

MODULE 3 ASSESSMENT

Welcome to the assessment for Module 3: How to create an inclusive culture and support digital inclusion and wellbeing. This quiz is designed to evaluate your understanding of the key concepts covered in this module, including digital inclusion, wellbeing, and inclusive practices in hybrid work environments.

Instructions

Please read each question carefully and select the best answer. There is only one correct answer per question.

Assessment Quiz:

1. Which of the following best defines digital inclusion?

- A. Providing internet to remote locations
- B. Ensuring everyone has access to and can effectively use digital tools
- C. Limiting screen time at work
- D. Using only one platform for communication

Correct answer: B. Ensuring everyone has access to and can effectively use digital tools

2. What is a key challenge of hybrid meetings mentioned in this module?

- A. Overuse of video conferencing
- B. Easy tracking of attendance
- C. Proximity bias and multitasking
- D. Frequent social events

Correct answer: C. Proximity bias and multitasking

3. Which of the following is a digital wellbeing strategy?

- A. Encouraging staff to always be online
- B. Checking emails during all meetings
- C. Using tools such as BreakTimer or Noisli to manage digital fatigue
- D. Sending constant reminders to colleagues

Correct answer: C. Using tools such as BreakTimer or Noisli to manage digital fatigue

4. What is the purpose of creating a personal wellbeing action plan in hybrid settings?

- A. To assign more tasks to staff
- B. To monitor staff productivity
- C. To set goals for better work–life balance and inclusivity
- D. To reduce face-to-face meetings

Correct answer: C. To set goals for better work–life balance and inclusivity

5. Which practice supports inclusive hybrid meetings?

- A. Asking only in-person participants to contribute
- B. Using a checklist to structure and moderate meetings for all participants
- C. Avoiding the use of visual aids
- D. Ending meetings without a summary

Correct answer: B. Using a checklist to structure and moderate meetings for all participants

6. True or False: Digital wellbeing only applies to remote employees.

- A. True
- B. False

Correct Answer: B. False

7. What are the main takeaways from this module?