

Module 6 Assignment – Case Studies for Different Student Profiles

Case Study 1: Teacher (Fairly Easy) – Promoting Digital Well-being in the Classroom

Scenario: Managing Student Screen Time and Tech Habits

You are a high school teacher who notices that your students seem distracted, tired, and increasingly anxious. Many report spending over 7 hours a day on screens, including at home. You've been asked to help promote healthier digital habits through your teaching.

Assignment Tasks:

- Assess how digital stress and screen time affect your students (conduct an informal poll or observation).
- Develop three classroom strategies or activities to promote healthy digital use.
- Recommend tools or apps students can use to monitor and manage screen time.
- Create a one-page guide or infographic for students titled "How to Take Control of Your Digital Life."
- **What students learn:**
Recognizing signs of digital overload, developing healthy digital routines, and applying digital well-being practices in education.

Case Study 2: Nursing Student (Moderate Difficulty) – Cybersecurity for Personal Health Data

Scenario: Protecting Digital Health Records

As a nursing student working in a clinic, you're asked to help onboard new staff to digital health systems. Many team members reuse passwords or share login details, putting patient data at risk. You've been tasked with educating the team on basic cybersecurity for health data.

Assignment Tasks:

1. Identify risks of weak password practices and shared logins in healthcare.

2. Recommend a list of do's and don'ts for handling patient data securely.
3. Create a short visual or poster on password management best practices.
4. Write a short advisory email to new staff explaining how phishing attacks might target healthcare workers and what to look out for.

What students learn:

Cybersecurity awareness in real-world healthcare settings, professional responsibility, and digital hygiene habits. Patient confidentiality is critical. Ensure your response is ethical, professional, and respectful.

Case Study 3: Cybersecurity Student (Advanced Difficulty) – Promoting Cybersecurity and AI Awareness in the Workplace

Scenario: Educating Employees About Safe Digital Habits and AI Use

You are a cybersecurity expert at a medium-sized company that has recently adopted various AI-powered tools to manage internal communications, hiring processes, and customer service. However, many employees are unaware of digital hygiene practices and are using AI tools without understanding the risks. Some share sensitive information with generative AI platforms, and others use the same password across all accounts.

Management has asked you to design an internal awareness campaign to improve cybersecurity practices, raise awareness of AI-related risks, and support digital well-being across departments.

Assignment Tasks:

1. Assess Workplace Risk Areas
 - Identify three main cybersecurity or privacy risks in your organization (e.g., poor password habits, phishing exposure, misusing AI tools).
2. Design an Employee Awareness Resource
 - Create a brief visual guide, video script, or slide deck covering:
 - Basic password management
 - How to spot and respond to phishing
 - Ethical and safe AI use in the workplace

- Simple digital well-being tips (e.g., limiting screen time, turning off non-essential notifications)

3. Propose Three Workplace Rules

- Write a short “Digital Responsibility Policy” for employees. Include best practices for:
 - Data handling
 - Account protection
 - Appropriate use of AI tools (e.g., not inputting private or client information into external AI services)

4. Evaluate the Impact

- Reflect on how your campaign could improve employee habits and reduce risks.
- Suggest a follow-up method (survey, digital hygiene checklist, quiz) to monitor improvements.

What Students Learn:

- How to apply cybersecurity knowledge in a real work environment
- How to communicate digital risks to non-technical users
- How to promote responsible technology use and reduce stress from poor digital habits

Final Deliverables & Student Expectations

Students select one case study based on their field of study.

Submit a 1-2 page report including:

- Step-by-step analysis of ethical & privacy issues.
- Tools, actions, or solutions applied
- A reflection or professional communication component