



# STUDENT WELL-BEING

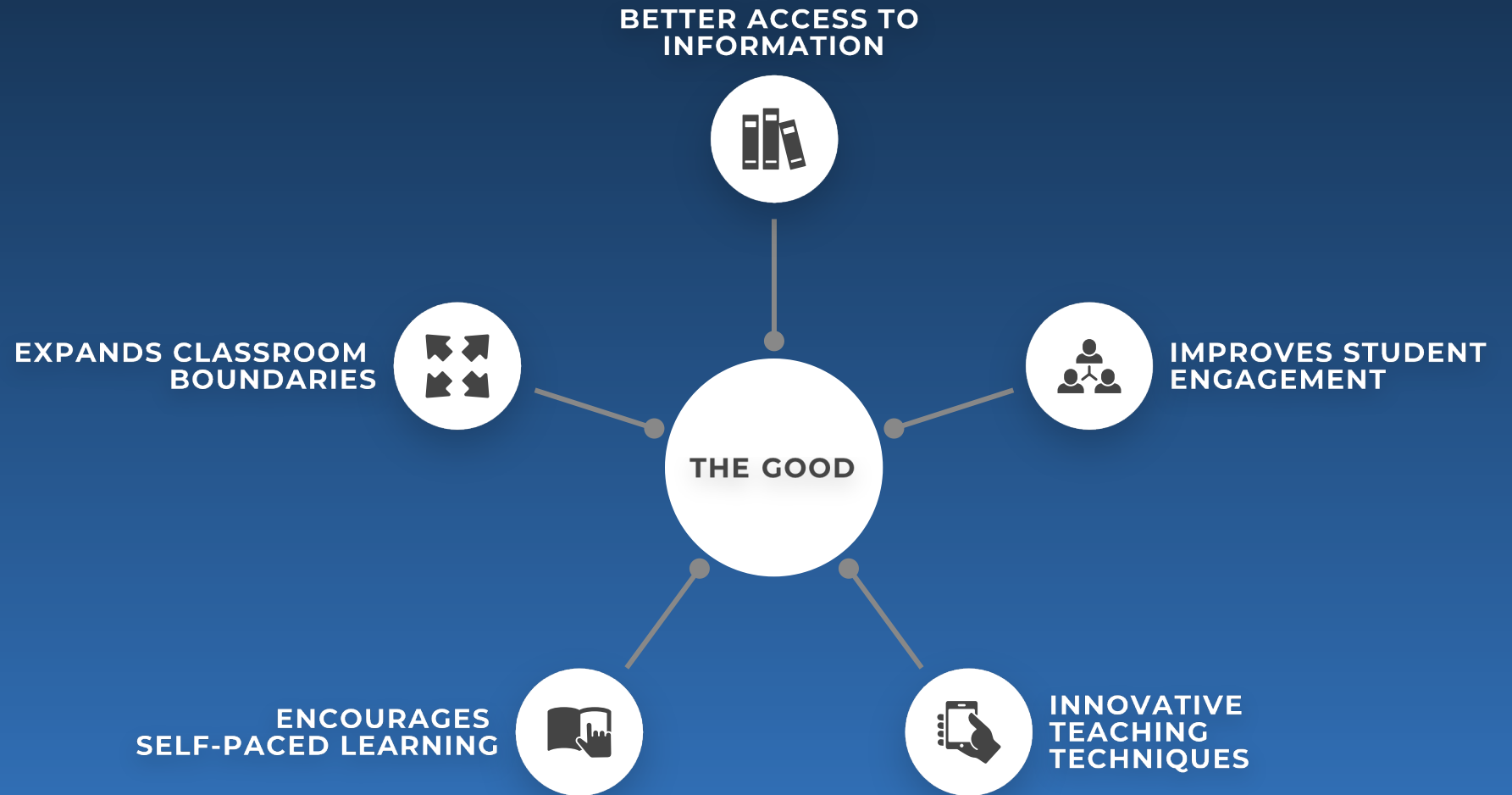
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In the Digital Age

