



Background Research: Student Burnout

Team EduCAUTION





How can academic
burnout be better
identified and managed
by faculty and students?



LITERATURE REVIEW

Part 1

FINDING 1

Students are **4x** more likely to drop out as a result of burnout when they feel **cynical towards their institution**

FINDING 3

Maladaptive perfectionism is malleable in response to intervention

FINDING 2

Three components involved in burnout: **a cynical attitude towards school, feelings of inadequacy, and exhaustion.**

FINDING 4

Overwhelmed students benefit from the **simplification** of their objectives, and from learning to **find joy in starting a task**

LITERATURE REVIEW

Part 2

FINDING 5

Burnout can be described by an equation; when **reward** we get is not worth the **amount of effort we put in**

FINDING 7

Burnout recovery is individual: how much time is needed to recover; what does a break look like?

FINDING 6

Zoom fatigue: Zoom forces us to **focus more intently** and to constantly **calibrate our facial expressions** to indicate that we are paying attention

FINDING 8

Millenials and Gen Z students are **products of an economy** designed to cultivate human capital at every stage of life; we culturally have this idea that we should be working all the time

SELECTED COMPARATORS



Shiken

Gamified learning with scheduled mindfulness breaks



Talkspace

Affordable, daily online therapy with a licensed therapist



Question Bot

AI bot that answers questions, recommends videos, or tags a TA



Amazon Alexa

Centralizes educational resources, reducing information overload