

ARTICLE "MORE MUSIC, MORE LEARNING?"

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8 TH SEMESTER

ENGLISH

TERRITORIAL PUBLIC ADMINISTRATION - NEIVA

ESAP –2024

EXERCISE

1) Copy and paste the article “More Music, More Learning?”

Discoveries Magazine February 2023



More Music, More Learning?

When do you listen to music in your daily life?

Can music help us study, or does it just distract us? People have been debating this question for years. And science may now have the answer... it depends!

Research has shown that there are benefits to having background music on when we study. These benefits range from boosting memory to boosting mood. But not all musical styles are equal. While some music can help the learning process, others can hinder it.

Research at France's University of Burgundy showed that background music can help us memorize new information. So, when preparing for an exam, you may want to open a music app before opening a book! And if you get nervous before exams, put on your headphones and listen to your favorite song - because music has also been shown to reduce stress. Music can make us feel happy too, and research shows that we learn better when we're in a good mood, and we're more motivated to work on challenging tasks.

But not all types of music are effective. Researchers recommend listening to music without lyrics, such as classical music, or ambient music (which has sounds, but not necessarily a melody). You can even listen to the sounds of nature, such as waterfalls, rain, or animal sounds, instead of instrumental music. Music without lyrics can help you focus. The opposite is true of music with lyrics.

A study at Taiwan's Fu Jen Catholic University found that listening to music with lyrics disrupts our concentration. And the UK's Cardiff Metropolitan University found that it decreases reading comprehension. "Words are distracting," explains neuroscientist Steven Smith from Texas A&M University in the USA. For music to assist in studying, researchers also suggest choosing something with a slower beat and making sure the volume is not too high.

In the end, though, the effect music has on each person is different. While some people find that calming, instrumental music helps them focus, others find they work better with something more energetic. If you want to listen to music while studying, try experimenting with various music styles. Eventually, you'll find the music that works for you. When you do, you might want to create a special "study music" playlist! Can music help us study, or does it just distract us? People have been debating this question for years. And science may now have the answer... it depends!

2) Copy and paste the questions of the Article "More Music, More Learning?"

- 1) What is NOT something scientists have learned about music?
 - a) Music with words can distract people while they study.
 - b) People feel relaxed when they listen to music.
 - c) People study better when they are in a good mood.
 - d) Sounds without music do not help people.

- 2) The University of Burgundy study showed that...
 - a) students should listen to music during tests.
 - b) it is best to play "study music" softly.
 - c) studying with music helps you remember.
 - d) some kinds of "study music" make people nervous.

- 3) What did the research at the Fu Jen Catholic University show?
 - a) Music with lyrics can keep you from concentrating.
 - b) Ambient music is the best kind of "study music".
 - c) Listening to music at a high volume is bad for your health.
 - d) People study better when they are in a good mood.

- 4) A good "study music" playlist may have...
 - a) ambient music.
 - b) classical music.
 - c) rain or other nature sounds.
 - d) All of the above

5) For some people, music with a lot of energy helps them study.

- a) True
- b) False
- c) We don't know.

3) Find prayers in the article

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Can music help us study, or does it just distract us? **People have been debating this question for years.** And science may now have the answer... it depends!

Research has shown that there are benefits to having background music on when we study. These benefits range from boosting memory to boosting mood. But not all musical styles are equal. While some music can help the learning process, others can hinder it.

Research at **France's University of Burgundy** showed that **background music can help us memorize new information.** So, when preparing for an exam, you may want to open a music app before opening a book! and if you get nervous before exams, put on your headphones and listen to your favorite song-because music has also been shown to reduce stress. **Music can make us feel happy too,** and research shows that we learn better when we're in a good mood, and we're more motivated to work on challenging tasks.

But not all types of music are effective. **Researchers recommend listening to music without lyrics,** such as classical music, or ambient music (which has sounds, but not necessarily a melody). You can even listen to the sounds of nature, such as waterfalls, rain, or animal sounds, instead of instrumental music. **Music without lyrics can help you focus.** The opposite is true of music with lyrics.

A study at Taiwan's **Fu Jen Catholic University** found that **listening to music with lyrics disrupts our concentration.** And the UK's **Cardiff Metropolitan University** found that it **decreases reading comprehension.** "Words are distracting," explains neuroscientist Steven Smith from Texas A&M University in the USA. For music to assist in studying, researchers also suggest choosing something with a slower beat and making sure the volume is not too high.

In the end, though, the effect music has on each person is different. While **some people find that calming, instrumental music helps them focus,** others find they work better with something more energetic. If you want to listen to music while studying, try experimenting with various music styles. Eventually, you'll find the music that works for you. When you do, you might want to create a special "study music" playlist!

4) Write the Phrases in present simple and past simple

A) People have been debating this question for years.

Present simple

- (+) People have been debating this question for years.
- (-) People don't have been debating this question for years.
- (?) Do people have been debating this question for years?

Past simple

- (+) People had been debating this question for years.
- (-) People have didn't been debating this question for years.
- (?) Did People have been debating this question for years?

B) France's University of Burgundy showed that background music can help us memorize new information.

Present simple

- (+) France's University of Burgundy shows that background music can help us memorize new information.
- (-) France's University of Burgundy doesn't show that background music can help us memorize new information.
- (?) Does France's University of Burgundy show that background music can help us memorize new information?

Past simple

- (+) France's University of Burgundy showed that background music can help us memorize new information.
- (-) France's University of Burgundy didn't show that background music can help us memorize new information.
- (?) Did France's University of Burgundy show that background music can help us memorize new information?

