# **Learning Journal Unit 4**

Computer Science, University of the People

UNIV 1001 - Online Education Strategies - AY2024-T1

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## Reflection Topic: The Importance of Taking Breaks

## Part 1 - Outline

**Topic – introduction paragraph**

The topic I chose to select is computer games since this is my favorite way to unwind or just have a break. When I feel overwhelmed, I take a short break and play a silly computer game and it helps me unwind. I believe that games can help us learn and relax at the same time by taking the pressure of learning and embedding the knowledge in a story-based gaming experience.

**The article I read is:**  
Video Games and Classical Antiquity  
by PAUL CHRISTESEN, DOMINIC MACHADO  
The Classical World, Vol. 104, No. 1 (FALL 2010), pp. 107-110  
<https://www.jstor.org/stable/25799974>  
The rise of video games focusing on the ancient world has significantly influenced the player's perception of ancient Greece and Rome. This article delves into the potential of these video games as educational tools, highlighting three specific games: Rome: Total War, Glory of the Roman Empire, and CivCity: Rome.

**The three things I want to talk about in my essay are as follows – three middle paragraphs:**

1. "Video games have become one of the basic forms of mass communication. This is evident from the sheer scale of the video game industry. Video game sales (hardware and software) in the United States alone totaled over $20 billion in 2009. At current rates of growth, video games will soon be a bigger business than movies" (PAEDAGOGUS, n.d.). This quote underscores the immense influence and reach of video games in modern society, highlighting their potential as powerful educational tools.
2. From my personal experience, I've observed that I often retain information better when it's presented in an interactive format like a video game. Unlike passive forms of learning, video games require active participation, decision-making, and problem-solving, which can enhance memory retention and understanding of the subject matter. And the feeling of being part of the narrative helps me feel as if I'm part of historic events.
3. Another observation I've made is the collaborative nature of many modern video games. Multiplayer modes and online platforms allow players to communicate, strategize, and work together to achieve common goals. This not only helps to build teamwork and communication skills but also provides a platform for cross-cultural interactions, as players from different parts of the world come together in a virtual space. So even in this modern society where we find ourselves more and more losing the physical social touch, we can look to online gaming to help teach the necessary skills to the younger generations.

**Conclusion** – The digital age is here, and we can either fight it or embrace it. Video games are a crucial part of the digital age, the business is growing exponentially and becoming more and more popular as time goes on. Not only to the younger generation but also to the older generations, for instance, my father who is in his 70s recently started playing online and it has helped him stay in contact with the world around him. But more importantly, it can be used as a teaching tool, since younger children want to play the games why not use it to teach them history, math, social skills, engineering and so much more… All while they are enjoying themselves.

**References:**

1. CHRISTESEN, P., & MACHADO, D. (2010). Video Games and Classical Antiquity. *The Classical World*, *104*(1), 107–110. <http://www.jstor.org/stable/25799974>
2. Traditional Essay Structure  
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3. Learning Guide Unit 4  
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