

1 **Distance teacher training in ICT: from a technocentric approach to teaching innovation**

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3

4 **ABSTRACT**

5 The training of teachers in Communication and Information Technologies (ICT) is a basic
6 prerequisite for upgrading the quality of education. In the international literature, reference is
7 often made to the process of transition from a technocentric approach, which aims at the
8 acquisition of technical skills, to a more oriented pedagogical perspective, which utilizes new
9 technologies as a means to transform learning and shape teaching innovations. Through the
10 bibliographic analysis, the effects of distance training programs on teachers, teaching,
11 teaching innovation, and in general on the strengthening of the learning process are presented.
12 This study constitutes a systematic qualitative literature review that attempts to highlight the
13 need for training programs that combine theory with practice, promote modern teaching
14 methods and techniques, utilize the experiences and experiences of teachers, while at the same
15 time satisfying their real needs. Through a critical narrative review of international literature
16 (1995–2025), the present study identifies consistent evidence that insist distance ICT training
17 enhances teachers' self-efficacy and pedagogical use of technology, while also revealing a
18 persistent gap between technical training and pedagogical transformation. Particular emphasis
19 is placed on collaborative practices, educational design that creatively utilizes ICT, but also
20 on cultivating a critical attitude towards technology. After all, the transition from a
21 technocentric to a pedagogical model of training requires both the acquisition of knowledge
22 and skills, as well as a change of philosophy that leads to more creative and meaningful forms
23 of learning for students and teachers.

24 **KEY WORDS:** ICT, training, learning, teaching innovation.

25

26 **INTRODUCTION**

27 Information and Communication Technologies are particularly important and affect key
28 aspects of economic and social life, such as teaching and education in general, making it
29 necessary for teachers to become familiar with technology. Living in a digitalized era, the
30 integration of digital technologies in course teaching is essential more than ever (Lawrence &
31 Tar, 2018). Today's students use digital tools and apps every day for their entertainment and
32 information, so it becomes essential for them to develop computational and critical thinking
33 skills (Waterson & Milmo, 2021). Nevertheless, teachers due to lack of familiarity (Hussin,
34 2018), but also the ability to design the lesson, based on ICT (McDonald, 2017; Rich et al.,
35 2021), are particularly hesitant to integrate new technologies into their teaching. In this
36 regard, students' preparation for the digital age depends on teachers as key agents of changing
37 attitudes, skills, and behaviors (Tan et al., 2017).

38 Distance teacher training in Information and Communication Technologies has been shown to
39 improve both the quality of the learning process and the professional development of teachers.
40 Leveraging technological innovations, such as synchronous (Webex, Teams, etc.) and
41 asynchronous education (Moodle) platforms, digital software, interactive whiteboards and
42 educational simulations, virtual and augmented reality, artificial intelligence, can offer
43 interactive learning experiences that enhance students' understanding and engagement
44 ((Johnson & Johnson, 2020; Li, Sun, & Zhang, 2022), on the other hand, however, require
45 familiarization and effective use on the part of teachers (Paxinou, 2021). For this reason, the
46 distance training of the human resources of education (e.g. B1 & B2 level of ICT) must offer
47 modern technological experiences, so that teachers can transfer them to their classrooms
48 (Voogt et al., 2013).

49 Despite the existing and growing body of research on ICT-based teacher training, the
50 literature remains fragmented, because, while several studies emphasize technical skill
51 acquisition, there are fewer that critically examine the pedagogical depth and the

52 transformative impact of distance training programs. So, this review addresses this gap by
53 critically synthesizing evidence on the shift from technocentric to pedagogically driven ICT
54 professional development.

55

56 **METHODOLOGY**

57 The present study adopted a literature-based research methodology aiming to highlight the
58 significance of distance professional development in new technologies, instructional
59 innovation, and, by extension, in teaching practice. The research design was grounded in a
60 systematic qualitative content analysis. A rigorous and systematic search strategy was
61 implemented across academic and educational databases such as Google Scholar, Scopus, and
62 ERIC (Education Resources Information Center), which provided access to recent
63 interdisciplinary studies combining educational theory, professional training program design,
64 psychology, and digital education.

