

1. Record Nr.	UNINA9910794288103321
Autore	Homayoun Ana
Titolo	Social media wellness : helping tweens and teens thrive in an unbalanced digital world // Ana Homayoun
Pubbl/distr/stampa	Thousand Oaks : , : Corwin, , 2018
ISBN	1-0718-7319-9 1-5063-4306-6 1-5063-0131-2
Descrizione fisica	1 online resource (222 pages) : illustrations
Collana	Corwin Teaching Essentials
Disciplina	004.678083
Soggetti	Social media and children Internet and children
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references (pages 191-205) and index.
Nota di contenuto	Landscape : what today's social media world looks like for tweens and teens -- Background : where we've been, where we're going, and why it matters -- Side effects : five ways social media affects today's tweens and teens -- Conversations : how to talk about social media -- Academic wellness : organization, compartmentalization, and energy management in the age of distractions -- Social and emotional wellness : encouraging students to be healthy online and in real life -- Physical wellness : finding balance in an unbalanced world -- Moving forward : implementing the strategies at school and at home -- Recommended reading list -- Acknowledgments -- Endnotes -- Index.
Sommario/riassunto	Solutions for navigating an ever-changing social media world Today's students face a challenging paradox: the digital tools they need to complete their work are often the source of their biggest distractions. Students can quickly become overwhelmed trying to manage the daily confluence of online interactions with schoolwork, extracurricular activities, and family life. Written by noted author and educator Ana Homayoun, Social Media Wellness is the first book to successfully decode the new language of social media for parents and educators and provide pragmatic solutions to help students: • Manage distractions • Focus and prioritize • Improve time-management •

Become more organized and boost productivity • Decrease stress and build empathy With fresh insights and a solutions-oriented perspective, this crucial guide will help parents, educators and students work together to promote healthy socialization, effective self-regulation, and overall safety and wellness. Tips From Teens On Promoting Social Media Wellness "Ana Homayoun has written the very book I've yearned for, a must-read for teachers and parents. I have been recommending Ana's work for years, but Social Media Wellness is her best yet; a thorough, well-researched and eloquent resource for parents and teachers seeking guidance about how to help children navigate the treacherous, ever-changing waters of social media and the digital world." -Jessica Lahey, Author of The Gift of Failure "This is the book I've been waiting for. Ana Homayoun gives concrete strategies for parents to talk with their teens without using judgment and fear as tools. This is a guidebook you can pick up at anytime, and which your teen can read, too. I'll be recommending it to everyone I know." -Rachel Simmons, Author of The Curse of the Good Girl Read About Ana Homayoun in the news: • NYTimes, The Secret Social Media Lives of Teenagers • Pacific Standard, Holier Than Thou IPO: Snapchat and Effective Parenting • Parenttoolkit.com, Emojis, Streaks, Stories, and Scores: What Parents Need to Know About Snapchat • Los Angeles Review of Books, Life and Death 2.0: When Your Grandmother Dies Online • Chicago Tribune, Social Media Footprints are Nothing New, So What Were those Harvard Students Thinking? • Today Show, 9 Tips to Help Teens Manage Their Social Media Footprint • 5 Ways Parents Can Help Kids Balance Social Media with the Real World.

2. Record Nr.	UNINA9910413445203321
Titolo	Digital Human Modeling and Applications in Health, Safety, Ergonomics and Risk Management. Human Communication, Organization and Work : 11th International Conference, DHM 2020, Held as Part of the 22nd HCI International Conference, HCII 2020, Copenhagen, Denmark, July 19–24, 2020, Proceedings, Part II // edited by Vincent G. Duffy
Pubbl/distr/stampa	Cham : , : Springer International Publishing : , : Imprint : Springer, , 2020
ISBN	3-030-49907-3
Edizione	[1st ed. 2020.]
Descrizione fisica	1 online resource (XXV, 441 p. 175 illus., 141 illus. in color.)
Collana	Information Systems and Applications, incl. Internet/Web, and HCI, , 2946-1642 ; ; 12199
Disciplina	610.2854019 620.820113
Soggetti	User interfaces (Computer systems) Human-computer interaction Electronic commerce Image processing - Digital techniques Computer vision Artificial intelligence Computer networks Computers, Special purpose User Interfaces and Human Computer Interaction e-Commerce and e-Business Computer Imaging, Vision, Pattern Recognition and Graphics Artificial Intelligence Computer Communication Networks Special Purpose and Application-Based Systems
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Modelling Human Communication -- Netlogo vs. Julia: Evaluating Different Options for the Simulation of Opinion Dynamics -- Investigating Key Factors for Social Network Evolution and Opinion

