Video games and their potential to improve cognitive abilities

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Improving cognitive abilities

**Cognitive control**
- Attention
- Working memory
- Goal management

**Cognitive training**
- Cognitive exercises
  - Elements of cognitive exercises
  - Video games
Video Games

- Enjoyment
- Engagement
- Positive effects of playing video games
- Motivation
- Cognitive Enhancement
Pros and cons of playing video games

- Education
- Life skills
- Improved brain function

- Exercise
- Social replacement
- Addiction

- Job skills
- Violence
Age breakdown of video game players in the United States in 2019

- Under 18 years: 21%
- 18 to 35 years: 40%
- 36 to 49 years: 18%
- 50 years and older: 21%

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You are not remotely funny!

You do not control me!
References

- [https://www.youtube.com/watch?time_continue=9&v=ya7IhijXYU](https://www.youtube.com/watch?time_continue=9&v=ya7IhijXYU)