

RECONNECT – A WELLBEING WORKSHOP  
 DEVELOPED TO ADDRESS ISSUES HIGHLIGHTED  
 IN RESEARCH FINDINGS ON IMPACTS OF  
 TECHNOLOGY USE ON WELLBEING AND  
 LONELINESS

Survey for Participants

[:https://ntupsychology.eu.qualtrics.com/jfe/form/SV\\_5ihe1PDSaKABfmu](https://ntupsychology.eu.qualtrics.com/jfe/form/SV_5ihe1PDSaKABfmu)



WiFi at University: A Better Balance between Education Activity and Distraction Activity Needed.

Oonagh O'Brien<sup>a</sup>, Dr. Alexander Sumich<sup>b</sup>, Dr. Eiman Kanjo<sup>c</sup>, Dr. Daria Kuss<sup>d</sup>

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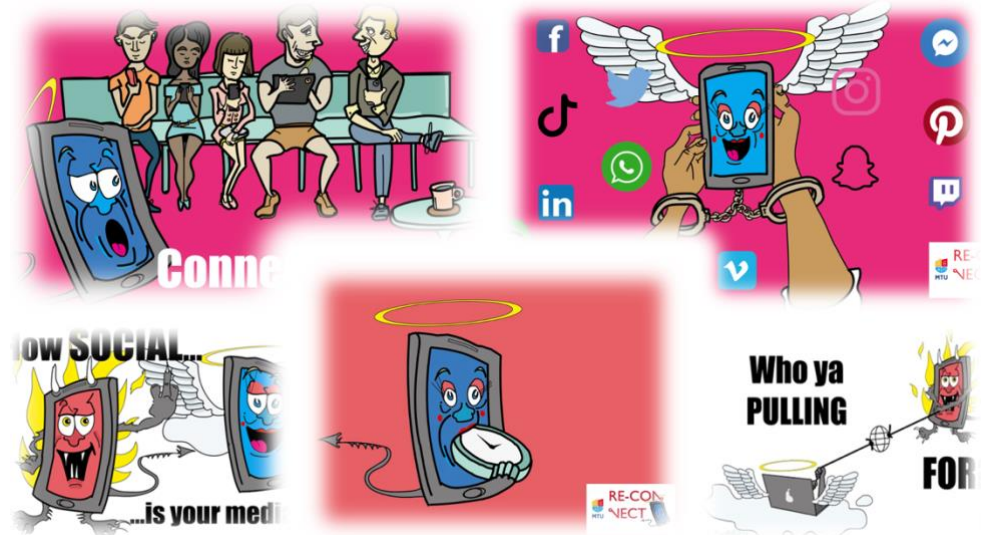
Research Article

**A partial correlation network indicates links between wellbeing, loneliness, FOMO and problematic internet use in university students**

Oonagh O'Brien, Alexander Sumich, Thom Baguley & Daria J. Kuss

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Reconnect is a workshop which has been developed in response to research evidence. It has been developed with expertise from coaching consultants, psychologists, university staff, and university students. The workshop promotes discussion of and awareness of technology use. The workshop empowers participants with techniques to make positive changes to their digital habits. There has been a hugely positive response from university students and staff to the workshop.



RECONNECT – 10 DAYS OF INGENIUM

TUESDAY 20<sup>th</sup> JUNE

9:30am – 10:30am Introduction – Research and Findings – Patterns of Behavior and How the Students Feel

Break

11:00am – 12:00am Science of Habits and Healthy Technology Use