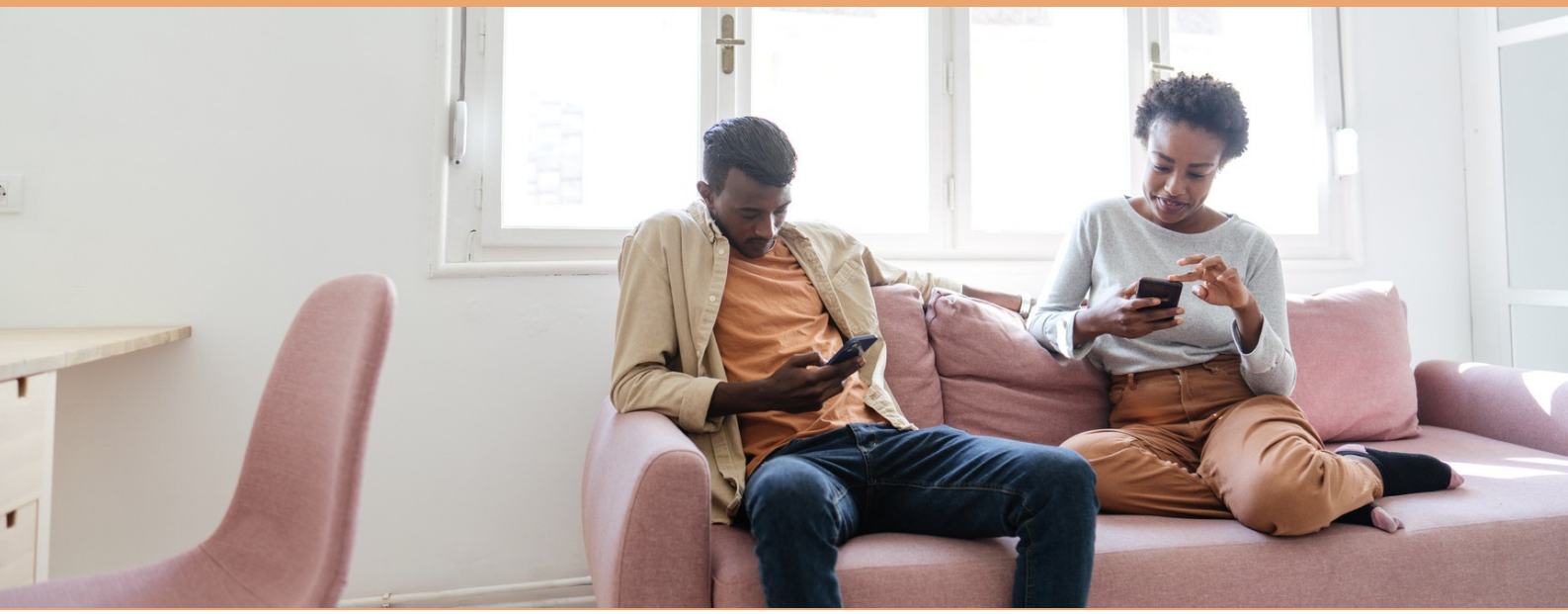# GUIDE
TEACHING GUIDE

DIGITAL DISCONNECTION

INTRODUCTION

Welcome to the digital disconnection course

At **AMALTEA** we value and recognise the effort involved in distance learning, so we try to make the online experience as intuitive and simple as possible.

This guide is designed to **accompany and guide you through the contents** and instructions that you will need to develop during the virtual course.

Read carefully the **guidelines and orientations** of the Guide and, for any questions and/or guidance on the development of the course, please **contact the tutor** on campus, through the internal messaging system.

CONTENTS OF THE COURSE

This course will provide an understanding of the regulation on digital disconnection, its consequences for health and the benefits of implementing it. It will provide knowledge to recognise situations of improvement, and recommendations to facilitate its effective application through protocols of use and recommendations.

It will also provide   apps dedicated to favouring   digital disconnection.

CONTENTS

THE ACTIVITIES

The Digital Disconnect course is **completely virtual**. All activities can be carried out at any time, from any computer with Internet access, from anywhere.

TIME ALLOTTED

The activities and contents are designed to be developed in approximately **3 hours**, so we suggest making a personal planning to meet the objectives of the course.

DIDACTIC MATERIALS

The development of the syllabus will be carried out by means of **video-classes** by the teachers and presentations. In addition, the students will have **complementary material** and bibliography at their disposal in case they wish to broaden their knowledge.

THE MEDIA

The course will be developed using the modules of the platform moodle, allowing a permanent virtual communication t h r o u g h :

- **General Classroom Forum**, which allows the asynchronous exchange of the group
- **News** shared topic. **Teacher**, for the communications made by the teachers. f o r . m the

EVALUATION OF THE C URSORY

At the end of each of the 10 modules there will be **self-assessment questionnaires** which must be completed in order to move on to the next module.

Students will only have **2 attempts to solve each questionnaire**, with **unlimited** time. The attempt with the highest score will be chosen.

At the end of the course there will be a **final exam**, compulsory, with the contents of all the modules, with **a single** attempt and a time limit of **2 hours.**

The **final mark** will correspond to the **average** of all the **marks** for each **module** (80%) **and** the **final exam** (20%).
The proposed **activities are voluntary**. In the
If the activity is taken, the activity will count for **40%**, together with the exam corresponding to the module, which will count for **60%**. If the voluntary activity is not taken, only the exam mark will count for **100% and the activity will not be counted.**

It is not necessary to pass both parts, but a **score** of at least **4** will be required in order to obtain an average. The course will be considered **passed** when an **average** mark **of 5 or more** is obtained**.**

Successful completion of the course will result in the award of a **certificate** accrediting successful completion of the course.

For those who have not reached the minimum score, a **grace period** will be considered**,** depending on the justification and progression of the student in question.

DIGITAL
DETOX