

# Experienced Traditional Educator



## Triggers

Living in an increasingly digital society and often feeling left behind with the constant introduction of new digital tools. Likes her routines and generally finds it energy-consuming to learn new digital skills. Tries to see the benefits of digital tools in teaching, but prefers to use only the most basic ones – otherwise it becomes too confusing and time-consuming.

## Goals

To teach in a meaningful way, using methods that feel right for me as a teacher without me feeling left behind.

To not be always asking for help with new technologies.

## I need to know

What digital tools are the most efficient and simple to use at the same time. How I can improve my teaching routines in a way that does not take a lot of energy for me to learn. How to help my students with digital issues when necessary in my teaching.

## I need to feel

That I am reasonably able to keep up with the constant digital development, without my teaching becoming deficient. That I am still true to my identity as an educator.

## Intrinsic Motivations to learn

Proving that people my age (and especially women) can use digital tools in a meaningful way, just as well as younger educators, who have the benefit of having grown up in a digital world

## Extrinsic Motivations to learn

Pressure and expectations from boss, colleagues and modern society to use digital tools in teaching