



DIGIEDUHACK SOLUTION CANVAS

Title of the solution:	StayIn	Team name:	Mindful Team									
Challenge addressed:	Protect your mind and Digital World: Self-Care and Safety Online	Challenge category:	Well - being in digital education									
Background of the team: (multiple selections possible in case of mixed teams)	<table><tr><td>☒ Higher Education Students</td><td>Researchers</td><td>Professionals</td></tr><tr><td>☐ Teachers</td><td>Primary School Students</td><td>Secondary School Students</td></tr><tr><td>☐ Others (please specify)</td><td colspan="2"> </td></tr></table>			☒ Higher Education Students	Researchers	Professionals	☐ Teachers	Primary School Students	Secondary School Students	☐ Others (please specify)		
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Solution description

What is the final product/service/tool/activity you're proposing? What are its main elements, technologies and objectives? Could you please include a brief implementation plan with some key overall milestones, resources required and eventual barriers foreseen? How could your solution be used to enhance digital education nowadays? How could its success be measured?

StayIn is a desktop app designed to help young people improve focus and digital well-being through active management of their digital environment.

Its main features include:

- Customizable focus sessions that block distracting apps or websites while keeping necessary tools enabled.
- Smart activity monitoring that detects overload or inactivity and sends gentle reminders to refocus.
- Motivational messages and positive reinforcement, encouraging self-regulation in a supportive, non-punitive way.
- Habit dashboard where users can visualize their progress and screen-time balance.

Implementation plan:

MVP development → pilot testing with university students → user feedback → Beta version with analytics panel → partnerships with educational institutions.

Success metrics:

- Increased focused time per session.
- Reduction in distracting app usage.
- Improved self-reported well-being and satisfaction levels.

Target group

Who is/are the target group/s of your solution and how will they benefit from it? Why is your solution relevant to them? how do you plan to engage these groups so you fully meet their specific needs?

The target audience is young people aged 18–26, especially university students and early-career professionals.

During this phase of life, the brain's frontal lobe, responsible for impulse control and planning, reaches maturity. Strengthening digital self-regulation at this stage has a lasting impact on productivity and mental health.

Relevance:

The tool provides real-time support for young users struggling with distraction and digital fatigue, empowering them to regain control over their attention and mental energy.

Engagement Strategy:

- Pilot testing in universities and student well-being programs.
- Collaboration with psychologists and mentors specialized in productivity and digital health.
- Creation of an online community for users to share progress and tips for mindful screen use.

Impact

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

The solution promotes a cultural and educational shift toward conscious digital time management. It supports:

- Reduction of digital stress and procrastination.
- Improvement of academic and work performance.
- Strengthening of emotional balance and focus.

In the long term, it contributes to digital well-being education and emotional literacy in technology use.

Context

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

We live in a hyperconnected era where young people perform academic, social, and personal activities across multiple screens. The excess of notifications, information overload, and the "always available" culture create constant interruptions that affect concentration, emotional well-being, and self-regulation.

Studies (Levy, Rafaeli & Ariel, 2016; Saha & Iqbal, 2023) show that limiting distractions and reducing digital interruptions significantly improve well-being, satisfaction, and productivity.

Hence, there is an urgent need for solutions that help young people manage their attention, reduce digital anxiety, and develop healthier digital habits.

Describe it in a tweet

How would you describe your solution in a short catchy way with maximum 280 characters?

Meet your on screen focus partner: click to start a study session that blocks distracting apps/sites, whitelists the tools you need, auto cleans idle tabs, and sends gentle nudges with streaks, so the internet helps you focus instead of distracting you.

Innovativeness

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

The solution combines intelligent blocking technology with a positive, empathy-driven approach to digital well-being. Unlike other apps that punish distractions, it focuses on gentle behavioral training, turning focus management into a rewarding experience. It merges productivity tracking with emotional awareness, providing a balanced, user-centered experience.

Transferability

Can your solution partly or fully be used in other education/learning contexts or disciplines? Could you provide any example?

The tool can be easily adapted to:

- Educational environments: schools, universities, or virtual classrooms.
 - Workplace settings: young professionals seeking better productivity.
 - Mental health programs: organizations promoting balanced digital lifestyles.
- For example, universities could integrate it into tutoring or digital wellness programs for students.

Sustainability

Once you have a prototype, what are your plans for a further development, implementation upscale and replication of the solution? How do you see it working in the mid- and long term?

After the prototype, we'll run a controlled pilot with students, with a quick start manual and pre/post surveys to measure focus, digital anxiety, and time on task. We'll also extend the aesthetic layer so students can choose from a library of avatars. To make it work mid-term, we'll release an academic edition for universities, so students can try it. Impact will be monitored continuously targets: +20% time on task, -40% idle tabs, +30% completed sessions. Long term, on-device personalisation will suggest session lengths and allowlists from local habits.

Team work

Present the members of your team. Why are you the perfect team to develop this work and what are the competencies you all bring in so the solution is developed successfully? What is your expertise within the thematic field concerned? Are you planning to continue working as a team in the future? If so, why?

We are the ideal team because we combine expertise in behavioral science, project management, and scaling exactly what's needed to build a digital tool that changes habits and helps people regain confidence in their own study skills. We plan to keep working together: we aim to complete a student pilot, launch the academic edition, and expand the avatar library, because the focus and digital well-being problem is recurrent in young people's lives and our skills are complementary for real world implementation.