

Do You Struggle with Low Digital Confidence?

4 TOP TIPS



You are **not** alone

Imposter Syndrome is real.

Especially true when it comes to digital and the use of technology. We are dealing with exceptional times in both our personal lives and working lives. If you are reading this, it means you are willing to learn. Trusting that you are not alone in feeling overwhelmed, not alone in worrying about your digital skills and competencies, should reassure you. It is natural to feel like this and we are all in this together.



Reach out

It tends to be overwhelming navigating all the supports, resources and training initiatives in your institution and otherwise. Where to start? Simply reach out and ASK! Ask someone in any one of those supports and they will point you in the right direction. They are there to help you. There is an IUA EDTL Project Lead in each of the seven universities and you are welcome to contact any one of us, and we will certainly help in whatever way we can. We realise this can sound easier than it is, but please do reach out and ask for support.



Trusted Friend

We often speak about having a 'critical friend' in academia. That friend who will provide you with honest feedback, that friend whom you trust. Your current situation is no different. We need that trusted friend (colleague or family member) who will practice online activities with us, who will give feedback on content creation and we can do the same for them. This helps address any fear or anxieties you might have about 'pressing the wrong button'.



Pedagogy First

Your teaching is the most important thing and the technology will follow. In our #IUADigEd infographic detailing our EDTL Approach, you will note the emphasis is on pedagogy; only one of the five themes pertains to considerations around technology. You may be overwhelmed by the fear of using technology but support and training will help you get started and grow your confidence. What "works best for you" takes priority as an educator. Consistency and simplicity are key recommendations in this regard.