



Revolutionizing Education: Generation Esports' *Gaming Concepts* at the Forefront



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Introduction

In an era where digital fluency is as crucial as literacy, Generation Esports steps forward with its innovative *Gaming Concepts* curriculum, seamlessly intertwined with Mental Health Moments, setting a new standard in scholarly esports education. This pioneering approach is not just an educational trend; it's a movement towards nurturing well-rounded, digitally savvy students.

- ***Gaming Concepts* as an Educational Tool:** At the core of Generation Esports' mission is the integration of *Gaming Concepts* with Mental Health Moments. This curriculum is specifically designed to engage students in their digital world while promoting mental wellness.
- **Insightful Research and Impactful Findings:** A landmark study featured in the Journal of Medical Internet Research (JMIR) brings to light the efficacy of *Gaming Concepts*, offering a strategic blueprint for merging mental health education with digital learning.
- **Fostering Essential Life Skills:** Through *Gaming Concepts*, students engage in guided activities and discussions focused on building resilience and emotional intelligence, crucial for their overall development.
- **Digital Consumption and Mental Health:** Generation Esports recognizes the challenges of digital consumption among youth. *Gaming Concepts* aims to balance the pervasive use of social media with positive digital experiences.
- **Proven Engagement and Attendance:** The integration of *Gaming Concepts* into educational settings has shown a remarkable increase in student attendance and engagement, demonstrating its appeal to the digital-native generation.

- **A Constructive Response to Social Media Challenges:** Generation Esports' *Gaming Concepts* curriculum provides an alternative to the negative impacts of excessive social media use, addressing issues like depression and anxiety in the adolescent demographic.

Explore the transformative impact of Generation Esports' *Gaming Concepts*, focusing on:

- **Empowering Educators in Digital Engagement:** Understanding the vital role teachers play in this innovative educational framework, emphasizing the need for specialized training to facilitate early mental health interventions.
- **Evolving Educational Strategies for a Digital World:** The *Gaming Concepts* curriculum by Generation Esports highlights the need for educational strategies to adapt to the changing digital habits of students.

Join us in examining how Generation Esports' *Gaming Concepts* is shaping the future of education, fostering a generation of students who are not only digitally competent but also emotionally resilient.

Pioneering Study on Generation Esports Curriculum:

Integrating *Gaming Concepts* with Mental Health Education

From December 2021 to May 2022, independent researchers embarked on an ambitious initiative, conducting a groundbreaking study to explore the effects of integrating Mental Health Moments (MHM) into Generation Esports' *Gaming Concepts* curriculum. This educational experiment, conducted across 34 North American schools, ventured into new territory, combining esports with structured mental health education. The initiative catered to a diverse group of middle and high school students, encompassing various demographics to ensure inclusivity and wide-reaching impact.

The curriculum, designed to align with the International Society for Technology Education (ISTE) standards, expanded beyond the realms of conventional gaming. It sought to cultivate crucial life skills, such as self-awareness and social responsibility, while providing insights into the esports industry and technology-based careers. Employing the Positive PERMA model and CASEL standards, the MHM content was intricately integrated into the gaming lessons, creating an engaging and relatable narrative for mental health education.

Key to this study was its method of data collection, which utilized electronic surveys and the Rosenberg Self-Esteem Scale. These tools were instrumental in evaluating the impact of the MHM curriculum on student well-being, offering a comprehensive view of the potential benefits of this innovative educational approach. This study marks a significant step in educational methodology, showcasing the potential of esports as a medium for delivering effective mental health education. It highlights the evolving role of digital platforms in fostering student engagement and well-being, setting the stage for future developments in this dynamic field.

Outcome 1: Elevating Self-Esteem Through *Gaming Concepts*

At the heart of the study lies a transformative discovery—a significant boost in student self-esteem attributed to the integration of Mental Health Moments (MHM) within the *Gaming Concepts*

curriculum. This pivotal finding addresses a fundamental aspect of adolescent development and mental wellness in an age where self-esteem issues are a growing concern.

