



HUMAN CAPITAL × AI

The UNSDG Sustainable Business Challenge

Powered by SEL. Co – created by AI. Designing human-centered solutions for global sustainability

AI Learning & Wellbeing Clinic

DB31G214

DB51G205

AI LEARNING & WELLBEING CLINIC

A periodic human check-up for healthy AI-supported learning

AI helps students finish.
Our clinic checks whether they are still learning.

Higher Education for a Healthier AI Generation



Supporting SDG 3 good health and wellbeing

STUDENTS PEOPLE LEARNING ALWAYS FIRST

AI Learning & Wellbeing Profile

Wellbeing
AI-Learning Anxiety
Digital Physical Strain
AI Learning Functioning



1 THE CHALLENGE

AI is changing how students learn. Who checks whether they are still learning well?



AI can support learning and student wellbeing. (Rasool et al., 2024)



Unstructured over-reliance can weaken verification, independent judgment and cognitive ownership. (Kasneji et al., 2023)

The missing piece is not another study asking whether AI is good or bad. It is a practical system that helps universities detect when AI supports learning – and when it begins to replace it.

2 HOW THE CLINIC WORKS

A human-delivered campus service that periodically checks, interprets and supports students' healthy AI adaptation.

CHECK

Complete a guided assessment

CONTEXT

Understand learning habits and AI use

HUMAN REVIEW

Interpret results through conversation

SUPPORT

Receive the right level of support

RECHECK

Track progress over time

4 AREAS OF ASSESSMENT

01

Student Wellbeing

Mental wellbeing and emotional strain

02

AI-Learning Anxiety

Dependence, confidence and AI-related concern

03

Digital Physical Strain

Eyes, posture, fatigue and screen-intensive learning

04

AI Learning Functioning

Judgment, verification and cognitive ownership

4 MEET MINH

Final-year student – illustrative simulated case

*"I feel fine.
AI just makes me faster."*

Student Wellbeing

GREEN

AI-Learning Anxiety

GREEN

Digital Physical Strain

GREEN

AI Learning Functioning

ORANGE

The clinic finds:

- Judgment outsourcing ↑
- Verification ↓
- Ability to explain his own work ↓

Feeling fine ≠ learning well.

3 HUMAN SUPPORT FOR HEALTHY AI LEARNING

Students are not labelled. They are routed to the level of support they need.

GREEN

Healthy AI Learning
Monitor

YELLOW

Early Support
Correct early

ORANGE

Human-AI Reset
Structured support

RED

Academic / Professional Referral
Connect to specialist support

POWERED BY CASEL COMPETENCIES



SELF-AWARENESS

What is AI changing in how I learn, think and feel?



RESPONSIBLE DECISION-MAKING

THINK → ASK → CHECK → OWN
Make intentional and responsible choices with AI.



Human-delivered support: one-to-one consultation, peer dialogue and guided Human-AI Reset.

5 BUSINESS MODEL

STUDENTS USE. UNIVERSITIES PAY.

Annual campus subscription provides periodic check-ups, human support and de-identified institutional insight.

USER

Students

BUYER

Universities

VALUE

Confidential student support + anonymous institutional insight

NT\$1,600

illustrative cost / student / year



PRIVACY BY DESIGN

Students receive their individual results. Universities receive only de-identified cohort trends.

6 AI + HUMAN JUDGMENT

AI was our third teammate – but not the final decision-maker.

AI SHORTCUT

High AI use + headache
→ assumes AI-related strain



HUMAN CORRECTION

Screen time + workload
+ sleep + context
→ broader explanation

Correlation ≠ causation. Context matters.

AI generated possibilities. Humans decided what was safe, credible and worth building.

Selected References

- Rasool, et al. (2024). AI-Supported Education and Student Mental Health.
- Kasneji, et al. (2023). ChatGPT for Good? On Opportunities and Challenges of LLMs for Education.
- Przybylski, & Weinstein (2019). A mindful learning and technology use scale.
- Psychology Today (2023). Good Intentions, Hidden Costs: The Promise and Perils of AI in Education.

Evidence status: Established measures and broader consensus; correlational study and diagnosis.



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SCAN TO WATCH
Our 3-4 minute presentation