65 In addition, national sources were utilized, including the National Documentation Centre
66 (EKT), institutional repositories of Greek universities, and Greek open-access scientific
67 journals such as the Athens Journal of Education, the Journal of Contemporary Education
68 Theory & Research, Adult Education, and Research and Technological Development, in order
69 to collect relevant literature.

70 To ensure validity, clear inclusion and exclusion criteria were applied. The inclusion criteria
71 comprised peer-reviewed scientific articles, empirical studies, theoretical investigations, and
72 policy reports published between 1995 and 2025. Only studies focusing on distance
73 education, teaching, instructional innovation, factors influencing teachers' professional
74 development, and educational design were considered. Particular emphasis was placed on
75 works offering comparative analyses or studies with a specific focus on the Greek context.
76 Sources that were not peer-reviewed, lacked full-text availability, or were not directly related
77 to the topic of distance teacher professional development were excluded.

78 The studies that were selected were analysed through thematic qualitative synthesis, and were
79 focusing on recurring patterns, which are related to pedagogical orientation, teachers'
80 professional identity, and, lastly, instructional innovation. Particular attention was paid to
81 contradictions, methodological limitations, and, also, to contextual differences across studies

82 **THE INTEGRATION OF ICT IN EDUCATION**

83 With the gradual integration of new technologies in education, the role of the teacher focused
84 on the design of the lesson and activities based on educational software and digital
85 applications, adapted to the needs of children. At the same time, the role of the student has
86 changed, who is no longer a passive receiver of information, but assumes an active role and
87 responsibility for his education. This development has opened up and continues to open up
88 new perspectives for the educational community, but also for the formation of a modern,
89 dynamic and inclusive educational environment (Selwyn 2023). In this context, children, as
90 future citizens, acquire new competences and skills, useful throughout their lives, contributing
91 to the change of working conditions and the progress of society in general (European
92 Commission, 2018).

93 The utilization of technologies, such as digital learning platforms, allowed the distribution,
94 organization and management of educational materials (Bond, et al., 2021), collaborative
95 tools, such as Google Slides, Google Classroom and Microsoft Teams, facilitated
96 collaboration between both students and teachers, enabling document sharing, synchronous
97 and asynchronous discussions, but also real-time collaboration (Moorhouse, 2021). Also, the
98 use of modern and smart devices (smartphones, mobile phones and mobile devices) facilitated
99 children's access to educational material, but also the completion of tasks and activities,
100 without spatiotemporal constraints (Park, 2021). After all, in the context of the educational
101 community, ICTs are often referred to as innovative technologies, which enhance
102 collaboration, adaptation and interactivity of the learning process (OECD, 2021).

103 In recent years, the integration of virtual and augmented reality applications into the teaching
104 (Papadakis & Kalogiannakis, 2020), machine learning through artificial intelligence and
105 educational robotics, have shaped new personalized educational experiences and modern
106 dynamic learning environments, while at the same time creating new perspectives in the
107 teaching of courses (Karsenti & Bugmann, 2019). At the same time, teachers were facilitated in
108 creating learning and practice communities, through which they share experiences, best
109 practices, but also mutual support in matters of cognitive and pedagogical content.
110 Finally, the integration of ICT in education has enabled human resources to continuously train
111 and cultivate their digital skills, through online programs and seminars, online courses, but
112 also other forms of e-learning, adapted to their needs (Vander Ark et al., 2020), allowing
113 teachers to be fully informed both about their subject matter, and technological developments
114 (Darling-Hammond, Hyler, & Gardner, 2020). Research conducted by Bruntha et al. (2024)
115 highlighted that online trainings and digital tools facilitate faster and more efficient access to
116 knowledge, promote collaborative learning, and support personalized teaching methods,
117 enhancing teachers' work.
118 In general, the integration of new technologies in teaching and education in general includes
119 on the one hand the technological framework, and on the other hand the educational
120 application of digital tools, with the aim of improving the quality of teaching provided to
121 students (Tzimogiannis, 2019; Naresh, 2020). Based on the above, it is worth noting that
122 lifelong distance learning in ICT, as well as the integration of digital technologies into the
123 learning process, is a complex and multifaceted process, which is due on the one hand to the
124 dynamic nature of the development of technology and, additionally, to the will for
125 professional development of human resources.
126

