

POSITIVE LEARN

HIGHLIGHT

The R1 report, **Overview of European Distance Learning Positification**, is now complete. It presents a comprehensive examination of how digital learning environments in Europe can be shaped into more positive and supportive experiences for students and educators.

Based on an extensive literature review and an empirical study involving 23 stakeholders—including teachers, education professionals, and technostress experts—the report draws insights from focus groups and interviews conducted in Finland, Germany, and Greece.

Findings reveal that while technology can negatively impact well-being—causing issues such as anxiety, fatigue, and reduced concentration—there are also clear opportunities to mitigate these effects. By positifying both classroom and distance learning settings, schools can support the technological well-being of learners and educators alike.

The study also underscores a pressing need: teachers require more resources and structured support to adopt and sustain positive digital practices. Addressing this gap is vital for fostering healthier, more effective learning environments across Europe.

**FIRST YEAR
SUCCESSFULLY
COMPLETED**

POSITIVE LEARN

February 2023 marked the completion of the first year of the POSITIVE LEARN project.

Over the past year, our committed partners have worked diligently to investigate the various dimensions of technostress in digital education. Through close collaboration with educators across diverse educational settings, the project has gathered valuable insights and practical perspectives.

This extensive research has established a solid and promising foundation for the next stages of the project, where we will continue to explore effective strategies to promote technological well-being in learning environments.

KICK-OFF MEETING

The project's official kick-off Meeting was held in Agia Paraskevi, Greece on Monday July 4, 2022

INTERACTIVE WEBINAR

The first POSITIVE LEARN Interactive Webinar was held on Thursday 19th January 2023.

THE PATH TO POSITIVE EDUCATION

01.

Overview of European Distance Learning Positification (Requirements and Stakeholder Analysis)



R1

Overview of European distance learning positification (Requirements and Stakeholder Analysis)

R2

Competency Framework for Positive Digital Solutions

R3

Open Learning Scenarios and Exchange Platform (User Support Bundle)

R4

Distance Learning Positification Implementation Guidance

R5

Distance learning Positification Roadmapping

POSITIVE LEARN

02.

Competency Framework for Positive Digital Solutions



04.



Distance Learning Positification Implementation Guidance

03.

Open Learning Scenarios and Exchange Platform (User Support Bundle)



05.

Distance Learning Positification Roadmapping

