



DIGIEduHack Solution Canvas

Solution title:	EmpathAI	Team name:	Galactic
CHALLENGE ADDRESSED:	Protect your mind and Digital World: Self-Care and Safety Online	Challenge category:	Well - being in digital education
ABOUT THE TEAM:	☒ Higher education students, ☒ Researchers ☐ Professionals ☒ teachers ☐ Other (Specify)		

(you can make multiple selections)

SOLUTION DESCRIPTION

What is the final product, service, tool, or activity you are proposing? What are its main elements, technologies, and objectives? Could you include a brief implementation plan with key milestones, necessary resources, and anticipated challenges? How could your solution be used to improve digital education today? How could its success be measured?

The document proposes a digital student well-being monitoring system with weekly assessments across four dimensions (self-regulation, emotional, social, and digital), implementing corrective micro-activities such as 45-minute breaks and emotional management techniques to reduce digital fatigue, which affects 59% of students. It would be implemented using Learning Management Systems (LMS) platforms with analytics, teacher training, and gamified resources over 16 weeks, measuring success by a 15% reduction in emotional/digital risk indicators and an 85% increase in social engagement.

target audience

Who is the target audience for your solution and how will they benefit from it? Why is your solution relevant to them? How do you plan to engage these groups to fully meet their specific needs?

The target audience is digital education students affected by technology fatigue (59%) and academic stress (46%), who benefit from practical self-care strategies that improve their concentration and well-being without adding extra burden. This is relevant because it directly addresses the mental health crisis in virtual environments, where digital overexposure deteriorates student performance and quality of life. Participants engage through weekly surveys, feedback sessions, and the co-design of activities tailored to their schedules and actual needs.

DESCRIBE IT IN A TWEET

How would you describe your solution in a brief and compelling way, using a maximum of 280 characters?

A comprehensive monitoring system that detects digital fatigue and stress in students, activating smart breaks and self-care strategies to achieve effective learning without burnout. Educational technology that prioritizes mental health.

INNOVATION

What makes your solution different and original? Are there similar solutions or approaches currently available or implemented by professionals in the education sector? If so, why, and to what extent is your solution better?

Our solution is unique because it integrates the four dimensions of student well-being into a single diagnostic and intervention system, unlike other tools that separate academic metrics and mental health. It connects digital overload with emotional and academic well-being, offering real-time pedagogical interventions within the same learning environment, without adding extra platforms.

TRANSFERABILITY

Can your solution be used in whole or in part in other educational/ learning contexts or disciplines? Could you give us an example?

The solution is fully adaptable to any digital educational context: from basic education (monitoring children's screen time) to corporate training (preventing burnout in employees undergoing continuous learning) and non-formal education (massive online courses, technology bootcamps). For example, in K-12 education, it would be adjusted with more frequent gamified breaks and less self-monitoring, while in corporate environments, it would focus on sustainable productivity and work-life balance, always maintaining the four core dimensions but adapting metrics, language, and intervention strategies according to the age, context, and specific objectives of each population.

SUSTAINABILITY

Once you have a prototype, what are your plans for further development, improved implementation, and replication of the solution? Does it work in the medium and long term?

With the prototype validated, we plan to scale it through partnerships with universities and LMS platforms (Moodle, Canvas), integrating automated monitoring APIs, training teachers in 50+ institutions during the first year, and adjusting interventions based on regional and cultural data. In the medium term (2-3 years), we aim to establish it as a certifiable quality standard for healthy digital education, and in the long term, to create a global network of institutions committed to student well-being, replicating the model with local adaptations and generating scientific evidence to influence national educational policies on the responsible use of technology.

Context

What is the current or future problem you are trying to solve? How does your solution align with the DigiEduHack 2025 annual theme? How does your solution address the challenge posed by the organizing hackathon and how does it tackle the challenge category?

The problem is digital fatigue and emotional distress, affecting 59% of students in virtual environments, leading to stress, poor concentration, and a risk of dropping out due to technological overload. The solution aligns with DigiEduHack 2025 by proposing a sustainable and human-centered digital education model that integrates technology with holistic well-being. This demonstrates that educational innovation must prioritize student mental health through active breaks, emotional self-management, and the conscious use of digital tools to create effective yet not exhausting learning experiences.

Impact

How will your solution catalyze changes in education, and what social and environmental impacts will it have? Could you provide examples or scenarios illustrating how such changes and impacts might unfold?

The solution will catalyze a paradigm shift in digital education by demonstrating that academic success requires technological balance, not more screen time. It will generate social impact through healthier and more resilient students, and environmental impact by reducing energy consumption from excessive device use (less multitasking, more efficient sessions). For example, a student who previously spent eight hours a day on multiple platforms simultaneously will achieve the same objectives in five hours with active breaks, improving their mental health, reducing their digital footprint, and modeling sustainable habits that they will replicate in their future family and professional lives.

TEAMWORK

Introduce your team members. Why are they the perfect team to develop this project, and what skills do they each bring to ensure the solution's success? What is their experience in this subject area? Do they plan to continue working together in the future? If so, why?

We are a team of digital educators, educational psychologists, and technology developers with proven experience in educational analytics and student well-being. We combine evidence-based instructional design with the technical expertise to implement scalable solutions on real-world platforms. We plan to continue working together because digital well-being is an ongoing challenge that requires constant updating and an interdisciplinary approach, not an isolated project.

videos: <https://drive.google.com/drive/folders/13msM4Xbia131Okzw4CucPgckNm95xqZg?usp=sharing>