



CALL FOR ARTICLES

Are you ready to dive into the dynamic world of digital and psychological resilience? Do you have insights, experiences, or success stories to share with your fellow students? We're on the lookout for engaging articles that explore the intersection of digital tools and psychological well-being in the academic arena, and we want YOU to be part of it!

Whether you've tackled the trials of online learning with grace, found creative ways to stay focused amidst digital distractions, or harnessed the power of peer support to achieve your goals, your story could inspire countless others on their journey towards digital and psychological resilience.

So, if you have a success story burning inside you, waiting to be shared with the world, don't hesitate to reach out. Your experiences could bring hope that guides others through their own challenges, illuminating the path to success in the digital age.

Also, if you have completed the DigiPsyRes training program „Step by Step from Trainees to Trainers” and you wish to address a certain aspect of the training, or write an account related to it, you can write an article about it.

Send us your stories of triumph, perseverance, and growth, and let's celebrate the resilience of the human spirit together!

Submission Guidelines

Word count: Submissions should be between 500 and 1500 words.

Language: All submissions must be in written English.

Authorship: Full name of the author is mandatory, with University affiliation.

Photos: You can include (high-resolution) photos, but you must state copyright (authorship). Photos should be sent as separate files.

Format: Articles must be in Microsoft Word format.

References: If the article contains references, they must be listed at the end of the article.

Audience: Your audience should be university students (your peers) who wish to enhance their resilience and thrive in the digital age.



Enhancing digital and psychological resilience through peer networking in the online environment in times of crises.

Purpose: To inspire, inform, and empower your peers to navigate the digital landscape with confidence and resilience.

For those who would like to write an article, but do not have a clear idea where to start, some suggested topics may provide inspiration!

💡 Suggested Topics

Digital Detox Strategies: How to find balance in a hyper-connected world.

Mindful Tech Usage: Harnessing digital tools for productivity and well-being.

Navigating Online Learning: Tips for maintaining focus and motivation in virtual classrooms.

Building Digital Resilience: Overcoming setbacks and challenges in the digital realm.

The Power of Peer Support: Exploring the role of community in fostering resilience.

Success Stories: Share your own experiences of overcoming digital obstacles and achieving academic triumphs.

Innovative Study Hacks: Creative ways to use technology to enhance learning and retention.

Self-Care in the Digital Age: Practical strategies for prioritizing mental health and well-being amidst digital distractions.

Digital Boundaries: Setting healthy limits and boundaries in online interactions and social media usage.

Harnessing Technology for Mental Health: Discovering digital resources and apps for stress management and self-care.

🚀 Ready to make your mark on the digital landscape? Submit your article ideas today and join us in the journey towards digital empowerment and psychological resilience!

Deadline for submissions: **15th April 2024**

Send your pitches (or abstracts/ideas) and inquiries to prof Ivana Krsmanovic (University of Kragujevac) via ivana.krsmanovic@ftn.kg.ac.rs or krsmanovici@gmail.com



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**Co-funded by
the European Union**

This project has been funded with support from the European Union, within Erasmus+ program.