The data paints an encouraging picture: 62% of students engaged in the MHM-enhanced

esports curriculum reported a notable rise in self-esteem, achieving what is considered a normalized level by the study's conclusion. This marked increase starkly contrasts with the minimal changes in the control group, underscoring the effectiveness of MHM in fostering a positive self-image among students.

Our study found that the scholarly gaming curriculum produced a clinically relevant migration of participants from abnormally low self-esteem baselines to a normal range, (Jenson, et al, 2023).

This outcome extends beyond mere numbers; it represents a breakthrough in scholarly esports programs, highlighting the potential of thoughtful curriculum design to impact student well-being profoundly. In a society where digital engagement is often scrutinized for its psychological impacts, the MHM initiative within Generation Esports' curriculum offers a compelling narrative of technology as a force for good.

Furthermore, the study's approach aligns seamlessly with the educational objectives of nurturing confident, capable young individuals. By embedding mental health education into the interactive and often

captivating world of esports, Generation Esports has not only enhanced the educational experience but has also provided a template for how digital platforms can be leveraged to support and uplift students in their most formative years.

The increase in self-esteem has tangible implications for students' academic performance, social interactions, and overall mental health, setting a new precedent for digital education's role in fostering an environment where students thrive both online and offline.

Outcome 2: Fostering Inclusivity and Diversity with *Gaming Concepts*

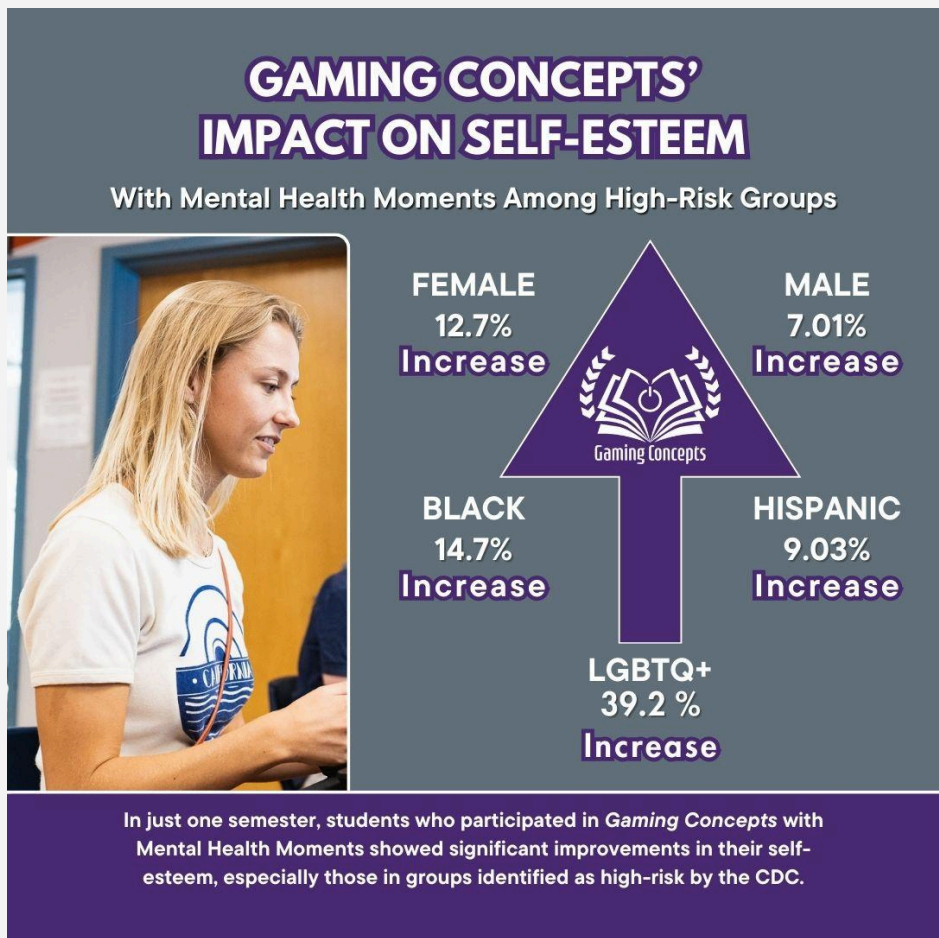
The study reveals a compelling narrative of inclusivity where Mental Health Moments (MHM) within the *Gaming Concepts* curriculum significantly uplifted self-esteem across a spectrum of student demographics. This facet of the research offers a profound insight into how digital engagement through esports can bridge the gaps often found in traditional educational settings.

