A CASE FOR ESPORTS IN EDUCATION

Presented To

Respawn Youth

Written by

Joey Sciotto

Table of Contents

Executive Summary

Gaming has rapidly become one of the most culturally significant activities for students today, yet its role in education remains underdeveloped. As school systems continue to search for relevant ways to engage students, build transferable skills, and prepare them for modern challenges, structured esports programming has emerged as a promising and practical solution.

This report explores how esports, or organized competitive video gaming, can serve as a powerful tool for education by supporting skill development, social-emotional learning, and career readiness. We will be taking examples from our time in the classroom at Respawn Youth amongst our many pilots and interaction with students. While gaming refers broadly to playing video games for entertainment, esports is a more structured and competitive subset that includes teams, coaching, training schedules, and tournaments—much like traditional sports. Drawing on Respawn Youth's work in the classroom and afterschool programs, we present a case for integrating esports into schools.

In this report, we highlight how our esports program builds skills and address key considerations for implementation, including:

- **Skill development:** Cognitive, social-emotional, and career readiness
- **Common concerns:** Screen time, academic balance, physical activity, and other health factors
- **Accessibility:** Ensuring equitable access to equipment, opportunities, and support
- **Implementation strategies:** Staffing, infrastructure, and curriculum alignment
- **Program design:** Building inclusive, intentional, and sustainable models that align with educational goals

Integrating esports into education offers a compelling way to enhance both academic learning and personal development. Structured esports programs increase student engagement by tapping into interests students already care deeply about. When learning is built around play and competition, especially in a team-based environment, students often show increased motivation, focus, and participation in school-based activities. A 2022 meta-analysis of game-based learning across K–12 classrooms found that students who learned through games consistently demonstrated higher engagement, stronger motivation, and improved cognitive performance compared to those in traditional settings (ResearchGate, 2022). These findings strongly support the value of esports in schools, where gameplay is not only structured and collaborative, but also tied to goal-setting, reflection, and personal growth.

Executive Summary

In our own programs, students who participate in structured esports environments consistently demonstrate higher levels of focus, enthusiasm, and follow-through. At Connections Charter School in Hawaii, one administrator described the program as having “100 percent engagement, 100 percent of the time.” This kind of authentic engagement fosters a more responsive classroom environment and lays the foundation for deeper learning.

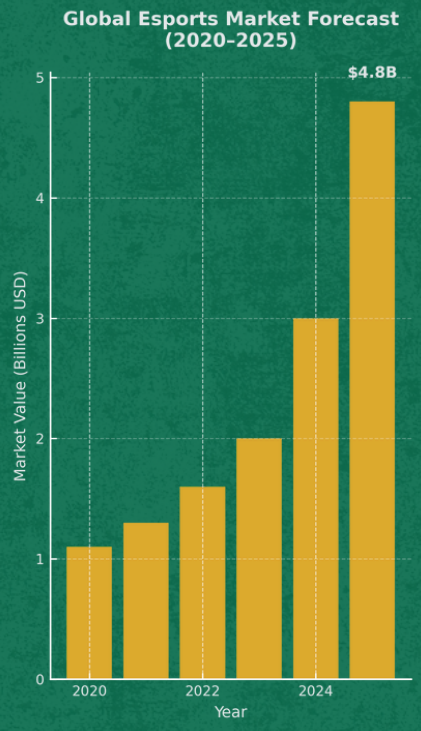
In classroom sessions we’ve already seen these outcomes firsthand. Students who were often quiet in traditional settings became active contributors during team scrims, while attendance and focus remained consistently high across multi-week programs. These live results confirm what the research suggests: structured esports creates authentic engagement and skill development in real time.

When students are genuinely invested, they’re more likely to build critical skills like teamwork, leadership, digital literacy, and emotional regulation. These skills are essential to both school success and long-term career readiness. While many educational initiatives aim to develop these competencies, they often fall short without the authentic student buy-in that esports so naturally generates.

