital experience feels:

- Alienating
- Disconnecting
- Divisive
- Lonely
- Embarrassing/shaming
- Adversarial
- Uncomfortably competitive
- Disrupting of human interaction

How are you doing?
VHF FINE TUNING
UHF FINE TUNING
SOLID STATE
PULL-TCC CONTRAST
PULL-ON VOLUME
TINT
COLOR

Backchanneling

A technique for encouraging and monitoring student engagement and performance in and beyond the language classroom.
(Reinders, 2014)

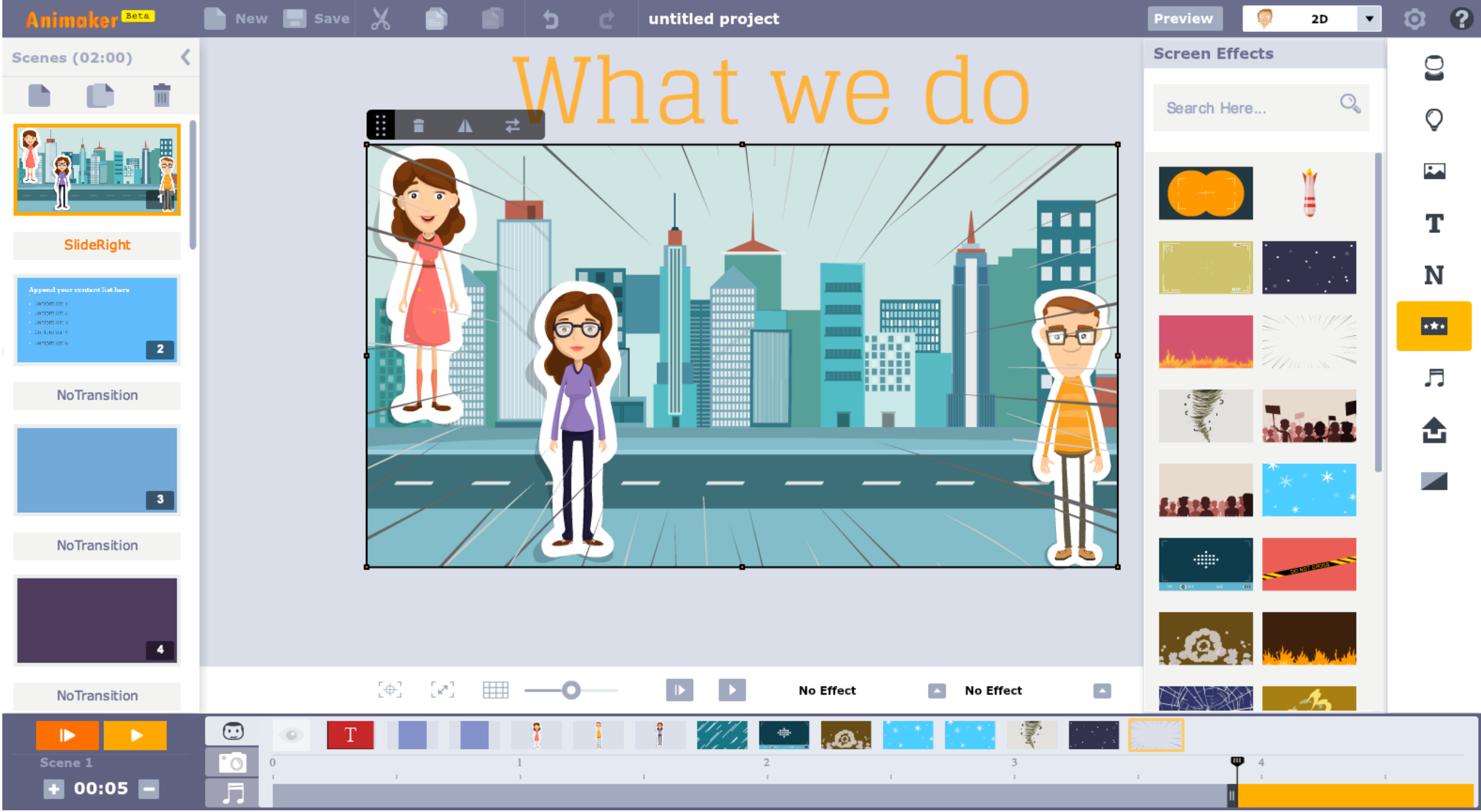
GOSOAPBOX

Kahoot!

