**N.O.T.G.: Chess in Real Life**

**Summary of the Benefits of Chess**

* **Chess is a game for people of all ages.** You can learn to play at any age and age is also not a factor when you're looking for an opponent --young can play old and old can play young.
* **Chess develops memory.** The chess theory is complicated and many players memorize different opening variations. You will also learn to recognize various patterns and remember lengthy variations.
* **Chess improves concentration.** During the game you are focused on only one main goal -- to checkmate and become the victor.
* **Chess develops logical thinking.** Chess requires some understanding of logical strategy. For example, you will know that it is important to bring your pieces out into the game at the beginning, to keep your king safe at all times, not to make big weaknesses in your position and not to blunder your pieces away for free. Mistakes are inevitable and chess, like life, is a never-ending learning process.
* **Chess promotes imagination and creativity.** It encourages you to be inventive. There are an indefinite amount of beautiful combinations yet to be constructed.
* **Chess teaches independence.** You are forced to make important decisions influenced only by your own judgment.
* **Chess develops the capability** **to foresee consequences of actions.** It teaches you to look both ways before crossing the street.
* **Chess inspires self-motivation.** It encourages the search of the best move, the best plan, and the most beautiful continuation out of the endless possibilities. It encourages the everlasting aim towards progress, always steering to ignite the flame of victory.
* **Chess shows that success rewards hard work.** The more you practice, the better you'll become. You should be ready to lose and learn from your mistakes. "You may learn much more from a game you lose than from a game you win. You will have to lose hundreds of games before becoming a good player."- Capablanca
* **Chess and Science.** Chess develops the scientific way of thinking. While playing, you generate numerous variations in your mind. You explore new ideas, try to predict their outcomes and interpret surprising revelations. You decide on a hypothesis, and then you make your move and test it.
* **Chess and Mathematics.** Chess involves an infinite number of calculations, anything from counting the number of attackers and defenders in the event of a simple exchange to calculating lengthy continuations. And you use your head to calculate, not some little machine.
* **Chess and Research.** There are millions of chess resources out there for every aspect of the game. You can even collect your own chess library. In life, it is important to know how to find, organize and use boundless amounts of information.
* **Chess and Art.** In the Great Soviet Encyclopedia chess is defined as "an art appearing in the form of a game." If you thought you could never be an artist, chess proves you wrong. Chess enables the artist hiding within you to come out. Your imagination will run wild with endless possibilities on the 64 squares. You will paint pictures in your mind of ideal positions and perfect outposts for your soldiers. As a chess artist you will have an original style and personality.
* **Chess and Psychology.** Chess is a test of patience, nerves, will power and concentration. It enhances your ability to interact with other people. It tests your sportsmanship in a competitive environment.
* **Chess improves schoolwork and grades.** Numerous studies have proven that kids obtain a higher reading level, math level and a greater learning ability overall as a result of playing chess. For all those reasons mentioned above and more, chess playing kids do better at school and therefore have a better chance to succeed in life.
* **Chess opens up the world for you.** You don't need to be a high ranked player to enter big important competitions. Even tournaments such as the US Open and the World Open welcome players of all strengths. Chess provides you with plenty of opportunities to travel not only all around the country but also around the world. Chess is a universal language and you can communicate with anyone over the checkered plain.
* **Chess is cheap.** You don't need big fancy equipment to play chess. All you need is a chess set and an opponent and you are ready to play.

*-Adapted from “Research and Benefits of Chess” by Robert Ferguson*