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**Optimal Learning using Technology: Enhancing Collaboration and Social Networking Among Young and Old Students**

**Abstract**

Technology for learning has great potential in enhancing social networking and collaboration opportunities among students. Implementing technology into learning environments have been known to increase students’ academic experiences and learning outcome. However, evidence remains unclear when it comes to showing evidence that students have learned while using technology. Moreover, to determine whether students have learned using technology, it has been suggested that it will show how they apply this knowledge to classroom interactions and everyday life in their interactions, attitudes, and behaviors. Learning with technology can increase personal well-being. The Well-being Theory and PERMA model will be used as the theoretical framework to show how optimal learning with technology can improve students' outcomes and contribute to multidimensional well-being components. This is not only true for young students, as there are older individuals that partake in academia and use technology to increase their learning experiences. The research was based on previous literature on learning with technology and how to enhance personal well-being. Findings revealed that learning with technology does enhance teaching and learning experiences. It also contributes to positive attitudes toward learning with technology when students and teachers are provided with adequate training. It will provide information related to how learning with technology influences collaboration and fosters social networking. Finally, the conclusion will be based on the rationale for using technology for learning and its contribution to personal well-being. Future research should conduct additional research to show how learning with technology and its potential to increase young and old students' well-being. Future researchers should also consider a diversified approach of age, race, culture, and other demographics that influence learning experiences.

***Keywords:*** Optimal learning; collaboration, social networking, well-being