

## PLAY: "Play, Learn, fightback Anxiety"

Feeling overly worried or stressed-out during university is exceptionally common. University frequently causes overwhelming anxiety because it's so new and different from any life experience before it, and students' minds are overloaded.

The anxiety of being at university, the changing environment, deadlines, and new autonomy proved to be more than a student could handle.

The primary aims of PLAY project are to help university students become better prepared for University curricular activities, to help them reduce their anxiety and strengthen their awareness of their mental health.

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A 3D virtual world





## PLAY 3D Virtual World

Entering the PLAY 3D Virtual World (3DVW) students can either play a game scenario or have anonymous counseling. There are 10 scenarios available (scenario 0 – scenario 9). Scenario 0 is the tutorial of the PLAY Virtual World. There students can learn the basics of navigating, communicating, and playing the game. The rest nine available scenarios are related to situations that provoke anxiety during academic life.



The PLAY project helps students overcome their anxiety inside a gamified environment.

## Game scenarios

- ❖ Scenario 1 simulates the experience of undertaking an exam.
- ❖ Scenario 2 deals with a bad exam result.
- ❖ Scenario 3 includes issues related to mature and distance learning students' stress.
- ❖ Scenario 4 deals with a difficult assignment.
- ❖ Scenario 5 deals with a group assignment.
- ❖ Scenario 6 deals with socialising.
- ❖ Scenario 7 provides an opportunity to discuss adaptation to university life issues.
- ❖ Scenario 8 concerns a situation in which students have to talk to lecturers and seek support.
- ❖ Scenario 9 provides an opportunity to discuss issues related to life after university.



## Partnership

The Play Project brings together a well-balanced consortium of partners consisting of the University of Patras, the Optionsnet company, the Open University of Cyprus, the European Institute of Child Education (ICEP) in Ireland, and the University Institute ISMAI in Portugal.

## Communication