YO Teach!
BY PALMS
The new alternative to Todaysmeet

padlet

invite
stories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Preview
2D
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What we do
Screen Effects
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No Effect
Scene 1
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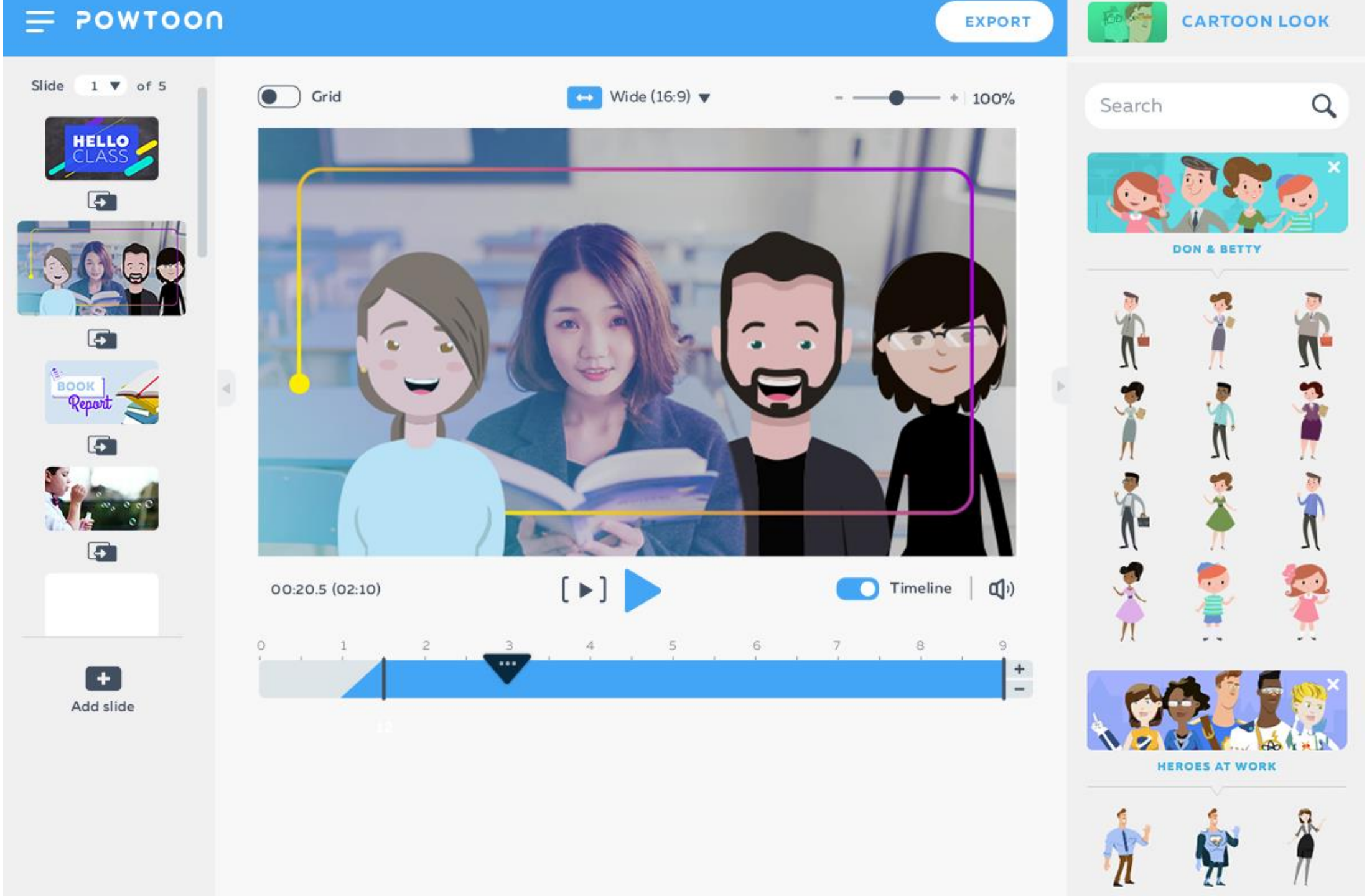
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DON & BETTY
HEROES AT WORK

SELF-CARE

Live and protect your values

PEOPLE FIRST, ALWAYS

Relationships are the foundation of wellbeing

NORMALISE WELLBEING

Make wellbeing everyone's responsibility

TEACHER LEADERSHIP

Trust teachers to do the right thing

NORMALISE WELLBEING
Make wellbeing everyone’s responsibility

NORMALISE WELLBEING

- Put it on the agenda
- Make it part of performance reviews
- Incorporate it into professional development
- Agree on a digital communication charter
- Design materials and the curriculum with digital wellness in mind
- Consider engaging wellbeing practices as a team

SELF-CARE

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TEACHER LEADERSHIP

Trust teachers to do the right thing

TECHNOLOGY LEADERSHIP
Where does the data come from?
Who created it?
Why?
What is its purpose?
What are the implications of using this data?

The AI Pedagogy Project

metaLAB (at) Harvard

Helping teachers bring AI to the classroom critically, ethically, & responsibly.

A curated collection of assignments bringing a critical lens to Artificial Intelligence (AI), built collaboratively with educators. We give teachers the tools to examine AI's dangers, benefits, and inevitable impact in the classroom.

SUBMIT AN ASSIGNMENT →

The big questions

What do we use technology for?
To what end?
Does this align with our values?
How are we using, or could we use technology to foster wellbeing?

Educational

SUSTAINABILITY

communities that

1) actively reflect the values of the community they serve,
2) give primacy to the long-term wellbeing of their members and environment, and
3) are resilient in the face of change and resolute in their aspirations.

(Reinders, 2022)

What stays the same
when everything changes?

Your care.

(Thank you for what you do)

innovationinteaching.org
/wellbeing.pdf

drhayoreinders

hayo reinders

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hayoreinders#3782

hayoreinders