Introduction

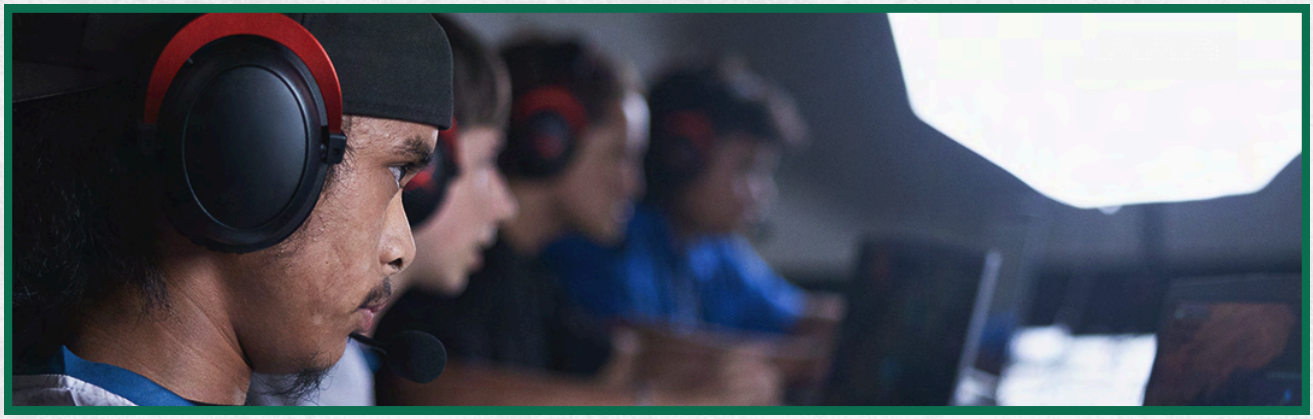
Esports - organized, competitive video gaming - is one of the fastest-growing industries in the world, with a global audience that rivals traditional sports. Unlike casual or recreational play, esports involves structured competition, often in team-based formats, using popular titles such as League of Legends, Rocket League, and Valorant. These games require players to communicate clearly, think critically, manage resources, and execute strategies under pressure, closely mirroring the dynamics of traditional team sports. While we could break down every in-game mechanic and show how it maps to real-world skills, the most important thing to understand about esports is that it's constantly evolving. Imagine a game of League of Legends like a basketball match — but after every made shot or defensive stop, the hoop shrinks by two inches or the players grow three inches taller. The conditions change constantly and instantly, forcing players to adapt on the fly. This unpredictability is what drives critical thinking. No two games are ever the same, so students have to stay mentally flexible, assess new information quickly, and make intentional decisions with their team. It's not just fast-paced, it's intellectually demanding in a way that keeps students engaged and learning from moment to moment.

According to industry forecasts, the global esports market is expected to reach $4.8 billion in net worth by the end of 2025, growing at an annual rate of over 20 percent in recent years. At the same time, the total esports viewership is projected to surpass 640 million people in 2025, with about half (318 million) classified as dedicated fans and the other half as casual viewers. Major events showcase just how mainstream esports has become. For example, the 2024 League of Legends World Championship drew nearly 7 million concurrent viewers at its peak, and its opening ceremony attracted 4.2 million simultaneously. In contrast, the annual Game Awards 2024, an entertainment industry event, reached 154 million viewers with a peak of 4 million concurrent viewers, signaling the growing overlap between gaming and mainstream culture.



Over the past decade, esports has evolved into a global industry with professional leagues, college scholarships, and live-streamed events watched by millions. For today's students, gaming is not a fringe activity. It is a central part of youth culture. Many students build friendships, compete, learn, and express themselves through games. Platforms like Twitch, YouTube, and Discord have made gaming not just a pastime, but a social ecosystem where students create, collaborate, and find community.

High-Level Summary of Benefits



Esports helps students develop transferable skills that extend beyond the game. Communication, collaboration, decision-making, adaptability, and time management are all reinforced through structured gameplay, team-based strategy, and post-match reflection. These experiences are not passive. They are forms of experiential learning, where students practice and refine real-world skills in an active, applied context. Whether they are reviewing mistakes, leading their peers through a tense match, or adjusting strategies in real time, students are learning by doing.

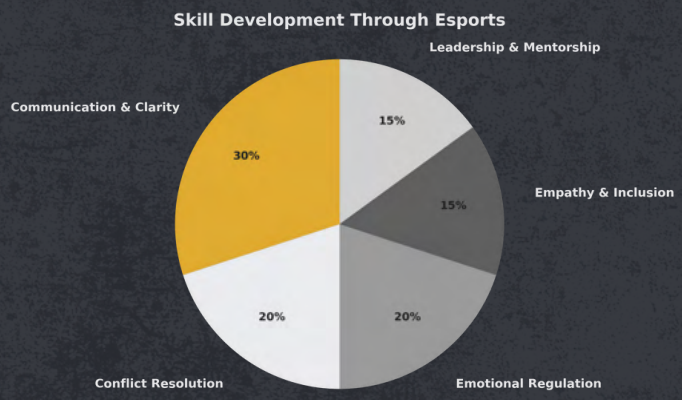
An undeniable and specific skill that should be highlighted is how esports naturally encourages independent inquiry and media literacy. In order to compete at a high level, players are not only allowed but expected to research strategies, study gameplay, and reflect on their performance. This often includes watching tutorials, reading guides, analyzing meta shifts, and comparing expert opinions. Players ask critical questions such as: Which characters are strongest in the current state of the game? What strategies perform best in specific scenarios? Which in-game objectives contribute most to winning? To answer these questions, students must sift through a vast and often unregulated pool of online content. In doing so, they develop the ability to discern credible information from misinformation, a skill that is increasingly essential in the digital age. The gaming ecosystem is full of content created for entertainment, clicks, or attention, and not all of it is reliable. The process of evaluating sources, testing claims through experience, and forming evidence-based conclusions builds strong media literacy and research habits that transfer far beyond the game. This kind of personal research is not just a helpful habit. It is embedded in the competitive culture of esports and offers students real practice in how to learn autonomously, question assumptions, and seek truth in a crowded information landscape.

