Italian digital storytelling exhibition



YES4 E-LEARNING

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“Studying, learning, telling your story through a screen. For some, it was easy. For others, it wasn't. Here you will find their voices”.





GENNARO FALCO
"BUSINESS AND MANAGEMENT"
UNIVERSITÀ BOCCONI

WHEN COMPARING ONLINE AND IN-PERSON LEARNING, WHICH ENVIRONMENT MAKES YOU FEEL MORE EMOTIONALLY SUPPORTED?

"Before this training, I felt more emotionally supported in in-person learning. Now I realize that online learning can also offer emotional support when there is space for reflection, communication, and self-awareness. The support depends more on how the learning environment is designed and experienced than on the format itself."

IN YOUR OPINION, WHAT ROLE SHOULD HUMOUR PLAY IN ONLINE EDUCATION?

I believe humour plays an important role in making online learning more human and approachable. When used respectfully, it helps reduce stress, creates a relaxed atmosphere, and encourages participation without making anyone feel uncomfortable or excluded.



GIANMARIA CIARDIELLO
"MANAGEMENT ENGINEERING"
UNIVERSITÀ PARTHENOPE

How much did it help you the time block activities?

Organizing my time into clear blocks helped me feel more in control and less overwhelmed. It reduced my stress and improved my focus because I knew exactly when to study and when to rest, instead of constantly feeling behind.



Flavia Ferraro
“Faculty of Law”
Federico II Napoli

HOW USEFUL CAN BE USING THE MINDFULNESS MEDITATION AND TECHNIQUES IN YOUR STRESSFUL TIME PERIODS?

“These techniques are very useful for me, especially during high-pressure moments. Even a few minutes of mindful breathing help me calm down, refocus, and approach my tasks with a clearer and more balanced mindset.”



CATIA DAL SENO
“WORKING STUDENT”
UNIVERSITÀ TELEMATICA PEGASO



JACOPO LONGO
"WORKING STUDENT AT THE FACULTY OF PHYSIOTHERAPY"
UNIVERSITÀ STATALE DI MILANO

WHAT ARE FOR YOU THE PRONS AND CONS OF ON LINE LEARNING?

The main strengths of online learning are flexibility, independence, and the ability to learn at my own pace. The weaknesses include feelings of isolation and difficulties staying motivated. However, I now believe these challenges can be managed with the right tools and habits.

WHAT STRATEGIES DO YOU THINK THAT COULD HELP YOU TO KEEP MOTIVATED DURING ON LINE LEARNING?

Setting clear goals, building small daily habits, managing distractions, and planning study time in advance help me stay motivated. I learned that motivation grows when I take action, even if I start with very small steps.



LEONARDO MONTARIELLO, MAASTRICHT UNIVERSITY



Sara Cassinese
“Biotechnology for health”
Federico II di Napoli

What strategies or habits have helped you most in managing stress, emotions, or difficulties during online learning?

”

Creating routines, taking regular breaks, reflecting on my emotions, and using relaxation techniques have helped me a lot. I also learned to be more patient with myself and to see challenges as part of the learning process.

HOW HAVE THE RELATIONSHIPS AND PEOPLE AROUND YOU (CLASSMATES, FRIENDS, GROUPS, COMMUNITIES) INFLUENCED YOUR MOTIVATION AND WELL-BEING WHILE STUDYING ONLINE?

> Having supportive relationships makes a big difference. Interacting with others helps reduce feelings of isolation, increases motivation, and reminds me that I am not alone in my learning journey.



GIORGIA DI MOLFETTA
"WORKING STUDENT"
UNIVERSITÀ BICOCCA

AFTER MODULE 5, HOW DO YOU SEE YOUR OWN STUDY SPACE AND LEARNING HABITS DIFFERENTLY?

“I became more aware of how my study environment affects my concentration and mood. I improved my study space and adjusted my habits to create clearer boundaries between study and rest, which helped me feel more balanced and productive.”



CHIARA DOZIO
“WORKING STUDENT”
UNIVERSITÀ BICOCCA



VINCENZO STABILE
"BUSINESS AND MANAGEMENT"
UNIVERSITÀ BOCCONI

"DID MODULE 5 CHANGE HOW YOU THINK ABOUT WORKING WITH CLASSMATES ONLINE? IF YES, HOW?"

Yes, it has changed my perspective. I now see online collaboration as an opportunity rather than a difficulty. I am more open to communication, sharing ideas, and supporting others, which makes teamwork more effective and less stressful.

"THE DIGITAL WORLD IS A SPACE.
EMOTIONS INHABIT IT.
STORIES MAKE IT HUMAN".

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"THANK YOU TO THOSE WHO HAD THE COURAGE
TO SHARE THEIR STORIES.
THANK YOU TO THOSE WHO CHOSE TO LISTEN."

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