

Reference	Summary	Paraphrase	Direct Quotation	R/C/Q
<p><b>Tumbokon, C. (n.d.). <i>The Positive and Negative Effects of Video Games</i>. Retrieved January 29, 2014, from Raise Smart Kid: <a href="http://www.raisesmartkid.com/3-to-6-years-old/4-articles/34-the-good-and-bad-effects-of-video-games">http://www.raisesmartkid.com/3-to-6-years-old/4-articles/34-the-good-and-bad-effects-of-video-games</a></b></p>		<p>Video Games can be both good and bad. Many scientists and psychologists said that video games can help make kids smart. Playing video games is a way to exercise your brain. A lot of games requires you abstract and critical thinking. There are a lot of skills that are not even taught at school examples are: Problem Solving and Logic, Hand-eye coordination, Planning and logistics, Multi-tasking, Quick Thinking, and etc. Since Video Games can be both good and bad, it also has its negative effects. According to some studies, children who play violent games become more aggressive. Too much video game can make children socially isolated. Also, video games can be a reason why children spend less time studying.</p>		<p>Good source that tackles about the positive and negative effects of gaming.</p>

<p><b>Park, A. (2011, December 2). <i>How Playing Violent Video Games May Change the Brain</i>. Retrieved January 29, 2014, from Time: Health And Family: <a href="http://healthland.time.com/2011/12/02/how-playing-violent-video-games-may-change-the-brain/">http://healthland.time.com/2011/12/02/how-playing-violent-video-games-may-change-the-brain/</a></b></p>	<p>Researchers at Indiana University looked at what happened in the brain in 28 students who were randomly assigned to play either a violent, first-person shooter game or a non-violent one every day for a week. None of the participants had much previous gaming experience. Researchers found that those who played the violent video games showed less activity in areas that involved emotions, attention and inhibition of our impulses. “Behavioural studies have shown an increase in aggressive behaviour after violent video games, and what we show is the physiological explanation for what the behavioural studies are showing,” says Matthews, one of the researchers. “We’re showing that there are changes in brain function that are likely related to that behaviour.”</p>			<p>A reliable source that explains how violent video games affect our brain.</p>
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<p><b>Joseph, R. (2013, March 19). <i>Balancing Studies With... Video Games!</i> Retrieved February 2, 2014, from IGN: <a href="http://www.ign.com/blogs/gamerpoj/2013/03/19/balancing-studies-with-video-games">http://www.ign.com/blogs/gamerpoj/2013/03/19/balancing-studies-with-video-games</a></b></p>		<p>We can balance studying and playing video games. Here are some tips on how we can balance these two things are: Study first before doing anything, Reward yourself, take a break while studying, think of the benefits of getting high grades, and lastly have fun!</p>		<p>It is a great source because it gives tips on how we could balance studies and playing video games.</p>
<p><b>Tassi, P. (2012, December 20). <i>2012: The Year Of E-Sports</i>. Retrieved February 5, 2014, from Forbes: <a href="http://www.forbes.com">http://www.forbes.com</a></b></p>		<p>In the year 2012, E-Sports showed a fast growth in popularity. They had a lot of tournaments this year and live streams. The internet has united gamers around the world to turn E-Sports from a past time to a phenomenon. Viewers have gone up from hundreds to thousands and prize pools are now higher. E-Sports really had an explosive growth last 2012.</p>		<p>The article is about how gaming being a past time became a addiction worldwide.</p>

