



## Certificate of Achievement

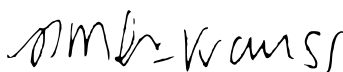
# Matthias Giger

has completed the following course:

**DIGITAL WELLBEING**  
**UNIVERSITY OF YORK**

This course explored the impact of digital technology on our health, relationships and society, and steps we can take to ensure our own digital wellbeing. It investigated new and established technologies and their impact on society, looking at both the positive and negatives.

3 weeks, 3 hours per week



**Heidi Fraser-Krauss**  
Director of Information Services  
University of York



UNIVERSITY  
*of York*

The person named on this certificate has completed the activities in the attached transcript. For more information about Certificates of Achievement and the effort required to become eligible, visit [futurelearn.com/proof-of-learning/certificate-of-achievement](https://futurelearn.com/proof-of-learning/certificate-of-achievement).


This certificate represents proof of learning. It is not a formal qualification, degree, or part of a degree.



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### **DIGITAL WELLBEING** **UNIVERSITY OF YORK**



**98%**  
OVERALL  
SCORE

This course explored the impact of digital technology on our health, relationships and society, and steps we can take to ensure our own digital wellbeing. It investigated new and established technologies and their impact on society, looking at both the positive and negatives.

#### **STUDY REQUIREMENT**

3 weeks, 3 hours per week

#### **LEARNING OUTCOMES**

- Engage with some of the current areas of research on digital identity and wellbeing
- Discuss the various facets of digital wellbeing and the associated implications on both a personal and social level
- Identify some of the benefits and risks of engaging in particular online activities with regards to personal wellbeing
- Reflect on personal digital practices and the impact they have on digital identity and wellbeing
- Collaborate in a safe and responsible way in online communities, considering impact on others

#### **SYLLABUS**

- Introduction to the digital society and wellbeing, considering new and established digital technologies, modern culture and trends
- Exploration of digital identity, and the balance of online and offline activities
- Consideration of negative behaviours online, and strategies and approaches for managing them
- Positive uses of technology for our health, society and education.