Playing Digital Games Will Make You a Better Human Being

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Abstract. The negative stereotypes about the effects of playing computer or video games are a rich source of material for mass media; we hear less often about the positive aspects of digital game play. In her talk, Regan Mandryk will address five prevalent negative stereotypes, debunking common myths on how playing digital games makes you: 1) fat and lazy, 2) stupid, 3) unable to focus, 4) socially isolated, and 5) emotionally stunted. Drawing from her own research and the research of other academics who study digital games, Dr. Mandryk will leave you itching to go play games so that you can become a smarter, fitter, better-focused individual with a great emotional connection to your circle of friends.