was searched more than an SAT preparation resource. The SAT is a test high school students take to help them get into colleges.

## Education Takes A Backseat To Video Games

- This increase in searches for video games shows that they have become a higher priority than educational subjects.
- More students than ever are searching for and playing video games. It is clear video game addiction is taking place in schools. With newly <u>convenient</u> availability to computers and tablets, it's easy for students to switch from educational sites to computer games. Personally, I see this very often. Video games are all kids want to do these days, at school and at home.
- Adults sometimes say that too much television or screen time can make your brain lose cells.

  Believe it or not, this is actually true. Studies from the University of Montreal discovered that playing "shooter" games can harm the hippocampus area of the brain, killing brain cells.

  Damage to this part of the brain can also increase the chances of Alzheimer's disease, which causes severe memory loss. It can also lead to mental illnesses like depression.
- Everyone feels sad every once in a while. Being seriously depressed is different because it prevents someone from being able to <u>function</u>.
- Mental illness refers to a range of mental health conditions. These are disorders that can affect mood, thoughts and behavior. Many people have mental health concerns at some point. Most mental illnesses can be treated with medication and therapy.

## **Mindless Gaming Is Bad For The Brain**

- That said, all of these health concerns could make it harder for a person to get a decent education.
- Not only are video games taking time out of education, but they can also promote violence.

  Popular video games, such as Fortnite and Grand Theft Auto, include guns and vulgar language.