

Activities

Topic: Free

Use Google Translate in case you don't understand something.

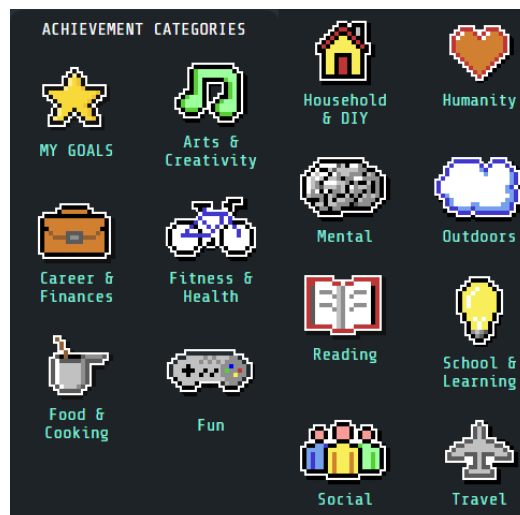
1. Gamifying Life

Instructions:

Go to the Level Up Life website using the link. (<https://lvluplife.com/>)



This website offers a way to gamify our lives. Gamification is when we apply game concepts to things that are not necessarily a game, like a class or a job. Level Up Life does that by allowing you to create your own objectives and then giving you experience points for achieving them. Explore the website, create an account, and then answer the following questions based on the achievement categories shown below.



a) Which of the 14 categories do you find it easier to create objectives for? Why?

I find it easier...

b) Which of the 14 categories do you find it harder to create objectives for? Why?

I find it harder...

c) Which are some objectives you have in the category “Travel”?

My objectives are...

d) Which are some objectives you have in the category “Fun”?

My objectives are...

e) Which are some objectives you have in the category “Reading”?

My objectives are...

f) “DIY” means “Do it yourself”, that is, crafting something from scrap which most people just buy already done. Do you have objectives in this category?

I...

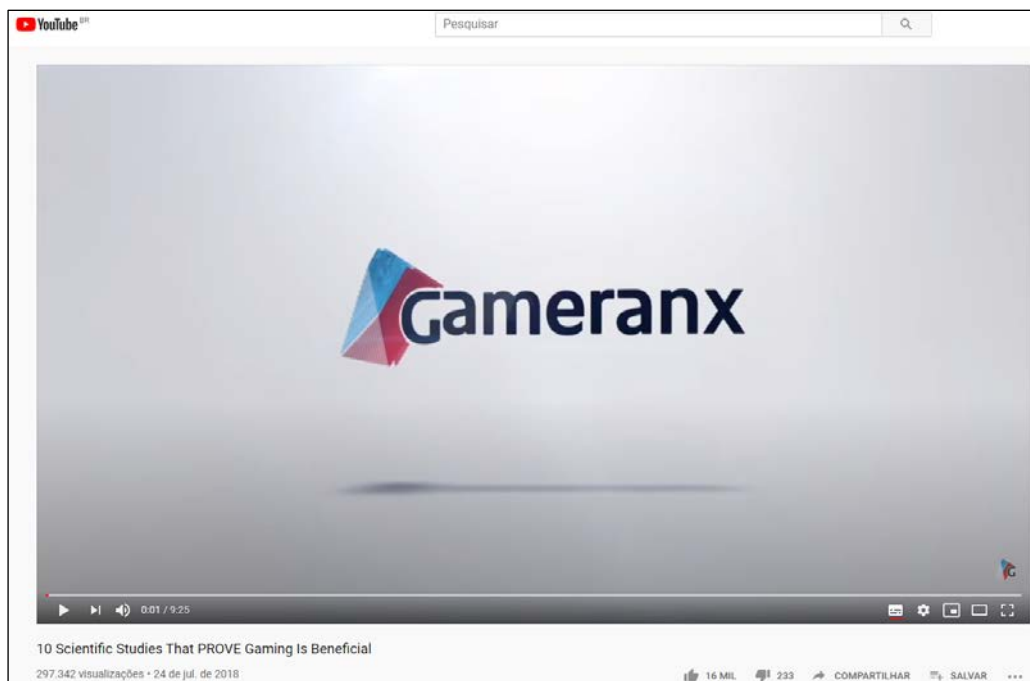
g) Do you think this website could help you organize yourself and achieve your goals? Why?

I think...

2. Scientific proven benefits of gaming

Instructions:

Go to the YouTube website using the link to the video “10 Scientific Studies That Prove Gaming Is Beneficial”. (<https://youtu.be/28sc5n-sKss>)



Watch the video, and then answer the questions.

a) What did study #10 find out about action games?

The study found out that...

b) Does study #9 conclude that children can play as much video-games as they want?

The study...

c) What is the game in study #8 for? What did the study find? Should games replace medical professionals?

The game is used for treating...

d) Which popular notion does study #7 argue against?

It argues against the notion that...

e) Which advantages do people who play video-games have according to study #6?

They are better at...

f) According to study #5, are video-game players better than professional pilots at flying drones?

According to the study, players are...

g) What was study #4 about? What did it find out?

The study was about...

h) What was the target population of study #3? What did it find out?

It was people who suffered from...

i) Is gaming more beneficial for certain cultures than others, according to study #2?

Gaming is...

j) Which kind of games was the object of study of research #1? What did it find out?

The research was about...

k) Does the video provide the references used? Did you click on any of them? Which?

The video...



3. Scientific proven benefits of gaming

Instructions:

Go to the Psychology Today website using the link to the article “Cognitive Benefits of Playing Video Games”. (<https://www.psychologytoday.com/us/blog/freedom-learn/201502/cognitive-benefits-playing-video-games>)



The screenshot shows the Psychology Today website interface. At the top, there is a blue navigation bar with the site logo and links for 'Find a Therapist', 'Get Help', 'Magazine', and 'Today'. Below the navigation bar is a search bar with the text 'Find a Therapist (City or Zip)'. The main content area features a profile picture of Peter Gray Ph.D. and his name 'Peter Gray Ph.D. Freedom to Learn'. The article title is 'Cognitive Benefits of Playing Video Games'. The sub-headline reads 'Research shows that video game play can improve basic mental abilities.' The article is dated 'Posted Feb 20, 2015'. There are social media sharing icons for Facebook, Twitter, and Email, along with a comment count of 68. The article text begins with 'In two previous articles (here and here), I summarized evidence countering the common fears about video games (that they are addictive and promote such maladies as social isolation, obesity, and violence). I also pointed there to evidence that the games may help children develop logical, literary, executive, and even social skills. Evidence has continued to mount, since then, concerning especially the cognitive benefits of such games.'

Read the article, and then answer the questions.

- a) What are the two strategies employed in research about cognitive effects of video-games? Describe them briefly.**

They are...

- b) What are the improvements mentioned in basic visual processes?**

They are...

- c) What are the improvements mentioned in attention and vigilance?**

They are...

- d) What are the improvements mentioned in executive functioning?**

They are ...

- e) What are the improvements mentioned in job-related skills?**

They are...