High-Level Summary of Benefits

Interpersonal communication is a foundational part of the esports experience, shaped by the need to collaborate with diverse teammates under pressure. Students must adapt to different personalities, skill levels, and emotional dynamics, all while working toward a shared goal. This builds clarity in expression, emotional regulation, and conflict resolution, skills that directly support success in academic group work, peer relationships, and future workplaces. Structured esports environments have been shown to strengthen these dynamics by encouraging student-led collaboration and mentoring relationships, particularly when paired with guided reflection (UCI, 2022).

Esports also fosters a sense of inclusion that is often lacking in traditional extracurriculars. Many students who do not feel seen in athletics or clubs report that esports gives them a space to build friendships, develop leadership, and participate with confidence. Educators have pointed to these programs as catalysts for empathy and social connection, especially when teams are intentionally designed to be supportive and diverse (KEEN Innovation, 2023). These outcomes aren't incidental, they are part of what makes esports a powerful tool for social-emotional development. Game scenarios frequently require players to negotiate, reflect, and adapt in real time. This creates natural opportunities to practice emotional awareness in ways that are meaningful to students (School Library Journal, 2023). Importantly, esports also supports students with learning differences or disabilities. Programs have shown success in helping students with autism develop stronger social interactions and confidence, both in and out of the game environment (BJSTR, 2024). When implemented with intention, esports becomes more than a competitive outlet, it becomes a platform for authentic interpersonal growth and inclusive community building.

Beyond engagement and skill-building, esports introduces students to future pathways in fields such as game design, event management, broadcasting, digital media and so much more. When intentionally integrated into schools, esports can serve as a bridge between student interest and real-world opportunity. It aligns with modern educational goals by supporting digital literacy, cross-curricular connections, and the development of 21st-century competencies.

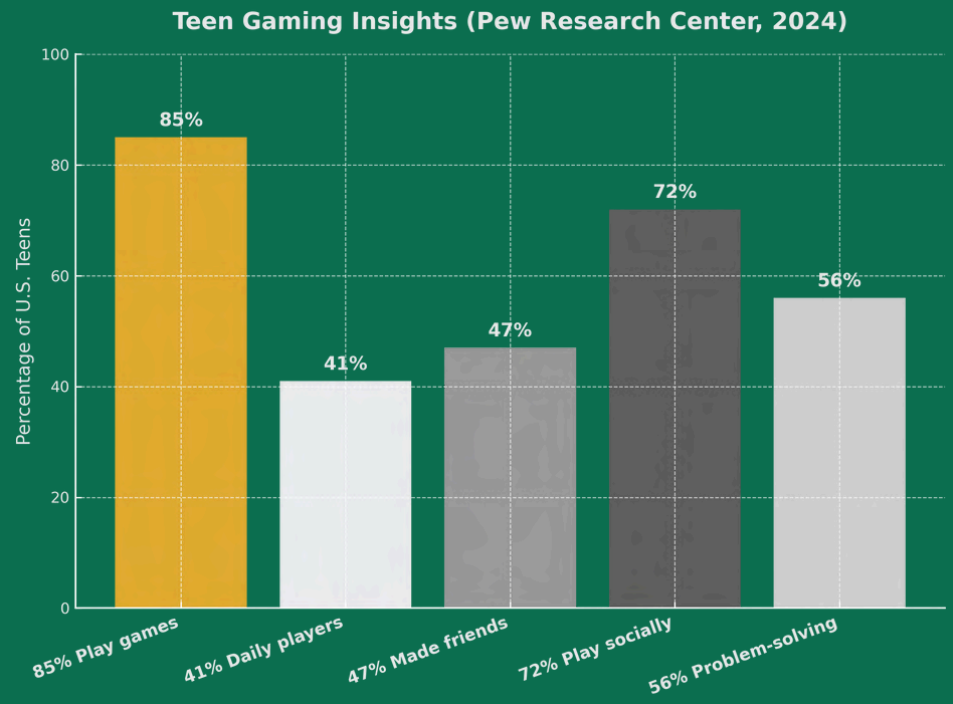


Disconnect Between Education and Students' Digital Interests

Today's students are growing up in a world shaped by digital experiences. Whether through gaming, content creation, or online collaboration, they spend much of their time navigating complex virtual environments, building communities, solving problems, and communicating in real time. These are not passive experiences. They are active, creative, and deeply engaging.

