

NAME:

Module 2 - Lesson 1

The CARED Model

1) What are your top 3 games right now? (If you don't play any video games, use your hobbies instead)

2) How many days per week do you play?

3) How many hours per week are you playing in a typical school week?

4) Why do you think you play?

Module 2 - Lesson 2

Your 3 Motivational Buckets

- 1) Looking at the games you listed above, what do you think each game prioritises in its design?
- a) What intrinsic motivators are they trying to activate for gamers? Example: Rocket League might be “CRA” because it’s an esport focusing on competence and competition.

- 2) How are you filling your 3 buckets in real life?

Competence:

Autonomy:

Relatedness:

Do any of these buckets need help? Which ones?

Module 2 - Lesson 3

Your 3 Gamer Typification(CAR)

3) What gamer typification are you? (Your C A R priority + your Quantic Foundry type.

Ex) CRA - Ninja)

4) Do you think your C+A+R typification matches your motivation for your real life hobbies too?

Module 3 - Lesson 1

Escape

5) Name 2 stressors that could cause someone to try and escape their real life and use gaming as a way to cope with it.

6) List 2 “Tanks” (coping tools) that could cause other problems when distracting you from your problems.

7) Why would it be a problem to only have “tanks” in your life to deal with your stress?

8) Brainstorm “healers” that would act as constructive coping strategies to different forms of stress.

Module 3 - Lesson 2

Design

9) Put the 3 games you listed on the spectrum in the box below

Engagement	Compulsion
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a) Justify why you put each game in the spot you did.	

10) Compulsion mechanics make you feel disadvantaged if you don't spend a lot of time or a lot of money in game.

a) Name 2 games you've played that are examples of this "Time or Money" issue.
b) Name 2 compulsion mechanics that make you grind or spend money.

11) Who is likely going to be vulnerable to compulsion mechanics? What do you think about that?

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Module 3 - Lesson 3

Redlining

12) How are you getting your dopamine in the games you play?

ex) Getting an Ace in Valorant
ex) Your loot box gave you something rare

13) What is dopamine burnout and what does it look like in real life?

Module 4 - Lesson 1

The Min/Max Approach

14) What is the main message behind the jelly bean video

15) **Quick write:** Imagine it's your 80th birthday party and your friends and family are coming together to celebrate a lifetime of achievements and say great things about you. In a perfect world, what would you want them to be able to say about you?

16) Discuss what "Walking the tightrope" looks like in everyday practice and how it can allow for enjoyable gaming experiences as well as making good use of the "jelly beans" you have left.

- 17) Use the [Activity Matrix](#) to discover 3 activities that align with your C+A+R typification, whatever it is for you. Click on the activity and list some of the options that interest you here, or any new ideas you think of.

Module 4 - Lesson 2

Running Experiments

18) Open up the Care Plan and start setting some SMART goals with your teacher or your parents to try and optimise ways to maximise fulfillment in your life.

19) Name the 5 experiments you are free to try on your own

20) What were the key takeaways from this course that hit home for you?

Good luck have fun!