

Agenda

3rd Transnational project meeting, *Digital well-being in higher education* 7-8 February 2023

Participants:

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| UNITBV, Romania | Ana-Maria Cazan Ramona Henter |
| DIAK, Finland | Niko Nummela Olli Vesterinen |
| VID, Norway | Arne Morten Rosnes Mari Digernes Eirin Gudevold Maria Tendenes |
| FHWS, Germany | Tobias Maeland Tungland Dagmar Unz Eva-Maria Weiß |

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| Tuesday, 7.02.2023, 9:00-16:00 | |
| Location: VID Specialized University, Adr. Diakonveien 18, meeting room 324 | |
| 9.00 -9.30 | Welcome and introductions (Housekeeping) |
| 9.30 – 10.30 | Presentation of research reports – Quantitative study: Teachers & Students: UNITBV |
| | a. Preliminary results |
| | b. Structure of the final research report |
| | c. Dissemination of the results and open access publication options |
| 10.30-11.00 | Break |
| 11.00 – 12.30 | Workbook Digital well-being – manual for facilitators/ mentors (R2) (DIAK , UNITBV): |
| | a. Workbook draft: R2 workbook draft 17.5.2022.docx |
| | b. Presentation of the written chapters |
| | c. Dissemination of the results and open access publication options |
| 12.30-13.30 | Lunch (Room D18-418) |

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| 13.30-14.30 | Planning for the Booklet Digital well-being (R3): VID |
| | Workshop - Questions for self-assessment: Red, yellow and green |
| | a. Assessment of own digital competence |
| | b. Assessment of own digital well-being |
| | c. Assessment of own digital needs (get students to participate, be prepared, student-active learning, big groups, digital and physical teaching, |
| 14.30 -14.45 | Break |
| 14.45 -16.00 | Workshop - Continue Planning for the Booklet Digital well-being (R3): VID |
| | d. How to maintain a high level of well-being in the context of digitalisation? |
| | e. Exercises for improving your digital well-being |
| | f. Concrete examples: which tools do we use for giving examples? → Canvas (modules and groups), Mentimeter, TalkWall, TaskCards, Zoom, Teams, Video /podcast, Powerpoint, ThingLink, Eduflow /feedbackfruits, OneNote, Inspira |
| 18.00-22.00 | Evening programme & Dinner |
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| Wednesday, 8.02.2023, 9:00-15:00 | |
| Location: VID Specialized University, Adr. Diakonveien 18, meeting room 324 | |
| 9.00-9.45 | Learning Teaching Training (LTT) activity in Helsinki 21.3 - 23.3. Niko & Olli |
| | a. Agenda of the event and activities |
| | b. Training for mentors (C1) Workbook (R2) Booklet (R3) E-learning platform (R4) |
| | c. Preparing the online meeting with the selected mentors |
| | d. Preparing the activities and the final program |
| | e. Who's on board? ☺ |
| 09.45 – 10.00 | Break |
| 10.00- 10.45 | Virtual Center for Academic well-being - training of mentors DIAK & UNITBV |
| | a. Agenda of the event and activities. |
| | b. Preparing the online meeting with the selected mentors |
| | c. Preparing the activities and the final program |
| 10.45-11.30 | Guided Tour on campus |
| 11.30-12.00 | Lunch |
| 12.00-12.45 | Working on the R4 - <i>E-learning platform</i> : FHWS |
| 12.45-13.30 | Dissemination strategy |
| 13.30-13.45 | Break |
| 13.45-14.30 | Planning the next meetings: FHWS |
| 14.30-15.00 | Feedback |





