Workshop: "Artificial Intelligence and Digital Well-being in Higher Education: Challenges, Opportunities, and Futures"

Florence, March 12th, 2026

Venue: University of Florence. Via Laura 48, Florence, third floor, room 333.
Organizers:
Enhancing Digital Well-Being in the EUniWell Alliance (UNI4WELL)
Euniwell Digital Wellbeing Champion (Euniwell)

Programme

09:30 – 10:00 | Welcome and Opening Session

- Institutional welcome by **Prof. Silvia Gueta**. Department of Education, Languages, Interculture, Literatures and Psychology (FORLILPSI) (Università degli studi di Firenze).
- Introduction to the workshop objectives and its connection to the UNI4WELL and AI4WellEdu projects. **Silvio de Magistris** Ph.D (Università degli studi di Firenze) **and Prof. Rocío Zamora** (University of Murcia)

10:00 – 10:30 | Keynote 1: Prof. María del Mar Grandío. Euniwell Champion researcher (University of Murcia)
Title: *Reclaiming Attention in the Age of AI: Inner Skills for Digital Wellbeing*. This keynote will address core concepts of digital well-being in higher education and examine the ethical implications of AI-driven educational technologies

10:30 – 11:00 | Coffee Break

11:00 – 11:30 | Keynote 2: Dr Giacomo Trevisan, Media Educazione Comunità (Università degli studi di Firenze)
Title: *Growing Up with AI: Safeguarding Digital Well-Being in Learning Communities. How artificial intelligence shapes the cognitive, emotional, and relational development of young people — and the role of adults and institutions in guiding its responsible use.*

11:30 – 12:00 | Keynote 3: Dr. Jordi Sanjuan Belda. AI-Secrett European project member (University of Valencia).
Title: *Perspectives on the role of AI in higher education: overcoming the dichotomy between uncritical techno-enthusiasm and crippling techno-fatalism.*

12:00 – 12:45 | Round Table Discussion
General Theme: *Shaping the Future of Artificial Intelligence and Digital Well-being in Higher Education.*
Prof. Juan Miguel Aguado (moderator) (University of Murcia) with all keynote speakers.

13:00 – 15:30 | Networking Lunch / Informal Discussions

15:30 – 16:30 | Workshop & Mentoring Session: Preliminary Results of the UNIWELL Survey
Title: *Digital Well-being in European Universities: Evidence, Impact and Science Communication Strategies from the UNIWELL Survey*
Lead presenter: Prof. Rocío Zamora (University of Murcia)
Mentoring & Scientific Dissemination: Prof. Shahira Fahmy (American University in Cairo, Egypt)

This interactive workshop will present and critically discuss the preliminary results of the UNIWELL survey. Beyond data analysis, the session will include a mentoring component focused on the design of an effective scientific dissemination and outreach plan. Participants will work on strategies to translate survey findings into impactful communication outputs for academic and international dissemination pathways. The session will actively encourage discussion and feedback to inform both the next phases of research development and the public visibility and societal impact of the UNIWELL project.