<p><b>Fontelera, J. (2012). <i>Negative Effects of Computer Games on Children</i>. Retrieved February 5, 2014, from eHow: <a href="http://www.ehow.com/list_5858966_negative-effects-computer-games-children.html">http://www.ehow.com/list_5858966_negative-effects-computer-games-children.html</a></b></p>	<p>There are many studies that showed the negative effects of video games on children. Studies shown that video games played for a long time, especially violent ones, makes the gamer more aggressive. What's more video games also foster social isolation. Another study showed that children who played video games extensively had decline school achievements. Prolonged session on being one position and not exercising can cause negative effects on health. Computer games that can be played online can make children vulnerable to online predators. Since too much video games can make a child aggressive it also affects his values.</p>			<p>It is a compilation of different studies about the adverse effects of video gaming.</p>
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<p><b>Why Video Games Are So Addictive. (n.d.). Retrieved February 7, 2014, from Video Game Addictions: <a href="http://www.video-game-addictions.com/why-video-games-are-so-addictive.html">http://www.video-game-addictions.com/why-video-games-are-so-addictive.html</a></b></p>	<p>No one has ever been officially diagnosed with video game addiction. The reason? Video game addiction is not (yet) recognized as a psychological or mental health condition. The term is used quite frequently to describe those who have difficulty controlling their gaming habits, but this is a convenient informal description not an official diagnosis. Parents and players should be aware that many video games are clearly designed to encourage frequent and extended gaming sessions. Although it may be tempting to blame the game designers for this, they are really only doing their jobs – which is to make the games attractive, enjoyable, and compelling to those who choose to play them. Short of a ban on video games (which is not going to happen), it is ultimately up to the individual player (or in some cases, the parents of young gamers) to take responsibility for their gaming behaviours. Examples of qualities of games that makes them addicting: High score, beating the game, no game over, break from the real world, and social interactions</p>			<p>It Is a good source since it tackled the qualities of games that make them addictive.</p>
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**Rouse, M. (n.d.). *Gaming*. Retrieved February 1, 2014, from WhatIs: <http://whatis.techtarget.com/definition/gaming>**

- “Gaming is the running of specialized applications known as electronic games, especially on machines designed for such programs and, in a more recent trend, using personal computers on the Internet in which case the activity is known as online gaming. A person who plays electronic games is called a gamer.”
- “Pong, an electronic version of ping pong, was the first widely played electronic game. It was simple: you moved a bar up and down to deflect the ball, which your opponent (either the machine or another player) would attempt to deflect on the other side.”

It would somehow help me in my essay since it talked a little about the history of video games. Also, it is a great source for me to get a good definition of the term *Gaming*.

<p><b>Sutter, J. D.(2012, August 6). 5 warning signs of gaming addiction. Retrieved January 29, 2014, from CNN: <a href="http://edition.cnn.com/2012/08/05/tech/gaming-gadgets/gaming-addiction-warning s">http://edition.cnn.com/2012/08/05/tech/gaming-gadgets/gaming-addiction-warning s</a></b></p>			<p>“1. Disrupted regular life pattern. If a person plays games all night long and sleeps in the daytime that can be a warning he or she should seek professional help. “</p> <p>“2. If the potential gaming or Internet addict loses his or her job, or stops going to school in order to be online or to play a digital game. “</p> <p>“3. Need for a bigger fix. Does the gamer have to play for longer and longer periods in order to get the same level of enjoyment from the game? “</p> <p>“4. Withdrawal. Some Internet and gaming addicts become irritable or anxious when they disconnect, or when they are forced to do so. “</p> <p>“5. Cravings. Some Internet and gaming addicts experience cravings, or the need to play the game or be online when they are away from the digital world. “</p> <p>-</p>	<p>It is a good source because it tackles about the warning signs of addiction. I can use it to</p>
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### Video Games and its Diverse Effects

Gaming, or better known by many as video gaming, what does it mean? Gaming is the manipulation or control of a program simply known as a video game or electronic game on a certain device or medium for entertainment purposes. This can be considered as virtual gaming in a sense that the player do not necessarily move and play like a normal person would normally do, similar to a child playing. Rather, the person uses dedicated devices as tools to play a game. Video Game is a popular form of entertainment and defined by the Oxford English Dictionary as an electronic game in which players control images on a television or computer screen. The word “video game” is a combination of two words; “video”, borrowed from the Latin word “videre” meaning “to see”, and “game”, from the Old English word “gamen” meaning “amusement or fun”.

Video games started way back 1958 when Willing Higinbotham made the very first video game called “Tennis for two”, which is according to Steven Kent (2010) a table-tennis-like game that is displayed on an oscilloscope to solve the boredom of the visitors going to Brookhaven National Library and after seeing a lot of people having

### *Video Games and its Diverse Effects*

What if we live in a generation that has no technology like now yet? Where would you spend your spare time? Technology changed the way people live in a lot of ways. People nowadays could see how it affected communication, transportation, and even entertainment. Most of the time, adults are seen watching television during their spare time and some are surfing the internet looking for the latest news. Kids, teens, and young adults are usually seen playing video games in their electronic gadgets. Video games can be good and bad depending on how you use it. People have different perspectives about it. It is known by some parents as a popular time waster or a new kind of addiction. For most young people, playing video games is just a regular part of the day. Adding to that, they also say that playing video games is their way to have fun with their friends.

