

### I was a video game sceptic, but now I'm a fan

adapted from an article by Jessica Furseth

- 1 Gaming is a surprisingly “love it, or just don’t get it” kind of activity. I’ve tried video games a few times over the years, as people seemed to be having so much fun with them. But I never got into it. Last year, though, my curiosity was piqued again as I watched my partner Luke play the newest *Mario* game with his children. One slow Sunday, I picked up the Nintendo Switch. No one was more surprised than me when I kept coming back to the game.



- 2 Video games often get a bad rep – however unjustified – for being violent, and bad for attention and literacy. But according to Celia Hodent, a game user-experience consultant with a doctorate in psychology, gaming can add many positive things to people’s lives. “A good game can put you into a flow state,” says Hodent – that feeling when you’re fully immersed in an activity, and time flies because you’re enjoying yourself. “When you’re watching a film or listening to the radio you may eventually check your phone. But when you play a game, you have your hands on the controller. You’re not getting distracted. You have to pay more attention, and you’re more immersed in the task,” says Hodent.
- 3 *Mario Odyssey* was especially soothing when I felt tired and restless – perhaps because it was an absorbing environment where I was in control. In other words, I was enjoying playing *Mario* because I was getting better at it. Things made their own kind of sense in the *Mushroom Kingdom*, and figuring out how that world worked was rewarding. But I won’t be jumping over fire rings to punch a giant turtle in the real world. Do the skills I have been gaining translate into other walks of life?
- 4 There are many examples of how purpose-built computer games can be effective at teaching things, ranging from how kids can confront bullies to innovative thought for corporate problem-solving. “Recent research projects have applied computer game technologies to police armed-response training, cancer cell modelling and the virtualisation of historic keyboard instruments,” says Kenny McAlpine, an academic at Abertay University, Dundee, who specialises in gaming.

- 5 But when it comes to games designed for entertainment, it's harder to tell exactly what real-world benefits they can have. Some specific evidence has been discovered: researchers in Sweden found that playing *Tetris* immediately after a traumatic event reduces the likelihood of developing post-traumatic stress disorder, probably because the game interrupts memory consolidation. In addition, cognitive neuroscientist Daphne Bavelier found that playing an action game such as *Call of Duty* for 10 hours will improve a person's detail vision and multitasking skills, and almost double their capacity for tracking moving objects even five months later.
- 6 I picked up *The Legend of Zelda: Breath of the Wild* over the festive holidays. I knew it would be more frustrating than playing *Mario* on assist mode. 12, Luke says it's the best game he's ever played, so I figured that it might be worth some initial hardship. I know now that the further into the game I get, the better it will be – and that figuring things out and learning is what makes video games so rewarding, and ultimately, so much fun.

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## Tekst 5

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- 1p 8 How does the writer introduce the topic of the text in paragraph 1?  
A by admitting she was criticised for being bad at playing games  
B by confessing how she unexpectedly started to like gaming  
C by making clear that she dislikes her partner playing games  
D by wondering why anyone could find video games interesting
- 1p 9 Which aspect of gaming is stressed by Celia Hodent in paragraph 2?  
A It has fewer harmful effects than other pastimes.  
B It is more sociable than people think.  
C It requires players to focus on the activity.  
D It stimulates players to reach their targets.
- 1p 10 'But I won't be jumping over fire rings to punch a giant turtle in the real world.' (paragraph 3)  
What does the writer want to make clear with this remark?  
A She believes that solving challenges when gaming is quite satisfying.  
B She dislikes the violence that seems to be part of most video games.  
C She wonders whether gaming can be useful for activities in daily life.  
D She worries that people think gamers have a distorted view on reality.
- 1p 11 What is the purpose of paragraphs 4 and 5?  
A to describe various ways in which gaming can be of value for people  
B to explain that some types of games are to be preferred over others  
C to show how difficult it is to prove the relevance of playing games  
D to stress the differences between educational and recreational games
- 1p 12 Kies bij 12 in alinea 6 het juiste antwoord uit de gegeven mogelijkheden.  
A Consequently  
B However  
C Likewise  
D Moreover
- 2p 13 Geef van de volgende mogelijke effecten aan of ze in dit artikel genoemd worden als een voordeel van gamen.  
*Omcirkel 'wel' of 'niet' achter elk nummer in de uitwerkbijlage.*  
1 Je zit helemaal in het spel, zonder afgeleid te worden door andere zaken.  
2 Je wordt er sportiever van.  
3 Je gaat meer details opmerken.  
4 Je leert beter tegen je verlies te kunnen.

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### Bronvermelding

Een opsomming van de in dit examen gebruikte bronnen, zoals teksten en afbeeldingen, is te vinden in het bij dit examen behorende correctievoorschrift, dat na afloop van het examen wordt gepubliceerd.