



UCSB's Center for Digital Games Research
invites you to a panel presentation:

Digital Games Designed to Improve Mindfulness and Social-Emotional Health

Friday, October 14, 2016, 3:00-4:30 PM
Social Sciences & Media Studies Bldg., Room 1009

UCSB community and the general public are welcome

Playing digital games is a popular pastime for all age groups on a wide range of technologies. This panel will focus on games that are especially designed to enhance and support players' mindfulness, social-emotional skills, empathy, self-confidence, and resilience.

In three 20-minute presentations, panelists will present (1) an overview of these skills, (2) digital games that enhance and support the skills, and (3) an in-depth look at a social-emotional skills game, called IF, presented by its creator, **Trip Hawkins**, who is a Technology Management Program faculty member at UC Santa Barbara and who founded video game publisher Electronic Arts and other game companies.

Jonathan Schooler, Professor of Psychological & Brain Sciences at UC Santa Barbara and Director of the university's Center for Mindfulness & Human Potential, will provide the overview of mindfulness and social-emotional skills and **Debra Lieberman**, Director of UCSB's Center for Digital Games Research, will present noteworthy digital games in this field. Q&A will follow the panel presentations.

See the panelists' biographies below, followed by directions to the panel location.



Jonathan Schooler

**Professor of Psychological & Brain Sciences, UC Santa Barbara;
Director, Center for Mindfulness & Human Potential**

Jonathan Schooler, Ph.D., Professor of Psychological & Brain Sciences at UC Santa Barbara, conducts research about mindfulness, consciousness, cognitive psychology, and memory, with special interests in the relationship between language and thought, problem-solving, and decision-making. He has authored more than 200 scientific publications and his research has been supported by more than a dozen government agencies and private foundations. He directs the university's Center for Mindfulness & Human Potential, which creates and evaluates evidence-based training programs to help integrate mindfulness into schools and other institutions.

In the panel, Jonathan will provide an overview of his field and strategies for teaching mindfulness.



Debra Lieberman

Director, Center for Digital Games Research, UC Santa Barbara

Debra Lieberman, Ph.D., is a media researcher at UC Santa Barbara, where she directs the university's Center for Digital Games Research. From 2007 to 2013 at UC Santa Barbara she directed Health Games Research, a national program funded by the Robert Wood Johnson Foundation to advance the research, design, and effectiveness of health games. Debra's research focuses on processes of motivation, learning, and behavior change with digital media and games. She works with health organizations, education agencies, and media and technology companies to improve user engagement and to help design and evaluate digital media and games for entertainment, learning, and health, for a variety of target populations and age groups.

In the panel, Debra will present several digital games designed to teach mindfulness and social-emotional skills.



Trip Hawkins

Professor of Practice, Technology Management, UC Santa Barbara Technology Management Program; Founder of Electronic Arts, 3DO Company, Digital Chocolate, and If You Can Company

Now an advisor to many successful entrepreneurs and Professor of Practice, Technology Management, in UC Santa Barbara's Technology Management Program, Hawkins founded and led video game company Electronic Arts and played a key role in defining the personal computer industry as an early executive at Apple. Hawkins introduced many successful strategies and practices to the computing and game industries and was the creative force behind EA Sports. He also founded and led game publishers 3DO, Digital Chocolate, and If You Can Company, which recently made several award-winning games and exceeded 200 million mobile app downloads. The first and only business executive named to the game industry Hall of Fame by the Academy of Interactive Arts and Sciences, Hawkins is also the only game industry person to receive a Lifetime Achievement Award from the IEEE.

In the panel, Trip will discuss his game, called IF, and how it was designed to teach and enhance mindfulness and social-emotional skills.

Directions to the panel location:

The meeting room is in the Social Sciences & Media Studies Building, Room 1009 (the building is at about E9 on this map <http://www.aw.id.ucsb.edu/maps/ucsbmap.html>). The room has an exterior door and you enter from the courtyard, not from inside the building. Look at the first "S" in the name "Social Sciences and Media Studies" on the map, and the exterior door to Room 1009 is to the left of the "S" in "Social." When you face the door, the Pollock Theater will be behind you.



Center for Digital Games Research

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Health Games Database

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