

**CATEGORY 4 RESOURCE DEVELOPMENT**

**GROUP ID 4-084**

**THE TEEN'S GUIDE**

**Class 103**

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## **ABSTRACT**

Teen stress is on the rise nowadays, with both academic and social pressure being exerted on students. Our group has developed a resource for this problem. Enter “Stress out”, a fun, exciting, and user-friendly card game that aims to provide advice to students on managing study stress as well as improving their mental-wellbeing.

It offers bite-sized tips on managing stress which students will learn more about as they play the game and an extended version of the tips that can be found online through scanning a QR code on the back of the card.

Through our game, we hope that students can both de-stress and also learn how to cope with stress at the same time, hence improving their mental-wellbeing.

## **1 INTRODUCTION**

### **1.1 Rationale**

Studies show that students in Singapore are facing a lot of academic stress. In a study by the organisation for economic cooperation, (OECD), which conducts the triennial tests called the Programme for International Student Assessment (Pisa), polled 5,825 Singapore students and they did not have an answer on how satisfied they were with life, but their responses to the other questions revealed that most were anxious about tests and grades. In other countries polled, 66% of students expressed worry over getting poor grades in school. But 86% of the respondents from Singapore said that

they feel emotional distress because they do not want to get poor grades. In Singapore, 76 per cent reported feeling very anxious for a test even if they were well prepared, compared with the OECD average of 55 per cent. While we cannot change the education system to help them, we can help by sharing some stress coping ways and studying tips so that they can study efficiently and hence, feel less stressed.

## **1.2 Objectives**

- To provide studying tips and stress coping strategies
- Ultimately, to improve and care for their mental health

## **1.3 Target Audience**

- 13 to 16 year olds students
- Anyone who will be taking upcoming examinations, is feeling stressed and needing help

## **1.4 Resource**

The resource that we developed, a card game titled “Stress Out”, consists of scenario, solution and action cards. The objective of the player is to match the solution(s) cards to the correct action(s) cards. Multiple solution cards can be used to solve the same problem(s) cards. A unique feature of our card game is that behind each solution card, there is a QR code at the bottom corner of it. This QR code leads to a google site we created, which has the full explanations that were mentioned in the cards. The players can scan the QR code and read through the details after they finish playing the game, so that the game would not be too long and still engaging, but at the same time, not compromise their learning. On the card, there will be a brief description of a certain strategy, for example the steps to do this, but in the google site it will mention why this certain strategy works, how exactly to do it and other relevant details. Here is the link to our [google site](#).

## **2 REVIEW**

There are multiple websites and online resources that provide such information, however, many of them are very wordy and are all over the place. Hence, our resource aims to compile all these information and present them in a fun and lighthearted manner, a card game. There are also websites out there from past projects that also compile these tips and strategies, but compared to passive reading, a card game is definitely more engaging. A unique feature of our card game is that the information on the cards are very summarised and succinct, but there is a QR code at the bottom of the card, which leads the reader to our google site where the solutions in the cards are more deeply explained. This ensures that the players would still be very much engaged during the game, but not have just a shallow understanding of certain tips.

## **3 METHODOLOGY**

### **3.1 Needs Analysis**

We conducted a survey to get a more comprehensive outlook on how students cope with stress.

In our first survey, we posed the question "*How do you cope with study stress?*"

The responses include:

- Hobbies
- Play games
- Talk to someone
- Exercise
- Listen to music
- Sleep

And most worryingly,

- I can't

In our second survey, we asked respondents if they would “*be keen to learn more about studying tips and stress coping strategies to improve your performances?*” Here are our results:

Would you be keen to learn more about studying tips and stress coping strategies to improve your performance ? 

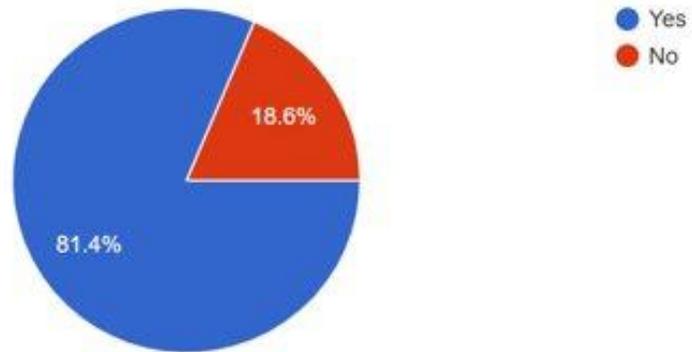
43 responses



For our third survey, the response to our question, “*Would you be interested in a card game that provides you with some of these tips ?*”, was mostly positive. Have a look at the chart below.

Would you be interested in a card game that provides you with some of these tips ?

43 responses



After we completed our survey, we came to the conclusion that:

- From the results of the survey, many people would like these studying tips and stress coping strategies in order to harness their full potential.
- They are interested in a card game which they can play while learning these tips.

### **3.2 Development of Resources**

Extensive research was done through readings of various literature from the internet as well as obtaining data from surveys that we carried out diligently. Infographics were also crafted to visualise the data collected. And together with the information collated, we created a slideshow to showcase our findings.

### **3.3 Prototype**

#### **Rules**

- Problem cards have point values printed on them.
- Solution cards have a set of points attributed to it.
- To solve one problem card, you get a certain set of points which act as the points limit
- Each turn, players must play any number of cards to hit the points limit.
- If you have insufficient cards to hit points limit, someone else can help you and you must split the points as written on problem cards.
- If no one wants to help you you must lose a card obtained earlier.

- To solve a problem you must have a certain type of solution card and reach the points required.
- Each problem card can be used as a solution card. Their points are always the points limit divided by 2.
- You must have a certain number of cards that you need to obtain to win. Whether you still hold on to the cards is irrelevant. When you win a card, it automatically counts as a card you obtained that you need to win.
- Lastly, you will receive a life card that is activated in the third round when all your cards are lost and the life card is lost (through the circumstances above), you are eliminated.
- However players are encouraged to help their friends as if one of them is eliminated, the remaining players must discard one card each.
- Action cards can be used to bring down the cost of the problem cards or give you points.

#### **4 OUTCOME AND DISCUSSION**

The card game has been designed and the rules have been formulated. The surveys have been successful in determining our priorities in carrying out this project. After making several prototypes and drafts, we have polished both the design and rules of the game. We also did extensive research on both stress and problems faced by students.

#### **5 CONCLUSION**

“The Teen’s Guide” was a challenging project to undertake as it involved arduous research as well as constant updating and refining of the game, rules and written reports as we collate new information and come up with new ideas. However, the general consensus among all of us is that we have done well in both obtaining data and

crafting our very own card game. We sincerely think that our vision of a project that is beneficial in assisting teenagers cope with stress and challenges has been realized, and we derive great satisfaction from this.

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