According to recent data from Pew Research Center, 85% of U.S. teens play video games, and 41% report playing every day. For many, gaming is not just a hobby. It is a core part of their identity and social life. Nearly half of all teen gamers (47%) say they have made at least one friend through gaming, and 72% play to spend time with others (Pew Research Center, 2024). At the same time, 56% of teen gamers believe that gaming has made them better at problem-solving, a critical 21st-century skill that aligns closely with academic and career readiness goals. These are skills students are already developing outside of school, often in the exact types of environments that schools are still learning how to support.

This is where esports can play a powerful role.



Disconnect Between Education and Students' Digital Interests

Rather than competing with students' digital interests, structured esports programming embraces them. It allows educators to meet students in a space they already care about and guide that engagement toward teamwork, communication, and strategic thinking. When students realize that the skills they use while gaming, such as coordinating with a team, making split-second decisions, and analyzing outcomes, are not only valid but valuable, they become more open to learning and growth. Programs like ours do not ask educators to change their goals. They offer a new method for reaching them. The same skills taught in traditional group projects or sports can be developed through esports. And because these experiences start with something students are already invested in, they often lead to deeper buy-in, increased participation, and more meaningful connections between students and teachers.

In a time when schools are working to re-engage students, address social-emotional needs, and support diverse learning styles, tapping into students' digital lives is not a distraction. It is an opportunity. When implemented with intention, esports becomes one way to make learning feel more relevant, empowering, and inclusive.

Purpose and Importance of Aligning Education with Student Interests

Education is most effective when it is both relevant and responsive. When students see a clear connection between what they care about and what they are learning, engagement increases, motivation rises, and deeper learning becomes possible. Aligning education with student interests is not about lowering expectations. It is about opening new pathways to meet existing educational goals. Esports provides a powerful example of what this alignment can look like in practice. Built on the foundation of gaming, a space where most students already feel confident, motivated, and connected, esports transforms that interest into structured, team-based experiences that mirror the best of extracurricular learning. In well-designed esports programs, students are not simply playing games. They are communicating with teammates, managing time, solving problems, handling pressure, and making real-time decisions. These are transferable skills that directly support academic success and long-term readiness. When students recognize that the competencies they use in games also apply to school, college, and career, they begin to view their education through a new lens. At Respawn Youth, we've already seen this shift in action. Parents and students alike have shared how structured esports has transformed learning into something meaningful and motivating. As one parent described: "She learned the power of teamwork and accountability. She was pushed to keep her grades up, to explore new skills, to lead, to connect. And she rose to the challenge. Today, she's stepping into her senior year with confidence. She's leading teams. She's forming meaningful friendships. She's walking into new spaces not with fear, but with purpose." This transformation underscores how aligning education with student interests creates authentic growth that extends far beyond the classroom.

Critically, esports has been shown to enhance motivation. According to the K-12 Esports Adoption Report, schools that launched esports programs reported stronger student motivation, especially among those who previously struggled in traditional learning environments (edventures, 2025). In a higher education study focused on digital game-based learning, participants demonstrated measurably higher engagement and motivation compared to traditional online learning activities (mdpi.com, 2023). Aligning with student interests also strengthens relationships between students and educators. When adults demonstrate a willingness to understand and engage with the digital culture students care about, it builds trust and opens communication. This shared foundation makes it easier to coach, guide, and support students across a wide range of academic and personal development goals.

Purpose and Importance of Aligning Education with Student Interests

Furthermore, this alignment helps reach students who are often overlooked by traditional models. Some students may not participate in sports, clubs, or leadership roles. However, they will lead an esports team, mentor peers on strategy, or invest hours practicing to improve. Esports can surface the strengths that other settings may not highlight, providing new avenues for students to experience success and recognition. The purpose of aligning education with student interests is not to make school easier. It is to make it more meaningful. Esports is one way to do that by connecting where students are with where educators want them to go.