What is a video game and how was it created? Video game is a popular form of entertainment and defined by the Oxford English Dictionary as an electronic game in which players control images on a television or computer screen. The video game industry is now over 40 years old. It was William Higinbotham who created the first



fun playing it, it was later open to the public to play. A lot of prototype game consoles were created after the huge hit of the game, one of this is the Odyssey, the first home video game console created by Magnavox. Many companies tried to compete with the game console Odyssey from Magnavox. Atari is one of those companies that tried to compete with them. According to Clay Dillow, Atari created a lot of games that became a hit while having only one game console, Atari 2600. Atari was the reason why video games became a huge hit in the entertainment industry and until now playing video games is one of the most common ways to have fun.

A lot of young people nowadays love to play video games most of the time. There are some who choose to stay at home playing video games rather than go and play outside with their friends. Have you ever wondered why people love to play video games? Game Designers always try to make their projects to be addicting. The easiest way to make people spend more time playing is to make their games more interesting and challenging so that the gamers won't be able to put their controllers down and would play for hours. Different games have their own unique ways that make them addictive. One of the most commonly used to make players spend more time playing is the "High Score". A lot of people can't stop playing because they are trying to beat the highest score without realizing they played for hours already. Social Interactions and no "game over" is the

video game, *Tennis for two*. Since there were still no game consoles available yet at that time, *Tennis for two* was played on a 5-inch oscilloscope. Ralph Baer created the *Brown Box*, a game console prototype, so that video games can be played on a television set. His designs were used by a company called Magnavox to create the first home video game console called Odyssey. A lot of companies tried to compete with their product, one of those companies was called Atari. Atari became better known than Magnavox and sold more video games. Atari is known today as the godfather of video games. It was the one who made video games famous.

Have you ever wondered why people love to play video games? Game Designers always try to make their projects to be addicting. The easiest way to make people spend more time playing is to make their games more interesting and challenging so that the players won't be able to put their controllers down and would play for hours. One of the most commonly used strategies to make them spend more time playing is the *High Score*. They can't stop playing because they are trying to beat the highest score without realizing they played for hours already. Social interactions and no game over is the reason why online games become addicting. Online games are usually played with a group of friends or a team; being a part of a team makes the player obliged to go and play. Lastly, having

reason why Online Games become addicting. Online Games are usually played with a group of friends or a “gaming team”; being a part of a team makes the player obliged to go and play. Having a game that has no “game over” gives the player unlimited things to discover making them spend more hours playing.

Young people should know how video games can affect their lives. Playing video games doesn't always affect a person in a bad way. There are games that help people improve or enhance their own skills. According to Chacha Tumbokon, when a child plays video games, it gives his brain a real workout. In many video games the skills required to win involve abstract and high level thinking. Some skills that are not even taught at school can be learned by playing video games. These are some skills that a person can have or enhance if he/she would choose the right video game to play: Problem Solving and Logic, Accuracy, Situational Awareness, Strategy and Anticipation, Mapping, Memory, and Reasoned Judgments. Now that we know that video games have positive effects, what are its adverse effects? Games may be good for young people but spending too much time playing video games and choosing the wrong game may lead to negative effects. There are video games that make a child more violent. According to the article by Jorina Fontelera, there are studies done that showed violent video games played extensively by teens or children can make them more aggressive. Video games

a game that has no game over gives the player lots of things to discover making them spend more hours playing.

Young people should know how video games can affect their lives. There are games that help people improve or enhance their own skills. According to Tumbokon, when a child plays video games, it gives his brain a real workout. A lot of video games require the player to have abstract and high level thinking skills to win. Some skills that are not even taught at school can be learned by playing video games. There are some skills that a person can have or enhance if he/she would choose the right video game to play: problem solving and logic, accuracy, situational awareness, strategy and anticipation, mapping, memory, and reasoned judgments. If only young people would choose the right kind of video game they can be smarter and have more fun playing.

