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University of Patras, Greece
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Agrupamento de Escolas de Rates, Portugal
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PROJECT ID

POSITIVE: Prevention Of Stress by exploiting an Innovative Virtual Environment -
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POSITIVE: Prevention Of Stress by exploiting an Innovative Virtual Environment

January 2022– December 2023

Erasmus + KA2
2021-1-PT01-KA220-SCH-000032534



PROJECT RESULT 1

Students' Needs, Game scenarios,
Educational material

At the beginning of the project, it was fundamental to carry out an **analysis of students' needs**, in order to **understand how academic stress is felt and in which school situations**. All partner schools distributed a need analysis questionnaire, with the participation of **272 students**.

The results have shown that



On a daily basis, most of student feel **stress on medium to low levels**



57.8% of the students think that they have **medium to low confidence in managing their stress**



The **main sources of stress** for students are related to study issues, namely **failing on exams, taking oral exams, academic overload and lack of time for all academic activities**.

Complete Report on



Continuation

PROJECT RESULT 1

Students' Needs, Game scenarios,
Educational material

In addition to knowing what students think about academic stress, it was also important to **access teachers' perceptions about this phenomenon**, through a focus group.

Teachers think that:



The three main sources of stress in students are social acceptance, academic activities and family pressure



Students may have difficulties on their self-management skills



Considering all results, POSITIVE team developed **educational material and game scenarios** on the following issues:

1. Time management and organization
2. Obtaining a bad grade
3. Coping with peer judgement
4. Oral presentations
5. Dealing with family's expectations
6. Talking about future expectations
7. Studying for tests

PROJECT RESULT 2

Development of the 3D Virtual World

POSITIVE 3D VWLE has now 7 game scenarios available in Portuguese, Greek, Lithuanian, Spanish and English.



PROJECT RESULT 3

Implementation, Survey Results,
Documentation

POSITIVE project has already tested the Beta version and the results show that students recognized improvements from the Alpha to the Beta version.

