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GAMING: THE NEW FUTURE Not to be Ignored

By Ayushman Harlalkha

Growing up, we were taught to stay away from video games, that they wasted time and didn't offer much value. Many even speculated that video games led to violence among their players. While even my own experience says otherwise, it is worth noting that no scientific study backs up popular belief.

What started in a few consoles before the internet era has now grown into a behemoth that may soon be ubiquitous in every field, be it entertainment, education or even the medical sciences. The video gaming industry is exponentially growing, with over \$340 billion in revenue in 2022, a number higher than the cinema and music industries combined. Simulations, case studies, live projects - several teaching methods used in higher and professional education are exceedingly getting gamified, while conventional video games are continuing to get more and more realistic and evocative in their delivery.

Take the case of the education sector, where video games are being used to teach softer skills that are much harder to tackle consciously. For instance, like actual sports, gaming teaches collaboration and quick decision-making. It also enables superior hand-eye coordination and reflexes (doctors put through a gamified learning experience perform better surgeries than those who don't), and unlike real sports, enables more inclusion and much less chances of injury. Granted, the exercise component is missing, but nothing that a balanced routine can not fix. Even <u>MGEIP</u>, UNESCO's think tank for transforming education, has several video-game-based courses to teach kindness and how to be a global citizen.

Be it a stray cat in a dystopia or a Greek God in a foreign land, games allow you to act like them all. They enable unique storytelling and give more agency than any other medium, perhaps even more agency than when life isn't too kind. History is riddled with balms that were later found out to be fatal; perhaps we found something the other way around.

Reducing stress or letting you escape reality for just a little while, perhaps you could use games to bond with yourself and others too. So the next time you feel like taking a break, try something new. A simple game, perhaps.



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RIEDU LEVELLING UP IN REAL LIFE



By Ayushman Harlalka

If I had a penny for every single time I wanted to build a habit but lost to the grind, I would be able to afford a meal, which is to say that it has happened enough to be concerning. Consistency is an essential yet elusive part of most people's lives, and the habits that stick with us tend to be the ones we regularly perform, consciously or otherwise.

Plenty of articles and lists talk about how to gamify your life. I will try to encapsulate the essence, but this article also aims to discuss the nuances of real life that such articles usually fail to mention.

With that out of the way, the most basic gamifying template would typically consist of 3 things -

- A skill chosen by you
- A reward (and possibly punishment) system
- A progression system

The first prerequisite is self-explanatory. The second involves small achievable goals that will end up repeated, the adherence to which would lead to pre-decided reward/punishment. The third involves goals on the horizon that you would be building towards, possibly with deadlines attached. One may then add terms like exp and health to the experience, perhaps even adding competitiveness.

However, the meat of this article is the things to be wary of while establishing the above mentioned-

- Real life has atrophied; games do not Unless you continuously use your skills, you will lose them; how well can you remember the language you stopped speaking a while ago?
- A desirable difficulty level Many researchers point to the ideal level where most learning happens. The crux is that it should be neither too difficult nor too easy. Another dimension to remember is that your desirable difficulty will fluctuate, usually going up and sometimes going how. Constantly reassess. Growth isn't linear, and neither would change this metric.
- Tracking "That which is not measured, is not managed."
- Science of one Using a certain tortoise's words on the internet, you must experiment and find what works best for you. Devise your experiments, check how you react, and improve on the ones giving more desirable outcomes.

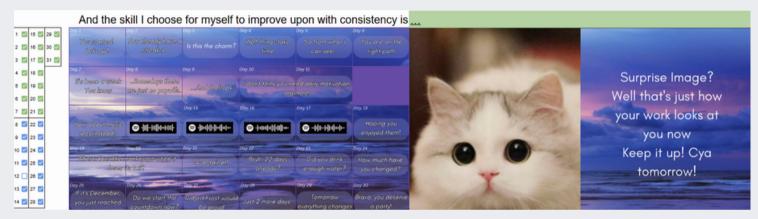
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THE (SLIGHTLY) GAMIFIED CALENDAR

Made by Ayushman Harlalka

Most gamified systems give small rewards for tasks done and track consistency, offering greater rewards for streaks. Here is a small example of something you can create and use for yourself. Directions – Save a copy of this sheet for yourself. Every number coordinates for a day. Pick a skill, any skill, and build consistency with it. For every day that you showed up, even for a second, tick the box next to it and let the purple box speak it's truth. PS – Please don't click future boxes without reaching that stage. Thank you. Hope this helps you! Happy Improving!

Click here to access the gamified calendar.



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