Comprehension

1. How much time a week people (as the planet) should spend on playing computer games?

Jane McGonigal says people should play computer games for 21 minutes a day, which is about 2 hours and 27 minutes a week.

1. What are the most frequently expressed regrets that people say when they are on their deathbeds?

People regret not staying true to themselves, working too hard, not expressing their feelings, losing touch with friends, and not allowing themselves to be happy.

1. Some people say that playing video games is a waste of time. Is it true according to recent studies?

No, it’s not true. Studies show that playing games can improve physical, emotional, and mental health.

1. What life event prompted Jane to create a role-playing recovery game called Jane the Concussion Slayer, later renamed SuperBetter?

Jane suffered a concussion that caused depression and anxiety, and she created the game to help herself recover.

1. What is the order of playing a SuperBetter game?
2. Adopt a secret identity.
3. Recruit your allies.
4. Activate the power-ups.
5. Battle the bad guys.

6. What happened to Jane as a result of playing a SuperBetter game?

Jane felt happier, stronger, and more hopeful. It helped her recover from her concussion.

7. What is the impact of the game on the human condition after a traumatic event?

The game helps people feel more connected, less alone, and it builds resilience.

8. How do you get from trauma to growth?

By setting small goals, finding power-ups, and overcoming challenges step by step.

9. What are the four types of resilience? What tasks did she ask people to complete as part of a SuperBetter quest?

The four types of resilience are:

1. Physical
2. Emotional
3. Mental
4. Social

10. What is the bonus for boosting these four types of resilience?

The bonus is becoming stronger, happier