

Social Media & Digital Wellbeing

An Open Educational Micro-credential



The Team

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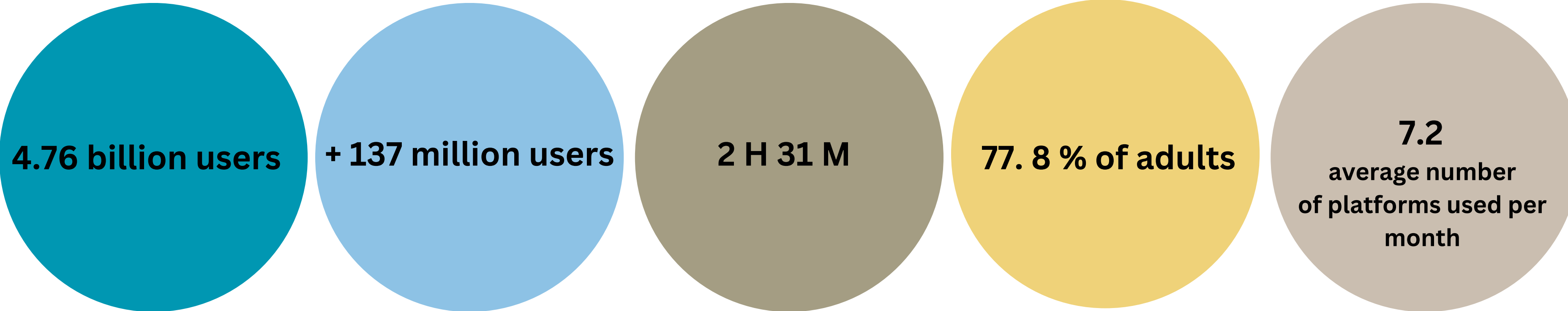
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Social Media in 2023



