

## Method: Play projects

In Latvia, Līga Valinka has been using the Play projects method during her course on Mentoring which is run with 8 students.

In this example she used the method to teach students about burnout syndrome.

Here are the steps Līga took with the class in applying this method:

1. She first gave students the task to work on a theme “burnout syndrome” – identifying the main reasons for burnout, risk groups / professions, how to prevent burnout and what to do in the case of burnout.
2. Students were split in 2 groups. They decided on their roles – who will be the leader, the coordinator, who will take minutes of the meeting, who will present the results in the end etc.
3. In the end of the semester, students presented the results and suggestions to another group.



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