## Tasks for Educators

**Question 1:** What approach can contribute to developing digital self-regulation in students by schools offering special programs and courses? **Answer 1:** The approach where schools offer special programs and courses to teach students to recognize technostress and develop digital self-regulation strategies is education and awareness.

**Question 2:** What role do teachers and parents play in developing digital self-regulation in students? **Answer 2:** Teachers and parents can serve as role models by demonstrating conscious use of digital technologies themselves and showing students what digital self-regulation looks like in practice. This relates to the role modeling approach.

**Question 3:** Which method aims to help students focus on the moment and not be constantly distracted by digital diversions? **Answer 3:** The method that aims to help students focus on the moment and not be constantly distracted by digital diversions is mindfulness training.

**Question 4:** What is an essential component of self-regulation plans that students can develop to improve their digital self-regulation? **Answer 4:** Time management, notification control, and breaks are essential components of self-regulation plans that students can develop.

**Question 5:** What is the importance of open communication in the development of digital self-regulation in students? **Answer 5:** Open communication between teachers, parents, and students is important to address the challenges of the digital world. This creates a safe space where students can ask questions and seek support.