Analysis of the data showed that the MHM initiative transcended race, gender, and sexual orientation, promoting a sense of belonging and self-worth among African American or Black, White, male, female, and non-LGBTQ+ students alike. Such widespread improvement in self-esteem is a testament to the curriculum's adaptability and its

capacity to resonate with a multifaceted student body.

The diversity of the student population in the study mirrors the rich tapestry of modern classrooms. Generation Esports' MHM curriculum did not just acknowledge this diversity; it embraced and engaged with it, validating the experiences and identities of all students. The resulting uplift in self-esteem across these varied groups highlights the curriculum's unique ability to reach and positively affect students from all walks of life.

This outcome is a beacon for educational strategies moving forward, demonstrating that when students see themselves represented and supported in their learning environments, it can lead to profound improvements in their mental well-being. As educators and policymakers seek to address the needs of diverse student populations, the MHM-enhanced *Gaming Concepts* curriculum stands as a model of inclusive education, proving that with the right approach, the digital realm can be a unifying force for good.



Outcome 3: Empowering High-Risk Students with Esports Education

Generation Esports' initiative has marked a significant stride in mental health advocacy, particularly for students who stand at the crossroads of high-risk factors for mental health issues. The study's targeted support through the *Gaming Concepts* curriculum has been a beacon of progress for female students, students of color, and LGBTQ+ individuals—groups often facing heightened challenges in traditional educational paradigms.

The MHM component of the curriculum proved to be a crucial ally in this endeavor, fostering an environment where vulnerable groups not only found their place but thrived. The data is particularly striking for LGBTQ+ students, who reported the lowest levels of self-esteem at the study's onset. By its conclusion, these students exhibited the most significant self-esteem gains, indicating the profound impact that tailored mental health resources can have when embedded

within an engaging educational framework. This notable improvement among high-risk groups highlights the potential of the MHM curriculum as an effective intervention tool. It goes beyond general support, addressing the nuanced and often overlooked mental health needs of these communities within the school setting. The study emphasizes that when educational content is consciously designed with the well-being of all students in mind, particularly those at the margins, it can catalyze meaningful and positive psychological change.

The outcome serves as a rallying call for educators, administrators, and policymakers to consider the powerful role that innovative, inclusive esports programs can play. It's a clarion call to prioritize mental health support within educational strategies, ensuring that those who begin their educational journey from a place of vulnerability are given the tools to build confidence and resilience for a more hopeful future.

Educational Renaissance: The Generation Esports Approach

The *Gaming Concepts* with Mental Health Moments study has significant implications for the future of education, marking a pivotal shift in teaching methodologies by integrating Mental Health Moments (MHM) within the esports curricula. This innovative approach addresses the complex mental health needs of the digital-age student, redefining engagement and fostering a more inclusive, interactive learning environment.

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Gaming Concepts Courses have embedded Mental Health Moments that proactively support student well-being.

ENCOURAGE TEAMWORK
Students learn to work together in teams with people different from themselves. 1

TEACH SELF-DICIPLINE
Time-management and scheduling strategies help students set achievable goals. 2

MANAGE EMOTIONS
By managing stress and recognizing strengths and limitations, students gain confidence and purpose. 3

NEGOTIATE CONFLICT
Communicating clearly, working collaboratively, and listening actively help with conflict resolution. 4

CULTIVATE CONFIDENCE
Courses show students how to respond in negative situations, giving them the confidence to be positive leaders. 5

A New Paradigm in Digital Engagement

In today's world, where the digital landscape can often present as much risk as it does reward, the MHM-infused *Gaming Concepts* curriculum stands out as a paragon of positive engagement. It offers a counter-narrative to the prevalent concerns of social media's impact on youth mental health, showcasing marked improvements in student well-being and resilience.

