

Title of course: **Burnout and Well-being in Educators and Students in the Digital Age**

Lecturer: dr Cecilia Maria Zsögön

Teaching language: English

Course description:

This seminar addresses the challenges faced by educators and students in an increasingly digital learning environment. It explores the impact of screen fatigue, constant connectivity, and technology overload on well-being. Participants will explore practical strategies to promote resilience, manage stress, and create balanced approaches to teaching and learning that prioritize mental health and sustainable practices in the digital era.