Video games have positive effects, but what are its adverse effects? Games may be good for young people but spending too much time playing video games and choosing the wrong game may lead to negative effects. According to the article by Fontelera, there are studies done that showed violent video games played extensively by teens or children can make them more aggressive. Video games can also be a reason for social isolation because a lot of games are often played alone. Excessive playing of video games may affect your health and result to different sickness such as carpal tunnel syndrome,

can also be a reason for Social Isolation because a lot of games are often played alone. Sitting for a long time playing video games may also affect the health of a person. Furthermore, excessive playing of video games may result to poor eyesight. Playing online games can also be a bad thing; a player can meet a lot of different people with different attitudes and can pick up bad behaviour and language. Wasting too much time playing video games may affect a child's performance. According to Drea Christopher (2014), a child playing video games more than one to two hours a day may have trouble sleeping, have problems paying attention and have lower test scores. Lastly, there are games that promote and reward immoral behaviours that may affect a child or a teen's morals in a way. Video games may have adverse effects but there are a lot of ways to enjoy playing video games while preventing such negative effects from happening. The usual cause of the negative effects of video game is excessive playing of video games; young people should learn how to manage their time to prevent these adverse effects of video games from happening.

How would you know if you're already addicted to video games? An article written by John Sutter showed some warning signs of gaming addiction such as; having a disrupted regular life pattern, stops going to school in order to play, need for a bigger fix and always crave to go online and play. Young people need to seek help from

backaches, headaches, and dry eyes. Furthermore, excessive playing of video games may result to poor eyesight. Playing too much online games can also be a bad idea. In an online game, a player can meet a lot of different people with different attitudes and can pick up bad behaviour and language. Spending too much time playing video games may affect a child's performance. According to Christopher (2014), a child playing video games more than one to two hours a day may have trouble sleeping, have problems paying attention and have lower test scores. Lastly, there are games that promote and reward violent behaviours that may affect a child or a teen's morals.

Video games may have adverse effects but there are a lot of ways to enjoy playing video games while preventing these effects. The usual cause of the negative effects of video games is excessive playing. Young people should learn how to manage their time to prevent these adverse effects of video games from happening. Parents should also guide their children so that the adverse effects of video gaming could be prevented. Choosing the right kind of game can be a big help since there are games that can help improve a person's skills and there are also some that can destroy a child's morals or behaviour.

How would you know if you're already addicted to video games? Video gaming addiction or known as compulsive video gaming is a modern mental disorder. People

professionals if ever they experience one of these warning signs of video gaming addiction. It is a good way to know about these warning signs so that we may prevent it from happening.

Beating video game addiction may not be that easy as preventing it. A lot of effort is needed to beat game addiction. The first thing a person needs to do before everything else is to admit to his self that he is really addicted to video games. Accepting it will help a person be more motivated in beating video gaming addiction. Time management can be a big help to beat it, it is a good way to lessen the time a person spends in playing a game. Going out with friends can help a person realize that there are a lot of things that he/she can do to have fun, video games aren't the only thing that can make a person happy.

Number of Words: 1144

Number of Paragraphs: 6

Main Idea: What are the diverse effects of gaming and how to stop and prevent gaming addiction

Thesis Statement: Young people who usually play video games need to be educated on how video games affect their lives and be informed on how to beat video game addiction.

diagnosed with this kind of mental disorder has lots of different symptoms. One example is that these people always crave more and more time on playing video games to get the same enjoyment. People who have this make video gaming as his/her primary means of relaxation. Always thinking about video games even while doing other things is a warning sign for video gaming addiction. Lastly, spending more time with your keyboard or controller than physically hanging out with your friends can also be a symptom of this disorder. Young people need to seek help from professionals if ever they experience one of these warnings signs or symptoms of video gaming addiction. It is a good way to know about these warning signs so that we may prevent it from happening.

Beating video game addiction may not be that easy as preventing it. A lot of effort is needed to beat game addiction. The first thing a person needs to do before everything else is to admit to his self that he is really addicted to video games. As cliché it may sound, it is always the first step to recovery and accepting it will help a person be more motivated in beating video gaming addiction. Time management or making a to-do list can be a big help to beat this addiction. It is a good way to lessen the time a person spends in playing a video game and spend more time with his/her family. Going out with friends will help a person realize that there are a lot of things that he/she can do to have fun,

Reflection: I realize that you can't make an essay without doing any other drafts and it is hard to organize your ideas while at the same time you are writing. It is a good way to know the cons of the way I write so that I may improve it later on.

video games aren't the only thing that can make a person happy. Furthermore, it is not the only form of entertainment people can have.

