



YES4 E-LEARNING

YES4E LEARNING - FINAL ARTICLE: FROM TOOLS TO TRANSFORMATION

Over the past two years, YES4eLearning has worked on a clear message: **digital education is not only about technology, it is about people**. After presenting the project vision and the pedagogical foundations of WP3, this final chapter focuses on the concrete results achieved in WP4 and their impact.

Under the common title "Tools and Strategies for Increasing the Quality of Online Courses, Preventing Training Drop-out and Increasing Students' Motivation", each partner organised national workshops **bringing together academics and students to openly discuss stress, motivation, engagement, and well-being in online learning**. These sessions created spaces for reflection and practical exchange.

At the same time, the consortium developed and piloted the Students' Innovative Training Solutions. These solutions helped students strengthen coping skills, emotional awareness, and learning habits in digital environments. Their voices are now visible in the public online storytelling exhibition, where testimonials reflect growth, confidence, and renewed motivation.

A central result of the project is the creation of **five emotional profiles**, generated through the online assessment tool and publicly accessible for consultation.

Profile 1: High Resilience includes teachers who show enjoyment, satisfaction, and strong adaptability in online teaching. This profile demonstrates that resilience in digital education is possible and sustainable.

Profile 2: Moderate Stress reflects educators who experience some stress but maintain balance and satisfaction. With appropriate strategies and peer support, this group can strengthen their resilience further.

Profile 3: Moderate Challenge represents teachers facing difficulties that require attention but are not overwhelming. Targeted coping strategies and institutional support can significantly improve their experience.

Profile 4: High Tension identifies teachers experiencing high stress and emotional exhaustion during online teaching. Recognition and structured support are key for this group.

Profile 5: Negative Health Impact highlights those suffering significant physical and emotional strain due to online teaching. This profile underscores the urgency of addressing well-being as a core element of quality education.

The main achievement of YES4eLearning is not only the production of tools and training materials, but **a cultural shift**. Teachers are increasingly aware that emotional management is part of professional competence, and students better understand that motivation and adaptation can be developed.

Through workshops, training solutions, and public storytelling, the project has contributed to making digital education more human, more supportive, and more sustainable.



Workshop hosted by Callipolis in Spain.



Workshop hosted by Falco&Associati in Italy.



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Check all the results of the project in our website!

LINK HERE: <https://yes4elearning.eu/result/>