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# TECHNOLOGY AND STUDENT LEARNING





# TECHNOLOGY AND STUDENT LEARNING





## MENTAL HEALTH AND SCREEN TIME

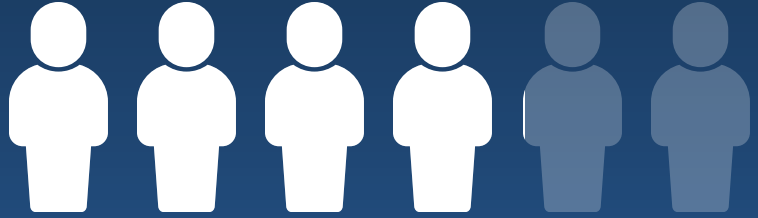
44% 

Of teens check their phone as soon as  
they wake up

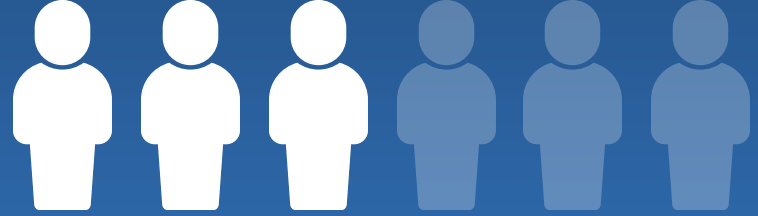


# MENTAL HEALTH AND DIGITAL ADDICTION



67% 

Of teens check their phones every 15 min

50% 

Get anxious when they can't

## Gaming disorder

Online Q&A  
January 2018

### What is gaming disorder?

Gaming disorder is defined in the draft 11th Revision of the International Classification of Diseases (ICD-11) as a pattern of gaming behavior ("digital-gaming" or "video-gaming") characterized by impaired control over gaming, increasing priority given to gaming over other activities to the extent that gaming takes precedence over other interests and daily activities, and continuation or escalation of gaming despite the occurrence of negative consequences.

For gaming disorder to be diagnosed, the behaviour pattern must be of sufficient severity to result in significant impairment in personal, family, social, educational, occupational or other important areas of functioning and would normally have been evident for at least 12 months.

### What is the International Classification of Diseases?

The International Classification of Diseases (ICD) is the basis for identification of health trends and statistics globally and the international standard for reporting diseases and health conditions. It is used by medical