Number of Words: 1260

Number of Paragraphs: 8

Main Idea: What are the diverse effects of gaming and how to stop and prevent gaming addiction

Thesis Statement: Young people who usually play video games need to be educated on how video games affect their lives and be informed on how to beat video game addiction.

Reflection: After reading my essay again, I saw that there are some parts that I need to cut into two paragraphs. The ideas in my essay were also not organized that is why I tried to recreate my essay after organizing my ideas first.

# ENTRY ESSAY:

Pre-marital sex is a big problem in our society. It leads to early pregnancy which sometimes ends in abortion because the young parents are afraid or they are not yet ready to have a child. People nowadays don't think about the consequences of the things they will do. In my opinion, this social issue contributes to another problem in our society, *Poverty*. When pre-marital sex leads to early pregnancy the young couple usually stops studying thus destroying the future of the so called teenage parents.

Pre-marital sex means engaging in a sexual intercourse at a young age or not at the right time. Society treats anyone who did it and became pregnant early like a trash. This issue shouldn't be taken lightly. People should be well informed about this issue to avoid such things from happening. Parents should discuss these things with their children because teenagers are the ones who are affected by this issue.

What are the reasons why teenagers engage in pre-marital sex? Teenagers are affected by peer pressure since others think that pre-marital sex make you a great guy. Furthermore, others do it just for fun not knowing the consequences of what they did.

# Exit Essay

Pre – Marital Sex: Are we good?

Pre – Marital sex is one of the most common social issues that are being tackled by different sociologists lately. The ones involved usually in these kinds of issues are teenagers. There have been a lot of studies that show that teenagers are now more prone to peer pressure. They are easily influenced by their friends and are able to do more unimaginable things without thinking about the consequences of it. Being too brave to explore new things that they don't even understand well is one of the unique qualities teens in our time have.

How does this social issue affect the life of the persons involved and their own family? Does it do anything good? Since the persons involved are usually teens who are still studying and the worst case that may happen after a Pre – Marital is that the girl would get pregnant, they might lose the chance to have a bright future because there is a high probability that they would stop studying and find a job that would somehow help them live. Adding to that, they would be discriminated if ever the community finds out about it. Pre – Marital sex doesn't bring anything good. Though, some male teens say that it proves them manlier to their group of friends.

Teens wanting to explore new things isn't a bad quality or attitude. They should only be guided to the right path so that this attitude might be put to a good use. Parents should be the first one to guide them and teach them how to fight against peer pressure. They should also talk to their children to know what are the things their children need to understand better. Pre – Marital sex is only one of the problems in our society that is rooted from peer pressure. Parents may be the ones who need to teach their children, but at the end it is all up to them if they would be defeated by mere peer pressure. Make the right choice to prevent big problems.

# Reflective Essay

I thought academic writing and reading would be a boring topic to study. These topics takes up too much time and practice to master. After taking up ENGLCOM, I learned a lot how to improve my essays. It wasn't boring to study, rather it was fun.

I had a hard time organizing my ideas and making thesis statements. To be able to deal with these problems, I tried to create drafts and outlines before doing my final draft. After that, I will write my essays again from scratch for the sake of double checking. When I showed my extended definition in front of the class, I was able to know the downsides of my work to improve them. It was a good idea to let others evaluate your essay.

I improved a lot because my entrance essay doesn't have any direction and thesis statement at all. Unlike my entrance essay, my exit essay has more organized ideas and I think I made it really a lot better than the first essay.



# Drafts

Thesis statement:

Young people who usually play video games need to be educated on how video games affect their lives and be informed on how to beat video game addiction.

a.) Definition

a.1) Meaning of Video Games

a.2) History of Video Games

b.) Cause and Effect

b.1) Playing video games really addictive?

b.2) What are the positive and negative effects of video games?

b.3) How does it affect the study habits of students?

b.4) Effects of different genres of video games

c.) Types/Examples

c.1) Examples of Video Games that makes children more violent

c.2) Game genres that helps children develop their critical thinking

c.3) Tips on how to beat video game addiction

PS: I can't find my drafts :(