C) Music can make us feel happy too.

Present simple

- (+) Music can make us feel happy too.
- (-) Music doesn't can make us feel happy too.
- (?) Does Music can make us feel happy too?

Past simple

- (+) Music could make us feel happy too.
- (-) Music didn't can make us feel happy too.

(?) Did music can make us feel happy too?

D) Researches recommend listening to music without lyrics.

Present Simple

- (+) Researches recommend listening to music without lyrics.
- (-) Researches don't recommend listening to music without lyrics.
- (?) Do researches recommend listening to music without lyrics?

Past simple

- (+) Researches recommend listening to music without lyrics.
- (-) Researches didn't recommend listening to music without lyrics.
- (?) Did researches recommend listening to music without lyrics?

E) Music without lyrics can help you focus.

Present simple

- (+) Music without lyrics can help you focus.
- (-) Music without lyrics doesn't can help you focus.
- (?) Does music without lyrics can help you focus?

Past simple

- (+) Music without lyrics could help you focus.
- (-) Music without lyrics didn't can help you focus.
- (?) Did music without lyrics can help you focus?

F) Fu Jen found that listening to music with lyrics disrupts our concentration.

Present simple

- (+) Fu Jen finds that listening to music with lyrics disrupts our concentration.
- (-) Fu Jen doesn't find that listening to music with lyrics disrupts our concentration.
- (?) Does Fu Jen find that listening to music with lyrics disrupts our concentration?

Past simple

- (+) Fu Jen found that listening to music with lyrics disrupts our concentration.
- (-) Fu Jen find didn't find that listening to music with lyrics disrupts our concentration.
- (?) Did Fu Jen find that listening to music with lyrics disrupts our concentration?

G) The UK's Cardiff Metropolitan University found that it decreases reading comprehension.

Present simple

(+) The UK's Cardiff Metropolitan University finds that it decreases reading comprehension.
(-) The UK's Cardiff Metropolitan University doesn't find that it decreases reading comprehension.
(?) Does the UK's Cardiff Metropolitan University find that it decreases reading comprehension?

Past simple

(+) The UK's Cardiff Metropolitan University found that it decreases reading comprehension.
(-) The UK's Cardiff Metropolitan University didn't find that it decreases reading comprehension.
(?) Did The UK's Cardiff Metropolitan University find that it decreases reading comprehension?

H) Some people find that calming, instrumental music helps them focus.

Present simple

(+) Some people finds that calming, instrumental music helps them focus.
(-) Some people don't find that calming, instrumental music helps them focus.
(?) Do some people find that calming, instrumental music helps them focus?

Past simple

(+) Some people found that calming, instrumental music helps them focus.
(-) Some people didn't find that calming, instrumental music helps them focus.
(?) Did some people find that calming, instrumental music helps them focus?

5) Search Vocabulary of unknown words.



A) Researchers:

Research is Accurate in Music.

re•search /rɪ'sɜrtʃ, 'risɜrtʃ/ n.

1. careful patient study of a subject in order to discover or revise facts, theories, principles, etc.
2. a particular piece of research.



Nature:

The sounds of nature are soothing.

na•ture /'neɪtʃə/ n.

1. the natural world as it exists without human beings or civilization; the elements of the natural world, as mountains, trees, animals, or rivers.
2. the laws and principles that guide the universe or an individual.
3. the native character that is part of someone or something: It is a cat's nature to keep itself clean.
4. character, kind, type, or sort: What is the nature of your business here? The problems are economic in nature.
5. disposition;
temperament: an evil nature; a kind, loving nature.
6. the simple or primitive condition of human kind before modern civilization.



B) Science:

Science provides data to concentrate the study.

sci•ence /'saɪəns/ n.

1. a system of knowledge about the physical world, explaining or describing what it is and how it works in general laws, gained by observing, experimenting, and testing theories: Science is concerned with discovering knowledge about the world by making tests and proposing general laws to account for what happens.
2. the knowledge gained by this system.
3. a branch of this study, such as any of the branches of natural science: the social and natural sciences. You need one more course in science to graduate.
4. any skill that shows ability to use facts or principles: the science of throwing a good curveball. Is her ability to make good decisions an art or a science?



C) **People:**

People study with relaxation music.

peo•ple /'pi:pl/ n., pl. -ples for

1. persons as a group;
persons in general: There were too many people in the room.
2. human beings, as distinguished from animals or other beings: All people have names.
3. the entire body of persons who make up a community, tribe, etc., in that they have a common culture, religion, or the like: a hard-working, industrious people; the Jewish people.
4. the ordinary persons of a community, country, etc., as distinguished from those who have wealth, rank, etc.; the citizens of a state who are allowed to vote: the common people; a man of the people; a people's army.

It's crazy nobody even knows the one
who goes the hardest,
Paint pictures with words an artist,
True beauties from all my darkness,

e) **Lyrics**

The Music with lyrics helps us concentrate better.

lyr•ic /'lɪrɪk/ n.

1. a lyric poem.
2. Usually, lyrics. the words of a song.



D) **Background**

I study in the background with soft music.

back•ground /'bæk,graʊnd/ n.

1. [usually singular] the ground, parts, people, or things at the back or rear, as of a picture, a painting, or a place.
2. a person's origin, education, and experience in relation to his or her status: comes from a musical background.
3. the conditions or causes of an event or situation: The book explores the background of the war.