

STUDY GUIDE

Artificial Intelligence

for Well-being in Education

Course/training name	Artificial Intelligence for Well-being in Education
Host Institution(s)	University of Florence
Co-organising Institution(s) (if applicable)	University of Semmelweis, University of Murcia, University of Birmingham
Course level (if applicable)	
Name and faculty of the lecturer(s)/trainer(s)	Prof. Silvia Guetta (coordinator) Silvio De Magistris, Loretta Latronico, Piero Poccianti, and Fondazione MEC / University of Florence.
Mode of delivery	On campus
Location (if applicable)	Florence
Dates of the <u>online</u> component (if applicable)	

Dates of the <u>on-site</u> component (if applicable – travel dates excluded)	From 14 December 2026 to 15 December 2026		
Cost	This short-term mobility offers involves travel and subsistence costs. Make sure to contact your local mobility officer and/or EUniWell team to get more information on potential mobility grants.		
Application procedure	Application form on the EUniWell Courses and Training Catalogue <i>Specific process (if any):</i>		
Target audience(s)	☒ Bachelor's ☒ Master's ☒ PhD ☒ Educators ☒ Researchers ☒ Administrative staff		
Selection criteria	The selection process should prioritise teachers, followed by PhD students, and subsequently Master's and Bachelor's students. The selection process should prioritise teachers and students in the field of education.		
Prerequisites			
Language(s) of instruction and recommended CEFR level	English B2		
Main Thematic Arena(s)	☒ Arena 1 - Health and Well-Being ☐ Arena 2 - Social Equality and Well-Being ☐ Arena 3 - Environmental change and Well-Being ☐ Arena 4 - Culture, Multilingualism and Well-Being ☒ Arena 5 - Teacher Education and Well-Being ☒ Transversal ☐ Well-Being Centre for Advanced Studies		
Field(s) of research / study			
	☐ 1 - No poverty	☒ 10 - Reduced inequalities	
	☐ 2 - Zero hunger	☐ 11 - Sustainable cities and communities	

Related Sustainable Development Goals (SDG) 	☒ 3 - Good health & well-being	☐ 12 - Responsible consumption & production			
	☒ 4 - Quality education	☐ 13 - Climate action			
	☐ 5 - Gender equality	☐ 14 - Life below water			
	☐ 6 - Clean water & sanitation	☐ 15 - Life on land			
	☐ 7 - Affordable & clean energy	☐ 16 - Peace, justice & strong institutions			
	☐ 8 - Decent work & economic growth	☐ 17 - Partnerships for the goals			
	☒ 9 - Industry, innovation & infrastructure				
Number of ECTS					
Workload in hours	13 hours				
Key words	Artificial Intelligence	Education	Inner Skills	Well-being	Well-being Study working methodology
Catch Phrase	Bridging AI Innovation and Inner Growth for Well-Being in Higher Education				
Total number of places for EUniWell participants	20				
Abstract	The course integrates technical and inner skills for a conscious and responsible adoption of AI in higher education. Through an experiential approach based on listening practices and mindfulness exercises, the program promotes personal well-being while fostering the acquisition of advanced digital skills and a critical use of technology. The program introduces AI, addresses the use of Large Language Models (LLMs) and prompting, the impact of new technologies on cognitive skills and education, and the development of inner skills, in line with the Inner Development Goals (IDG) framework. It also includes a critical reflection on AI ethics, its ecological footprint, and the risks associated with Big Tech hegemony. To address these challenges within academic environments, the course proposes the creation of transdisciplinary discussion communities open to students, academic staff, and technical personnel. With the support of experts, psychologists, and neuroscientists, these groups will systematically manage the ongoing challenges posed by digital evolution.				