ISOLATION  
DEPRESSION  
ANXIETY

# STUDENTS ARE HOOKED TO THE DIGITAL DEVICES

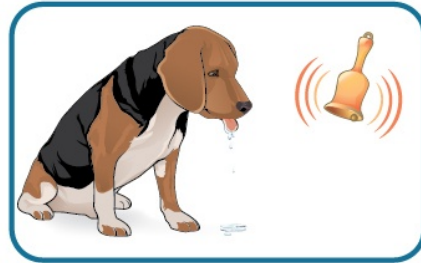
Before Conditioning



During Conditioning



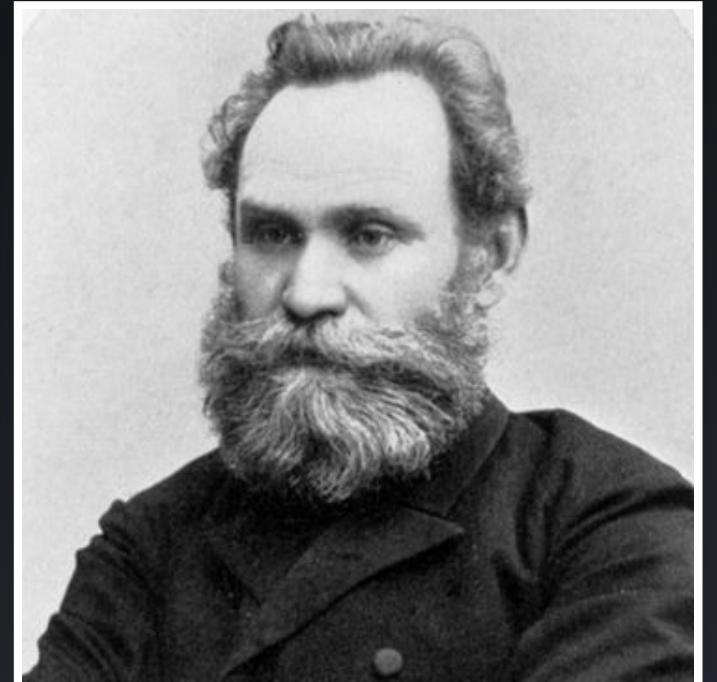
After Conditioning



## CLASSICAL CONDITIONING

2 STIMULI ARE PAIRED  
TOGETHER

IVAN PAVLOV 1903





# ARE THEY HOOKED FOR GOOD?

- HOW TECHNOLOGY HIJACKS BRAINS
- BUILD PRODUCTS THAT CHANGE BEHAVIORS
- BUILD USER'S HABITS WITH FREQUENCY

'A must-read for everyone who cares about driving customer engagement'

ERIC RIES, author of *The Lean Startup*

# HOOKED



How to Build  
Habit-Forming Products

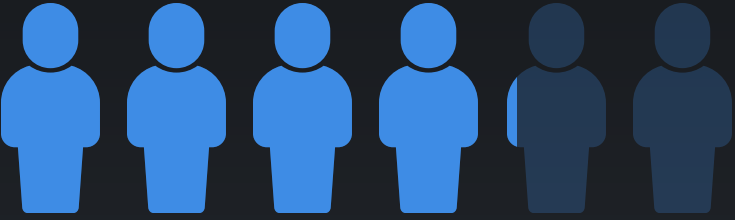
**NIR EYAL**

WITH RYAN HOOVER



# NEW SYNDROMES...

68%

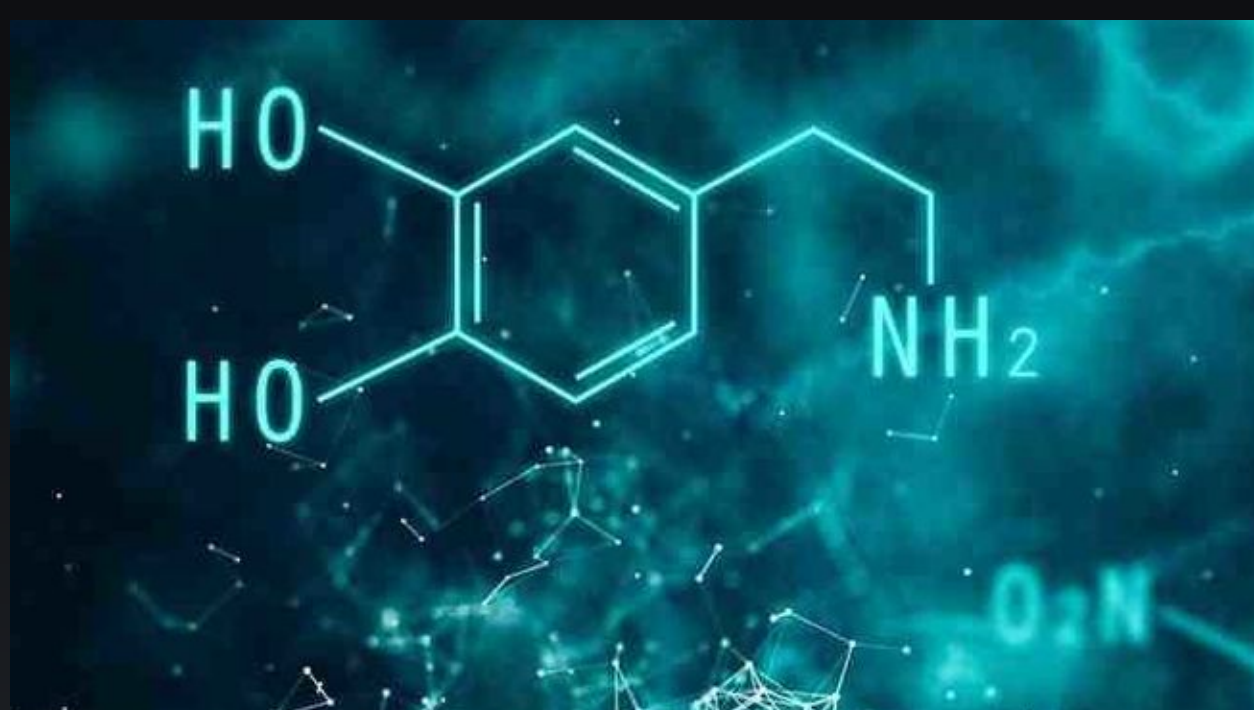
An infographic consisting of six stylized human icons arranged in a horizontal row. The first four icons are blue, and the last two are dark blue. This visual represents the 68% statistic mentioned in the text.

