Anti-burnout puzzle for academics

SYLABUS

1. General information
Workshop title: Board games as prevention of professional burnout
Form of classes: practical workshop
Duration: 8 lesson hours, two times 4 lesson hours each
Lecturer: Emilian Sornat Convention speaker, owner and user of a board game collection with experience in testing RPG Systems and board game prototypes
2. General objective of the workshop
To learn about a cross-section of board games from the so-called "new mainstream" in a safe environment and present the benefits of participating in board games meetings (cognitive stimulation, emotion regulation, stress reduction and social bonding). The workshop includes a brief theoretical introduction, explanation of the rules of the games selected by the participants, and playing board scenarios together in small groups.
3. Learning outcomes (in line with the EQF)
Knowledge - Participant: **L1.** Understands the basic advantages of playing board games **L2.** Demonstrates an understanding of the basic concepts and mechanics in new trend board games **L3.** Distinguishes between selected types of board games and can identify his/her preferred ones
Skills - Participant: **S1.** Applies rules in accordance with the scenario of the board game **S2.** Demonstrates the ability to plan and calculate profits in a safe game environment **S3.** Uses interactions with other players for communication and negotiation purposes
Social Competences - Participant: **C1.** Demonstrates greater freedom to interact with other participants during the game **C2.** Shares experiences related to board game playing **C3.** Translates the experience patterns obtained in a stress-free environment into everyday life
4. Program content (list of topics discussed during the workshop)
Topic 1: Theoretical introduction to board games **Topic 2**: Getting acquainted with recommended games for beginners, selecting and playing basic scenarios according to the game objectives **Topic 3:** Familiarization with games for intermediate players with introduction of additional concepts and presentation of alternative modes of gameplay
5. Teching methods used during the workshop

☒ pair/group work	☒ lecture with presentation	☐ project

☐ case study	☐ simulations	☒ moderated discussion
☒ practical exercises indoor	☐ outdoor practical exercises	☐ .....

6. Ways of verification of learning outcomes

☒ observation of activity	☐ presentation	☒ self-assessment
☒ group feedback	☐ test or quiz	☒ evaluation survey

☐ .....

7. Teaching materials

Participants: course outline, questionnaire / test of professional burnout and/or stress

Instructors: a set of basic and intermediate board games

8. Literature

- Noda, A., & Shirotsuki, K. (2019). *Effects of board games on cognitive functions: A systematic review. Games for Health Journal*, 8(3), 153-164.
- de la Hera, T., et al. (2021). *The impact of tabletop games on cognitive skills and wellbeing: A scoping review. Simulation & Gaming*, 52(1), 1-26.
- Granic, I., et al. (2014). *The benefits of playing video games. American Psychologist*, 69(1), 66-78.
- Treadaway, C., et al. (2020). *Playful engagement and mental health: The role of play in promoting wellbeing. The Journal of Mental Health and Wellbeing*.
- Maslach, C., & Leiter, M. P. (2016). *Burnout: A multidimensional perspective.*
- Chen, H., et al. (2020). *Leisure activities and burnout recovery: The mediating role of psychological detachment. Journal of Occupational Health Psychology*, 25(4), 273-286

9 Organizational notes (e.g., technical requirements, accessibility for people with disabilities, necessary equipment to be provided by participants, recruitment conditions)

The workshop should be conducted in a spacious room, offering freedom of movement and a sense of security. The presentation of the theoretical part requires a screen, or an overhead projector.

The group will be divided into tables (maximum of 4 during one session). Comfortable chairs and sufficient height of tabletops are preferred so that each participant has a good view of the entire table area.

Recruitment conditions: adults (18+) open to new hobbies and learning about new ways of spending time. Size: optimally 12-14 people (maximum 16, minimum 8).

R1. Academic Burnout = Prevention Workshop Proposal.