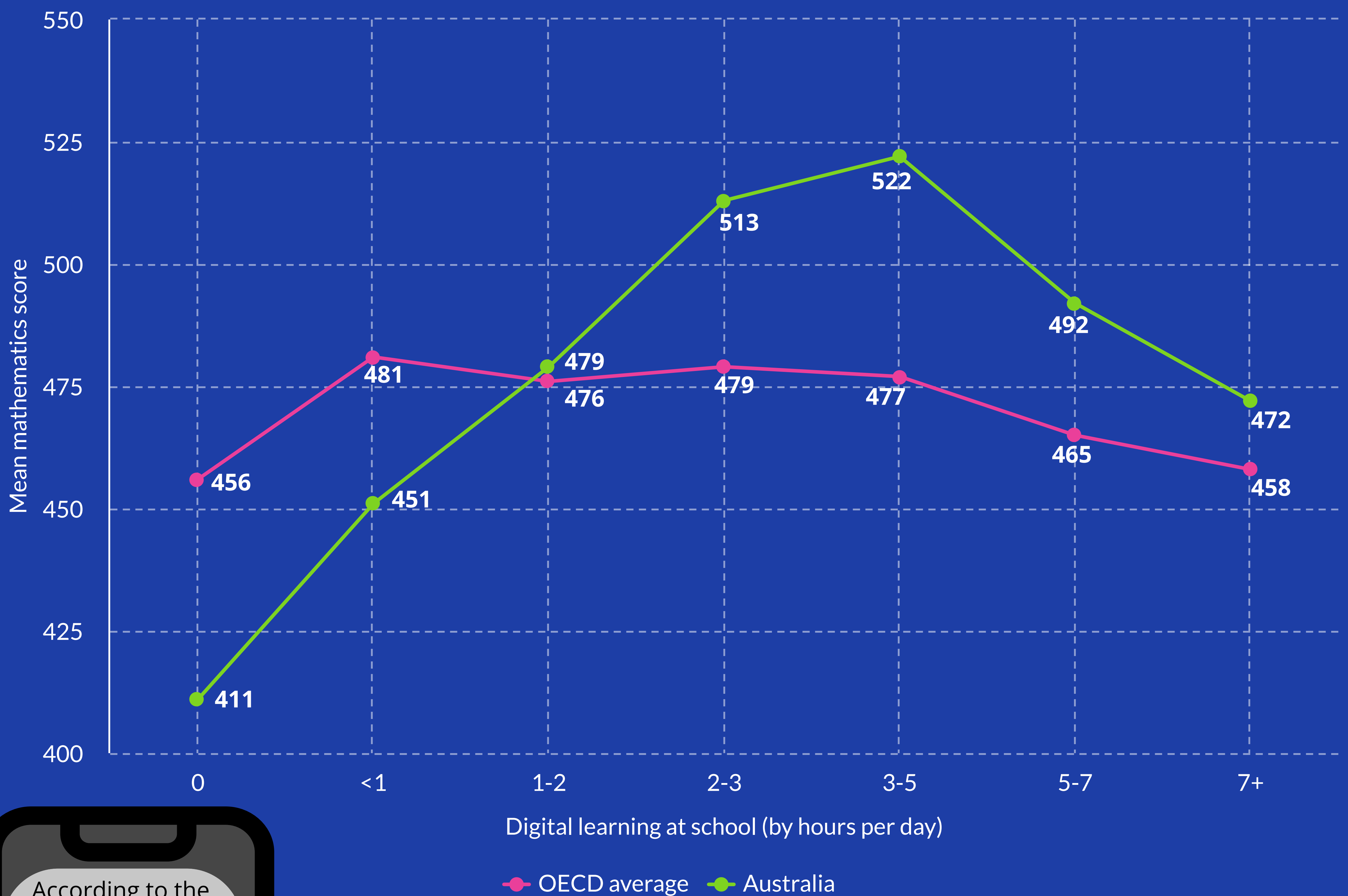


# Finding the digital learning 'sweet spot'



According to mathematics performance data from the OECD's PISA 2022 report, students that spend time at school learning on digital devices outperform students that don't. But how much time is too much time? The below graph shows student mathematics scores across the OECD and Australia by hours spent on digital learning at school. The findings suggest that while digital learning has a positive impact on results, too much time can end up having a negative impact.



According to the PISA report, these findings are in line with the "Goldilocks hypothesis".

Which says moderate use is fine, but overuse/misuse can be an issue.

Source: OECD (2023), PISA 2022 Results (Volume II): Learning During – and From – Disruption, PISA, OECD Publishing. <https://doi.org/10.1787/a97db61c-en>.

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