127 **EDUCATORS AND NEW TECHNOLOGIES**

128 The characteristics of the human resources of education affect the use of new technologies in
129 the learning process. In particular, gender and age (Guillén-Gámez & Mayorga-Fernández,
130 2020), teaching experience (Hsu, 2017), and the subject of teaching (Lawrence & Tar, 2018),
131 contribute decisively to the integration of ICT into the teaching of subjects. At the same time,
132 teachers' perceptions and beliefs (Drossel et al., 2017; Okagbue et al., 2023), their willingness
133 and willpower (De Brabander & Glastra, 2021; Farjon et al., 2019), their self-efficacy in the
134 use of new technologies (Ifinedo et al., 2020; Spiteri & Chang Rundgren, 2020), are variables
135 that also influence the adoption of technology as a teaching tool. Conversely, negative
136 emotions, such as fear, anxiety, and distrust towards digital applications, are barriers to their
137 integration into educational practice (Tomczyk et al., 2021).
138 Many teachers accept the usefulness of new technologies in education, as a factor in
139 enhancing students' active participation, but also as an element of educational innovation and
140 enhancing learning (Arancibia et al., 2020; Cheng et al., 2021; Almerich et al., 2023). Also,
141 when the teacher works in a school environment that favors the use of new technologies and
142 in a school where the administration is possessed by the culture of technological innovation,
143 he is much more likely to show a favorable attitude towards the integration of digital tools in
144 his teaching (Spiteri & Chang Rundgren, 2020; Eickelmann, 2011; Lomos et al., 2023).
145 Professional collaboration between teachers, as well as teacher-student relationships in
146 relation to the use of digital tools in learning, are important variables in terms of their use in
147 the learning process (Lomos et al., 2023; Xu et al., 2023). Most teachers recognize the
148 positive contribution of ICT to education, as it provides opportunities for individualized and
149 self-regulated learning (Kamal & Illiyan, 2021; Salas-Rueda et al., 2022), improves the quality
150 of teaching, enhances children's motivation and participation, and student-teacher
151 collaboration.
152 Therefore, the continuous training of the human resources of education and the methodical
153 technological and pedagogical support are key factors for the use of ICT in teaching practice.

154 Especially nowadays, where the teacher has the possibility of distance education and training
155 in new technologies, there is an urgent need to formulate modern and up-to-date programs in
156 ICT, adapted to the needs and interests of teachers.

157

158 **DISTANCE TRAINING OF TEACHERS IN ICT**

159 Lifelong learning aims on the one hand at the personal and professional development of the
160 individual and on the other hand at his adaptation to the continuous changes and increasing
161 demands of modern society (Knapper & Cropley, 2000). In particular, distance education of
162 teachers in ICT leads to the acquisition of specialized knowledge and skills, which are related
163 to both general and technical and vocational education. Therefore, lifelong learning combined
164 with distance learning in new technologies are two key pillars in the development and
165 professional development of teachers, while contributing to their integration into the learning
166 process (Belay et al., 2020; Tomczyk et al., 2021; Baharuddin et al., 2024).

167 The creation of certified distance learning programs, adapted to the needs and interests of
168 teachers, flexibility and the ability to choose subjects, the provision of financial incentives and
169 continuous technical and psychological support are some of the prerequisites for the success
170 of relevant trainings (Brookfield, 2019). At the same time, the use in training of modern
171 digital tools and teaching methodologies, examples and practical application of the concepts
172 and applications to be taught, the updated and targeted educational material, as well as the
173 pedagogical approach of the technocentric perception of ICT, are factors that can lead a
174 training to achieve its goals.

