

Student Viewing Guide

Pixelton Adventures - Finals Week Frenzy

Before Starting:

This game is titled Finals Week Frenzy and addresses the topic of substance abuse. How might using a substance impact a person's preparation for and performance on finals?

Play the video game.

After playing the game, please answer the following questions:

During "finals week" what was something that your character did to increase their wellness? Preparedness?

In the game, did you come across a situation where the use of a substance impacted your character's motivation, performance, or relationships? Explain.

What is one coping strategy that you used in the game, but also use in your real life (positive friends, trusted adults/allies, listening to music, getting exercise, etc.)? Explain.

What is one strategy that you can use to help avoid the potential pitfalls of substance use (i.e., goal setting, involvement in extracurriculars, avoiding risky situations, using a trusted adult as an excuse, etc.)? Explain.

How could early substance use impact a person's future?