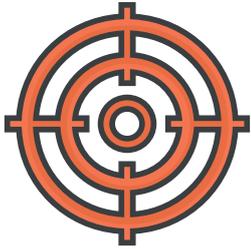


## Warm-up

- Which words would you say are essential to be able to discuss gaming? Write a list and compare with a classmate. Discuss whether the words you have written are formal or informal words.



**addictive** – vanedannende

**in-game friends** – spillvenner

# GAMING IS GOOD FOR YOU



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*By Jana Majeed, teacher and computer game developer*

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Playing video games is often seen as a useless waste of time, or as a harmful, addictive activity. The media loves to tell stories about how video games ruined some person's life, but somehow they never get around to mentioning the many positive sides of gaming.

## Making friends

As a gamer and game developer I have personally seen many positive aspects of playing video games. Many of my in-game friends and I have first met someone in a video game and then gone on to meet them in real life. Some of my friends even met the love of their life through gaming. In a way, gaming has opened up the world for me. I have learned a lot



about different cultures by making in-game friends from many different countries. While we play our video games, we often talk together. Some of our talk is about game strategy and plans, but a lot of discussions are about real-life experiences. I feel that this regular interaction gives me a more accurate taste of life in other countries than reading a book or watching television.

## On equal terms

One great aspect of playing video games, which I have observed, is how it can level the playing field for people who struggle in real life. People who are physically disabled or even just temporarily ill can often still play video games. In-game, they can interact with other players without being judged by their appearance or physical disabilities. The player has the opportunity to excel in-game; despite a real-life disadvantage, they can master in-game agility, logic, or any other game related skill. People who live far away from others can interact regularly with people in-game without having to arrange for transportation. Young people who don't have close friends at their school can still make friends, and those who struggle with academic achievements may nonetheless gain recognition and fame in-game.

## Refreshing and stimulating

In addition, gaming also influences your moods and emotions. Many people find the feelings they experience after playing video games to be refreshing and stimulating. For some, gaming can calm them and help them feel relaxed. Others feel uplifted and more alive after a rigorous round in a competitive game. Whether you feel calmer or more alive, your mood will probably be affected by your gaming.

## Language skills

Playing games online can even help improve language skills. Clear communication is often a determining factor for winning. This need to communicate drives a desire to learn the language better. Of course, one does need to be careful to sort out which words and phrases can be used outside the game and which are solely used in-game. For example, in-game it is common to use "pwned", "ROFL", or "griever", but these words or phrases are not commonly accepted in normal English texts.



### **physically disabled**

– bevegelseshemmet

**temporarily ill** – midlertidig syk

**judged** – dømt

**agility** – hurtighet

**nonetheless** – likevel

**recognition** – anerkjennelse

**moods** – humør

**refreshing** – oppfriskende

**uplifted** – oppmuntret

**rigorous** – streng

**determining factor**

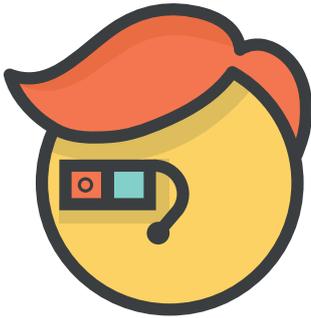
– avgjørende faktor

**solely** – ene og alene

**pwned** – slang: slått (opprinnelig fra en feilstavelse av *owned*)

**ROFL** – rolling on floor laughing

**griever** – en spiller som går inn for å ødelegge for andre spillere



## Stimulates the Brain

The benefits of playing video games are not limited to their effect on your moods and your language skills. Scientific research has shown some amazing results in favor of playing video games. It has been scientifically proven that playing the video game Super Mario stimulates the human brain and increases its size and connectivity (Kühn, et al. 2014). Researchers recommend using video games to treat psychiatric disorders like schizophrenia, and post-traumatic stress disorder (PTSD). Playing video games could also be helpful in treating Alzheimer's dementia.

## Warm-up for Surgeons

Video games are not only helpful for treating patients; they are also used at some hospitals in the US to sharpen surgeons' skills. A fifteen-minute play session is required as warm-up for surgeons who perform keyhole surgery. This technique is done by making very small cuts in the patient's body. The surgeon controls tools which are inserted through these small cuts using a video camera inside the patient to guide them. The success rate for surgeries performed after a gaming session is much greater than the rate for surgeries done without warm-up (Rosser, et al. 2007).

## Balance in life

Even though video games can be awesome, I am not saying that gaming should be the most important thing in your life. There are a lot of benefits to be gained through living life outside of video games too. Balance is very important, so like any other activity, playing video games should not take over life's focus. It is important for everyone to move around regularly. If the games you play don't make you move, then you should take regular breaks to get the blood flowing and to really experience life in the real world. There are many activities in life and gaming is just one of them. I always like to say, try to play your real life as well as you do your in-game life.

Sources:

- (1) Kühn, et al. (2014) Association of Video Gaming with Cortical thickness. *PLOS ONE*, volume 9, issue 3, e91506
- (2) Rosser, et al. (2007) The Impact of Video Games on Training Surgeons in the 21st Century. *Arch Surg/urol* 142, p.181–186



**connectivity** – det å være knyttet sammen

**to sharpen** – å spisse

**keyhole surgery**  
– kikkhullskirurgi

# Activities

**15 Reading to understand.** Make a list of the arguments that Jana Majeed gives to support her debatable claim that gaming is good for you.

**16 Writing.** Write a comment on Jana Majeed's text, in which you argue that gaming can also be bad for you.

**17 Discussion.** Work in groups and express your opinions about gaming using these phrases:

- State your opinion: *in my opinion, in my experience, my view on this matter is that, I strongly believe, I definitely think that*
- Agree: *you're absolutely right, that's a very good point, I couldn't agree more, exactly, I think you're right*
- Partly disagreeing: *up to a point I agree with you, but ..., that's quite true, but ...*
- Disagree in a polite way: *I'm afraid I have to disagree, even so, I'm not sure about that*
- Refer to experts: *according to ...*

**18 Speaking.** The way you express your opinion varies according to who you are talking to and what you want to achieve. Decide whether you agree or disagree with the author of this text, and then express your opinion to these audiences:

- a group of pupils who enjoy gaming
- your parents who think that gaming is a waste of time
- your headteacher to persuade him or her to organise a gaming night at school

**19 Linking words.** Choose one of the paragraphs in this text and add in suitable linking words. Comment on how this changes the text. **BS 82**

**20 Vocabulary.** There are many ways of starting sentences. Read this text and decide upon the five beginnings you like the most.

- Write down and share with a classmate.
- Use the beginnings to write a summary of the text.

**21 Digital skills.** Evaluate your sources of information. **BS 173**

- In what way is the information provided in this text "Gaming is good for you" biased?
- Find online sources about this topic that are balanced. Explain how you know that this information is presented from both sides.
- Pick one source and evaluate it with the CARS checklist. How credible, accurate, reasonable and well-supported does it seem?

**22 Easily confused words.** Choose the correct word for each sentence. **BS 70**

- I need to \_\_\_\_\_ in my diary. (*write/right*)
- Writing is a good way to vent \_\_\_\_\_ frustrations. (*your/you're*)
- \_\_\_\_\_ not going to believe what happened to me! (*your/you're*)
- Just about every time I wash the dishes, I \_\_\_\_\_ something. (*brake, break*)
- It's because \_\_\_\_\_ not careful, my mother says. (*your/you're*)

**23 Numbers.** There are 168 hours in a week. Present a visual overview of how you spend your time in a typical week. School, homework, sleep, hobbies and sports, gaming, friends, social media, household chores etc. **BS 166**