175 The training and professional guidance by experienced and digitally competent trainers and
176 the utilization of modern technological applications during the training (electronic classrooms,
177 digital platforms, etc.), provides targeted and immediate feedback, facilitates access to digital
178 educational material, cultivates interaction between trainees and generally forms a flexible
179 and interactive learning environment. In this way, a holistic and inclusive educational

180 framework is formed, which includes all those elements that can make a training useful,
181 functional and usable in teaching practice.

182 Although there are several studies that report positive outcomes of online ICT training, other
183 research should also be mentioned that highlight that such programs often prioritize efficiency
184 over pedagogical depth, resulting, in this way, in limited instructional transformation
185 (Valverde-Berrocoso et al., 2021; Avidov-Ungar & Forkosh-Baruch, 2018). According to Biko
186 (1995), it is not enough to participate in a training program for the integration of new
187 technologies into the educational process, but rather the willingness of teachers to revise
188 traditional teaching methods and techniques.

189 Based on the above, the success of a distance learning ICT training program, but also their
190 effective integration into the learning process, does not depend only on the technological
191 infrastructure and support, the resolution of the obstacles that arise, but primarily on the desire
192 and willingness of teachers to adapt to modern teaching practices. With the appropriate
193 planning and the continuous support of the professional development of the human resources
194 of education, new technologies can be modern tools for learning and strengthening teaching
195 innovation.

196

197 **STRENGTHENING TEACHING INNOVATION**

198 Training in ICT and the teaching use of new technologies does not inevitably lead to teaching
199 innovation. Preparation, didactic planning, proper assessment of available resources and
200 infrastructure, targeted activities, but above all will and patience on the part of the teacher are
201 required. For this reason, a continuous effort is needed from all educational institutions to
202 convince the teacher of the value of integrating digital tools into teaching, as through
203 innovative practices and methods the quality of the education provided will be improved.

204 On the other hand, the use of digital games and simulations in teaching is an innovative
205 approach, as it enables children to explore new concepts and apply their knowledge in

206 realistic scenarios, enhancing their critical thinking and analysis skills (Lu, Wang, & Huang,
207 2022). Learning Management Systems (LMS) facilitate the creation of personalized courses,
208 which tailor the content of the teaching to the needs and interests of each student.
209 At the same time, collaborative applications, such as Canva, Google Slides, Padlet, etc., as
210 well as platforms (Google Classroom, Microsoft Teams, etc.), enhance collaborative learning,
211 communication, collective knowledge and teamwork (Bond et al., 2021). Also, new
212 technologies enhance innovation by offering and enhancing online learning, which in
213 combination with face-to-face (blended learning) proves to be particularly effective in
214 assimilating knowledge and engaging learners (Kintu, Zhu, & Kagambe, 2017).
215 Teaching and innovation is enhanced when teachers, through training, have the opportunity to
216 leverage innovative technologies, such as simulation, augmented and virtual reality, which
217 create flexible, interactive and experiential learning environments. Children experience
218 lifelike activities that enhance active participation, but also the understanding of difficult
219 theoretical concepts (Merchant et al., 2020). Additionally, the use of technologies such as
220 artificial intelligence (AI) and machine learning (ML) can provide personalized learning
221 experiences and promote students' creative thinking (Holmes et al., 2019).

222 **Table 1. Strengthening Teaching Innovation through ICT Training**

Dimension	Key points (keywords)
ICT training & innovation	not automatic • pedagogical planning • lesson design • resource assessment • teacher commitment
Digital games & simulations	experiential learning • real-world scenarios • critical thinking • problem-solving
Learning Management Systems (LMS)	personalization • adaptive content • learner-centred design
Collaborative tools & platforms	collaboration • communication • teamwork • shared knowledge
Blended learning	online + face-to-face • engagement • flexible learning
Immersive technologies (VR/AR)	interactivity • experiential environments • conceptual understanding
Artificial intelligence & ML	personalized learning • creativity • adaptive feedback
Role of teacher training	attitudes • self-efficacy • pedagogical competence • innovation readiness