4.76 billion users

+ 137 million users

2 H 31 M

77.8 % of adults

7.2
average number
of platforms used per
month

Rationale for the course

3 GOOD HEALTH
AND WELL-BEING



4 QUALITY
EDUCATION



THE GOOD

**SUPPORT
NETWORKING
RELAXATION
ENTERTAINMENT
NEWS**

THE BAD

**PROCRASTINATION
POPC
STRESSOR
HYPER VIGILANCE**

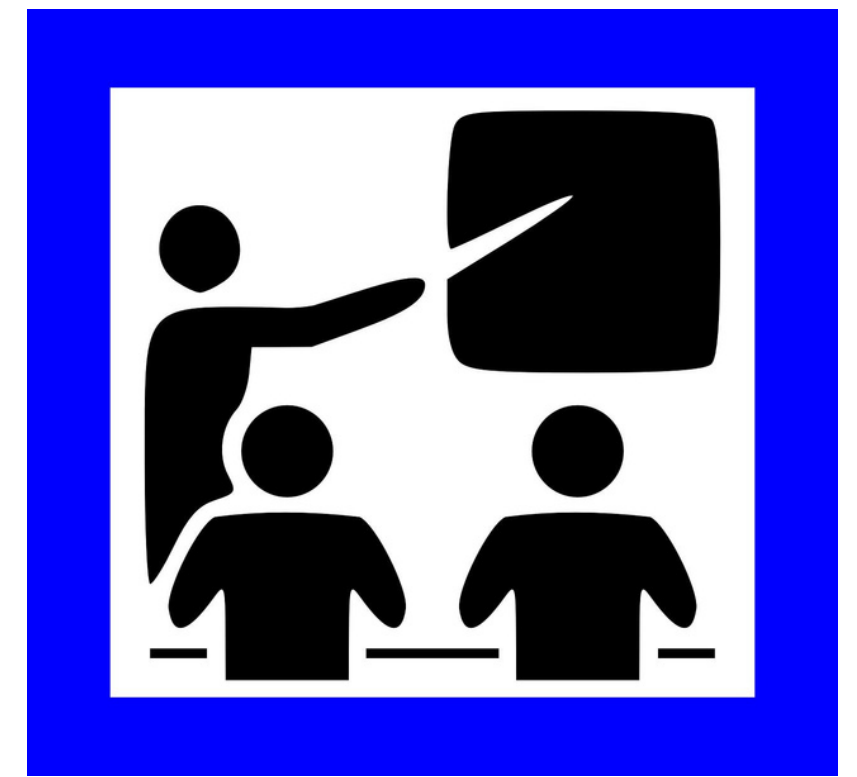
THE UGLY

**FAKE NEWS
FOMO
OVERLOAD
POLARISATION**

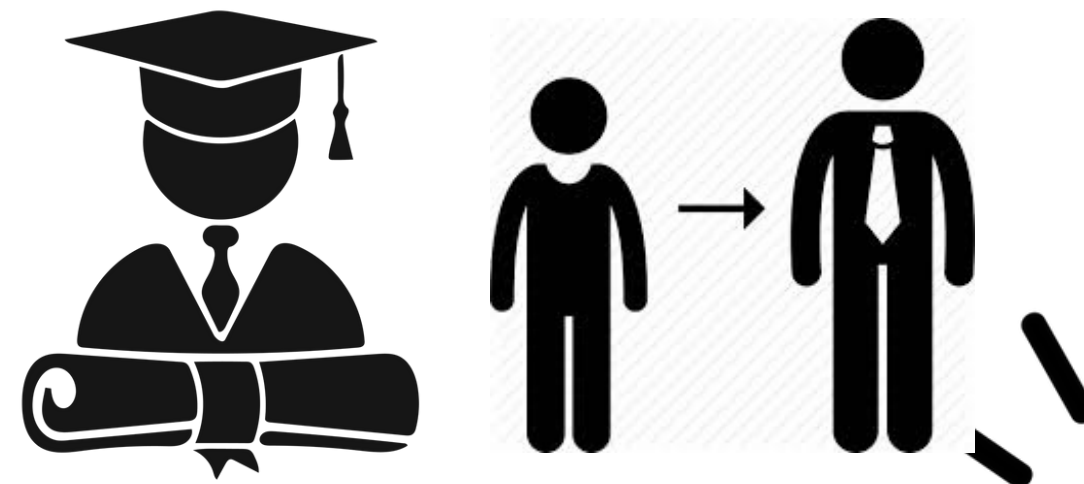
Target audiences

77.8 % of adults

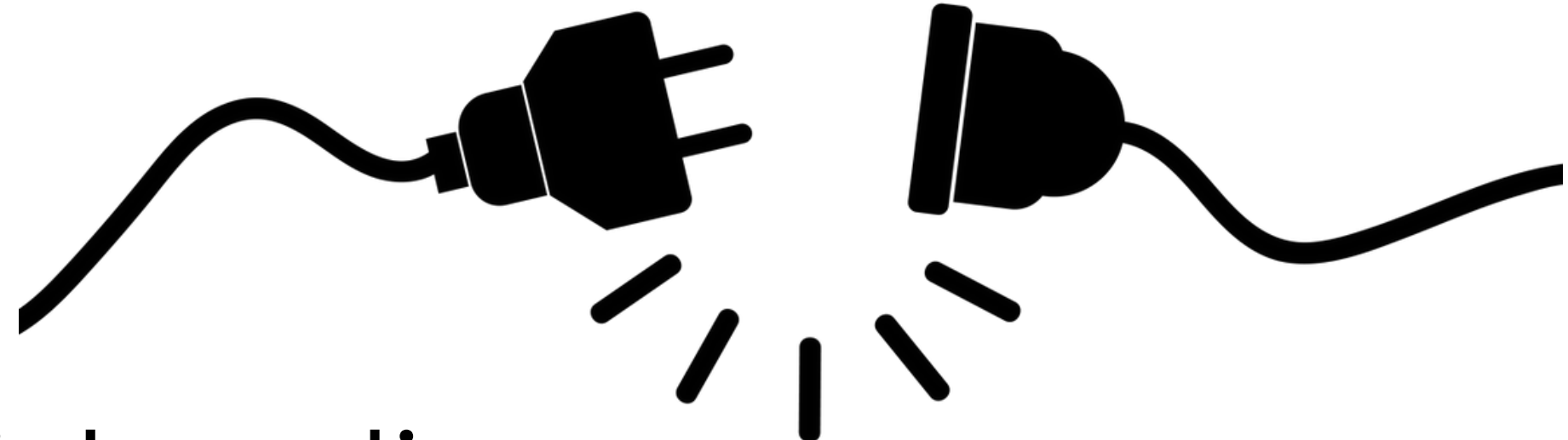
77.8 % of the world adult population is on social media