Revolutionizing Mental Health Education

The esports platform, inherently engaging to students, transforms mental health education from a staid, often sidelined topic to an exciting, interactive element of daily learning. It becomes the 'chocolate' that makes the 'broccoli' of essential education palatable, even desirable, leading to a 90% increase in anger management strategies among some students ([Russell, 2021](#)).

Transforming Classroom Dynamics

The integration of *Gaming Concepts* into the curriculum revitalizes the classroom, leading to a surge in engagement and a notable decrease in negative behaviors. The result is a more positive classroom atmosphere and significant academic improvements, including increased GPAs among esports participants ([Russell, 2021](#)).

Cultivating Inclusivity and Skills for a Global Future

Esports programming is characterized by its inclusivity, providing a community for those who might feel disconnected from traditional school activities. It promotes the development of global professional skills and digital citizenship, preparing students for the interconnected world of tomorrow.

Empowering Educators to Lead

Teachers are empowered to take a central role within the esports educational framework, significantly deepening student engagement and improving mental health outcomes. Their involvement is crucial for the success of these programs, providing the support and expertise needed to navigate this new educational landscape.

Pioneering Early Mental Health Intervention

By integrating MHM into esports curriculum, Generation Esports offers a forward-thinking approach to early mental health intervention. This proactive stance ensures early identification and support for students, paving the way for healthier, more successful educational journeys.

Generation Esports' integration of *Gaming Concepts* with MHM into scholarly esports is a testament to the innovative solutions needed to meet today's educational challenges. It elevates student engagement, provides preventative mental health strategies, and equips students with essential life skills. The widespread adoption of such integrative approaches is advocated to transform education, highlighting the pivotal role of educators in this transformative journey.

Future Implementation Strategies

Suggestions for future implementation:

- Provide professional development training for educators in a pre- or post-workshop so workshop gains and benefits can be continued long-term.

- Survey educators who attend sessions in addition to students.
- Add Diversity, Equity, and Inclusion objectives.
- Revise survey to align more accurately with objectives and find a more user-friendly way to implement survey.

Conclusion: A Bold Step Forward with Generation Esports

Generation Esports has charted a transformative expedition in education, unveiling how the integration of Mental Health Moments (MHM) within esports curricula can revolutionize student mental health strategies. This bold initiative is not just an evolution—it's a revelation, showcasing significant strides in student self-esteem and preventative mental health.

The study's insights illuminate a clear path: when educational innovation meets the digital engagement students crave, we see a potent uplift in well-being. This success story is an urgent call to educators and policymakers alike—embrace the esports revolution as more than a trend, but as a pivotal element in modern education.

Now is the time to act. As we pivot from the challenges of a global pandemic, the need for relevant, engaging, and supportive educational practices has never been more apparent. Let's seize this moment to reimagine the future of learning, making mental health support as accessible as the games our students love.

Embracing MHM within scholarly esports is more than an upgrade to the curriculum—it's a commitment to the hearts and minds of our youth. It's an investment in a future where education and well-being go hand-in-hand, fostering not just better students, but healthier, more resilient individuals.

Let's embark on this journey together, leveraging the insights from this pioneering study to unlock the full potential of our students. With Generation Esports leading the charge, the possibilities are as boundless as the virtual worlds our students explore every day.

About Generation Esports

Generation Esports (GenE) was founded in 2012 as the High School Esports League. HSEL is the largest and longest-running independent competitive gaming organization for high school students with over 3,400 registered schools and 100,000 registered students. In 2012, Esports was a relatively new sport, especially in schools. The founders of HSEL had to build the high school market and the foundation of educational competition from the ground up. HSEL's groundbreaking platform set the stage for high schools throughout the nation to participate in competitive gaming both on a national and a local state scale.

Today, GenE is much more than a technology company. GenE prides itself on its innovative approach to bridging the gap between education, CTE, and esports. GenE's programs now include customized curriculum for high schools and middle schools, health and wellness programs, training courses for parents and educators, and programs to enhance college and career pathways. GenE's platform is the only solution that allows thousands of students to play simultaneously, allowing for a robust, fun, and interactive experience.

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