"Schools with esports programs report higher motivation among students, especially those struggling in traditional classrooms"

The Educational Value of Esports

Academic Engagement & Motivation

Esports programs have demonstrated clear academic benefits, particularly when it comes to student motivation and attendance. In a California school district, students involved in a structured esports curriculum attended an average of 7.34 more days than their peers and had a 33.5 percent lower absentee rate. This improvement generated approximately $354,000 in additional funding through average daily attendance calculations (Gameplan, 2023, BJSTR, 2023).

At Connections Charter School, we saw firsthand how aligning learning with student interests can dramatically improve attendance. In a district where student attendance has long been a challenge, with average rates falling below 70 percent, our classroom-based esports program achieved a 94 percent attendance rate. By giving students a platform they enjoyed and felt ownership over, we created an environment where showing up became something they wanted to do, not something they had to do. In fact, the school requested that our class be scheduled first thing in the morning because they saw how it energized students and set them up to be more engaged in their academic courses for the rest of the day.

Beyond attendance, esports programs are drawing in students who have historically avoided extracurriculars. One report found that 82 percent of students who joined an esports program had never participated in an after-school activity before (REN Network, 2025). This increased participation has a ripple effect on academic engagement, with some schools reporting up to a 10 percent increase in overall student attendance following the introduction of esports opportunities (Full Mind Learning, 2024).

Motivation is a key factor here. A 2023 study published in MDPI Computers found that digital game-based learning, when structured intentionally, significantly increased motivation and engagement compared to traditional e-learning formats (Nadeem et al., 2023). These findings confirm what educators and students alike are witnessing in the classroom: when learning connects with student interests, participation and effort improve.

The Educational Value of Esports

Transferable Skills Development

Esports immerses students in environments where critical skills aren't taught through lectures but practiced in real time. Teamwork, communication, leadership, time management, and adaptability aren't abstract goals, they are daily requirements of competitive play. Research from Old Dominion University (Taylor, 2025) has shown that collegiate esports participants measurably grow in these exact areas, and we've seen the same transformation at the high school level.

At Respawn Youth, one long-time student entered our program shy and reserved, often hesitant to speak in group settings. Over the course of a year, guided by structured competition and team-based reflection, she grew tenfold in her communication skills, took on leadership roles, and now leads her peers in-game with confidence. Today, she's not only driving team discussions but actively preparing to compete at the university level, a path that would have felt out of reach just a year ago.

Her story mirrors what researchers have documented: the dynamic, high-pressure environment of team-based gaming forces players to make decisions quickly, coordinate clearly, and take responsibility for outcomes. Clemson University's work on team cognition found that players develop mutual awareness and predictive coordination even without prior collaboration, the same skills found in high-performing workplace teams (Guo et al., 2021). Similarly, studies in the Biomedical Journal of Scientific & Technical Research highlights how structured esports builds strategic thinking and cognitive flexibility by placing students in complex, fast-paced problem-solving environments (BJSTR, 2023).

The Educational Value of Esports

Social-Emotional Learning (SEL)

The benefits of structured esports extend far beyond academics. In competitive settings, students practice confidence, emotional regulation, and conflict resolution every time they queue up with their peers. Wins and losses demand reflection, and the shared pressure of a match pushes students to communicate, adapt, and support one another.

At Respawn Youth, we've seen students who once avoided group work begin to thrive in team environments. Shy voices have become steady contributors, and players who struggled with frustration have learned how to reset, refocus, and continue leading their teams forward. These shifts don't happen overnight, they emerge through consistent practice in an environment where students know their contributions matter.

Research backs up these lived experiences. A report by Full Mind Learning (Full Mind Learning, 2024) found that students often feel more connected to their school community through esports, with some crediting it as their reason to stay after school or stay academically eligible. Other studies confirm that when esports programs are intentionally designed, they foster belonging and interpersonal communication skills that are core to SEL frameworks (Taylor, 2025). For students who don't feel at home in traditional athletics or leadership roles, esports provides a safe and meaningful space to build friendships, take on responsibility, and grow into their voice.

The Educational Value of Esports

Career Exploration & Workforce Readiness

Esports doesn't just prepare students for success in the classroom, it opens doors to entire industries. From technology and media to event production and business, the esports ecosystem reflects a wide range of modern careers. Students who engage in structured programs begin developing technical and soft skills that align with these professional fields.

We've seen students step beyond the game itself, experimenting with shoutcasting, team management, and content creation. These roles give them a chance to practice public speaking, leadership, and digital production in a setting that feels engaging and relevant. For many, it's their first experience connecting personal passions with professional pathways.

Research supports this bridge. A study from Old Dominion University (Taylor, 2025) found that collegiate esports participants not only gained exposure to career fields but also viewed their gaming experience as directly contributing to their professional development. Programs that embed opportunities like tournament organization, broadcast production, or analytics offer students a low-risk, high-engagement environment to explore career readiness (Gameplan, 2023, REN Network, 2025).