223

224 From the above, the relationship between training and teaching innovation is understood, as
225 the perceptions, attitudes, abilities and skills acquired by teachers in an ICT training program,
226 leads to the creation of modern teaching approaches and the use of appropriate digital
227 applications and tools, creating attractive learning environments (Arnab et al., 2019).
228 Therefore, a pedagogically and technologically familiar teacher has the ability to create
229 innovative teaching actions, to improve his teaching for the benefit of the quality of education
230 and the learning experience of the trainees.

231

232 **DISCUSSION**

233 The present study sought to critically examine distance teacher training in Information and
234 Communication Technologies (ICT), with particular emphasis on the transition from a
235 technocentric model of professional development to a pedagogically oriented framework that
236 promotes teaching innovation. Through a systematic qualitative review of international
237 literature spanning three decades (1995–2025), the findings highlight both the potential and
238 the limitations of distance ICT training in transforming teaching practices.

239 A consistent finding across the reviewed studies is that distance ICT training contributes
240 positively to teachers' digital competence, self-efficacy, and confidence in using technological
241 tools. These outcomes are in line with prior research indicating that online professional
242 development enhances teachers' familiarity with digital environments and increases their
243 willingness to integrate ICT into classroom practice. However, the analysis also confirms a
244 persistent and critical gap between the acquisition of technical skills and meaningful
245 pedagogical transformation. While teachers often develop operational proficiency in digital
246 tools, this does not automatically translate into innovative instructional design or student-
247 centered pedagogical change.

248

249 This contradiction reinforces the argument that technocentric training models—those
250 primarily focused on tools, platforms, and software—remain dominant in many distance
251 education programs. Such models tend to reproduce traditional teacher-centered practices in
252 digital form, rather than fostering new teaching philosophies, roles, and learning dynamics.

253 The literature reviewed suggests that without explicit emphasis on pedagogical design,
254 reflective practice, and instructional innovation, ICT training risks becoming instrumental
255 rather than transformative.

256 Another significant insight emerging from this review concerns the role of teachers' beliefs,
257 attitudes, and professional identity in shaping the outcomes of distance training. The
258 effectiveness of ICT professional development appears strongly mediated by teachers'
259 willingness to reconsider established teaching practices, engage in experimentation, and adopt
260 learner-centered approaches. Factors such as fear of technology, lack of time, limited
261 institutional support, and unequal access to infrastructure continue to function as barriers,
262 even when training opportunities are available. This finding aligns with research emphasizing
263 that technological integration is as much a cultural and psychological process as it is a
264 technical one.

265 Furthermore, the analysis highlights the importance of collaborative learning and
266 communities of practice in distance ICT training. Programs that encourage interaction, peer
267 exchange, and shared reflection tend to support deeper pedagogical engagement and more
268 sustainable innovation. Collaborative environments allow teachers to contextualize ICT use
269 within their own teaching realities, exchange best practices, and collectively negotiate new
270 professional meanings. In contrast, isolated and content-heavy online courses often fail to
271 support long-term instructional change.

272 The review also underscores the growing significance of emerging technologies—such as
273 artificial intelligence, virtual and augmented reality, and adaptive learning systems—as
274 potential catalysts for teaching innovation. Nevertheless, the literature cautions that these

275 technologies only enhance learning when embedded within coherent pedagogical frameworks.
276 Innovation, therefore, should not be understood as the mere adoption of advanced tools, but as
277 a shift in teaching logic, learning activities, and teacher–student interactions.

278 Despite its contributions, this study is not without limitations. The heterogeneity of the
279 reviewed studies, differences in methodological approaches, and the lack of common
280 indicators for measuring pedagogical innovation constrain the comparability of findings.
281 Additionally, much of the existing literature relies on self-reported data, which may
282 overestimate the actual impact of ICT training on classroom practice. These limitations point
283 to the need for future research employing longitudinal designs, mixed-method approaches,
284 and classroom-based evidence to better capture the transfer of training outcomes into
285 authentic educational settings.

