

# How can video games help us in life

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Did u know that people who play video games have better vision than people who don't? It has been said that playing video games is a waste of time. Truth is, they aren't. They actually help you.

Video games can help you in life by making you become a better problem solver, multitasked person by giving you better vision. Video games give you better vision. As Dr. Bellever from the University of Geneva said, ' People who play 5, 10, and 15 hours of these games a week actually have better vision.' Those parents who say video games mess up your eyes are wrong. In reality they help you have better vision.

It all depends on the amount of hours a day or the type of games that are being played. This is good to know because it proves our parents wrong and they will let us play more often. Video games also help you become a better multitasked person. Dr Bellever also tested the audience on their ability to track multiple objects. She moved a few objects in a sea of yellow ones. A typical young adult can track 3 to 4 objects and an action gamer 6 to 7.

This means that people who are gamers are able to find things that are hidden quicker than people that are not gamers. Not only can gamers find things quicker, but they can also find more things than non gamers. The last big way video games help us in life is that we become better problem solvers. For example, in the video game Black Ops2, you have to work with your team to kill " Raul Menendez." You have to go through all of his men until you reach him. Raul Menendez is a terrorist who makes the world think he is the good guy.

He is actually the bad one. There are also multiple ways you can defeat him. For example, at the end of the game you can kill him by pressing the square button on your control. If you chose to let him live and decide to capture him by pressing the circle button, he will escape and kill Frank Woods who is the guy who raised David Mason which is the main character. This helps you become a better problem solver by weighing different options.

As a conclusion, though teens might take a vantage of playing too much video game, it can help you with all three of these things. Parents might think it isn't a good idea, but you can create a contract saying rules that must be followed and the amount of hours you are allowed to play. They will later on realize the bright side of playing video games.