Academic Integration & Cross-Disciplinary Opportunities

Esports doesn't have to live only after the bell — it can be a powerful tool inside the school day. When connected to academics, it becomes a hands-on way to make standards more relevant and accessible.

In our classrooms, students have written reflections on match strategy, broken down probability through in-game economies, and analyzed movement using physics principles. These activities show how the same games they love can reinforce learning in English, math, science, and social studies. When lessons connect to what students already care about, the results are deeper focus and stronger retention.

This kind of integration mirrors national research. Studies in the Biomedical Journal of Scientific & Technical Research (2023) highlight how structured esports supports cognitive flexibility while demonstrating direct ties to STEM concepts like data analysis, physics, and coding. By linking core subjects to esports, educators can support differentiated instruction and ensure students are applying academic skills in ways that feel active and meaningful.

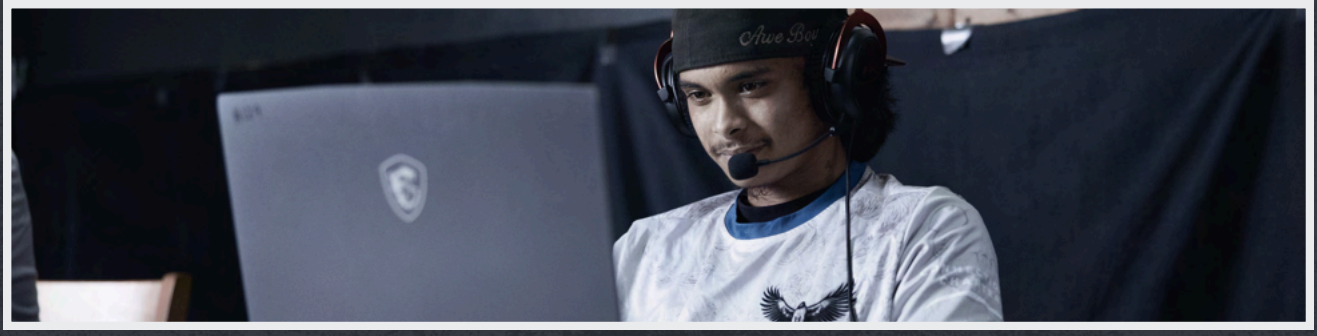
Esports as a Modern Extracurricular Activity

Alternative to Traditional Sports

Esports offers a competitive, structured environment similar to traditional athletics but with significantly fewer barriers to entry. Unlike many physical sports, esports welcomes a broader range of students, including those who may be neurodiverse, have physical disabilities, or simply do not connect with conventional extracurriculars. A report by Edutopia highlighted that students with ADHD, autism, and social anxiety often thrive in esports environments, where communication is clear, expectations are consistent, and performance is based on skill and collaboration (Edutopia, 2021).

Participation in esports also supports gender inclusion and draws from a wider pool of student identities. In one district's pilot program, 35 percent of the students who joined were female or nonbinary, a figure significantly higher than most traditional sports teams at the same schools. The accessibility of gaming equipment, compared to uniforms or athletic facilities, further lowers barriers to participation and enables more equitable access.

In addition to competing, students take on meaningful roles such as team managers, analysts, content producers, event organizers, and shoutcasters. These roles give students the chance to develop leadership, project management, public speaking, and media production skills. A survey by NASEF (the Network of Academic and Scholastic Esports Federations) found that over 50 percent of students involved in scholastic esports engage in at least one non-playing role, highlighting the breadth of opportunities beyond gameplay (NASEF, 2023).



Addressing Common Misconceptions

Esports programs have gained significant traction in schools, but with that growth comes important questions. School leaders, teachers, and parents want to understand how these programs work, who they serve, and what the impact really is. The following concerns are among the most common, and each is addressed with evidence drawn from peer-reviewed studies and outcomes from active school-based programs.

Concern: “This is just more screen time.”
Response: A 2023 study in Frontiers in Psychology found that students participating in structured, team-based gaming programs showed higher emotional regulation and stronger social engagement compared to peers who gamed alone. Structured esports isn’t passive consumption. Students participate in scheduled sessions, work collaboratively, and engage under the guidance of a coach. A 2022 report in Games for Health Journal found that 61% of students actually reduced their overall weekly gaming hours after joining a school-based esports team. In this context, screen time becomes a tool for intentional practice, not unchecked usage.

