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(E-portfolio)

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For this assignment I chose the peer reviewed article which is called the 'Students digital technology attitude' showing their effect on online platforms of learning engagement. It was written by Seyum Getenet, Robert Cattle, Petrea Redmond and Peter Albion. It was published in 2024 in the "International Journal of Educational Technology in Higher Education". The authors look at students who use Digital Skills and how it affects their confidence with technology and their attitude towards digital tools impacting how engaged they are in online learning. Studies showed students who have better knowledge using digital skills and more confidence in using technology are more active online with learning and usually do better in their studies.

I chose this source because it is recent, trustworthy and clearly connected to the topic of how digital tools affect students. Using the CRAAP test the source is very current (2024) and relevant to digital education written by experts in the field and gives accurate information supported by data. Its purpose is academic and meant to understand students better, not to persuade or sell anything. This source will be helpful for myself to answer the main question because it shows both problems like low confidence or weak digital skills and benefits like better learning engagement. It also supports the part of the report that explains how students can improve by building stronger digital skills.

One of the biggest challenges that students face nowadays is digital distraction. Digital tools can help with learning, but they also bring constant notifications from social media and multitasking that can distract students. Many students have a hard time staying focused because their laptop or phone makes it easy to open social media, messaging apps or other unrelated websites. Digital distraction makes it harder to concentrate, lowers productivity and can affect school performance. This is an important challenge because just having digital tools is not enough, students need to control their attention and stay more focused on their tasks. Without good self-control even students who want to do well may struggle to finish their work properly in a digital environment.

One big advantage for the digital era is that learning can be personalised. Online platforms, interactive apps and AI tools let students learn at their own speed, review hard topics again and pick resources that fit the way they best learn. For example, digital planners and goal setting apps help students to manage their study time

better and online videos and tutorials give extra explanations when students need help. This opportunity is helpful because it gives students more independence and control over the learning process. Instead of depending only on the classroom they can use many different resources that help them to understand better and grow academically over time.

In my report, I will discuss both challenges and opportunities equally, as understanding both sides is essential for students to succeed in the digital era. I plan to include examples such as digital learning platforms, productivity apps, and AI tools. The structure of my report will be: Introduction → Challenges → Opportunities → How Students Can Adapt → Conclusion.

COMPONENT 2

The digital era has transformed the way students learn, communicate and get information. Technology is now a big part of education from online learning platforms to AI study tools. Digital tools offer new chances for flexible and personalised learning but they also bring problems like distraction, too much information and different levels of digital skills. Understanding both the good and difficult parts of digital leaning is important because students who can adapt well are more likely to do better in school or in the Academic year. This report will look at two main challenges and two important opportunities that students face in the digital era. It will also give three useful strategies to help students build the digital skills, habits and confidence they need to actually succeed in today's learning environments.

One big problem today is distractions, students need laptops and smartphones to help them study, but these devices also show many notifications from social media, messages and entertainment. This makes it harder for students to focus on their tasks. These interruptions can make it harder for students to concentrate and to stay focused on their homework, projects and what they have to do. Studies show that students who often try to do many things at once on their devices are less productive

and it affects them in school studying, because switching between tasks breaks their focus.

A second problem is that students have different levels of digital skills, not everyone feels confident using online tools. A 2024 study by Getenet and others showed that students who lacked confidence with technology were less involved in online learning. This means that even if the tools are available, students with low knowledge who use digital skills might have trouble using online platforms, talking to teachers or finding the right materials for their homework. These problems are important because they affect how well students do in school and how fully they can take part in digital learning.

Even with the challenges digital tools can greatly improve learning. One big benefit is personalised learning. Students can use videos, AI tools, quizzes and apps that can help them to improve their knowledge for the future. This is very helpful for students who need more practice or like to study on their own. These tools also let students review hard topics and see how they are improving over time.

Another benefit is better flexibility and access. Online platforms let students view lectures, reading materials and discussion forums whenever they want. This will be really helpful for students who have jobs, family duties or different ways of learning. Studies show that students who use digital tools with clear goals are more likely to learn better and to be more engaged with tasks. When used well digital tools can make learning easier, more interesting, more efficient to use and better suited to each student's needs.

To succeed in the digital era, students must develop strategies that help them use technology effectively.

1. Improve time management with digital tools using digital planners, pomodoro apps and stay focused on tasks. These apps break big tasks into small steps which lowers stress and helps students get more done by planning study sessions and reducing distractions. Students can use digital tools to help them instead of letting them become interruptions.
2. Use AI and online tools carefully.

AI can help students understand hard topics or give examples but students should always check the information and not copy the answers. Learning how to think critically online helps students judge which sources are trustworthy and use digital tools in a responsible way. This protects academic honesty while still letting students enjoy the benefits of technology.

3 Seek help to improve digital skills.

Many universities offer online library lessons, digital skills workshops and training on how to use learning platforms. These resources help students to feel more confident using digital tools. The 2024 study by Getenet and others shows that students with stronger digital skills are more engaged. By joining training sessions or using help guides students can improve their skills and take part more successfully in digital learning.

4 Another important idea is that students need to use technology in a healthy way. Digital tools help with learning, but too much screen time can make students tired, stressed, or less motivated. To stay healthy, students can take short breaks, turn off notifications they do not need, and keep their phones away while studying. These small habits make it easier to focus and stop technology from becoming a problem.

5 Communication is also very important in digital learning. Many classes use email, online forums, group chats, and video meetings. Students who communicate clearly online can ask questions, share ideas, and connect better with teachers and classmates. Learning to write simple, polite messages helps students get the support they need. Good online communication also prepares students for future jobs, because many workplaces now use digital communication every day.

6 The digital era also makes group work easier. Online tools such as shared documents, group chats, and project apps help students work together even if they are far apart. These tools make it easy to divide tasks, check progress, and help each other. Working in groups teaches students useful skills like

teamwork, problem-solving, and responsibility. When used well, digital tools can make group projects more organised and less stressful.

7 Digital technology also supports independent learning. Students can explore topics on their own by watching videos, reading articles, or joining free online courses. This helps students learn at their own speed and follow their personal interests. Independent learning builds confidence and helps students understand subjects more deeply. It also teaches students how to find information and solve problems on their own, which is important for success in school and in future careers.

Students today face big challenges like distraction and different levels of digital skills, but they also gain benefits such as personalised learning and flexible access to resources. To do well in school, students need good time-management habits, careful use of digital tools, and a willingness to improve their digital skills. With the right strategies, the digital era can make learning better, increase engagement, and support long-term success.

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