of the people suffer from **Phantom Vibration Syndrome**



# DOPAMINE REWARD SYSTEM TENDS TO BE MORE INVOLVED IN WANTING *VERSUS LIKING.*

TECHNOLOGY PLAYS WITH THE REWARD SYSTEM



## THE SCROLLING DOPAMINE LOOP



# STUDENTS CARRY SLOT MACHINE IN THEIR POCKETS

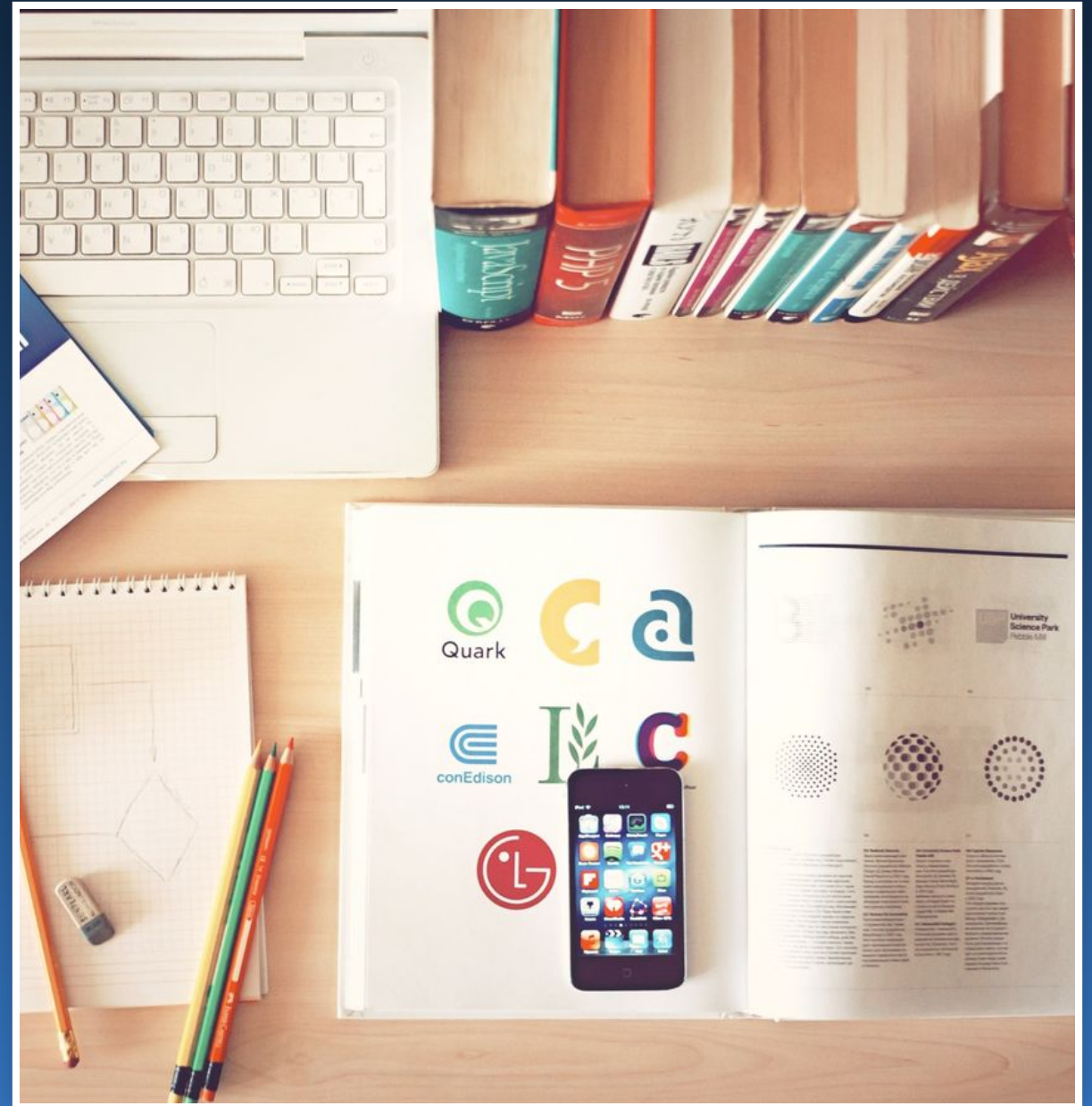


- **THINK OF WHAT NOTIFICATIONS THEY GOT**  
Dopamine reward system activated
- **REFRESH EMAIL APP**  
Dopamine rush released
- **SCROLL INSTAGRAM FEED**  
Dopamine released expecting something cool to appear
- **SCROLLING NEWS FEED**  
Fear of missing something important

# EDUCATION FIRST, TECHNOLOGY SECOND!

TO BENEFIT FROM DIGITAL TECHNOLOGIES  
STUDENTS NEED THE RIGHT SET OF SKILLS

MOST OF THEM ARE DIGITAL NATIVES BUT  
DIGITALLY ILLITERATE