Dynamics in an Agent-Based Simulation -- Sign Language to Speech Converter Using Raspberry-Pi -- Identification of Target Speech Utterances from Real Public Conversation -- IMotions' Automatic Facial Recognition & Text-Based Content Analysis of Basic Emotions & Empathy in the Application of the Interactive Neurocommunicative Technique LNCBT (Line&Numbered Concordant Basic Text) -- User Behavior and Awareness of Filter Bubbles in Social Media -- Performance Evaluation of Text-Oriented Artificial Chat Operation System (TACOS) -- Modelling Work, Collaboration and the Human Environment -- Safety Performance-based Risk Assessment for Aviation Fuel Supply of Civil Aviation -- Enabling or Stressing? -- Smart Information Use within Industrial Service Operation -- Improving the Performance in Occupational Health and Safety Management in the Electric Sector: An Integrated Methodology using Fuzzy Multicriteria Approach -- Fine-Grained Map Coloring Web Service for JavaScript -- Neural Network Risks Suggested by Optical Illusions -- Approach to Ensure an Optimal Task-Technology Fit between Industrial Tasks and Modern Information and Communication Technologies -- FD-CAST: A Tool for Analyzing and Simulating Fire Department Configurations -- Addressing Ethical and Societal Challenges -- Embedding Ethics in Human Factors Design & Evaluation Methodologies -- Systematic Literature Review on the Effect of Human Error in Environmental Pollution -- Data Mining Methodology in Support of a Systematic Review of Human Aspects of Cybersecurity -- Ensuring Trust in and Acceptance of Digitalization and Automation: Contributions of Human Factors and Ethics -- Regulated Body-Sharing Virtual Trips for Pleasure and Business -- Development and Evaluation of a Research Framework for Measuring the Reliance on Automation in Situations of Risk and Moral Dilemma -- Threat or Opportunity -- Analysis of the Impact of Artificial Intelligence on Future Employment.-New Research Issues and Approaches in Digital Human Modelling -- The Difficulties in Usability Testing of 3-Dimensional Software Applying Eye-Tracking Methodology -- Presented via Two Case Studies of Evaluation of Digital Human Modelling Software -- Sensory Design in Games: Beyond Visual-Based Experiences -- Virtual Reality and Artificial Intelligence in Mobile Computing and Applied Ergonomics: A Bibliometric and Content Analysis -- What is the State of Smart Glass Research from an OSH Viewpoint? A Literature Review -- A Systematic Literature Review of Game-based Learning and Safety Management -- Integrating Lean Six Sigma and Discrete-event Simulation for Shortening the Appointment Lead-time in Gynecobstetrics Departments: A Case Study -- Choosing the Most Suitable Classifier for Supporting Assistive Technology Adoption in People with Parkinson's Disease: A Fuzzy Multi-Criteria Approach -- Identifying the Most Appropriate Classifier for Underpinning Assistive Technology Adoption for People with Dementia: An Integration of Fuzzy AHP and VIKOR Methods -- Multi-pose Face Recognition based on Block Adaptation -- User Preference toward Appearance of Mobile Input Method Editor based on Kansei Engineering.

Sommario/riassunto

This two-volume set LNCS 12198 and 12199 constitutes the thoroughly refereed proceedings of the 11th International Conference on Digital Human Modeling and Applications in Health, Safety, Ergonomics and Risk Management, DHM 2020, which was supposed to be held as part of the 22st HCI International Conference, HCII 2020, in Copenhagen, Denmark, in July 2020. The conference was held virtually due to the COVID-19 pandemic. A total of 1439 papers and 238 posters have been carefully reviewed and accepted for publication in HCII 2020. DHM 2020 includes a total of 77 papers; they were

organized in topical sections named: Part I, Posture, Motion and Health: Posture and motion modelling in design; ergonomics and occupational health; applications for exercising, physical therapy and rehabilitation; health services; DHM for aging support. Part II, Human Communication, Organization and Work: Modelling human communication; modelling work, collaboration and the human environment; addressing ethical and societal challenges; new research issues and approaches in digital human modelling.