Social media
education



Social media use



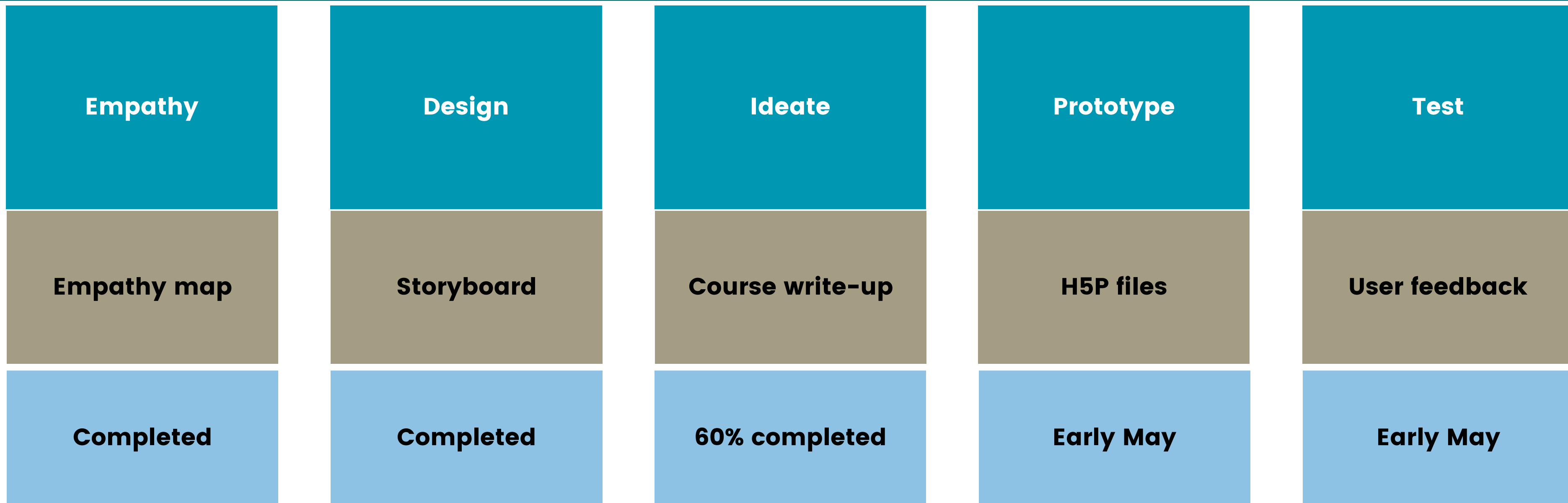
Building an awareness of social media and its relation to digital wellbeing of social media users

Learning Outcomes

- Demonstrate an understanding of key concepts in social media and digital wellbeing.
- Discuss the impact of social media on digital well-being.
- Develop strategies for digital well-being.
- Discuss the strategies developed for digital well-being.

Course design methodology

Design thinking



Course Structure

Part 1 **Introduction**

- Online Socialisation
- The dynamic model for digital wellbeing

Part 2 **Contextual factors**

- Sociability and the digital world
- My context vs your context
- Boundary control
- Technopanics

Part 3 **Personal factors**

- Social media use, stress and coping
- Online Vigilance

Part 4 **Device-related factors**

- Dimensions of connectedness
- Technological persuasion

Part 5 **Assessment**

Weeks 1-2

Weeks 3-5

Weeks 6-7

Weeks 8-9

Week 10

Course write-up status

Part 1
Introduction

Completed

Part 2
Contextual factors

60%

Completion expected
mid-April

Part 3
Personal factors

Completed

Part 4
Device-related factors

25%

Completion expected
end-April

Part 5
Assessment

Due

Completion expected
end-April

Digitising the course using H5P

Benefits of H5P

- Can be integrated with LMS/CMS
- Rich interactive content
- Free
- Ease of use
- Useful to chunk information
- Suits independent & asynchronous learning

Interactive book content type

- Allows for large amount of content (text, links & images)
- Multiple chapters/sections/pages
- Embed formative assessment

References

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THANK YOU!

Do you have any questions?