The Scope of a variable is where in the code the variable can be used. Code blocks generally define a variables scope. Public and Private are access modifiers, defines where it can be seen from. If other scripts need access to a they should be public, which means you can access them outside of the script and in inspector. If the value is defined in a start or awake function, it will override the value in the inspector. You can still change it in runtime though. Private and Public can also be used in creating instances of a class, and giving access to functions within a class.