286 In conclusion, the discussion of the findings confirms that distance teacher training in ICT
287 holds substantial potential for enhancing professional development and supporting teaching
288 innovation. However, this potential can only be realized when training programs move
289 beyond technocentric approaches and systematically integrate pedagogical theory, reflective
290 practice, collaboration, and sustained support. The transition from technology use to
291 pedagogical transformation emerges as a complex, multidimensional process that requires not
292 only skills and infrastructure, but also a fundamental change in educational philosophy and
293 teaching culture.

294

295 **CONCLUSION**

296 The integration of new technologies into the educational process and the strengthening of
297 teaching innovation requires the formation of a series of factors. First of all, the continuous
298 education and training of teachers in ICT is a sine qua non for cultivating a positive attitude
299 towards the use of digital tools in teaching. The continuous support and provision of
300 educational opportunities to all teachers, without spatio-temporal constraints, for their

301 technological familiarization and the development of their skills, leads them to stay informed
302 about the latest developments in technology (Koehler & Mishra, 2009).

303 Teaching innovation cannot be created without adapting teaching to the needs and interests of
304 each student. The use of digital applications, particularly artificial intelligence, can help the
305 educator adapt their teaching, shape inclusive and flexible learning environments, and provide
306 personalized educational experiences (Luckin et al., 2021). They also promote collaboration,
307 communication and interaction, collective and team atmosphere, creating a more supportive
308 learning environment (Johnson, & Smith, 2024).

309 At the same time, in a distance learning program, continuous technical support and the
310 upgrading of technological infrastructure helps teachers to deal with the technical problems
311 that arise when using digital applications, strengthening their confidence in ICT. Fast and
312 efficient technical assistance, from the specialized technical manager of the program, reduces
313 the stress and anxiety of teachers and strengthens their confidence in the use of technologies
314 when teaching their lesson. Continuous evaluation and improvement of teaching practice
315 ensures the development and upgrading of the course, ensuring in the best possible way the
316 strengthening of the educational process (Xu, & Zhu, 2023).

317 In conclusion, new technologies have a significant impact on both the training of teachers and
318 the strengthening of teaching innovations in their teaching, as they offer modern tools and
319 opportunities for their professional development and consequently in the improvement of the
320 learning process. Continuous support, training and adaptation to ICT on the one hand limits
321 the number of teachers who are reluctant to use them and on the other hand strengthens the
322 will and willingness of those who really believe that it will strengthen their role, but also the
323 quality of their teaching. The literature review that was carried out, ultimately, demonstrates
324 with arguments that distance education of teachers in ICT can systematically contribute to the
325 enhancement of digital self-efficacy as well as technological competence, while it can, at the
326 same time, support the improvement of the learning process. However, it should be mentioned

327 that the literature highlights a persistent contradiction, which concerns the fact that the
328 acquisition of technical skills does not automatically lead to pedagogical transformation nor to
329 substantial teaching innovation. Many programs that exist remain technocentric, limited to the
330 use of digital tools to reproduce traditional practices, without, therefore, a profound change in
331 instructional design, as well as in teacher-student roles and in the learning experience.

332 The critical synthesis of the findings, which was attempted, shows that the success of distance
333 learning requires the systematic connection of theory and practice, the emphasis on
334 pedagogical design, the cultivation of communities of practice, continuous feedback and, of
335 course, substantial technical support. At the same time, significant obstacles emerge, such as,
336 for example, technocentric design, limited time, stress or even mistrust of teachers and
337 inequalities in infrastructure. Therefore, teaching innovation can be defined as a change in
338 teaching logic and learning activities. Finally, the review highlights limitations related to the
339 heterogeneity of studies and the lack of common indicators for evaluating innovation,
340 highlighting the need for future research with long-term data, comparative approaches and,
341 lastly, a focus on the transfer of training results to educational practice.

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