# RECOMMENDATIONS

**GOVERNMENTS SHOULD PROVIDE FAIR AND EQUAL ACCESS TO THE INTERNET AND ENSURE INCLUSIVE USE OF DIGITAL TECHNOLOGIES**

**GOVERNMENTS NEED TO DEVELOP AND EXTEND TRAINING PROGRAMS TO INCLUDE DIVERSE SET OF SKILLS FOR DIGITAL TRANSFORMATION**

**ENSURE THAT DIGITAL LITERACY CURRICULA ARE AVAILABLE IN SCHOOLS TO TACKLE CURRENT AND FUTURE CRISIS**

**ENSURE THAT DIGITAL SECURITY AND PRIVACY FRAMEWORKS ARE AVAILABLE AND ADDRESSING PROTECTION OF ONLINE STUDENTS' DATA**



# RECOMMENDATIONS

**GOVERNMENTS SHOULD ASSESS THE IMPACT OF DIGITAL TRANSFORMATION ON STUDENT WELL-BEING (FRAMEWORK IS NEEDED)**

**SUPPORT THE RESEARCH ON THE SOCIETAL AND ECONOMIC EFFECT OF DIGITAL TECHNOLOGY**

**SUPPORT PARENTS TO HELP STUDENTS DEAL WITH DIGITAL RISKS**

**SCHOOLS SHOULD HAVE CLEAR ONLINE SAFETY POLICY AND PROVIDE RESOURCES FOR STUDENTS AND PARENTS ON DIGITAL SAFETY**



**“PEOPLE WILL COME TO  
ADORE THE  
TECHNOLOGIES THAT  
UNDO THEIR  
CAPACITIES TO THINK”**

