

"PLAY: Play, Learn, fight back Anxiety"

Anxiety is most prominent among university students and probably causes many symptoms that affect students' mental health. PLAY project's objective is to design and develop a 3D virtual world using the potential of a gamification-based approach in which university students will anonymously engage in activities that will help them be better prepared for University curricular activities and ultimately help them reduce anxiety while simultaneously monitor their mental health.

Dear reader,

We are delighted to publish the fourth and final PLAY newsletter. After two years of work, the PLAY project is coming to an end. During this period, we built a strong relationship with most of you, receiving your deep interest on PLAY and its activities.

PLAY is a two-year project, funded by European Union. During its lifetime, five partners developed, tested and evaluated results for ten concrete scenarios that aim to help students dealing with anxiety.

The scope of the newsletter is to provide updates on project progress and inform you about highlights of the PLAY project. In this fourth issue, you will be able to find out more about:

- Details of each game scenario of the PLAY 3DVW
- A Promotional video of the PLAY project

Concluding, all PLAY partners would like to thank you for your interest on the project. If you wish to stay tuned with PLAY and find out more PLAY news, visit the project website: play2fightanxiety.eu

PLAY Game Scenarios

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.
- ✓ 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.

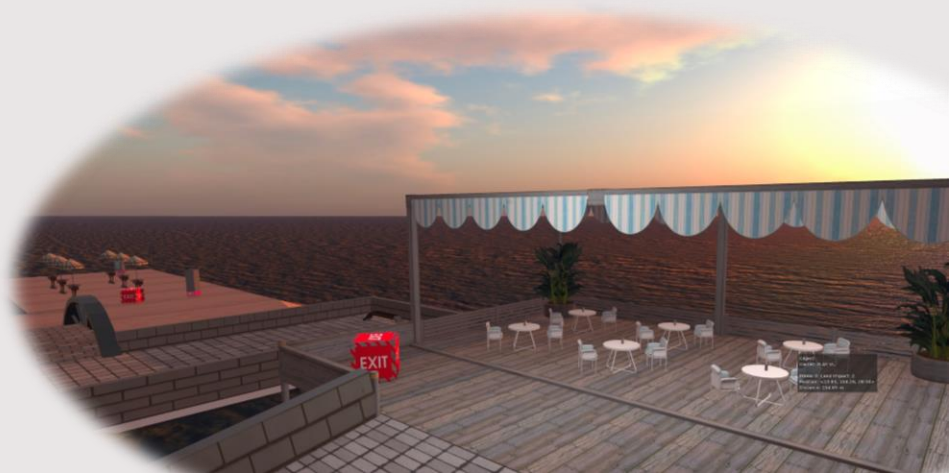


PLAY Promotional Video

Watch the PLAY promotional video:



PLAY: Play, Learn, fight back
Anxiety



Don't miss to follow PLAY on social media!



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.