Concern: “Are these games appropriate for school?”
Response: Respawn Youth’s programs are designed for students in grades 7 through 12 and use only games that are appropriate for this developmental stage. Teen-rated titles like League of Legends and Valorant are selected for their high strategic depth, communication requirements, and competitive integrity. These titles support the development of transferable skills such as problem solving, team coordination, and situational awareness. All games used in our programs are reviewed with school leadership and align with district standards for age, content, and instructional purpose.

Concern: “Won’t this pull students away from academics?”
Response: A 2023 longitudinal study conducted by Gameplan and a California school district showed that students in esports programs missed an average of 7.34 fewer days of school and saw GPA increases averaging 0.36 points compared to non-participants. The same students were 29% more likely to meet state benchmarks for college readiness in math and English. These results are tied to programs that require academic eligibility, emphasize accountability, and create environments where students want to show up and succeed. Esports isn’t a distraction from academics—it’s a reason to stay engaged with them.

Addressing Common Misconceptions

Concern: “This is only relevant for students who already play games.”
Response: In Respawn Youths classes we have seen a staggering 80% of students who do not play the games we offer. In contrast to that there are other options for students. A 2024 national report from Digital Promise found that 55% of students involved in esports participated in non-playing roles. These included live match production, team management, analytics, and content creation. Students with no prior gaming background have found meaningful ways to contribute and lead. The same study found higher participation rates among female, nonbinary, and neurodiverse students compared to other extracurriculars. Esports often draws in students who haven’t previously participated in school activities, making it a tool for widening—not narrowing—engagement.

Concern: “We don’t have staff who know how to run this.”
Response: A 2022 NASEF survey found that more than 70% of school-based esports programs are led by teachers, counselors, or staff with no prior gaming experience. At Respawn Youth, we remove this barrier entirely. Every school receives a full-time dedicated coach who leads sessions, supports students, and handles technical and logistical needs through a virtual synchronous experience. Educators are partners—not expected to run the program alone. Our onboarding includes orientation, communication templates, and flexible coordination to ensure alignment with school schedules and priorities. The model is designed to grow within the capacity schools already have.

Concern: “Aren’t we encouraging gaming addiction?”
Response: A 2021 meta-analysis in the Journal of Behavioral Addictions concluded that students in structured esports programs with adult supervision, session boundaries, and reflection opportunities had lower risks of compulsive gaming. The key factor wasn’t the game—it was the environment. When play is intentional, time-bound, and part of a team-based structure, it becomes a healthy outlet. Many participating students report that they play fewer hours overall because they’ve found meaning, mentorship, and balance through the school-based program.

Conclusion

Esports is no longer a fringe activity. For today's students, it is a central part of **culture, community, and identity**. When schools embrace that reality with intentional, structured programming, they unlock more than entertainment; they unlock engagement, growth, and opportunity.

Throughout this report, we've shown how esports strengthens academic motivation, improves attendance, and provides students with meaningful reasons to show up and invest in their education. We've highlighted how it develops transferable skills such as communication, collaboration, leadership, problem-solving, and adaptability. These are critical for both academic success and long-term career readiness. We've also seen how esports fosters social-emotional growth, building confidence, belonging, and resilience for students who may not find their place in traditional extracurriculars. Concerns about screen time, academics, or staff capacity are valid. However, the evidence is clear: when structured with guidance, accountability, and reflection, esports is not a distraction from learning. It is a catalyst for it. Schools that implement programs like Respawn Youth's have witnessed higher attendance, stronger engagement, and a more connected school culture.

The opportunity in front of us is simple yet powerful. Aligning education with what students already care about creates pathways that carry them into the classroom, into their communities, and into future careers. We invite educators, administrators, and community leaders to see esports not as a challenge to be managed but as a resource to be embraced. Together, we can create programs that are inclusive, sustainable, and transformative.

These programs prepare students not only for the next level of education but for life.

Appendices

A. Sample Program Frameworks

Esports Class Structure (League of Legends / Valorant)
Weekly Cadence: 2-4 sessions per week, 60-90 minutes each

Core Components:
- Skill development (mechanics, strategy, communication)
- Team scrimmages with structured reflection
- Transferable skills focus (time management, collaboration, problem-solving)

Assessment Methods:
- Student self-reflection logs
- Coach observations and feedback
- Progress tracking (attendance, engagement, teamwork outcomes)

After-School Club / in school Model
- After school extra-curricular or in school accredited class
- Mix of structured coaching and lessons
- Peer mentoring encouraged (senior students support new participants)
- Integrated with academic eligibility requirements

B. Sample Weekly Schedule

Day	Time	Activity	Focus Area
Monday	3:30 – 5:00 PM	Mechanics & Strategy Drills	Core skill development
Wednesday	3:30 – 5:00 PM	Team Scrimmage + Reflection	Communication & collaboration
Friday	3:30 – 5:00 PM	VOD Review & Workshop	Critical thinking & transferable skills