Programme / session(s) schedule	Day 2 (Morning 9.00/13.00 – Afternoon 14.00/17.00) - Introduction to the morning topics - Short Deep Listening round - Nourishing our well-being and inner skills: body exercises (breathing, opening, and grounding) and a short mindfulness-based session - Topic 1: How to use AI in educational environments, the challenges of AI as a tool for emotional and psychological support, and activity organization - Topic 2: Addressing the challenges of AI in universities: the hypothesis of transdisciplinary discussion communities - Contemplation on questions related to the introduced topics - Sharing in small groups of 4 to 5 people - Plenary sharing - Q&A - Conclusion - Nourishing our well-being and inner skills: mindfulness exercises Afternoon - Introduction to the afternoon topics - Short Deep Listening round - Nourishing our well-being and inner skills: body exercises (breathing, opening, and grounding) and a short mindfulness-based session - Topic 1: AI Challenges and Risks to Well-Being in Education: Inner change for outer change - Contemplation on questions related to the introduced topics - Group work following the Well-Being Working Methodology to propose action modes to guide AI for Well-Being in Education - Presentation of group work results - Plenary Sharing - Q&A - Closing the seminar
Developed skills and competences	1. Digital & Technical Competences- Artificial Intelligence literacy: Understand fundamental AI concepts and LLMs, including prompting techniques for educational environments.- Integrate digital technologies in education: Apply generative AI tools effectively to support learning activities and enhance educational settings.- Protect personal well-being in digital environments: Develop awareness of the impact of AI technologies on mental health, individual well-being, and cognitive skills.2. Ethical & Critical Competences- Assess ethical issues in ICT / AI: Evaluate ethical implications, transparency, and fairness in the implementation of AI systems.- Think critically: Critically reflect on digital transformation.- Assess environmental impact of digital technologies: Analyze the ecological footprint and sustainability issues associated with AI infrastructure.3. Inner Skills, Mindfulness & Well-being Competences- Manage stress and anxiety, and practice mindfulness: Apply somatic exercises, body awareness, and mindfulness practices to cultivate presence, emotional regulation, and improve well-being.- Cultivate inner development: Develop core

	inner skills such as focus, intuition, self-awareness, collaboration and personal resilience in daily study and work environments.- Practice active listening & collective intelligence: Foster deep listening and group consciousness through participatory practices and contemplative sharing sessions.4. Social, Collaborative & Transversal Competences- Collaborate in transdisciplinary contexts: Actively contribute to multidisciplinary discussion communities bringing together students, academic staff, and technical staff.- Facilitate group discussion: Interact constructively and empathetically within team dialogues on emerging digital challenges.- Apply creative thinking: Combine human creativity with AI potential to promote pedagogical innovation and experiential learning.
Objectives and learning outcomes	Upon successful completion of this course, learners will be able to:- Apply concrete tools and practices to enhance personal well-being in professional, academic, and daily life contexts. - Develop and integrate core inner skills, such as presence, active listening, emotional resilience, and focus, through the IDG framework and body-centered experiential practices. - Adopt an inner-skills-based study and work methodology that fosters creative intelligence and promotes individual and collective well-being. - Explain the fundamental principles and mechanisms of AI functioning.- Evaluate the potential and limitations of AI as an auxiliary tool for study, work, and daily life. - Evaluate the risks and benefits of using AI for emotional and psychological support within academic contexts. - Apply LLM techniques and Generative AI tools to support study, work, and educational activities while enhancing learning environments - Analyze the impact of AI technologies on human well-being, mental health, and cognitive skills.- Assess ethical dilemmas surrounding AI, critically reflecting on its ecological footprint, environmental impact, and the systemic risks of Big Tech monopoly and hegemony.- Establish and contribute to transdisciplinary discussion communities within university settings to collaboratively address the multifaceted challenges posed by AI.
Assessment methods and criteria, including grading scale (if applicable)	
Type of certification issued upon attendance or completion	

Contact	List of local EUniWell catalogue's coordinators available here. <i>For questions related to the content of the course, please contact the offer's Institution's local catalogue coordinator. For questions related to administration, mobility or recognition the course in your curricula, please contact home Institution's local coordinator.</i>
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