



- Video games can benefit gamers in the following ways:
  - Cognitive benefits - Multiple studies have found that video games strengthen a wide range of cognitive skills including problem-solving, spatial attention, multi-tasking and short term & long term memory.
  - Communication & teamwork benefits - gaming provides teambuilding and communication training. For many of the most popular competitive video games, individuals compete on a team and cannot win unless they communicate strategies with each other, not unlike traditional sports.
  - Emotional benefits - Gaming is a type of play that, not unlike other physical activities, provides gamers the opportunity to learn how to manage their emotions and deal with stressful experiences.
  - Social benefits - Despite stereotypes portraying gamers as socially isolated individuals, gamers prefer playing with other people. For teens, gaming is a primary way they interact with their friends.
- People play online games for many reasons including overcoming challenges, alleviating tension, socializing, and enjoyment purposes (Positive Personal Development through eSports, Carbonie, Gui, & Cahalane 2018)
- Reaching new segment of athlete population
- School & Community benefits
  - For students: Fostering an interest for the gaming industry, students develop better social/behavioral skills, students develop sportsmanship, and have shown improved school performance
  - For schools: Greater student involvement, great exposure for the school, interest in STEM programs, improved graduation rates ([CDW.com Benefits of Esports Team: K12 & Higher Ed](#))
- Skill development
- Social/mental impact
  - In sport, youths have the opportunity to interact with mentors and leadership figures, allowing them to learn vital skills such as persistence and teamwork.
    - Frequently mentioned benefits include teamwork, initiative, social skills, as well as benefits relating to self-perception (self-esteem, identity, character) (Carbonie et al. 2018).
- Motivations
  - There is overlap among player motivations, which include achievement, social reasons, or immersion. Self-improvement, socialization, and competition are all motivating factors (Carbonie et al. 2018)