Appendices

C. Role Descriptions

Coach/Instructor

- Leads structured sessions and scrimmages
- Provides direct instruction on strategy, communication, and teamwork
- Monitors progress and balances academics with esports

Student Roles

- **Player:** Competes in structured matches
- **Team Captain:** Coordinates practice, communicates strategy, represents peers
- **Shout Caster/Analyst:** Provides commentary, reports, or media production
- **Event Manager:** Helps organize in-house tournaments or school events
- **Content Creator:** Designs highlights, graphics, or media

D. Assessment Templates

Student Reflection Log (Sample)

- Today's focus: _____
- One strength I showed today: _____
- One area I want to improve: _____
- How I supported my team: _____

Coach Observation Rubric (Sample)

Skill Area	Rating (1-5)	Notes
Communication:		
Teamwork:		
Problem-Solving:		
Emotional Control:		
Leadership:		

Appendices

E. Technology & Equipment Recommendations

- **Computers**: Mid-range gaming PCs. Open to consulting for
- **Peripherals**: Monitors (144hz recommended), headsets with microphones, keyboards/mice, mouse pads
- **Network**: Stable broadband connection, low latency (wired preferred)
- **Optional Enhancements**: Webcams, streaming software

Note: Respawn Youth maintains partnerships with technology providers and can support schools in sourcing equipment at reduced cost, ensuring accessibility without compromising performance.

F. Glossary of Esports Terminology

- **Scrim**: Practice match against another team
- **Meta**: Current most effective strategies/heroes
- **Tilt**: Frustration that negatively impacts performance
- **Cooldown**: Time required before an ability can be reused
- **Objective**: In-game element providing advantage (e.g., Dragon in League, Spike in Valorant)
- **VOD Review**: Video replay analysis of matches

Appendices

References

Aviles, C. (2020, April 6). *Three reasons every school should have an esports team. School Leader.* Retrieved from https://www.njsba.org/school-leader/three-reasons-every-school-should-have-an-esports-team/ New Jersey School Boards Association+1

Biomedical Journal of Scientific & Technical Research. (2023). *Esports and cognitive flexibility in educational settings.* Retrieved from https://biomedres.us/pdfs/BJSTR.MS.ID.009694.pdf

Full Mind Learning. (2024). *Student engagement and school connectedness through esports participation.*

Liverman, E. (2025). *Game-based social-emotional learning for youth. JMIR Formative Research.* Retrieved from https://formative.jmir.org/2025/1/e67550 Filament GamesFormative

Guo, Y., et al. (2021). *Team cognition in esports: Mutual awareness and predictive coordination. Clemson University.*

Gameplan. (2023). *Reducing chronic absenteeism with esports-driven curriculums.* Retrieved from https://gameplan.com/news/reducing-chronic-absenteeism-with-esports-driven-curriculums

Old Dominion University. (2025). *The impact of collegiate esports on transferable skills (J. Taylor, Ed.). Presented at Graduate Research Achievement Day.* Retrieved from https://digitalcommons.odu.edu/gradresearch_achievementday/2025/education/4/

Clemson University. (2021). *Team cognition in esports: Mutual awareness and predictive coordination.*

School Library Journal. (2023, February 16). *How gaming and esports foster social-emotional learning skills.* Retrieved from https://www.slj.com/story/How-Gaming-and-Esports-Foster-Social-emotional-Learning-Skills-libraries-SEL-D%26D-RPG ODU Digital Commons+2APRU+2Filament Games+3School Library Journal+3School Library Journal+3

RAND Corporation. (2025, June 16). *Schools value social-emotional learning content. School Library Journal.* Retrieved from https://www.slj.com/story/not-a-hard-sel-schools-value-social-emotional-learning-content-slj250601 School Library Journal

Ji Li, Y. (2024). *The impact of digital educational games on students' motivation and engagement. National Library of Medicine*. Retrieved from https://pmc.ncbi.nlm.nih.gov/articles/PMC10783726/ pmc.ncbi.nlm.nih.gov

Pittser, B. (2024, October 14). *Social skills development in educational esports. Filament Games Blog.* Retrieved from https://www.filamentgames.com/blog/social-skills-development-in-educational-esports/ Filament Games

Chaarani, B., et al. (2022). *Association of video gaming with cognitive performance among children. JAMA Open Network*. DOI:10.1001/jamanetworkopen.2022.35721 nih.gov

Contact Us

Website
RespawnYouth.com

Email Address
Team@respawnyouth.com