

Assignment 9

MAS S63 Tools for Wellbeing

Due 9pm Thursday 11/6. Do not forget to include your name and email address in your submission.

Please follow the the following name convention to name your files:

<FirstNameLastName-Assignment9.pptx>. For example JohnDoe-Assignment9.pptx.

You should upload your file here: <http://bit.ly/13oUtcu>

1 GAMES: THE MYSTERY OF MOTIVATION

Most people don't read the same books or watch the same movie end-to-end more than once. But think about games. Be it video games, a physical sport, a board game or strategy games, people play their favorite games over and over again. What is it about games that motivate us to play them repeatedly, even when we often fail at them initially? This is the mystery of motivation that is a defining characteristic of games.

For example, read the following article on why video games may be addictive:

<http://www.thinkfeelpay.com/theory-of-gaming-motivation/>

2 EXERCISE 1

1. Think about your favorite game (it can be a sport, a board or strategy game, a video game, or even game theory economics). Reflect on why you are motivated to playing this game? Each person can have several such motivators, but explain why you feel motivated to play this game over and over again. If you don't play a sport or any games at, find a friend or a family family member who does and find out what motivates them to play.
2. Think about a behavior (in others or in yourself) that could be tweaked or changed as part of an overall shift to a healthier lifestyle. Describe this behavior you'd like to tweak

or change.

3. How might the things that motivate you to play be applied to changing how you consider or engage healthier behavior? (might be one thing, or a few, there is no right answer)

Use the following slide deck to fill in your answers and submit them using the aforementioned link.

<http://bit.ly/1zQXpgd>