

# Monomaniac's "games for change keynote" lecture review

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Monomaniac's " Games For Change Keynote" lecture is about how much of an influence games have on society and the impact it can bring. Her two main questions to answer during this lecture are " What can games change?" and " What do games change?" MacDougal presents a list of some people's twitter responses to what games do for them. The first few responses refer to ones emotional state. People with Initial negative emotions such as sadness and anxiety can play games and end up feeling much better. Another change she presents is " mental resilience".

This refers too arson's mindset and how it is altered with games. It is possible for people's confidence and performance levels to increase after some time playing games. The next thing MacDougal talks about is " social resilience". How people socialize and interact with the people around them can change with game play as well. For example, many of the games in the present day are multilayer and present an option to connect with players around the world. This creates socializing and interacting with other online players who may even be real life friends.

Before she talks about the science and data behind her lecture she gives us a list of how we can measure these changes when playing games. The list includes analyzing emotional, mental, neurological, social, self-efficacy, and engagement levels. In more general terms, MacDougal believes that " games can change your life. " MacDougal talks about an interesting mission of hers for this talk, which is to " increase the life of everyone in this room by seven and a half minutes" and even provides a formula to show where she got that specific number.

A good point she brings up is that on our deathbeds, many people may end up regretting all the time they devoted to playing games. Many people will say that the time spent in front of a game console or computer controlling a virtual character could have been used more wisely. She presents to the audience a list of the top five regrets people have. These regrets are working too hard, not staying in touch with friends, not allowing yourself to be happier, not truly expressing yourself, and not living the life that stayed true to your ideas. MacDougal goes on to say that each one of these regrets can be answered by laying games.

The first regret of working too hard can be because people wish they had spent more time with their family and kids. Games are the perfect solution for this regret. Playing games with friends and family can definitely strengthen bonds and relationships. The second regret of not keeping in touch with friends can also be fixed through social games. MacDougal gives the example of social games such as Words with Friends and Formative that keeps people connected with others. The benefit games also produce is that no matter how distant two people are, they can

Interact with each other by these games. Games are also scientifically proven to fix the third regret, which is not letting yourself be happier.

MacDougal provides data from an East Carolina university stating that online games have actually outperformed clinical activities of depression when it comes to making someone happier. The fourth regret of not expressing yourself more can be solved by creating virtual avatars and characters that

can be molded and shaped into whoever you desire. The last regret on the list is not living a life true to your dreams.